

STRENGTH

Vol. VI. No. 4

DECEMBER, 1921

Price, 15 Cents

*Athletics for Health
and Efficiency*

By WALTER CAMP

*Is Smoking Really
Harmful?*

By DR. WM. E. BRAND.

*America's Women
Swimmers Lead World*

By GEORGE W. ORTON, Ph. D.



© Underwood & Underwood

The Magazine of Good Health



The Commercial Romance of 1921

THE human race took a long step forward when this country made it *respectable* for a man to earn his own living.

Today, if Americans couldn't talk *business* at lunch, most of us would prefer to go off and eat by ourselves.

Even at social gatherings, men manage to drift together

for some touch-and-go business gossip to finish the day.

Probably your own boy, long before he is able to vote, feels the national instinct to *start something*.

American characteristics that may explain in part the peculiar public interest in the New Improved Gillette.

All the circumstances surrounding the New Improved Gillette stir a man's feeling for *commerce*.

The radical new invention. An improvement so *basic* that nothing in the Patent Office contained even a hint of its slightest detail.

The courage to put this new invention on the market—risking the twenty-year-old Gillette prestige on *faith* in the public understanding and appreciation.

The immediate response of the Gillette public. 600,000 New Improved Gillettes in America. Nearly 400,000 to England, France, Holland, Belgium, Denmark and Italy.

And thence to the remotest parts of the earth.

Night-shift production in the Gillette Factory, meeting the demand as it doubled, and doubled again.

* * *

You may often hear it said that "The way this New Gillette is going over reads like a romance."

Times may fluctuate.
Human beings do not.

The reward is still to the pioneer.

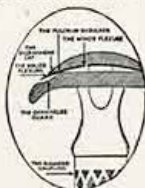
Pioneering in the field of enlarged service to men in their restless human ambition to go forward.

Important about the New Improved Gillette—A Word About the Blades

Most men prefer to screw the razor up *tight* to get the most satisfactory shave.

Gillette deems it proper to ask the public to use Gillette Blades *only* in *genuine* Gillette Razors.

The Gillette Blade and Razor are developed to work *together*. No Gillette Blade can deliver its full shaving quality unless used in a *genuine* Gillette Razor—built by Gillette, in the Gillette way and up to Gillette standards.



The New Improved GILLETTE SAFETY RAZOR

Uses the same fine Gillette Blades as you have known for years—but now your blades can give you *all* the luxury of the finest shaving edge in the world.

A shaving edge guarded from the face, but *free* to the beard. Identify the New Improved Gillette by its

- Falserum Shoulder
- Overhanging Cap
- Channeled Guard
- Micrometric Precision
- Automatic Adjustment
- Diamond Knurled Handle
- Diamond Trademark on Guard
- Finer Shave—Longer Service
- More Shaves from your Blades
- In SILVER and GOLD
- Shaving Sets and Traveler Outfits

\$5 to \$75

The New Improved

Gillette SAFETY RAZOR

Patented January 13th, 1920

GILLETTE SAFETY RAZOR CO.
Boston, U. S. A.

THE PEOPLES TRADING BANK 2-29
CHICAGO, ILL. 1920 No. 28
George Shaw \$200.00
Two hundred Dollars
Weekly Pay Voucher
Overstreet (Treasurer)

An Amazingly Easy Way to Earn \$10,000 a Year

Let Me Show You How FREE

TO the average man the \$10,000-a-year job is only a dream. Yet today there are a surprising number of men earning five figure salaries who were merely dreaming of them a short while ago. The secret of their success should prove a startling revelation to every ambitious man who has ever aspired to get into the \$10,000-a-year class.

There is nothing "different" about the man whose salary runs into five figures. He is made of the same stuff as you and I. For example, take J. P. Overstreet, of Dallas, Texas. A few short years ago he was a police officer earning less than \$1,000 a year. Today his earnings are in excess of \$1,000 a month—more than \$12,000 a year. C. W. Campbell, Greensburg, Pa., was formerly a railroad employe on a small salary—last month his earnings were \$1,562.

and shown them the way to magnificent earnings, to fascinating careers and big selling positions.

We Train You And Help You Land A Job

What these men have done, you can do! In your spare time at home you can easily master the secrets of selling that make Star Salesmen. Whatever your experience has been—whatever you may be doing now—whether or not you think you can sell—just answer this question: Are you ambitious to earn \$10,000 a year? Then send me your name quick! I will prove to you without cost or obligation that you can easily become a Star Salesman. I will show you how the Salesmanship Training and Free Employment Service of the N. S. T. A. will help you to wonderful success in Selling.

Read These Amazing Stories of Success

Earned \$524 in Two Weeks

I had never earned more than \$60 a month. Last week I cleared \$306 and this week \$218. You have done wonders for me.—Geo. W. Kearns, 107 W. Park Place, Oklahoma City, Okla.

I Now Earn as High as \$100 a Day
I took your course two years ago. Was earning \$15 a week clerking. Am now selling many of the largest firms in the U. S. I have earned more than \$10 in a day. You secured me my position. Our Sales Manager is a graduate of yours.—J. L. De Bonis, 4815 Warwick Avenue, Chicago, Ill.

Earns \$1,562 in Thirty Days
My earnings for the past thirty days are \$1,562.00, and I won Second Prize in March, although I only worked two weeks during last month.—C. W. Campbell, Greensburg, Pa.

Earned \$1,800 in Six Weeks
My earnings for March were over \$1,500 and over \$1,200 for the last six weeks, while last week my earnings were \$356.00.—I travel eleven months out of the year, working 5 days each week.—The N. S. T. A. dug me out of a rut where I was earning less than \$1,000 a year and showed me how to make a success.—J. P. Overstreet, Denton, Texas.

Why Don't YOU Get Into The Selling Field?

Mr. Overstreet, Mr. Campbell, and the others whose letters you see on this page are all successful salesmen. They have stepped into the \$10,000-a-year class—and they never sold goods before! It is hard to believe that such big success could come so quickly and easily. Yet it was all amazingly simple! Ask them the secret of their sudden success. They will tell you they owe it to the National Salesmen's Training Association. This is an organization of top-notch salesmen and sales managers formed expressly for the purpose of training men to sell and helping them to good selling positions. It has taken hundreds of men from all walks of life and made them Master Salesmen—it has lifted them out of the

Free Book on Salesmanship

Just mail the coupon or write for our great illustrated Book, "A Knight of the Grip," which we will send you Free. Let us prove to you that regardless of what you are doing now you can quickly become a Star Salesman. Let us show you how you, too, can step into the ranks of the big money makers of business. See how easily you can learn this fascinating, big pay profession at home in your spare time. Learn what we have done for others and what we stand ready to do for you. Don't put it off until tomorrow—write us today. Mail the coupon at once.

National Salesmen Training Association
Dept. 21-W Chicago, Ill., U. S. A.

National Salesmen Training Association
Dept. 21-W Chicago, Ill., U. S. A.

Please send me, without any obligation on my part, your free book "A Knight of the Grip" and full information about the N. S. T. A. system of Salesmanship Training and Employment Service. Also a list showing lines of business with openings for salesmen.

Name

Street

City State

STRENGTH

Vol. 6

DECEMBER, 1921

No. 4

Entered as second class matter at the Post Office at Philadelphia, Pa., November 20, 1920,
under the Act of March 3, 1879.

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Published Monthly by The Milo Publishing Co.

Publication Offices, 301 Diamond Street, Philadelphia, Pa.

J. C. Egan, Editor D. G. Redmond, Publisher

Subscriptions, \$1.50 per year. Canada, \$1.75. Foreign, \$2.00.

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W. T. EDGAR & CO., Ltd.

B. P. MADON

51 and 52 Chancery Lane, London, W. C. 2

Health Home; Santa Cruz, Bombay, India

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Exclusive Agent for India

RENEWALS—When your subscription expires we will place a subscription blank in your final copy. Renewals should be sent in promptly in order to receive the next issue. Please use the subscription blank for this purpose so that we may extend your subscription in our files. Changes of address should be accompanied by the old address as well as the new.

The Secret of Caruso's Greatness



He Was a Musical Athlete

Caruso's marvelous voice was due to a superb development of his Hyo-Glossus muscle. Your Hyo-Glossus muscle can be developed too! A good voice can be made better—a weak voice become strong—a lost voice restored—stammering and stuttering cured. Science will help you.



Your Voice Can Be Improved 100%

YOU have a Hyo-Glossus Muscle in your throat. If it is large and vigorous, you have a beautiful voice, you are a "born" singer. If it is small, undeveloped, your voice is apt to be weak, or harsh, or shrill; maybe you stammer or stutter. Weaken and abuse this muscle by improper use and you lose what singing voice you have.

Good Voices Made Better Lost Voices Restored

Through Professor Feuchtinger's methods you can develop your Hyo-Glossus Muscle by simple, silent muscular exercises, right in your own home, in the privacy of your own room.

Strengthen this muscle and your voice becomes full, resonant and rich. Your tones will have a color and purity surpassing your dreams. If you speak in public your voice will have vigor, expression, carrying power, endurance. All defects of speech will be remedied.

A Real Money Back Guarantee

The Perfect Voice Institute does not ask you to take a chance. We absolutely guarantee that Professor Feuchtinger's methods will improve your voice 100% in your opinion—or refund your money. You are to be the sole judge; on your decision depends whether or not we keep your money.

You take no risk. We take no risk. Over 10,000 pupils have received the happy benefits of Professor Feuchtinger's methods. They always make good.

Who Professor Feuchtinger Is

Abroad, the name of Feuchtinger is one to conjure with. The grandfather of the professor was Court Director for the Duke of Waldeck; his father was a great musical leader during the reign of Charles, King of Wurtemberg. Professor Feuchtinger, A.M., is well known in the musical world for the work he has done in discovering and perfecting a series of exercises that will develop the Hyo-Glossus Muscle in any throat—the same training that is being offered you through the Perfect Voice Institute. He has lectured before many universities and colleges here and abroad. His personal pupils run into the hundreds.

Great Opera Stars Among His Students

Mdme. Puritz-Schuman, Sofie Wiesner, Metropolitan Opera; Villy Zuern, Paul Hocheim, Julius Brischke, Mdme. Marg. Krabb, Paul Bauer, Magda Lumnitzer, Adolph Kopp, Yiva Hellberg, Anton Hummelstein—these are only a few of the operatic song birds who have studied under Professor Feuchtinger during his years as a *maestro* in Berlin.

Practice in Your Home

There is nothing hard or complicated about the professor's methods. They are

ideally adapted for correspondence instruction. Give him a few minutes a day—that's all. The exercises are silent. The results are sure.

If ambitious to improve or restore your voice, you owe it to yourself to learn more about the function and the importance of the singing muscle—the Hyo-Glossus. Inform yourself about this new and scientific method of voice culture. The literature we send will be a revelation and an education.

Send For FREE Illustrated Booklet Today

Every reader of this magazine is cordially invited to send for Professor Feuchtinger's great book on this subject. It's free if you fill out the coupon below. The number of these books is limited. Don't delay! Don't wait! Act today! Filling out the coupon below may be the turning point in your life. Send it right away.

PERFECT VOICE INSTITUTE Studio 5779, 1922 Sunnyside Ave., Chicago, Ill.

Send me the illustrated, FREE book and facts about the Feuchtinger Method. I have put X opposite subject that interests me most. I assume no obligations whatever.

Singing Speaking Stammering Weak

Name

Address

..... Age

Perfect Voice Institute 1922 Sunnyside Avenue,
Studio 5779 Chicago

The Fountain of Youth

—and How I Found It

By C. FRANK DILKS

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

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

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

"As I stated before, I had everything that makes a coward. And why? Because I was a weakling. Things dragged along until I was 20 years old. I had secured some courage by then, that is, courage enough to read a Milo catalog that was given to me, and after reading it a thrill ran through that weak body of mine. Could it be possible for a weakling such as I was to be a man? Trembling, and with about as much faith in what I had read as a Quack Doctor has in his dope, I bought a bar bell. Of course, I knew it would do me no good. Wasn't I 'put'? Wasn't the other fellow big when he started? He was born that way.

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

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

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

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

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



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

The Milo Bar Bell Co.

Physical Culture Specialists and the largest manufacturers and distributors of bar bells, dumbbells and kettle bells in the world.

Dept. 22, 301 Diamond St.

Philadelphia, Pa.

Your Success Is Certain In the Big-Pay Field of Today—ELECTRICITY

So rapid and tremendous has been the growth of the Electrical Industry that today this great field is badly in need of men—even the so-called Electricians, the "screw-driver" kind, are making big money, and are never out of work. But it's the trained man—"Electrical Expert"—who is cashing the big-pay check and bossing the big jobs. There's a place waiting for you in this big-pay field. You too can qualify in a few months as an "Electrical Expert."

"Electrical Experts" Earn \$12 to \$30 a Day

Be a Big-Pay Man

The "short-cut" to "Big-Pay" is training. The big field of today for the trained man is Electricity. Trained "Electrical Experts" can earn \$12.00 to \$30.00 a day.

Why Work for Less?

Why work for \$25.00 or \$30.00 or \$40 a week? With a few months training under me, through my easily-learned, quickly-grasped, right-up-to-the-minute, spare-time, Home-Study Course in Practical Electricity you can fit yourself for one of these bigger jobs — one of these jobs that pay \$12.00 to \$30.00 a day.



I Train You at Home

As Chief Engineer of the Chicago Engineering Works, I know just the kind of training you need to succeed as an "Electrical Expert." My course in Electricity is so simple, thorough and up-to-date that you can easily understand and apply every line of it — no big words, no useless theory, no higher mathematics — just plain, every-day, straight-from-the-shoulder, man-to-man English—the kind you and I use every day.

Satisfaction Guaranteed

My course is backed by an iron-clad guarantee that insures your success and satisfaction. I positively will refund every cent paid me in tuition if you are not fully satisfied. No other school will do this for you. Back of me in my guarantee stands the Chicago Engineering Works, a Million Dollar Institution.

Ten Things I Guarantee to Do for You



Positive Money Back Guarantee Bond



Personal Attention and Instruction



Handsome Diploma Upon Graduation



Thorough and Complete Course of Training



Early Special Instruction in Practical Money-Making Work



This is part of the FREE Complete Electrical Working Outfit



Enrollment Fee Covers All Charges—No "Extras"



Free and Unlimited Expert Employment Service



Unlimited Consultation Service With Our Experts—FREE



FREE Subscription to Monthly Engineering Magazine

Get In Line for a Big-Pay Job — START NOW!

Now is the time to start. By enrolling now, you can save \$45.50 on the already low price of my course in Electricity. But you must act at once. Write immediately for my Big FREE Book, "How to Become an Electrical Expert." Write today—it's the first step towards bigger pay. Yours for success.

L. L. COOKE, CHIEF ENGINEER
CHICAGO ENGINEERING WORKS

Dept. 119-Y 1918 Sunnyside Ave., Chicago, Ill.

Mail This Coupon Today

L. L. COOKE, Chief Engineer,
Chicago Engineering Works, Dept. 119-Y
1918 Sunnyside Ave., Chicago, Ill.

Dear Sir:—Send at once Sample Lessons, your Big Book and full particulars of your Free Outfit and Home Study Course—all fully prepaid, without obligation on my part.

Name _____

Address _____ (122)

THE "COOKE" TRAINED MAN IS THE "BIG-PAY MAN"

"I Know I Can Make Good, If Only My Nerves Hold Out."

HE had been a successful business man. He had never lost a day from business because of illness. Then came the Great War. His son was wounded. This blow together with the worry over great money losses, by reason of the war caused a complete nervous breakdown and physical collapse. Because of his natural strength his Nerve Force slowly returned to what it had been. At last he was ready to recoup his losses by exploiting a great new idea. Then the great question presented itself—"Would his Nerves stand the strain?"



What Readers Say:

"I have gained 12 pounds since reading your book, and I feel so energetic."

"Your book did more for me for indigestion than two courses in dieting."

"Your book has helped my nerves wonderfully. I am sleeping so well and in the morning I feel so rested."

"The advice given in your book on relaxation and calming of nerves has cleared my brain. Before I was half dizzy all the time."

A prominent lawyer in Ansonia, Conn., says, "Your book saved me from a nervous collapse, such as I had three years ago. I now sleep soundly and am gaining weight. I can again do a real day's work."

Millions of people less vigorous than this man need to ask themselves—"Will my Nerves stand the strain to attain the goal of my life?" In many cases the answer must be **NO!!**

The truth is that Nerve Exhaustion is almost a universal malady. Most people are but half-awake, half-alive and half-efficient solely because they lack **NERVE FORCE**. Nine-tenths of all human ailments are due to abused and weakened nerves. Every physician knows this.

Read **NERVE FORCE**, a 64-page book written by Paul von Boeckmann, who for more than 20 years has been an authority on Nerve Culture. The price of the book is only 25 cents (coin or stamps).

NOTE.—Within the last 20 years more than a million of the author's various books on Health and Efficiency have been sold throughout the world. The book NERVE FORCE is his greatest success. If you do not agree that it marks the turning point in your life for better health, greater efficiency and more happiness, your money will be refunded with your outlay for postage. Send for the book TODAY.

PAUL VON BOECKMANN, Nerve Specialist

Studio 461, 110 West 40th St.,

New York

FAT?

Lose Ugly Useless Fat This Modern Way!

No need to half starve, exercise, or take medicines. Dr. Lawton's Fat Reducer, a simple non-electrical device, has reduced thousands to normal weight. Gentle massage eliminates fat from any part desired. Ten minutes night and morning for three or four days and you begin to see reduction taking place. Full trial period of eleven days lets you be judge of results. If not satisfied return Reducer at end of eleven days and full price will be refunded. Results are amazing—you get new mental and physical vigor, look better, feel better. Write for free information on fat reduction or send \$5 plus 20c. for postage and packing, to-day. Nothing else to buy. Sent in plain wrapper.



Dr. Lawton (shown here) reduced from 211 to 152 pounds in short time.

DR. THOMAS LAWTON

Dept. 260, 120 W. 70th Street, New York City

Books You Should Read

Why Die So Young?

By JOHN B. HUBER, M.D.

A non-technical book which will show you how to pass the danger point in each of your "seven ages" of physical development. **\$2.00**

How To Get Strong And How To Stay So

By WILLIAM BLAIKIE

A practical common sense treatment of the subject. A complete and healthful system of exercise is given with careful attention to the needs of the young, the middle-aged and the old, both male and female. **\$1.75**

Keeping Fit All The Way

By WALTER CAMP

The system of physical culture evolved in this book supplies the needs of every man or woman between the ages of fifteen and sixty. 200 illustrations. **\$1.75**

How To Play Baseball

By JOHN J. MCGRAW

The manager of the Giants writes to show everyone how to play baseball. A chapter is devoted to each position. The book is illustrated by photographs. **\$0.90**

Sent postage prepaid on receipt of price.

THE MILO PUBLISHING CO.
301 Diamond St. Philadelphia, Pa.



For Head-aches



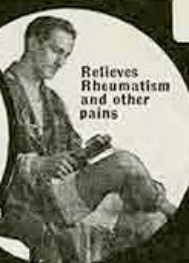
Beau-tifies com-plexion



For Con-stipa-tion



Stimu-lates Scalp and Hair



Relieves Rheumatism and other pains



30 days TRIAL
For Health
and Beauty

Makes
Its Own
ELECTRICITY!

NO Batteries
Cords
Replacements

No Shocks
No Pains
Pleasant and
Invig-erating

Every physician knows and recommends the wonderful curative, healing and invigorating value of ELECTRICITY. Here is ELECTRICITY in its most pleasant form—no shock, no pain. Just the right amount for best home-use results. An entirely new invention—NO BATTERIES—NO CORDS—NO ELECTRIC CONNECTION OF ANY KIND. Positively makes its own electricity by pressure of your thumb. Unique! Economical! Wonderful in its results.

Wonder Electric Generator

Brushes Pain Away—From Head to Foot
Amazing Health and Beauty Treatments

Try this new Wonder Electric Generator 30 days Free. Thousands have been sold in foreign countries, now made and sold here at a bargain price. Let it brush your pains away from head to foot! See how it relieves rheumatism, neuritis, headaches, colds, constipation! See how it beautifies the hair and stimulates the scalp. Watch it improve your skin. See how it invigorates your entire body, making you feel younger, stronger, more energetic. Write quick for our 30 day trial offer!

FREE! New Book and
30 Day Trial Offer

READ

"I have never made a better investment. It is a pleasure to use the Generator and enjoy the relief and quieting sensation of the nerves after a hard day's work." E. A. W. Mont.
(Name on request)

"I have used it to relieve an old lady of sciatica, and she is now able to walk with freedom from pain." B. J. A. Minn.
(Name on request)

"Has relieved me of pleurisy, and I have also found it to be the best remedy for severe headaches."

H. H., Ohio
(Name on request)

Free Offer
Coupon

Just mail the coupon or postal card at once! Get our new book explaining Wonder Electric Generator treatments for all parts of the body. Read about this remarkable invention—a hand-operated machine that MAKES ELECTRICITY without batteries, and without an electric connection of any kind! Stop suffering with pains. Stop being bothered by falling hair and pimply complexion. Find out what the Wonder Electric Generator has done for others. Write TO-DAY for special 30 days trial offer, and introductory price.

McKINLAY, STONE & MACKENZIE
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CUT THE COUPON HERE

McKinlay, Stone & Mackenzie,
Sole American Distributors
Dept. 1712, 30 Irving Place, N. Y.

Send me your Free Book and 30 Days' Trial Offer on the Wonder Electric Generator.

Name

Address

Secrets of Glorious Daily Health!

Bernarr Macfadden's Encyclopedia of Physical Culture Reveals Nature's Methods and Secrets of Perfect Health. A Wonderful Service for Those Wishing to Banish Sickness From Their Lives and to Gain Glorious Health That Never Skips a Day, a Powerful Physique, and Vitalized Energy Unlimited—Don't Fail to Read About This Special Free Offer.

WHY should you "feel great" only some of the time? Why have only half health, half energy, half life? The state of your health is up to you. You can be nervous, weak, and sickly—or you can be strong, healthy, and sick-proof.

You rule your health as surely as you rule your actions. If you are not enjoying the 100 per cent. health which makes life so much worth the living it is merely because you haven't employed the methods provided by Nature to keep you well. "But what are these methods?" you say. "How can I learn these secrets of glorious daily health?"

These methods and secrets of perfect health are now unfolded to you. The lifetime experience of Bernarr Macfadden, America's greatest health advisor, is now put before you. In his wonderful five-volume Encyclopedia of Physical Culture are the methods which have brought perfect health to thousands of sufferers from all manner of ill-health.

Why Lose \$4,100?

\$4,100 is about what sickness costs the average person during his lifetime. The person who does not understand Nature's methods of preventing and curing sickness is ill an average of 21½ days each year—or a total of about 3½ years in his lifetime. Suppose that person earned the very moderate salary of \$20 a week—his total loss would be about \$3,700. Then think of the worry of sickness, the inconvenience, the doctor and hospital bills, the pain—whatever of this can be figured in mere money would bring the average person's loss because of sickness to about \$4,100.

Why be among this class who must be economical in order to pay bills due to ill-health, who must suffer the pain and inconvenience of sickness all because they do not know how to build health?

Feel 10 Years Behind Your Real Age

The way you feel and not the number of your years is the real barometer of your age. Why catch up to your

A Complete Education in PHYSICAL CULTURE

This set of five volumes contains a complete education in Physical Culture and Natural Curative Methods—

- (1) A complete work on Anatomy, fully illustrated.
- (2) A Physiology in plain language, and embracing many illustrations.
- (3) A reliable and comprehensive handbook on Diet.
- (4) A complete Cook Book.
- (5) A book on Exercise in its Relation to Health.
- (6) A Handbook on Gymnasies, with full instructions on drills and apparatus work.
- (7) A book on every form of Indoor and Outdoor Exercises, Boxing, Wrestling, etc.
- (8) Handsome colored charts and instructions for Developing a Powerful Physique.
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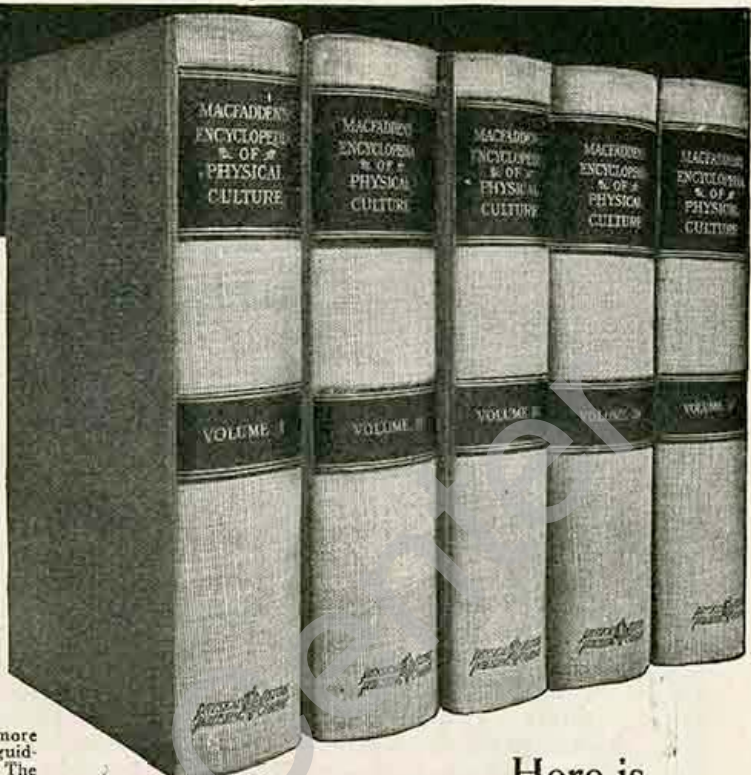
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AS OLD AS METHUSELAH

THE actuary of a large insurance company has predicted that eventually the span of human life will be lengthened to 300 years. Perhaps this is only a wild, impossible theory, but theories even more impossible than this one have become facts.

Certainly it is a subject in which everyone is interested. The first instinct of every human being is that of self preservation. No matter how unsatisfactory life may be, we seek to prolong it. The miser hoarding his gold and the pauper begging a crust are brothers in this. It is the first law of nature.

And it is just as natural that most of us do not give such matters a thought until the heavy hand of Father Time begins to cast its ever lengthening shadow across our path. Youth is only vaguely interested in living to a ripe old age. The buoyant, carefree spirit of youth throws off all thoughts of the morrow and lives only for to-day. Again perfectly natural. There would be something incongruous in the young person who was unduly solicitous about such matters.

But although the prolonging of the span of human life is given serious consideration only by old age, the foundation for it should be laid in youth. Not by tedious lessons learned from tiresome text-books, but by providing the opportunity for each and every child to attain normal growth and development through the medium of health-building games and exercises.

We of this day and generation will never live to see the millenium, but we can all contribute to this end, and incidentally lengthen the span of our own lives, through a wider participation in athletics and exercises for both young and old, and by disseminating information relating to the building and preservation of good health.

A LESSON WELL LEARNED

WHEN the call to arms came some four years ago, much was said of the healthful effects that the military training would have on the young men who answered the call. It is true that many of them came back physical wrecks from the effects of shell shock, gas and wounds. But the great majority of these men came back physically fit and rebuilt by the strenuous out-door life they led.

Millions of men left sedentary occupations that were slowly undermining their health and were shown into an entirely different sort of a life where physical fitness was the first essential. And what has happened? Have these men learned the lesson? Or have they gone back to the old ways of living, with no thought for the most important factor in their lives—the proper functioning of their bodies?

That some have slipped back to the state of physical inefficiency from which they ascended is inevitable. But that the majority have not done so is attested by the "athletic craze" that is sweeping over the country. There is at the present time a greater interest in such things than at any previous time in the history of our country. Nor is the craze confined only to those who have been in the service. Young and old, women as well as men, are all finding time for health-building sports and exercises. The lesson has been well learned and not forgotten.

IS SMOKING REALLY HARMFUL?

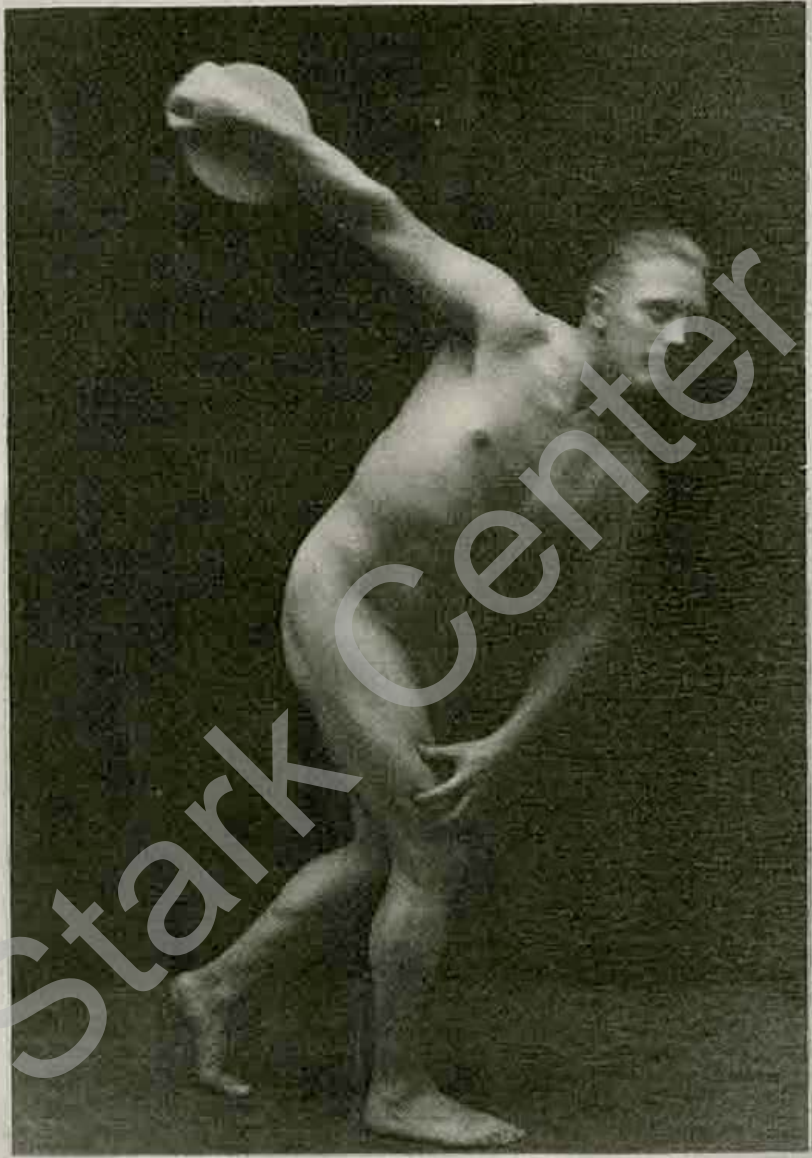
THERE is much that might be said for smoking, and much against it. And there has been much more said against it than for it.

At the present time, the abolition of tobacco is the goal of our professional puritans. The obnoxious weed is coming in for its full share of censure. But is smoking really as harmful as some would have us believe? We have often wondered, and are still wondering.

Out of the one hundred millions of people comprising this great country of ours, it is safe to say that seventy-five per cent of the men are users of tobacco in some form. And if we can believe our professional puritans, these men are ruining their health with the filthy weed. Some of them are, perhaps, and others are not.

Smoking is pretty much like a great many other things. Thousands of persons have gone insane with religious fervor, and yet no one would suggest abolishing religion on this account. Thousands of men may be ruining their health through the excessive use of tobacco, but to the millions of men who use it in moderation it is a solace and an innocent pleasure, the evil effects of which are slight enough to be negligible.

Perhaps it would be a good thing if tobacco might be abolished entirely. But it can not be done by legislation. There are too many millions of normal, law abiding citizens who use tobacco moderately and like it, and who would object very strongly to being branded as moral lepers for persisting in its use. Better by far to preach moderation in smoking than to prohibit it entirely and thus encourage the use of substitutes a thousand times worse than tobacco. For the evil effects are caused by the abuse of tobacco, and not by its use.



THE DISCUS THROWER
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Athletics for Health and Efficiency

By Walter Camp

Editor's Note: This is the third of a series of articles by Walter Camp. The fourth will appear in the January issue.

AND now for that still more important feature—play—for it is by means of sport that we get our best exercise and most natural relaxation. We must first puncture that bubble that is so often blown with rainbow hue about playing the game just for the fun of it and not caring who wins.

"We are very slightly changed
From the semi-apes
who ranged
India's prehistoric
clay;
Whoso drew the longest bow
Ran his brother down,
you know
As we run men down
to-day."

There are two kinds of men in the world to-day, just as there were yesterday and will be to-morrow. One kind, when they wish to get something, sit down and long for it; the other kind just pull up their belts a hole tighter and go out after it. Now sport, to be of real benefit, is just like life. It does not do a bit of good to long for things unless you are willing to work and work hard to obtain them. No man can dodder along half-heartedly in sport and then expect to be changed in the twinkling of an eye into some other kind of individual with purpose, and perseverance and pluck to work when it comes to the serious business of making a way in the world! So don't bring up your boys on any such theory. Win if you can, lose if you must, but take a whipping without a whimper and come back for another chance! No victory in sport or life is worth winning by crooked means, but it is worth all it costs if it comes through hard work, plugging, the use of

brains and skill, discipline and self-denial. So we must offer real athletic competition to those who are engaged in our thousands of Industrial Plants. There are already agencies and associations that are developing along these lines. Then we should study further the problems of industrial fatigue, for in certain postural exercises for a few moments at a time lies a really practical diminution of that state of tension.



© Underwood & Underwood
Walter Camp in his uniform as Commissioner of Athletics in the United States Navy.

What Athletics Mean for Industrial Classes

So far we have dealt largely with the collegian and the executive. How about that eighty to ninety per cent of our people who fall in neither of these classes? When the most remarkable group of representative interests of the country that ever assembled in the history of the

world gathered together at the meeting of Chairmen of War Service Committees called by the National Chamber of Commerce at Atlantic City, there was one keynote that rang through every address, and that was to give the working man the same benefits that the so-called "privileged class" had formerly enjoyed in the way of a real increase of enjoyment of life. John D. Rockefeller, Jr., even placed "play" as the first on his list of enumerations. Think what a change of attitude this indicates. When men like Rockefeller and Charles Schwab and a dozen others who distinctly represent a large proportion of the stored up capital of the very largest interests in the world say these things it is not the old talk of giving benefits, making a show of philanthropic but unavailing privileges—it

is the practical translation of a hitherto untranslatable passage. If capital and labor are to understand each other they must talk in the same language. Education and play, knowledge and amusement, something to live for and look forward to is the right of every man. Of what use is a daily grind of dragging a tired body through a hard day and crawling into bed to recuperate partially for another day of the same old round? Life is not that.

There must be something to break the drear monotony. Play appeals first. When that comes we are on the fair road to more. The man at the lathe or bench must have a chance to compensate for those long set muscles. He must do daily some little thing that shall relieve that tension. Then instead of at forty being a bent and worn-out body he will be still supple and capable of enjoying life. And that is what is coming out of all this for men and for women. In the Naval Service we have seen the most remarkable results coming from this kind of regimen. A Daily Dozen Set-up, lasting ten minutes, the regular work and routine of the day and then a chance to enjoy games of all kinds, to have teams and championships, just as boys in school and boys in college have, with intense competition not only between regimental teams but with a first-class station team to meet and try conclusions with rival stations or camps, to have ships, teams and crews to back and cheer. And all this must be transferred into industrial life and then we shall see the dawn of a new day. As John D. Rockefeller, Jr., said: "I believe that every man is entitled to the opportunity to play, to learn, to worship and to love as well as to toil and thus the responsibility rests as heavily upon industry as upon government or society to see that these conditions and opportunities prevail."

It is in the new branches of the war that our greatest progress has been made, and our knowledge there is also applicable to civil life. At this date America has without question made the greatest contribution to military knowledge of the future in the matter of physical fitness. The Surgeon General's department has accomplished wonders along the line of uniting scientific and empirical knowledge of the condition of the flyer. It is one thing to pick flyers. It is another and far more important matter

to have those flyers kept in perfect condition for their work, to know when they are in this proper condition, and finally to make the flyer, by this care, last as long as possible and be as efficient during that period as he can be made, just as we ought to do in the case of any skilled workman. The flyer is like a most delicate machine—not that he is himself delicate; by no means. When properly trained he is a very vigorous youth with well-controlled nerves and quick and accurate reactions. But that human machine is being used hard when it is asked to jump from sea level to an altitude of twenty thousand feet and back again every day. And, unlike the ordinary machine, this human machine grows far more valuable every month as it acquires greater knowledge and experience so that, while an ordinary pilot may have cost twenty thousand dollars at two hundred hours of experience, a man like Resnati was a machine worth easily a quarter of a million dollars, measured in the terms of the expense undergone during the time of his acquiring his finished amount of skill and experience. And we have now learned the best method to make such valuable human machines last the longest possible time. A similar work in a quiet fashion has been and is being performed in the case of submarine men. What then of the great industrial class? Here is a field that offers still greater possibilities—a field in which human endeavor may not only be made far more fruitful but one within which the continued introduction of physical relaxation and health improvement will bring an investment whose income in the way of increased happiness will be immeasurable. It means not only more real contentment but also far better and more effective work. It means living a fuller and better life. It means even more than "Life, Liberty and the Pursuit of Happiness" for it means the catching up with Happiness and holding that hitherto elusive ideal.

A prominent medical man once wrote, "By the Streets of 'By and Bye' one arrives at the House of 'Never'."

"Procrastination," "Mañana," "A little later," "Not yet but soon" all lead to that final destination, "Too late." Each one lives his own life, and gauges things for himself in their relative order of importance.

(Continued on page 54)

Young People and Their Stomachs

By Wainwright Evans

THERE is a common notion that the young man or the young woman who takes lots of outdoor exercise can "eat anything"; and that stomach trouble and other digestive difficulties, including constipation, go exclusively with the sedentary life, or else with actual dissipation.

On this theory, the theory that exercise is the be-all and end-all of health, hundreds of men and women make a fetish of vigorous exercise in the belief that the human system can under such discipline absorb and use almost anything in the way of food, and that it can utilize enormous quantities of food at that.

In other words, too many of us who are enthusiasts on the subject of training the body and keeping it at the apex of muscular strength, skill and quickness have gotten hold of just half the truth on the subject, and the less important half at that. There is a prevalent tendency, particularly on the part of those of us who are in their early twenties, to pay no attention whatever to the subject of what food we ought to eat. It is not an unnatural attitude. Young people are vigorous and adaptable; they have no aching, their bodies are supple; they don't know they have that potentially diabolical arrangement called a stomach; they can abuse health to the limit and rebound with the resilience of a rubber ball. And because of all this apparent immunity to the ills of the flesh, they reason that if they simply eat good, nourishing food and plenty of it, they can safely leave decrepit middle-aged and old folks to worry about their stomachs, and to groan over the various-ities that afflict them.

Now, that attitude of mind is unquestionably normal and healthy. There is no fault to be found with it. There is something

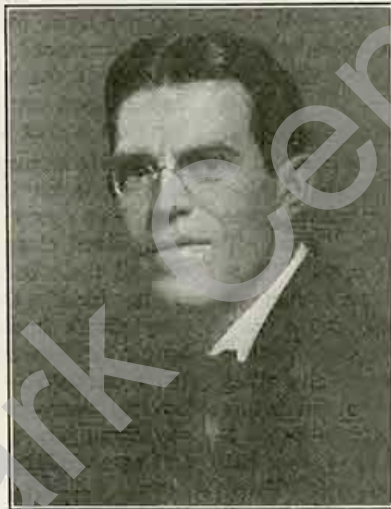
wrong, either with the health or the psychology of young persons who are unduly solicitous about matters which Nature is not yet likely to thrust upon their attention till they are several decades older than they are now.

Nevertheless, it is a dangerous form of ignorance. If, as a nation, we were universally in the habit of eating the kind of food we ought to eat, such ignorance wouldn't matter in the least; for a race that ate properly would have so little digestive trouble, and so few of the diseases

that come from acidosis, that they would hardly count. The danger lies in the fact that young men and young women who don't know they have stomachs are in danger of finding it out presently in a way fraught with much danger. They will discover the stomach no matter how much exercise they may take; and they will discover it for the simple reason that as a nation we consume enormous quantities of food which, from a dietetic standpoint, is literally not fit to eat, unless it be eaten with some other sub-

stance that will convert it from an acid poison into a real food.

In an article which appeared in last month's issue of *STRENGTH* I pointed out that those who tear down their bodies by exercise without providing the foods that will build it up again as good as new simply sign their own death warrants. In this article I want to develop a somewhat similar thought, but from a different angle. The reason why men and women who exercise without also eating the proper food are in danger of grave physical injury, is not merely that they fail to supply the blood with "fuel." If that were all the diet question amounted to, anybody who balanced exercise with plenty of meat, cheese and



Wainwright Evans

other protein foods should have an abundance of building material for making new muscle; and the eating of lots of starchy, or heat-producing foods, such as white bread, boiled potatoes and the like, would supply the producers of heat energy which are so necessary to the operations of the body, and that would be the beginning and the end of the diet question. We all of us eat plenty of proteins which are tissue builders—and carbohydrates which are heat producers, and fats which are also heat producers. In fact, our tendency is to eat rather more than enough of them. Talk with persons who believe in lots of meat, and nine times out of ten they will defend their diet by saying that they find meat is necessary if they are to keep up their strength. Perhaps it is, but if they eat too much of it, or fail to affect the acids that result from it by means of base-forming foods, meat can kill them, and does kill them.

The muscle-producing and the heat-producing classes of foods are firmly fixed in the minds of the public as the whole thing in diet. The popular emphasis mostly goes onto the heat-producing idea. You will often hear the body referred to as a "furnace" to which you must supply fuel, in the form of so many "calories" a day. Learned scientists talk continually in terms of "calories." A doctor told me the other day that he believed that when the public learned how many calories a man needs a day, according to his occupation, the diet question will be practically solved. There is a chain of restaurants in New York, and others of our large cities, which print on its bill of fare after each article of diet named, the number of calories the dish is supposed to contain. The reason given at the bottom of the card is that this plan will enable a customer to estimate the calories at the lowest possible cost.

That, I think, fairly represents the notion which most persons have of diet. What they don't know is that a *predominantly protein, carbohydrate, fat diet lacking in certain mineral food elements*, found in fruits and vegetables, will kill any animal fed with it; that it kills men who are fed with it; and that it is the source of the vast list of degenerative diseases of which most of us die.

Why do so many athletes become victims

of tuberculosis? The disease is undeniably common among men who have devoted themselves strongly to athletics. Many boxers get it; baseball players seem prone to it; and you can follow it down through the list of sports. *Why?* What is the reason why a strong man like Christy Mathewson lies prostrate to-day with the great white plague? He certainly didn't neglect exercise in the open air; he presumably got all the "good, nourishing food" he could eat. I have never heard that he expended his magnificent strength on dissipation or debauchery. Why in the name of sense, then, should a man like this, after doing the things which are supposed to be conducive to long life and perfect health now find himself fighting an uphill battle with Death? In short, is not exercise without the right food a signature on a man's death warrant? There is no question about it; and if the victim doesn't get tuberculosis he gets something else. What you can bank on is that he will *get something*.

The life history of one great athlete after another is an indictment of the ordinary "keep-up-your-strength" notion of diet. They lived clean—most of them; they exercised their bodies; they ate "good, nourishing food"; they could "eat anything"; they didn't know they had stomachs, or lungs, or hearts. But they went under. Is it reasonable? Isn't there something terribly topsy-turvy somewhere in our theory about how a man may best insure himself an abundance of enduring physical life?

The American Indian is dying off. He gets tuberculosis easily. He never used to get it; but he gets it now. Scientists will tell you that he lives in dirt, and that he has no stamina, anyhow! In that case, why didn't tuberculosis wipe the Indian out long ago before 1492? The answer is perfectly simple. The Indian didn't use to live on the white man's diet of refined, processed foods. His food used to be natural food. If he grew maize, he ate it as nature made it, because he didn't know how to remove the germ and leave the carbohydrates. Whatever he ate he took as he found it—till he began to buy his food from the white man.

Horses never get tuberculosis. They breathe in just as many tuberculosis germs as any cow, but they don't get the disease.

(Continued on page 60)

America's Women Swimmers Lead World

Miss Bleibtrey and Miss Boyle astonish the sporting public by their remarkable performances

By George W. Orton, Ph. D.

AMERICA'S women swimmers have conclusively shown during the season just closed that they lead the world in this sport. It was not until the last Olympic games at Antwerp that the women swimmers of this country were recognized. Up to that time the Australian, French, Swedish and English women swimmers were supposed to be superior to the American women, because of their much longer experience in competitive swimming. It cannot be more than ten or twelve years since the Amateur Athletic Union of the United States recognized women swimmers. Up to that time there was a prejudice in many quarters against this sport for women, mainly due to the so-called lack of modesty in costume necessary for proper carrying on of the sport. Many pools would not permit women in swimming races and it is a sign of real advance when we find such prejudices now a thing of the past.

The most famous woman swimmer of the period from 1910 to 1915 was undoubtedly Miss Fanny Durack, of Australia. She held records that seemed marvelous and her one-mile record is still on the books and indicates that she was a very wonderful woman swimmer. But four years ago, she visited this country, apparently thinking that her races would be mere processions. At that time, Miss Dorfner of Philadelphia was showing remarkable form and Miss Durack flinched and insisted on making her appearances merely as exhibitions. Miss Durack engaged in only one real race during her tour and on that occasion was

beaten by Miss Boyle. Miss Dorfner was in a class by herself at that time, Miss Charlotte Boyle being her only real competitor. Miss Dorfner did a great deal for women's swimming by touring the country and showing the ever-increasing number of female swimming devotees that real speed was possible for women. She retired at the height of her form and must be considered yet as ranking with the fastest swimmers of the present day. She was a finished swimmer, her rhythm, breathing and arm and leg motion being up to the highest standards of swimming form.

This victory over the woman credited with being the greatest woman swimmer of the age should have given the other nations an idea of what might be expected in the Olympic games at Antwerp. But the English, French and Swedish women were sceptical, and it took the victories of the American women in those games to demonstrate their superiority. They won both the short distance and the long distance swim for women and also the free style fancy diving. These victories gave America the lead in women swimming circles, but the foreigners still felt that they were the better.

It has remained for the New York Women's Swimming Association to prove this year that without argu-

ment, the women swimmers of this country are the fastest in the world. All the records from 50 yards to 1,000 yards are now held by American women swimmers, and several young women are coming along who will account for the one-mile record before more than two years have passed.



© Underwood & Underwood.
Miss Ethelda Bleibtrey, the foremost woman swimmer of the world.



© U & U
Miss Aileen Riggan,
the youngest Olympic
title holder on
record.

This prediction can be confidently made, as the large number of pools that have been built for women the last five years, and the greatly increased number of fast women swimmers in all sections of this country from New York to California, guarantees better records all along the line.

The foremost woman swimmer of the world to-day is Miss Ethelda Bleibtrey of the New York Women's Swimming Association. During the past year, she has competed in Australia, Honolulu, the Pacific Slope, the Middle West and in the East; and she has beaten all the women swimmers that she has met in all races from 50 yards to 440 yards. She won six individual American

championships this year, making new records as follows: 50 yards, 28 $\frac{4}{5}$ sec.; 100 yards, 1 min. 3 $\frac{1}{5}$ sec.; 200 yards 2 min. 36 $\frac{4}{5}$ sec.; 220 yards, 2 min. 53 sec.; and 300 yards, 4 min. 18 $\frac{2}{5}$ sec. In the longer races, the conditions were poor so that no record breaking was done. Miss Bleibtrey was also a most important member of the swimming team that made new world's records for the 400 yards, 500 yards and 600 yards relay. She also swam anchor on the 200 yards relay team that made a new world's record. Thus, Miss Bleibtrey must be given undisputed honors as the leading woman swimmer of the world.

When Miss Dorfner was at her best, she was quite superior to all the other swimmers of her time. It is therefore, a sign of great general improvement when it can be stated that though Miss Bleibtrey is the undisputed champion, there are several others in various sections of the country who can give her close competition. In her

own club, there are two who push her in every race, Miss Charlotte Boyle and Miss Gertrude Ederle. Miss Boyle is dangerous at all times as she has beaten Miss Bleibtrey on more than one occasion. Miss Boyle ranks next to her team mate as is evidenced by the fact that she has beaten both the 200 yards and the 220 yards records made by Miss Bleibtrey in the American championships. Miss Boyle's records are really remarkable as she put the 200 yards record at 2 min. 32 $\frac{4}{5}$ sec., and the 220 yards record down to 2 min. 47 $\frac{2}{5}$ sec. The latter beat Miss Bleibtrey's record made in Australia of 2 min. 53 sec. In the opinion of L. de B. Handley, America's foremost swimming authority, Miss Boyle will still improve on her present speed.

Undoubtedly, the most promising new swimmer uncovered this year is Miss Gertrude Ederle, of the New York Women's Swimming Association. It is hardly fair to Miss Ederle to class her as a woman swimmer as she is really only a girl, being but fourteen years old. This makes her performances truly wonderful. At Spring Lake she swam 50 yards in 30 $\frac{1}{5}$ sec., and one hundred yards in 1 min. 8 $\frac{2}{5}$ sec. It is probably true that Miss Bleibtrey, Miss Boyle and Miss Margaret Woodbridge of Detroit are the only other women swimmers in this country who can better these marks. Swimming authorities predict that Miss Ederle, before another season is past, will better the present records from 50 to 200 yards at least. She has never competed over the 100 yards distance, but has shown in practice that she can go up to the quarter-mile at racing speed. She is thus the comer among women in the swimming game.

The leading woman swimmer of the Middle West is Miss Margaret Woodbridge of Detroit. At St. Louis, this summer, she swam 1,000 yards in 16 min. 37 $\frac{2}{5}$ sec., and the mile in 29 min. 32 $\frac{2}{5}$ sec. The latter beat the former American record by one second, this being held by Miss Claire Galigan, of New York, and made in 1916. She was the favorite in the American championship for the long distance swim but was beaten both by Miss Bleibtrey who won and by Miss Boyle.

The frequent mention of the New York Women's Swimming Association is necessary in any article on women's swimming in

this country as they have in their ranks the fastest women swimmers in America. In addition to Miss Bleibtrey, Miss Boyle and Miss Ederle already mentioned, they have several other very fine swimmers. The above three, together with Miss Helen Meaney, won a 200 yards relay this summer in 2 min. 6 $\frac{3}{5}$ sec., a new world's record. On Sept. 26th, the team representing this club made new world's records for the relay at 400, 500 and 600 yards. This was done at one time. Miss Helen Wainwright, Miss Charlotte Boyle, Miss Gertrude Ederle and Miss Ethelda Bleibtrey swam the first 400 yards in 4 min. 40 sec., Miss Aileen Riggin, continued to 500 yards in 5 min. 58 $\frac{3}{5}$ sec., and Miss Alice Lord went on to the 600-yard mark in 7 min. 11 $\frac{1}{5}$ sec. These records are remarkable for women, but with the promised improvement in Miss Ederle and in several other young swimmers, it would not be improbable to find these records all bettered before the season of 1922 is over.

Miss Helen Meaney, spoken of above is one of the most remarkable mermaids in the world. As noted, she was speedy enough to make the team that made a new world's record for the 200 yards relay. She is one of the best breast-stroke and back-stroke swimmers in the country, while she is the present National woman diving champion. She has improved greatly in her diving and defeated Miss Helen Wainwright this year for National diving honors, scoring 142.16 points, the highest total ever made in a championship by any woman.

Though the New York Women's Swimming Association has become the strongest women's swimming club in the world, this was not always so. Philadelphia's women swimmers, led by Miss Dorfner, already mentioned, and Miss Bessie Ryan, brought the fame of the Quaker City to National notice and it has only been during the past two or three years, that the Philadelphia women have had to acknowledge the supremacy of the New York women. To-day, Philadelphia must rank second as a center of swimming for women. Miss Eleanor Uhl, Miss Irene Guest, both of whom were chosen for the Olympic team that was sent to Antwerp, Miss Elizabeth Becker, Miss Frances

Clark and Miss Marie Hillegas are all well known in women swimming circles. The first four have all beaten 1 min. 10 sec., for the hundred yards. Miss Hillegas and Miss Becker are both finished divers. Miss Hillegas showed exceptional form in the National championships, as she was third to Miss Meaney and Miss Wainwright. Miss Gertrude Artelt is also a fine all-around swimmer. This season she swam 150 yards with the back stroke in 2 min. 11 $\frac{2}{5}$ sec., the present record at this style of swimming. There is keen interest in women swimming in Philadelphia and it is not impossible for them to regain the supremacy they have lost to New York. At present, this seems unlikely as Miss Bleibtrey, Miss Boyle and Miss Ederle are all New Yorkers and considered the three fastest women swimmers in America, which at the present time, means in the world.

Women have also shown remarkable ability in long distance swimming. None have yet approached the remarkable records set by Captain Webb, the first world-famous long distance swimmer who lost his life in a foolhardy attempt to swim the Niagara rapids; T. Burgess, of England; Duburow or George Kistler, of Philadelphia, and others. In fact, long distance swimming among men has developed to a wonderful degree. A recent San Francisco paper announced this summer the annual swim across the entrance to their beautiful harbor, and several accomplished the feat, whereas only a few years ago it was considered impossible to accomplish. Webb and Burgess are the



© International.

Miss Charlotte Boyle, who ranks a close second to Miss Bleibtrey.

only men, however, who have swum the English Channel. The past summer, Mrs. Arthur Hamilton, daughter of Sir Fairlee Cummings, essayed this long distance test. Starting from Cap Gris Nez on the French coast, the English woman stayed in the water twenty hours and had to give up when only three miles from the English coast, this constituting a new record for long distance swimming for women. Last summer, Miss Gade, of New York, swam from Albany to New York in remarkable time as she covered an average of twenty miles a day. These two performances indicate that women not only have the speed but the endurance in swimming.

The above information about our women swimmers will indicate to what heights they have already reached, but there is no doubt that all the present records are due for a further shaking up by the women in the next few years. It is almost impossible to compile a set of women's swimming records as they are replaced by better ones so frequently. This, of itself, means that the women have not yet reached the limit of their ability. But the main reason for believing that further improvement is bound to be seen is found in the fact that swimming is being taken up as part of the physical education curriculum not only at many of the women's colleges, but also at very many preparatory schools and high schools. It is also being taught in many cities in the Grammar Schools, while as noted above, more and more public pools and swimming clubs are being opened every month. All this means a wider and more general development in women swimming throughout the country. This increase in women swimming is sure to be reflected in a very short time on the record book.

The fact that swimming is being encouraged by those in charge of physical education at our colleges and schools indicates that they consider swimming as a fine type of exercise for women and girls. Indeed

as a body builder, there is no better exercise for women. It avoids the shocks and sharp encounters found in some other women's sports, and it gives an all-around development that is remarkable. A glance at the illustrations of this article will prove this. Swimming develops the bust and chest, reduces the waistline and gives to the limbs a shapeliness that is the envy of non-swimmers. It does not emphasize the muscular development as is the case in many sports for women, thus giving to women a masculine appearance. When conducted in open-air pools that are properly replenished or in running water, it is a great source of health and strength. Indoor pools are not so healthful unless the sanitary arrangements are perfect and sufficient to keep the water in proper condition for bathing. This is the case at all the big swimming clubs and these pools are the center not only of a great deal of health giving exercise and sport, but also of much enjoyable social activities.

Women who are too fat or too thin, who are anaemic, or lacking in vitality cannot do better than join some swimming club and swim regularly. They will find swimming a useful accomplishment and a means of wonderful recreation.



© International.
Miss Millie Gade, who swam from Albany to New York, a distance of 140 miles.

Fat-Reducing Makes Happy Home

New York, Nov. 3.—Dr. Royal S. Copeland, who is overseeing fat-reducing experiments in which many women are competing for prizes, has been questioning their husbands about it.

"Taking the wife out for a walking used to be an ordeal," said one. "Now it is a pleasure."

Another said it was an unwritten law in his family that whenever his wife went upstairs he should assist her by pushing. Now, he added, there is no need for such gallantry.

Dr. Copeland found a husband who had objected to his wife's size because, he said, it took so long to walk around her when he was tightening a corset string.

How to Develop the Muscles of the Sides

By O. R. Coulter

(Continued from the November issue)

LAST month I explained various forms of progressive exercises which are very good developers of the side muscles, but unfortunately they lacked the possibilities of a graduated scale of progression. Many of them are beyond the strength of the average man. This month I shall deal with weight-lifting, which is the most positive in results and the most practical method possible to apply for the purpose of developing the side muscles.

It requires more than the weight of the body to promote a noteworthy development of strength in the muscles of the sides. If continuous exercise of these muscles by the weight of the body alone would develop any worth-while strength in them, professional wire-walkers would have great strength in their sides.

Wire-walkers, as a class, although they possess well-developed side muscles, do not have any appreciable weight-lifting strength in these parts. So the question that concerns us mainly from the standpoint of selecting an efficient method of training the side muscles is how to increase the resistance to them. Of all possible ways, what could be more simple than to use an adjustable bar-bell outfit that could be regulated to anyone's strength? As the strength of the side muscles increase, the weight is increased and the exercise can be made just as intensive as the muscles demand and can be gauged accurately to each increase in contractile power of the muscles involved. What method could do more than this, and what kind of apparatus could furnish the means in a more efficient manner?

The discussion, then, simplifies itself down to the subject of what exercises with the weights would be best for our purpose and the practical knowledge necessary for their successful application. Now, in the writer's opinion, the most practical way to ascertain this would be to take a group of men with exceptional side development and to study their methods. So-called experts on physical training can theorize on what things to do to get an expected or promised re-

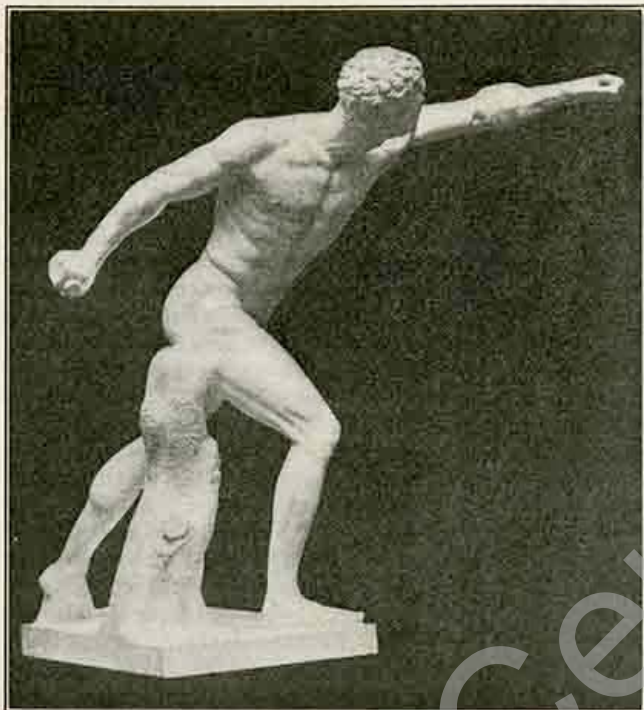
sult. That they have done much of this is attested by the number of "catch-penny" systems that have been exploited from time to time. Theoretical advice is not of great service to physical culturists. Tried and proven methods of muscle development are the ones worth while, and the methods used by men who have really attained results are worth more than all the theories propounded.

With the idea of deriving practical hints on weight-lifting exercises, as applied to the sides, I am going to select a number of athletes who have attained real results that show for themselves. I shall select Aston, Inch, Saxon, Sandow, Lurich, Maxick, Bareuther, Elliott, Hackenschmidt, Clark Waddell and Holliday.

Among this group you will note many well-known figures in the weight-lifting world. They represent various sizes and natural types of physique, but they have some qualities in common that apply to side development.

Aston is one of the very foremost lifters of Great Britain. He is, I believe, the world's champion at the Bent Press, judging from the standpoint of the total weight pressed by both hands. He also excels at the One-arm Clean, the Snatch and the Swing. I think it is quite reasonable to conclude that as they are his best lifts that they are the ones most practiced by him and naturally played the most important part in the attainment of his physique.

Inch has been called the pioneer of weight-lifting in Great Britain. He certainly did much to promote the game. It was largely through his efforts that interest in the Bent Press was aroused and maintained. His greatest lifts have been made in the Bent Press, One-arm Push, Swing, Two-arms Anyhow, the One-arm Military and the One-hand dumbbell lift from the floor. Inch is a practical man and believes in all-around development. He practices all the lifts, but inasmuch as the British competitions were based largely on these lifts, it was necessary for him to bring them to perfection, and consequently the



The Lutteur Borghese

major portion of his training was devoted to their practice.

The late Arthur Saxon's fame rests securely on his achievements with the Bent Press. His lift of 336 pounds in this position is still the world's official record. He also was good at the One-arm Military, One-arm Swing, One-arm Snatch, the Press in the Shoulder Bridge position and the Two-arm Anyhow. These lifts are all one-hand lifts except the Press on the Back and the Two-hands Anyhow. This latter lift he accomplished by bent pressing a heavy bar bell and then bringing up a kettle-bell with the left hand. He held the world's record in this Two-hands Anyhow, mainly because he could bent press more than anyone else. This lift is a supreme test of side strength. Saxon lacked the bodily weight to equal men like Turck, Steinback or Swoboda in the two-arm events, but the greatest authorities recognized him as champion at the one-arm lifts, and the importance to be drawn from Saxon's training and accomplishments is that he excelled at the one-arm feats and devoted more practice to them than he did to two-arm lifts.

Sandow is the man who introduced the

Bent Press in England, and his fame as a strong man, aside from his beautiful physique, is largely due to the impression created by his one-arm press from the shoulder. Sandow, as I stated in my discourse on thigh development, used a special apparatus of his own idea for assisting his weight work in developing his thighs; but I cannot find anything in his writings prior to his commercialization of his spring-grip dumbbells "cure all," or in any of my correspondence with him that would indicate that he used anything else besides weights for training any other parts of his physique. He practiced all-around bar-bell and dumbbell work. He was good at the One-arm Swing, and he practiced the feat known as the One-hand stone lift from the floor. In this lift he stood

with a foot on each of two trestles and lifted the stone from between his feet by means of a loop over his wrist. This is very strenuous work for the side muscles, and it was largely from the practice of this lift, the Swing and the Bent Press, that he attained his exceptional muscles in the sides.

Lurich, like Saxon, lacked the weight necessary to be a champion at the Two-arm Press or Jerk, although he was a wonder at the latter for his weight. He still holds the records in the One-Arm Jerk and the One-arm Swing with a bar bell, and these two facts alone show that he excelled at one-hand lifting; and the natural conclusion is that his side development is due to his training for these lifts at which he excels.

Maxick is essentially an all-around bar-bell lifter, as he holds world's records for the Two-arm Jerk, Two-arm Press, Two-arm Clean, One-arm Jerk and One-arm Snatch. He is also exceedingly good at the One-arm Swing and the One-arm Military Press. Inasmuch as the Two-arm Press and the Two-arm Jerk are performed with practically an equal distribution of weight, little direct tension on the sides could be

involved from those lifts, so his side development is due to the one-arm exercises that he practiced.

Bareuther is a man possessed of somewhat similar abilities as Maxick, but does not rank as high at the two-arm lifts. His physique is exceedingly well developed, even when compared with other continental athletes. He has snatched more than his own weight with either arm. He also trained at the One-arm Swing and the One-arm Jerk which the continental lifters almost invariably practice, and he owes his exceptional side development to their use.

Elliott was for some time champion lifter of Great Britain and won one championship at the Olympic Games in Athens. His forte was clean lifting, which is the style of his country, and he was particularly good at the One-arm Clean and Press. He lifted from the ground to arm's length above the head 214 pounds with the right hand, and accomplished in the same style of lift, using the left hand, 205½ pounds. In these lifts no part of the weights touched his body. Few weight-lifters ever attained such large side muscles as he did, but the main reason for this is that few men of his extreme size ever specialized on the Bent Press, and his side development is simply another example of the fact that the best results are derived from the best-directed efforts and that a man who performs work directly involving the side muscles is more likely to get results in side development than one who does not do training directly affecting these parts.

Hackenschmidt is a perfect model of the Herculean type of physique. If my memory serves me right, I have mentioned him as an example in my articles on neck, arms, thighs and calf, and the fact that he also possesses tremendous side development furnishes a further proof that it is possible, for some men at least, to attain great results in the training of these parts without doing so at the expense of another portion of the physique.

"Hack" is a product of the regular continental methods. He possessed great natural advantages at the start of his training, and inasmuch as he used the best method, it is only natural that he attained extraordinary results. That he developed very heavily-muscled sides is only what we should reasonably expect that a man of his type

would do from a practice of the One-arm Press, One-arm Jerk, One-arm Snatch and One-arm Swing. His figure for the One-arm Press was 269, and he held the world's record at one time for the One-arm Snatch. The training necessary to accomplish these lifts would develop anyone's side muscles.

Clark Waddell is one of the early Milo pupils. He is a very good example of what proper exercise would do for the side muscles. Naturally of a very slender physique and of a rather medium potentiality for muscle development, the results he has attained, as compared with what he was at the start, are quite exceptional. Possessed of a natural aptitude for analysis, he soon recognized correct principles as applied to the acquisition of strength and did his training on correct lines. A strong believer in all-around training, he has devoted more time to the Bent Press than to any other lifts, and was one of the first of the Milo pupils to surpass 200 pounds with this lift, which he accomplished while weighing less than 160 pounds. The results in side development that he attained are a practical proof of the value of the Bent Press for that purpose.

Holliday possessed tremendous side development for a man of only 112 pounds in weight. He was a pupil of Inch, but his success was with the Bent Press, and the large part of his training was devoted to the practice of this lift. He trained so thoroughly at this feat that he pressed 203 pounds at 8 stone, and it was conceded at one time that he would eventually reach the marvelous feat of bent pressing twice his own weight. A special reason why he attained such remarkable side development was that in order to press such a heavy weight to a straight arm, he lowered his body so low that he placed his disengaged hand upon the floor after the manner of Albert Attila. This required a tremendous effort from him to straighten his body after he had pressed the weight to a straight arm. In fact, this was the difficult part of the lift for him, as he pressed over twice his own weight to a straight arm, but was unable to bring his body up to a standing position.

All of the men we have considered have great side development and excel at one-hand lifts. Perhaps you have observed that many of the list were British lifters. This

(Continued on page 54)

The Lure of the Woods

By T. Von Ziekursch

With photographs of the author

RECENTLY I read an enlightened article in one of our leading out-of-door magazines telling how to keep in perfect physical condition. In it the claim was literally put forth that only one thing was necessary and that was to revert completely and absolutely to a primeval state, to live in the great out-of-doors, to sleep early and rise early, to eat regularly of the foods that kind old Nature provides so amply and cease worrying about the troubles of this work-a-day world.

And with the basic truth of the article I agreed in a large measure, but I could not help thinking of the seven million urban residents of New York City and vicinity, of the five or so million around the environs of State Street in Chicago, of the three million or whatever it is that constitute the backbone of Philadelphia's industry, of the other millions upon millions who have made Boston, Baltimore, St. Louis, San Francisco, Detroit, New Orleans and the other great cities.

How impossible is the carrying out of any such plan to these toiling city dwellers! Yet the fact remains that deep rooted in the blood of virtually every one of them who is contained of normal reaction is some hankering to do just that. Perhaps it is the call of the body to do that which is natural, to get a taste of the sunshine, to breathe

deeply of the winds of the world. For countless centuries man undoubtedly lived under just such conditions and it is difficult to change desires and habits handed down over thousands of years.

Certainly a human being is in need of the outdoors and more and more of them are realizing that need and gratifying it. The war undoubtedly brought out in millions the knowledge that the open places were not a closed book to the city man as they had generally supposed. And now the percentage of those who have learned to indulge their longings in that direction has been vastly increased. We who follow the trails have seen it and marvelled at the extent of it.

But that is not all. Undoubtedly the vast majority of these new converts have but a very short time each year to spend in this direction. Clerks, book-keepers, wage-earners of every kind now find that the water and forest trails are not made alone for the tired business man who can pay anywhere from five to twenty-five dollars a day to an expert guide and who can invade the wilds with a de-luxe equipment. They who draw the weekly pay envelope are learning the gospel of the wild also and learning that thus can they have one of the most economical of vacations.

In the fact that they have so little time for this sort of thing they are not alone, for the business or professional man and woman, the leader in industry or science also finds himself or herself serving a stern taskmaster. These periods out of doors are a relaxation, they help mightily but they will not suffice alone and I would warn against expecting to find the elixir of life in two weeks of a mountain retreat or paddling a canoe. In itself this



Getting the sights on a big one.

is fine, but fifty weeks of languorous lazing in a city with no real exercise or physical effort can more than overcome any real benefits from two weeks out of doors.

Some effort, some exercise constantly is necessary. Muscles and sinews are given to men to meet normal tests when emergencies arise, and the man who expects that after a year of sedentary city life he can go out and do two weeks of paddling or tramping mountainous game trails invariably gets a rude shock when he finds that the body he thought was in such excellent condition will not stand the test.

In the past few years I have seen a great deal of this with the greatly increased number of city men one meets in the woods.

They will learn in the hard school of experience, and gradually will come realization of the fact that it is necessary to maintain some semblance of physical fitness at all times if the fullest enjoyment of the outdoors is to be had when the opportunities come.

Gymnasium exercise, walking, home exercising, anything that is done regularly and with the proper spirit of enjoyment, instead of as a boresome necessity, will suffice.

I am reminded of a case that will serve as an incident for illustration. Last year I spent a short time in a mountain camp during the big game season, one of those real hunting camps where they don't have high-priced guides and a chef, with bridge parties at night around the open fireplace.

This was the kind of a place where everybody is hail and well met, where the gang plays cards every night to see who will wash dishes and get the breakfast, who will cook the grub for dinner and chop the wood; the kind of a camp where everybody is so blamed tired by eight o'clock that they go to the blankets and scare every buck within a mile by their raucous snores on the spruce-scented air, unless they happen to be working some traps that keep them up a little longer.

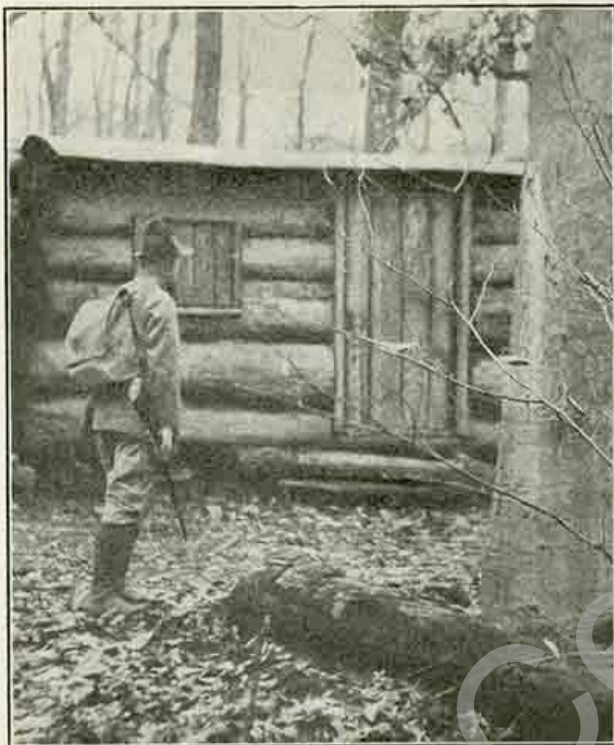


The author on a jaunt in the woods.

It fell to my lot to win the job of getting breakfast, so I tumbled out at four-thirty in the morning, long before the gray dawning of the winter day manifested itself over the pine-covered ridges in the east. Being an old hand at this sort of stuff, I had chopped enough wood for a fire prior to turning in the night before and I started the blaze after whipping my arms around to get some warmth into the fingers, for it was ten below.

I then picked up the five-quart coffee pot and went to a stream that raced and tumbled past the camp so fast that only the edges were frozen at this low temperature. When I came back to put the water over the flames I noticed a wildly waving figure in the shadows at the edge of the firelight and stopped to marvel, thinking that perhaps there was some truth in the stories the Indians told about the spirits that inhabited the particular glen we had selected to pitch camp in.

But a cheery "Howdy" that could never have come from the wraith of a knifed Chippewyan reassured me and I watched in silence, recognizing the wildly waving



A cabin in the woods.

figure as a certain big hardware dealer of an eastern city, as tall and straight as a healthy young sapling, in spite of his sixty-five years (and then some, I suspect).

He had a piece of my firewood in each hand and was swinging away merrily, bending and raising, sticking his hands above his head and in back, and he continued for ten minutes, at least.

I thought he was doing it merely to get the circulation going just as I had whipped my arms about, and would have continued to think so, but when he was finished he came to the fire and I noticed his smile.

"Think I'm loony?" he asked, and I assured him that I did not.

"Been doing that every morning and night for thirty years," he volunteered. "Gets me breathing deeper when I go to bed, and I can sleep easier. Wakes me up in the morning quicker than a cold bath. Got to be a habit, and I keep it up even when I'm out doors. The Missus used to laugh at me and tell her friends about it, but that was a good many years ago. She does it now, too."

I listened, understanding, and suddenly

he said, "Beat you to the creek to get washed."

I did a quarter in forty-nine and one-fifth not so many years ago, but the old boy was only a step in back of me as we crashed through the brush at the edge of the water with our heavy moosehide larigans skidding on the rocks. And he laughed with that note of mirth that tells of the latent boy still alive at the surprise he knew he had handed me.

Some time later, when our meat had given out, that "youngster" carried a two-hundred-pound buck a mile over the worst kind of mountain game trails all alone. Anybody who has ever done it knows what that means.

Yet he admitted to sixty-five years, and he only got away from business three weeks of each year. Condition was not a matter of once in a while with him. Nor was it a "bug." He appreciated it because he felt so

much better all the time.

The average guide has a sort of sneaking contempt for the man he pilots through the wilderness, a contempt that is generally not dislike or anything of that sort, but merely a feeling of such utter physical superiority. However, once in a while one runs across cases where the guide gets a genuine surprise, and it is almost pathetic to see this superior attitude change to something akin to worship.

Some years ago I was coming up the Loon River, which flows north to join the Peace above Fort Vermillion. On one of the lengthy, straight stretches I noticed a canoe far ahead. Several hours later we caught up to within hailing distance and paddled along all day, passing occasional comments. In the prow was a white man, rather lean and bronzed, yet whose talk stamped him as a man of some culture. That night we camped together and I discovered that he had been a noted Yale track man years before and now was a practicing lawyer of some importance.

In the morning he and the guide were
(Continued on page 52)

Henry Steinborn Milo

Breaks Three Worlds' Records in One Evening

By Alan Calvert

ONLY the greatest of athletes ever succeed in establishing world's records. Many a great star considers himself well rewarded, if, in the course of a long career, he manages to establish a record that stands as the world's best. Some few super-athletes have managed to obtain the unusual distinction of holding world's records in two events.

Imagine, then, the quality of an athlete who, in one session, establishes *three* world's records, overcoming in each case the records of trained specialists. Of course, we all understand that there is a constant rising standard in athletics. Records established in the last generation sometimes stood unbroken for years. Nowadays the pace is so fast, the competition so keen, and the number of first-class performers so great, that a record that is set up this year is apt to be broken inside of a twelve-month.

A real star in athletics is distinguished by the quantity as well as the quality of his performances. Ever notice how the big lights of baseball set a terrific pace and hold it for year after year? Men like Wagner, Cobb, Eddie Collins and Walter Johnson are super-stars. Their reputation does not depend on one successful season, but is due to their ability to go out year after year and set a standard that no competitor can equal.

So when on the evening of Oct. 19th I saw Henry Steinborn Milo shatter one lifting record after another, I knew that I was looking at an athlete of "class"—a man who stood out over his competitors like, for instance, Mahan and Thorpe in football, Tilden and Johnson in tennis, and Babe Ruth in baseball, or, if you prefer, Sysonby and Man-of-War on the track.

You may recall that when I wrote of Henry Steinborn Milo in the October *STRENGTH*, I said that he had the ability to make even

higher records. That some of our American records were absolutely at his mercy I knew very well, as I had seen him break them every time he practiced with bar bells.

That he could surpass some of the world's records I felt equally confident. In fact, I believe that he can break even his own recent records, if he will only consent to husband his strength instead of spending it in his present prodigal manner.

Henry Steinborn Milo had expressed his wish to set up some new marks, and Prof. Herrmann kindly lent his gymnasium and made the most complete arrangements. A large number of lifting enthusiasts eagerly accepted the invitations, and Milo gave them a display of scientific lifting that astonished them as much as it pleased them.

The judges were Geo. Zottman, Ex-Champion Lifter of the United States; Jas. B. Juvenal, Ex-Champion Oarsman, and the writer.

Mr. Bryan Hayes was clerk of the scales, and the adjustment of the bar bells was ably handled by Mr. R. E. Mack.

Several out-of-town lifters attended the show, and one of them, Mr. Robert E. Snyder, of Hagerstown, Md. (familiar to you by his articles in *STRENGTH*), made a few lifts before Milo's appearance.

A big bar bell had been weighed to 186 pounds for Milo's first lift. Mr. Snyder,



Henry Steinborn Milo

who weighs 145 lbs., seized this bell with both hands, pulled it clean to his chest, and then pressed it aloft 3 times in succession. A very unusual feat for a man of his size.

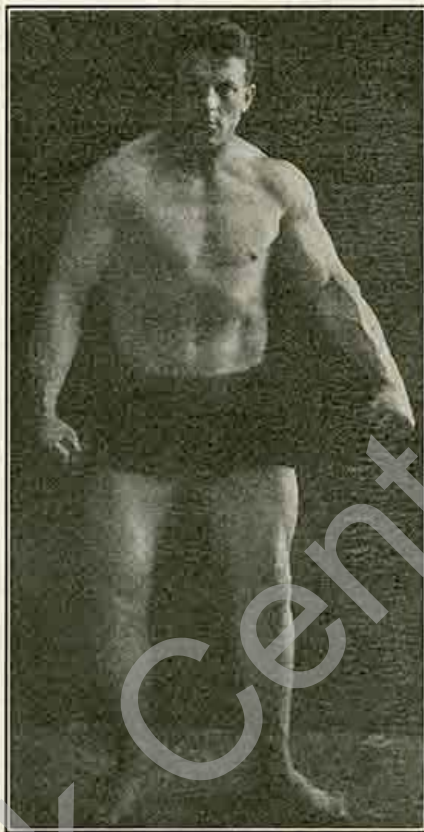
In the "two-arm press" most lifters are content if they can elevate a bell of their own weight (145 lbs. in Snyder's case), but Snyder did 186 so easily that I can readily credit his statement that he can raise 200 lbs. once in a two-arm Military Press.

After a few seconds rest, Snyder took the same bell and executed a beautiful right arm slow press, handling the big weight even easier with one arm than he did with both, and demonstrating the possibilities of the slow press method.

Snyder's efforts were received most enthusiastically, experts among the spectators realizing that this was only an off-hand exhibition of his powers.

The 186-pound bell was lifted in the centre of the hall, while it was announced that Milo would now attempt to break the record in the "one-arm snatch"—the lift in which the athlete must raise the bell in *one* movement from the ground to arm's length above the head—without the slightest pause at shoulder-height.

The best authenticated performances in this lift were those of Rondi, of Germany, who raised 199 pounds and a fraction, and Vasseur, of France, who managed to lift 202 $\frac{3}{10}$ lbs. Both Rondi and Vasseur claim that in practice they have exceeded these marks, which is quite possible. But anyway, we figured that if Milo did 203 lbs. at a *public trial* he would beat any effort under similar conditions. Milo got to work quickly. He walked over to the bell and got the 186 lbs. over his head so quickly that the audience was amazed. I personally



had never seen more than 175 lbs. raised in this manner, and when the spectators realized that the American record was shattered they were almost too dazed to applaud. But a few minutes later, when Milo snatched 195 $\frac{1}{2}$ lbs., and then 205 $\frac{1}{2}$ lbs., they made the windows shake with their approval.

Let me explain here that the conditions did not altogether suit Milo. The judges ruled that the bell must be weighed before each lift, that is, each time its weight was increased. This fretted Milo not a little. He had evidently worked himself into a tense frame of mind and wanted to tear right through his whole program, and was visibly disturbed at the delays

when we added weights and then carefully inspected the scales. After his world's records of 205 $\frac{1}{2}$ in the "one-arm snatch" we thought he would rest, but no! He told us to put on 10 lbs. more and let him try again. And he made a most heroic attempt with 216 lbs. and failed by a hair's breadth, losing his balance after he had the bell aloft. He told me afterwards that if he had taken a chance on straining himself he could have held the 216 lbs., but that he had to think of the lifts to come.

As I said before, if this man will be satisfied to take one lift at a time I firmly believe that he will raise 220 lbs. in a "one-arm snatch," and that is about 40 pounds more than Sandow's best in that style.

The "two-arm snatch," which was next on the program, is not nearly as spectacular a lift as the "one-arm snatch"—although it is more difficult—and, perhaps for that reason, rarely seen.

Rondi's record of 241 lbs. did not bother Steinborn. After warming up with 227 lbs. and 237 lbs., he elevated 247 lbs.

One must have controlled strength, quickness of footwork and enormous power to be able to raise over 225 lbs. in the "two-arm snatch." The smoothness of Milo's style, and the apparent absence of exertion on his part, made the lift look like anything but a world's record performance—it looked more like a body-building exercise.

But some of the experts appreciated what Milo was doing and were afraid lest he should tire himself out. Mr. Zottman came to me and said: "Calvert, for heaven's sake, tell the boy to slow up—no man can keep on heaving around big weights the way he is doing." I told Zottman that I fully agreed with him, but that Milo had made up his mind to go through without a rest, and we could only stand by and watch him.

So we set the stage for the last even, "the two-arm *clean* and jerk," which in plain English means that the bar bell must be lifted from the floor to shoulder height *without touching the body*, and then "jerked," or tossed to full arm's length above the head.

It seems strange to outsiders, but all lifters know that you can raise more weight from chest to above your head than you can raise from floor to chest. Of course, everybody knows that in "putting up" a bell you can raise more by giving a little jump with the legs than if you use only the pushing power of the arms.

So if you put up a bell (from shoulder to arm's length aloft) by only arm strength it is a "press"—if you help with the legs it is a "jerk."

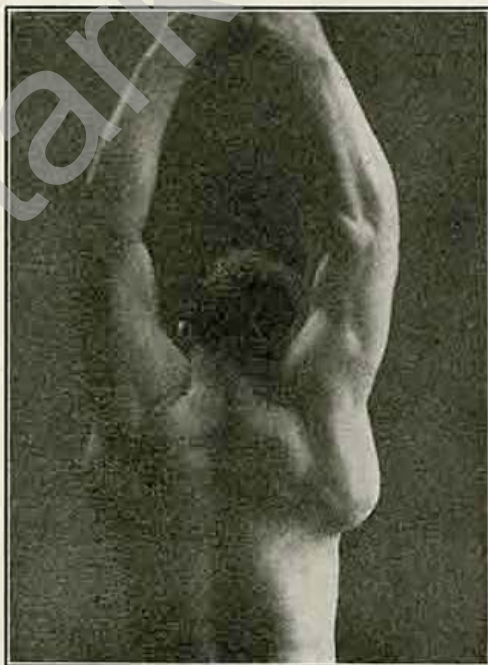
On the record books you will find a number of men who have raised enormous weights aloft in the "two-arm jerk"—weights anywhere from 350 to 400 lbs.—but you will also find that in such lifts the bell

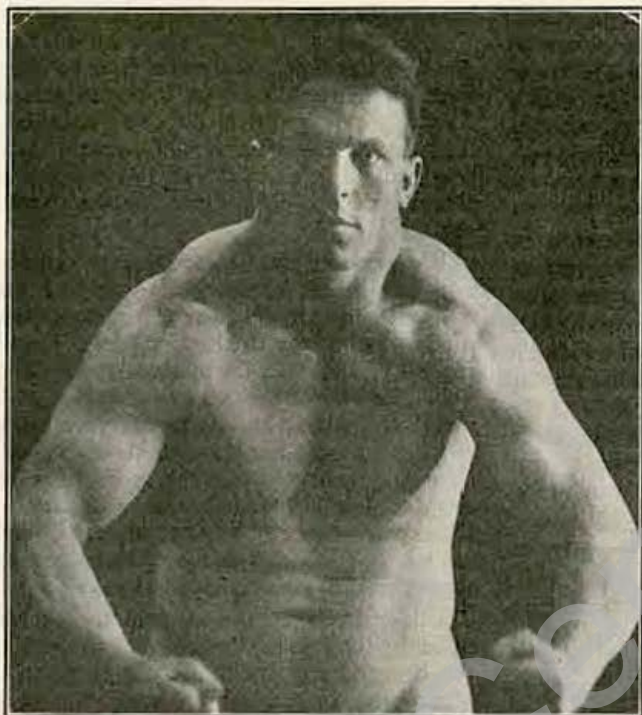
was raised from floor to shoulder height in the "Continental style," which means that the bell was lifted and rested first on hips, then on stomach, then on lower chest and finally got in position for the jerk aloft. That method is allowed in Germany, Austria and Russia, while in England and France they always insist on the "clean style."

We are told that some quarter century ago Louis Cyr, of Montreal, "took a bar bell weighing 345 lbs., swept it clean in one motion from floor to chest and then jerked it aloft." This was the mark at which Milo was shooting. Be it remembered that Cyr weighed 310 lbs., and as far as pure brute power was concerned, was undoubtedly the strongest man of modern times. Henry weighed but 200 pounds and was backing his explosive energy, his amazing agility and his trained muscles to get bigger results than Cyr did with his ponderous bulk.

Milo raised 325 pounds just to get his hand in, and then stamped around while we changed the weight to 347 $\frac{3}{4}$ pounds. He got up to full arm's length—breaking Cyr's record—but don't imagine that it was easy. The weight was so terrifically heavy that it fairly staggered him when he got it to his chest—but he steadied himself, gathered his strength, and with a mighty heave sent it aloft. It looked for a second as though it was coming down again, but by a supreme effort he got his arms locked straight under the bell, and stood as firm as an iron column, holding the bell aloft for several seconds.

This was a lift the audience could readily understand and appreciate, and Milo's struggle had been so apparent, that at the successful conclusion of the lift the audience acted like the bleacher gods do when the Babe has killed another one.





Most lifters would have called it a day, but Milo said he would like to establish another record. We loaded his bar bell to 402 lbs. *Without assistance* he put this bell across his shoulders—and then did the “deep knee bend” 6 times in succession, at each repetition squatting so low that he practically sat on his heels. After that he did one or two “show stunts” and a little muscle posing as a closing feature. When I asked him if he was not very-tired, he said: “No, but I am quite hungry.”

In accordance with established custom there was a notary public present, and this gentleman kept an eagle eye on the whole proceedings. As we were signing the affidavit certifying his lifts, I asked Mr Zottman his opinion of Milo. He replied: “The lad has as fine a pair of thighs as I ever saw and he can use them better than any lifter I have known. And on top of that, to put it plainly, he’s got the guts.”

And it is so—neither the crowd nor the importance of the occasion bothered Milo in the slightest. He was there to “go through with it” and did so in style.

Mr. Snyder was deeply impressed by Milo’s science and style of lifting. He

said: “His work is a revelation to me. He certainly has a most educated pair of legs.” And as he said it he smiled in an understanding way. I wouldn’t be surprised to hear of Mr. Snyder creating in the near future some new records in the 145 lbs. class.

But I still believe Milo can do better by curbing his ambition. Take this occasion, for example. If he had not had to save himself for the second and third events, he might have made an almost incredible record in the first event.

American lifters have heretofore not paid much attention to the “snatch,” but in Europe there are literally thousands of lifters, amateur and professional, whose dearest ambition is to possess the “snatch” record; and there

are scores of giants who have had a try at Cyr’s 345 lbs. in “two-hand clean and jerk.” All honor to Milo for breaking 3 records in one day, but if he can be persuaded to train for just one week at a time and attempt one record at a time, then Milo’s recent records are not safe from Milo himself.

For this event he practiced strenuously every day for a week, then for 4 days prior to the event he did not touch a bar bell, but ate heartily.

It is interesting to note that Arthur Saxon’s best snatch was 200 pounds, and his Continental 2-arm jerk was 345 lbs. Milo would probably do 365 lbs. in the Continental 2-arm jerk. Saxon was considered the best all around lifter of the present century, but outside of the “one-arm bent press” (which Milo has never attempted), Milo can equal or better all of Saxon’s records.

When I asked Mr. Mack his opinion of Milo, he replied: “One of the very greatest. He will go down in history with John Marx, Saxon and Steinbach.”

No one man can hold *all* the different lifting records, but it seems to me that in all the so-called “quick lifts” Milo is apt

(Continued on page 50)



Dumbbells!

But not the well known colloquialism. These little Chinese children are getting their first lesson in Americanism, a training for both mind and body that will put them far above the "dumbbell" class.

Richard Headrick of Los Angeles, the four year old natorial prodigy. He holds the title of champion juvenile swimmer of the Pacific coast.



© KEYSTONE VIEW CO.

Seeking the C

*Fair Film Star
Keeps Fit
Miss Norma Talmadge
is an ardent devotee
of out-door sports*



*An exercise practiced
by classic dancers.
Raise yourself slowly
on your toes, then
come down without
bending your foot
still on your toes. You
will quickly notice the
change, for it streng-
thens as well as beau-
tifies the foot.*

©
KEYSTONE VIEW CO.

Crown of Venus



*For beautiful shoulders
this exercise is just the thing.
Separate the finger tips and
bring the arms downward till
they are on the level with the
shoulders. Wrists should be
bent back and palms turned
outward.*

© KEYSTONE VIEW CO.



*Shapely legs are a ne-
cessity with short skirts,
bathing suits, etc. Here is
an excellent exercise for that.
With one hand on the back of
a chair to prevent falling, the foot
is put out in a perfectly straight
line, then down again 10 times.*

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*Jos. Doolin
Chicago*



*Dr. H.W. Lanford
Atlanta Ga.*



*F. E. Bayer
New York City*

Is Smoking Really Harmful?

By Dr. William E. Brandt

THE United States is probably the heaviest smoking country in the world. Recently published statistics of the billions of cigarettes and cigars consumed annually would lead a stranger to our shores to believe that we lived in a continual smoke haze of our own making.

The reign of our Lady Nicotine has been comparatively short—over the white races, at least. Sir Walter Raleigh, so the story runs, was doused with a pitcher of beer by a servant, unnerved at the sight of smoke issuing from his master's mouth. Compared with the age of our globe, the few hundreds of years that have passed since then are as nothing. So it is no more than correct to say that the habit of smoking is not such an old one with us.

Is smoking harmful?

That riddle is just as old as the habit. It is probable that when good Queen Bess took her first puff from Sir Walter's pipe she asked him that very question. It is being asked to-day.

The answer must be more or less qualified; for the old adage that what is one man's food is another man's poison is just as true now as it ever was. A man with indigestion, for instance, could not expect to eat pastry and feel no ill effects. Nor can a man in a poor, nervous condition expect not to be harmed by the use of tobacco.

Whatever changes are effected on the human system by tobacco are functional and not organic. There is a big difference here. A functional disorder is merely a disturbance of a normal, physiological process; an organic one involves a change of tissue. An illustration of this may be drawn from the human hand. You see a man, for instance, who has lost several fingers. The change has been organic. It involves the breaking up of tissues and a rebuilding of them over the torn stumps in the process of healing. You see a man whose hand is paralyzed. That change has been functional. There has been a disturbance of the nerve centers, but no actual change of tissue except such secondary changes as accompany disease in any organ.

There was an old belief that excessive smoking brought on what is popularly known as "tobacco heart." This was supposed to have been an organic change—a hypertrophy or enlargement of the organ, or a degeneration or thickening of the valves. Yet no autopsy has ever justified this theory.

Dr. Richard Cabot, Professor of Medicine at Harvard and a clinical master mind, is authority for this statement. He says in his work, *Physical Diagnosis*, under the heading, "The Supposed Effect of Tobacco": "The disturbance produced on the heart by tobacco has been greatly exaggerated. There is no cardiac abnormality or group of abnormalities that can be referred to the effect of tobacco. Persons constitutionally subject to tachycardia (overrapid heart), palpitation, or to occasional premature contractions, may find these symptoms exaggerated or brought into the foreground by the abuse of tobacco. But almost invariably one finds in the background other factors—neurotic temperament, bad hygiene, sexual excess or convalescence from infectious disease."

This, of course, refers to the excessive use of the weed. Used in moderation, tobacco is probably not harmful. It is soothing because it acts as a nerve depressant. There is a very brilliant business woman of my acquaintance who smokes a cigarette each night before retiring. It soothes her nerves after the clash and clamor of a busy day. In this it is the direct antithesis of coffee, which stimulates the nerves and induces wakefulness.

Understand me, by using this example I am not advocating smoking for women. Done in moderation—such as is practiced by the lady I mentioned—it is not likely to do harm. But the female nervous system, as a general thing, is more sensitive to drug stimuli than the male. If done to excess it is more likely to injure them than a man who smokes a similar amount.

As can be seen in the bigger cities of England and France, and, for that matter, right here in the United States, the women who take up smoking are likely to overdo the matter. And excess in anything—be

it eating, drinking or smoking—will beget its own punishment.

The wives of the old western pioneers were smokers, and a hardier group of women never lived. Indulgence in the weed by women is a matter for their own judgment. I hold no brief for it.

I have spoken of the soothing properties of tobacco. It had a very definite use in the World War. The soldiers in the front line, on the ammunition trucks, everywhere near the "front of the front"—the poilus called it—labored under terrific nervous tension. They could endure that strain, the savage wounds and painful operations if they had the solace of a smoke. Its aid to physicians in such cases was incalculable.

There are enemies of tobacco who say that opium would have the same effect. Opium is soothing. So far the critics are right. But it is a drug that causes tissue changes in direct paralysis of the functions of the individual cells: their growth, metabolism, etc. This is recognized even in China, where opium has been the national smoke. The government, recognizing its danger to the population, has taken stringent efforts to combat it. Such efforts will never be needed so far as tobacco is concerned. Even the most radical foes of the weed would not claim that tobacco is as deleterious to the body and mind as opium.

In Kansas, reformers have succeeded in pushing through a bill prohibiting the sale of cigarettes. They assume that the cigarette is more harmful than a cigar or pipe. It is the opinion among the majority of physicians that cigars are, in a relative degree, more injurious than cigarettes. This is probably due to the fact that there is a greater amount of tobacco in the former than in the latter. It has been my experi-

ence that the worst reactions on heavy smokers come from the users of cigarettes. This is undoubtedly due to the fact that a heavy cigarette smoker is more careless in this regard than the cigar smoker.

Again, however, this problem resolves itself into a question of moderation. The continual carrying in the mouth of a cigar, cigarette or pipe produces a chronic irritation of the oral and pharyngeal mucous membrane.

"Clay-pipe cancer" is found in all the catalogues of tumors. This disease entity flourishes particularly among the peasants in European countries, and consists of a cancerous growth on the lips. This is caused by the continual irritation of a hot pipe stem held between the lips at all hours of the day and night. Pipe stems of other materials than clay have a similar effect, though less marked, because clay is notoriously a prime conductor of heat.

General U. S. Grant was known to modern generations as a deep-thinking war strategist and the heaviest smoker whom history records. Apparently no one ever saw him without a very strong black cigar between his lips. History also records that

he died of cancer of the throat. In this case the irritation was produced by the smoke fumes. This is a point for smokers to remember, for everyone who indulges to excess lays himself open to the possibility of cancer.

The causes of this disease are in that category of medical riddles which the world's scientists are ceaselessly probing. For that matter, the cause of tumors in general are as mysterious as life itself. But it is definitely established that, though cancer is not caused by such chronic irritation as heavy smoking, it is, at least, favored thereby. (Continued on page 50)



© International.
B. G. D. Rudd, Captain of the Oxford Track Team. The team excited considerable comment by appearing in public with pipes in their mouths.

Hand-Balancing

EDITOR'S NOTE: This is the last of a series of articles on Hand-Balancing.

By Robert B. Snyder, Jr.

THE pick-up with partner is accomplished as shown in Figures 29, 30 and 31. This is the most common method of throwing the top-mounter to a position above the head. Standing as in Fig. 29, the understander will let the top-

I think it is just as easy to spring from position of Fig. 29, clear of any contact with the body of the understander, than otherwise.

Another method of the pick-up is shown in Figures 32 and 33 to the position of Fig.



Fig. 29



Fig. 30



Fig. 31

mounter fall backward until the position of Fig. 30 is assumed; then with a sharp pull by the understander, and a simultaneous jump by the top-mounter will bring the top man around and up to the position of Fig. 31, and a full-arm balance is ready to be attained.

Some of the readers might ask: "Would it not be easier to attain the position of Fig. 31, instead of having the top-mounter spring from a prone position to Fig. 31; to place the left foot on the understander's left thigh as a step, and then to the position above the head?"

31. This exercise is a half swing and half snatch. Practice of the two-arm snatch with a bar bell and the one-arm swing with a dumbbell will aid very materially in the accomplishment of this feat by the understander.

The feat, as depicted in Figures 34, 35 and 36, illustrates itself. It is rather hard on the neck of the top-mounter



Fig. 32



Fig. 33

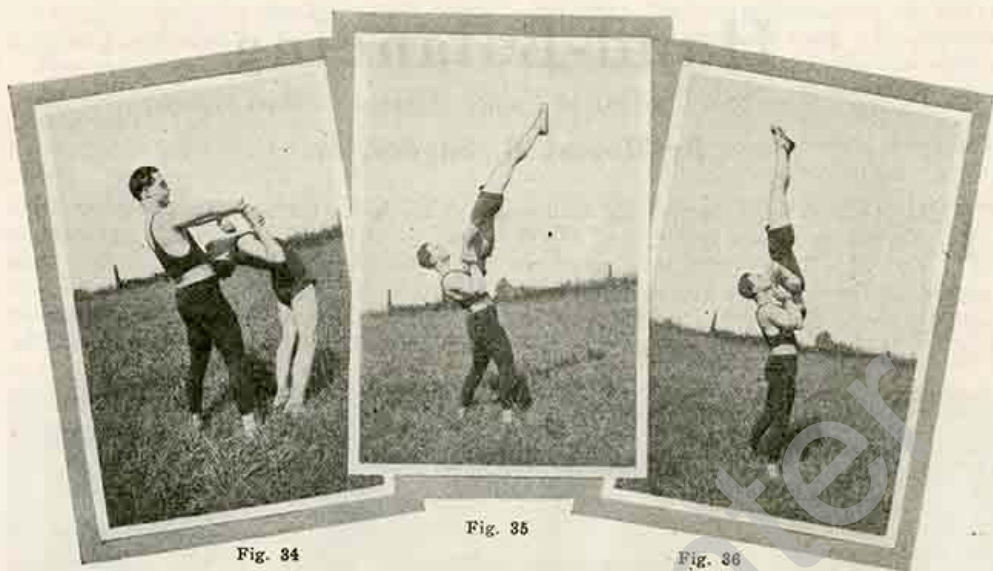


Fig. 34

Fig. 35

Fig. 36

and requires a good arch in the back and a strong, steady pull on the part of the understander. From Fig. 36 both men will push to a full-arm balance.

Fig. 37 illustrates a hand-stand on the feet.

Many truly wonderful feats of balancing have been performed by exponents of the equilibristic art. There was at one time an athlete with the Hagenbeck and Wallace Circus who accomplished a one-hand stand on a cane on a slack-wire. There is a feat to aspire to accomplish; however, it took that man, if I remember correctly, fifteen years to perfect that feat.

All of us, it is true, cannot hope to accomplish the most difficult feats that have been done; but the novice, if he is persistent, will exceed even his wildest expectations. Anyone taking up the practice of hand-to-hand balancing should endeavor to learn both top and bottom work. If just hand-balancing feats are practiced and there is no work for the lower limbs to do, they will stay undeveloped, as the lower limbs of professional top-mounters who do that work exclusively

invariably are, though if the student has no partner with which to work hand-to-hand feats, the standard bar-bell lifts, making repetitions with the bells loaded to within twenty pounds of your limit will keep your legs developed proportionately to the upper parts of the body.



Fig. 37



Fig. 38

Balance on Top of a Bar Bell.

Head Locks and Chancery Holds

By William J. Herrmann

Of Herrmann's Physical Training Institute, Boxing, Fencing and Wrestling Academy, Philadelphia, Pa.



Stanislaus Zbyszko

The line cuts illustrating these wrestling lessons were especially made from original drawings sketched direct from life by "Strength's" special artist. Einar Johansen, of Norway, the light heavy-weight wrestling champion of America; Charles Olsen, of Sweden, the well-known professional heavy-weight wrestler; Joe Lustig, of New York, the former middle-weight wrestling champion of America; Cyclone Green, of Philadelphia, the popular light-weight wrestling champion, and William J. Herrmann (himself) have posed for the drawings which illustrate this wrestling course. This aggregation of wrestling stars will also collaborate with William J. Herrmann in presenting these lessons.

Dear Herrmann:—

June 3rd, 1921.

Advance proof sheets of "Head Locks and Chancery Holds," also proofs of "NELSON'S—How to Take and How to Break Them," are the most thorough and instructive articles on these wrestling holds I've ever seen in print.

STANISLAUS ZBYSZKO,

World's Champion Catch-as-catch-can Wrestler.

(Continued from last month)

Front Chancery Holds

AS ITS name implies a Front Chancery is a form of Chancery Hold in which its victim's body is directly in front of that of its holder's.

In a Front Left Chancery Hold its victim's head is encircled by its holder's left arm while imprisoned under its holder's left arm-pit.

In a Front Right Chancery Hold its victim's head is encircled by its holder's right arm while imprisoned under its holder's right arm-pit.

Fig. 45 illustrates a Standing Front Chancery Hold in which the victim's head is imprisoned under its holder's arm-pit.

The following description of a Front Chancery is described under the supposition that it be secured from a Referee's Hold with your left hand on your opponent's neck as illustrated by Fig. 46. Of course it is understood that if secured while both men are on their knees it is not a Standing Chancery Hold. A Standing Chancery must be secured while men are wrestling up standing on their feet, not while down on "all fours" on the wrestling carpet.

A Front Chancery Hold can also be just as readily secured from Free Play as illustrated by Fig. 47, also following a suc-

cessful feint that paved a way for it as well as on a wrestler who wrestles with his head low. It can also be secured when both wrestlers are working on one or on both knees from in front, as well as when working low in the Neck and Arm or Referee's Hold with knee or knees near or on the mat as illustrated by Fig. 48. Opportunities to secure this hold may also present



Fig. 45

Standing Front Chancery Hold.

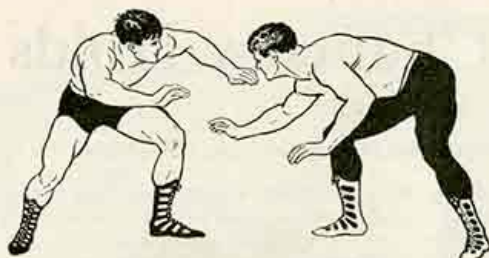


Fig. 46
Referee's Hold.

themselves during a group of moves and counter-moves incident to a lively mix-up.

Standing Front Chancery Hold

From the Referee's Hold, with your left hand on your opponent's neck as illustrated by Fig. 46, quickly yank your opponent's head down and under your left arm-pit with your left hand. Instantly trap his head in a Front Chancery Hold under your left arm. Grasp your left wrist with your right hand in order to re-enforce your Front Left Chancery Hold. Turn your opponent's face somewhat upward in order to more effectively twist and strain your competitor's neck. Hold your hold tight and firm while you make an effort as though you intended to partially lift your man off his feet, by raising your left forearm upward while at the same time leaning slightly backward with your body. Be sure you don't let your opponent's head escape from under your arm-pit. Be careful you don't stand up too straight or your opponent may counter you with a Back Heel. A powerful punishing hold if held and used in the above effective manner.

As a general rule, it is rather difficult to secure a direct positive fall from this hold against a wrestler your equal, unless in combination with some other assisting hold or holds. However, a direct fall can nevertheless be secured by means of this hold alone, if used in the following manner: Hold your opponent's head tight. Keep it in a vise-like grip. Don't cease punishing your man as you continue to twist and turn, both his head and body, backward and downward to your left side. Make good use of your weight and shoulders by keeping close to your man in order to enable you to safely follow up your advantage in position, while you continue turning and twisting your op-

ponent's head and body over until his back is turned directly towards and finally down on the mat. Follow up your advantage in position until his shoulders are placed fairly and squarely on the wrestling carpet for a fall.

Even though you fail to secure a direct positive fall from the use of this hold alone, its punishing effect will help to weaken your man to the extent of lessening his efficiency later on in the bout, even though it failed to directly score a fall or immediately pave a way for some other effective "follow up."

Although professionals as a general rule are partial to using the Front as well as the Side Chancery Hold under the left in preference to under the right arm, nevertheless, do as they do and practice Front Chancery Holds in all their combinations from under both your right as well as under your left arm in order to be able to effectively use a Front Chancery Hold from either side as combat conditions may warrant.

Opportunities to trap your man's head in a Front Chancery Hold will naturally more readily present themselves when grappling with a wrestler who works with his head too low. Some catch-as-catch-can wrestlers naturally work quite low while others favor a less crouched position. Just like our best boxers show decidedly distinctive yet equally effective styles in boxing, so in like manner, our best wrestlers also work in their own particular favorite ways, depending on their natural strong points, as well as their general build, quickness, cleverness, style, methods, temperament, individual characteristics, etc. In consequence one must use brains as well as muscles when wrestling with a man your equal.

Front Chancery Hold

Opportunities to secure a Front Chancery Hold just as readily present themselves

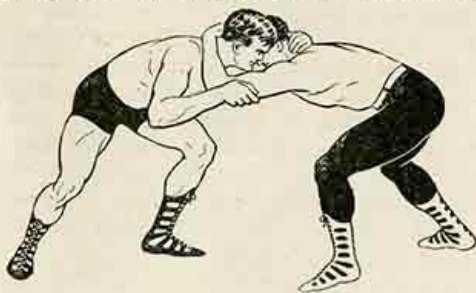


Fig. 47
Sparring for a Hold.

when working in front of your man when he is on his hands and knees, on "all fours" on the wrestling carpet. Should opponent be on your side, instead of on your front, you nevertheless can just as readily secure a Front Chancery Hold by quickly shifting your body from the side of your opponent's body to a position in front of your man.

Standing Front Chancery Holds in Combination with Leg Chips

The following Leg Chips are used in combination with a Front Chancery Hold in order to more readily and effectively bring your man down to the mat for a fall.

The most effective leg chips usually used in combination with a Front Chancery Hold are the Outside Back Leg Stroke and the Back Heel.

In an Outside Back Leg Stroke the foot of your acting leg is well off the mat, whereas in a Back Heel the foot of the



Fig. 48

Neck and Arm or Referee's Hold.

acting leg must necessarily be held firmly on the mat in order to enable you to trip your man over it.

Learn how to most effectively use your legs to good advantage. Practice in the use of these effective leg chips will enable you to become more adept in readily bringing even a far heavier opponent down to the mat.

Should your trip or chip to bring your man down to the mat prove successful, be sure to instantly follow up your advantage before your opponent can adjust himself to his predicament and offer some effective resistance or counter-move against you.

Standing Front Chancery and Outside Leg Stroke

This describes a Front Chancery held under your left arm-pit in combination with a Back Leg Stroke used in order to more readily bring your man down to the mat.



Fig. 49

Front Chancery and Outside Back Leg Stroke.

Place your left hand on opponent's neck. By means of a quick sharp downward pull towards and under your left arm-pit, you can trap his head in a Front Chancery Hold. Yank his head low enough to readily enable you to encircle your left arm around his head under your left arm-pit. Re-enforce your left chancery arm by grasping your left wrist with your right hand. Hold his head tight in a vise-like grip. Don't relax your hold for an instant. As soon as your Front Chancery Hold is safely held and applied, combine it with an Outside Back Leg

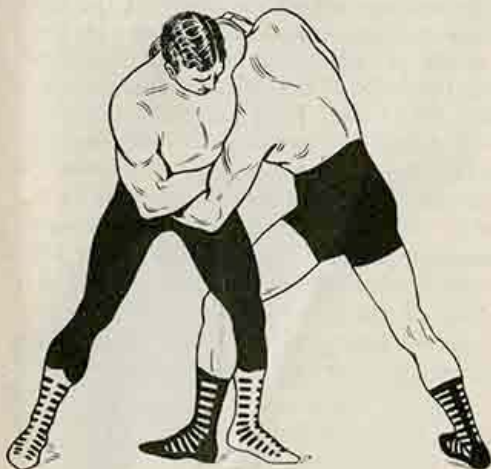


Fig. 50

Front Chancery and Back Heel.



Fig. 51

Front Chancery, Far Arm and Back Heel.

Stroke in order to enable you to more easily and effectively bring your man down to the mat.

Apply an Outside Back Leg Stroke with your left leg against the back of your opponent's left leg. Be sure you kick backward with your left leg against your opponent's left leg at the calf from the outside. If correctly performed an Outside Back Leg Stroke will take your man's left leg clear up and off the mat. At the same time suddenly and forcibly give him your weight in order to push him backward off his balance. If the quick, unexpected push and the Outside Back Leg Stroke be properly timed and performed, your opponent will naturally lose the support of his left leg and topple over backward down to the mat. As he falls backward down towards the mat, you should have little further difficulty in finally pinning his shoulders flat down on the mat for a fall, providing you properly held your hold and followed up your opportunity to good advantage.

Fig. 49 illustrates the above described Front Chancery Hold held under your left arm in combination with an Outside Back Leg Stroke executed with your left leg on the left leg of your opponent.

Standing Front Chancery Back Heel

Somewhat the same style combination as the preceding Standing Front Chancery and Outside Back Leg Stroke just described, with the exception of using a Back Heel instead of an Outside Back Leg Stroke in order to bring your man heavily down to the mat. Back Heel your man by placing your left foot from the outside firmly down on the mat in back of his left heel in order to trip your man over your heel so as to more readily bring him down to the mat. Also push strong against the mat with your right foot while you force your head and shoulders forward in order to more effectively push your man backward off his balance down to the wrestling carpet.

Fig. 50 illustrates a Front Chancery Hold held under your left arm in combination with an Outside Back Heel in which you Back Heel your opponent's left leg from the Outside with your left leg.

Standing Front Chancery and Far Arm Hold

As its name implies, this chip associates a Front Chancery in effective combination with a Far Arm Hold. This hold is described under the supposition that you are safely and firmly holding your opponent in a Standing Front Chancery Hold under your left arm-pit. Reach under your opponent's chest and with your right hand seize your man's right arm well above his right elbow. Quickly pull opponent's far arm inward and well across his chest while at the same time you bear heavily down on his head with your Front Chancery Hold held with your left arm. This Far Arm Hold in combination with your Front Chancery Hold will enable you to more readily twist and turn your man clear off his balance, over and on to his back, to a fall. Use your weight to advantage and keep in good position so that your weight falls on top of your opponent as much as possible in order to help hold him down with the sheer weight of your own body. Above all, don't relax either your Chancery Hold or your Far Arm Hold, even for but an instant. Should you unfortunately make the error of loosening up your hold, a clever opponent will instantly avail himself of your weakness—an opportunity he probably was waiting for—in order to free himself of your hold.

"Your 3-year-old Trees Equal Mine at Five"

writes the leading photographer of Albany, Georgia—who in addition to owning a pecan orchard of his own, has made many photographs of pecan orchards throughout the district "Where Pecans Bring Prosperity." "One big reason for your exceptional results is the thorough, careful way your tree rows are cultivated," he adds. "Sturdy young trees, planted in the fertile soil of your plantations certainly do thrive as a result of that thorough care."



A row of pecan trees on our plantation, 3 years old in January, 1922.



Get this FREE BOOK. "PAPER SHELL PECANS"

Read what the foremost food authorities and agricultural experts say about the paper shell pecan, "the purest, sweetest, most highly concentrated of all natural foods."

Note the Government facts and figures which confirm the statement of page 1101, Vol. 54, of the United States Congressional Record that "Pecan production is destined to become one of the most important lines of orchard development in the United States."

After you have seen how the American consumption of nut meat has increased over thirty-nine times as fast as the increase in population during the past twenty years; after you learn of the many millions of dollars spent for nuts by the American public, you will realize why page 1478 of the same volume of the United States Congressional Record says of pecan growing: "We are building an industry which for generations should yield its bountiful crop of delicious food and bring millions of dollars to our citizens."

When you read the statement of Dr. J. H. Kellogg, head of the famous Battle Creek Sanitarium, that "A pound of pecans is worth more in nutritive value than two pounds of pork chops, three pounds of salmon, two and a half pounds of turkey or five pounds of veal," and his further statement that the "nuts are in good health when gathered and remain so till eaten," you will realize the advantages in shipping, storage and preparation for the table which make pecans an ideal year-round, staple food. With an increasing year-round demand—the supply of finest pecans is exhausted so rapidly that Burbank, the Edison of Agriculture, says: "We have now one pecan where we ought to have a million."

This book explains how you share in this big opportunity through our Co-operative Profit-Sharing Plan of establishing pecan orchards on our plantations in Southwest Georgia, where pecans thrive best. Describes and illustrates the limited offering, in our Subdivision B, of

Certified Established Orchards, 3 years old next January

which will hasten by three years your profitable pecan crops. Shows how your pecan orchard has been planted for you with twenty budded trees on each acre-unit, how it is cared for and cultivated—we assuming all responsibility for turning over a thrifty growing orchard. Shows trees of all ages. Explains how you "Plant your Money where it Grows," making your payments on an easy deferred payment basis. Makes clear the plan by which your orchards are full paid in case of death.

Answers your every question—proves its every point by best authorities

Write today for that book—before this limited allotment of three-year-old orchards is gone.

ELAM G. HESS, President, Keystone Pecan Co., Inc.
Box 418, Manheim, Lancaster Co., Penna.
Reference: Keystone National Bank, Manheim, Pa.

Send That Coupon Today! Gain 3 Whole Years

Patrician Pecans

THE PINNACLE OF PECAN
PERFECTION

"Patrician Pecans are the finest nuts I ever saw," says Dr. J. H. Kellogg, head of the famous Battle Creek Sanitarium.

The illustration below shows the large size of these de luxe pecans—the biggest of the very finest pecans, superior in size, quality and flavor. Their large luscious kernels are easily removed whole.

SEND ME \$1.50 TODAY

and I will send you postpaid a beautiful 12-oz. Gift Box of Patrician Pecans, fresh from the orchard.

GUARANTEE—Eat six at my risk; if dissatisfied return the balance within ten days and get your \$1.50 back. I could not make this offer if these were not the biggest of the very finest pecans sure to please you in every way. Family package, 10 lbs. delivered, \$15.00.

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Manheim
Pa.



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President Keystone
Pecan Co., Inc.
Box 418, Manheim, Pa.

Please send me without further obligation on my part a copy of your book, "Paper Shell Pecans."

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Street & No.....

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State.....

CLIP

Standing Front Chancery, Far Arm Hold and Back Heel

An effective Back Heel to use in combination with a Standing Front Chancery and Far Arm Hold. A sure, direct and positive fall can be secured from this triple combination if properly held and applied.

Develop this effective combination in the same manner as when securing the preceding Left Front Chancery and Far Arm Hold Combination just described with the addition of using an Outside Back Heel with your right leg, in back of your opponent's right leg, in order to more effectively twist and turn your man over so you can more readily bring your man down to the mat for a fall.

Hold tight both the Chancery and the Far Arm Hold. Don't relax either hold even for but an instant. In order to properly Back Heel your man in this effective combination, step over his right leg with your right leg. Bear down with your Chancery Hold. Don't stand upright. With your right arm, pull your opponent's right arm quickly across his chest in order to more effectively twist and turn your man. Keep pulling on his right arm while at the same time you help push his left shoulder up and over with your own right shoulder. This helps to still further twist and turn your man. This combination of moves, if properly timed and applied, should not fail to finally twist and turn and put your man clear over on to his back to a fall. As a rule

your opponent will fall heavily, especially if you used your body-weight to good advantage and kept yourself in a strong and safe position. With such a decided advantage in position as gained by the proper use of these combination moves, you should have no further difficulty in effectively following your man to the mat and pressing his shoulders down on the wrestling carpet for a fall.

Fig. 51 illustrates a Left Chancery and Far Arm Hold in combination with an Outside Back Heel with your right leg on his right leg. This is the most effective method of Back Heeling an opponent while holding a Far Arm Hold in combination with a Left Front Chancery Hold.

This following is a good general rule to observe when holding a left Front Chancery Hold and combat conditions are such as to warrant the use of a Back Heel, in order to more readily bring your man down to the mat. Should you be holding a Front Chancery Hold under your left arm-pit, Back Heel your opponent's left leg with your left leg. However, should you be holding a Left Front Chancery hold in combination with a Far Arm Hold, Back Heel your opponent's right leg with your right leg. Execute counter like to the above if holding your opponent's head captive in a Front Chancery Hold under your right instead of under your left arm-pit.

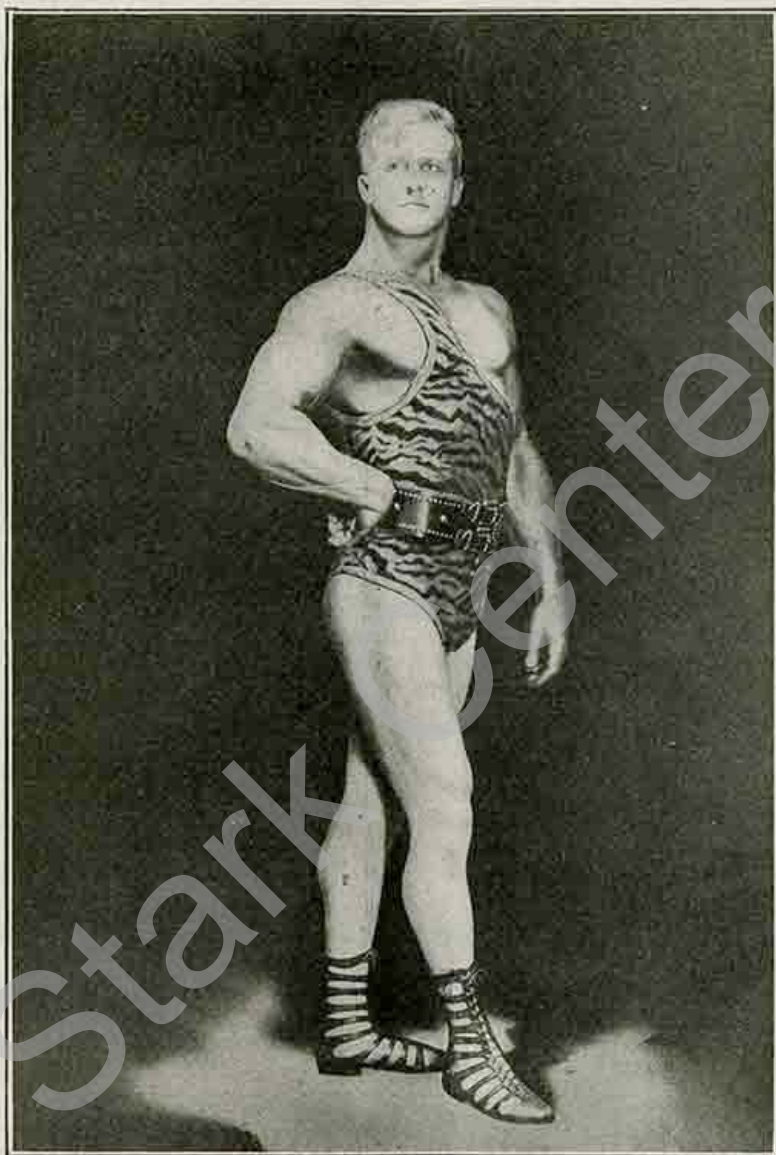
The Question Box

M. L.—To develop muscles on underside of thigh: Place a moderately heavy bar bell on floor in front of you. Stand with ankles and knees together and with toes pointing slightly outwards. Grasp the bell with the over-grip, lifting the bell as high as the hips. The arms are not bent during this exercise; you lower and raise the bell by leaning the body over and straightening up again. This exercise is excellent for developing the muscles which run along the spine, the muscles of the buttocks, the under side of the thigh and the calves of the legs.

Another exercise which will help is the following: Stand with feet about 12 inches apart, so that a line drawn through the left

foot will come out through the right heel, at right angles. Raise moderate-weight dumbbell to shoulder, pushing bell aloft until the right arm is straight, and then lean over and touch the left foot with the left hand. Bring the body again to an upright position. Do not lower the bell to the shoulder, but keep it aloft, and bend twice more and touch the left foot. Keep the right leg perfectly straight. Reverse foot position and also practice with dumbbell in left arm.

F. B.—The only practical way to acquire broad shoulders is by developing the deltoid muscles, which are situated on the points



EARLE E. LIEDERMAN

wishes his thousands of pupils and numerous friends and also every reader of "Strength" a MERRY CHRISTMAS and a most PROSPEROUS NEW YEAR.

of the shoulders, and cover and protect the shoulder joints. If you increase the thickness of the deltoids by one inch you are increasing the breadth of your shoulders two inches, which will make a very noticeable change in your personal appearance.

The deltoid muscle is divided into three sections: the anterior or front section, which raises the arm forward and upward; the lateral or side section, which raises the arm straight out to the side and upward; and the posterior section, which raises the arm upward and backward. When the hand is at the shoulder all the fibers of the deltoid combine to help raise the arm upward, and that is why the deltoid is the most important of all muscles to a weight-lifter.

The deltoid muscle can only be developed to its limit by a variety of exercises which raise the arm and at the same time straighten it. For this purpose, use the one and two-arm press, military press, bent press, etc., also holding weights out at the sides.

C. S. M.—The first requisite for developing speed is to develop a certain amount of strength. Speed implies power. And to move anything—whether your own body or an object—requires power. You must have a certain amount of muscular development before you can attempt to cultivate speed. For instance, one of the things most necessary for a sprinter is a good pair of legs.

Granting a certain amount of muscular development, speed can be developed, but only through practice. If you want speed for any particular branch of sport, it can best be developed by practicing that sport. For bar-bell exercise practice the quick lifts, such as the snatch, jerk, etc., as well

as the slow lifts, and perhaps to add a certain amount of handball and other speed work.

To develop the ankles, stand with the feet about 12 or 15 inches apart, bending the ankles from side to side, inward as well as outward. Also practice raising on toes and heels.

To develop a large arm, practice exercises that bend the arm, for the biceps; exercises that straighten the arm, for the triceps; and exercises that raise the arm for the deltoid muscles. The arm can be developed to its fullest extent only by a variety of movement that bring into play all the muscles.

J. G. S.—Practice the developing exercises every other evening rather than every night. While you are exercising certain tissues of the body are being torn down and destroyed. If you practice very other night, the period of rest will give time to recuperate, and you will obtain best results in this way.

Do not practice any exercise until your muscles begin to ache. This is a sign that you are overdoing it. Your exercises should make you tired, as this is an indication that you are giving your muscles sufficient work, but to exercise to a point of aching or exhaustion is overdoing it. Either cut down on the repetitions or the amount of weight you are using.

S. J. P.—Lurick's record of 266 pounds was the weigh at American pounds, having been reduced from kilos, the Russian pound.

While exercise with weights will not cure varicose veins, you can prevent any harmful effects by wearing elastic stockings while exercising.

Records and Weight-Lifting

To the Editor:

I would also like to know about what is considered the best proportions in development and strength, say, for a man of about 150 pounds, how much he ought to be able to do in each lift. I don't want to be overdeveloped in some places and undeveloped in others, yet it seems like that is the case. For instance, my leg muscles seem wobbly when I lift near my limit; in fact, I am

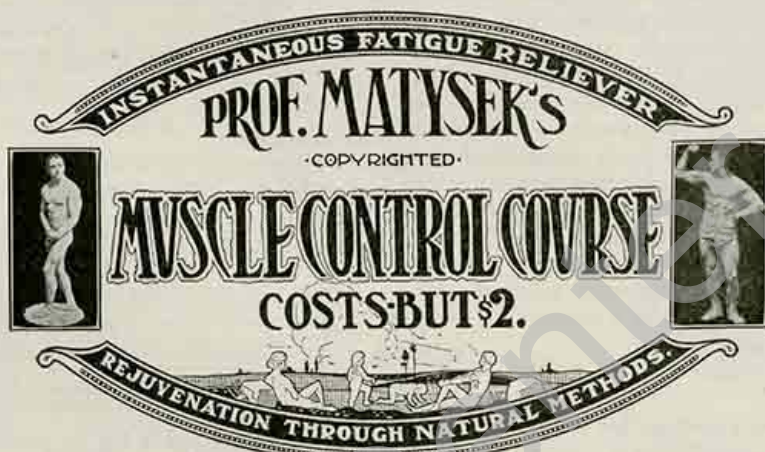
unable to lift as much in the two-arm lifts on this account. Would you advise specializing on leg exercises and dropping arm exercises for a while, or cutting down in the weight I use with my arms till my leg muscles get stronger?

I have noticed a marked improvement other ways. Of course, I was in pretty good physical condition to begin with, but I have gained considerably in strength.

Realize Mankind's Best Assets

100% Health—Strength—Mental Alertness

You can easily and quickly secure
all these advantages thru practicing



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This course teaches the scientific system of control of all the physical functions. You can cure yourself of many functional disorders. You will be independent of all medicines and drugs which you know cannot bring health and are often debilitating. When physicians fail in getting results they suggest Matysek—the Maker of 100% Men.

What \$2.00 Will Bring You

Two handsomely finished charts containing twenty-one large, beautifully produced pictures of myself showing every detail as to how to perform the movements with absolute correctness. The instructions are "straight from the shoulder" such as only an expert who went thru the mill himself could ever possibly produce.

In addition to the above you have the privilege to ask any questions pertaining to your physical training and to these I will gladly write a *personal* reply. This feature alone is a mighty valuable one as I give you the benefit of my many years of experience and you will find it worth much more than the price paid for the full course.

The Subjects of This Course Are of Tremendous Interest to Everyone

How to quickly make respond the inactive bowels—easily correct the rounded shoulders—in no time expel the bothering gas out of the stomach—promptly chase away the staleness of the body—strengthen the nerves and internal organs—control every muscle of your body—store up energy for feats of strength, also: Complete relaxation and contraction—Effective breathing—the best way to arouse your inactive nerves—creation of better blood circulation—easiest way to increase your chest circumference—the famous shoulder-blade control—how

to thicken the shoulders—how to learn the art of making your shoulders supple from only three days' practice—development and control of the neck muscles—spreading of the back—depression of the abdominal muscles and wall—control of the pectoralis (chest muscles), the biceps, triceps, thighs, calf and all other muscles—how to greatly assist in training the abdominal regions to be immune from rupture—how to master correct posture—simple yet positive cure for insomnia—how to pose for good pictures—advantages of perfect co-ordination of muscles and mind thru concentration which brings success and all the good things that go with it, and many other vital pointers you need every day, too numerous to mention. The exercises in this course cause no strain on the heart and do not create nervousness, but build vitality and nerve force.

Prof. Matysek

Muscle Control Dept. 215
523 North Charles Street, Baltimore, Md.

Detach and mail NOW while it is on your mind.
PROF. MATYSEK, Muscle Control, Dept. 215,
523 N. Charles Street, Baltimore, Md.

I want bulging muscles and yet I want them to have fine outlines. I desire to increase my strength, my internal activity, my energy. I want to be more than I am now and I want to achieve my "chief aim" in a short and efficient manner. For these reasons send me your wonderful Muscle Control Course, illustrated with 21 high-grade pictures of yourself. If I am not completely satisfied, my money will be promptly refunded if course is returned within 48 hours.

Name

Address

City..... State..... Strength, 12-21
(Canadian and Foreign Orders \$2.20.)

This spring I was attending the University of Redlands, where I was staying when I received the bell. While there I had the opportunity to compare my strength with a husky 185-pound football player, who was considered by some the huskiest fellow in school.

Although I weighed only 135 pounds (50 pounds less than he did, and he seemed to be solid muscle, too), I outlifted him by fully 20 per cent. in pure strength lifts. This was before I got the Standard Lifts course, so I didn't know any trick lifts that required skill in performance. I also outchinned the entire gym class, including gym teacher, who fancied himself extra strong. Then I also did the push-up 29 times, using one arm only.

I don't know how much I can lift now, as I haven't been trying to make any records of late, but think I can greatly outdo what I could lift then.

A. V. R.

Drop arm exercises for a while and specialize on leg exercises. Good lifts for a 150-pound man are: One-arm military press, 90 pounds; One-arm bent press, 180 pounds; One-arm snatch, 135 pounds; One-arm jerk, 150 pounds; Two-arm press, 175 pounds; Two-arm jerk, 225 pounds.

To the Editor:

I have intended long before this to write and let you know about my progress, but thought it best to wait until I had something to show first. Although far from good lifts, I think I am gaining fast in all of them; my measurements and lifts are as follows:

Neck, 15 inches.
Chest, 40 inches, expanded.
Upper arm, 13½ inches.
Forearm, 11 inches.
Wrist, 6½ inches.
Waist, 28 inches.
Thigh, 20½ inches.
Calves, 13 inches.
Ankle, 8½ inches.
Height, 5 feet 6½ inches.
Weight, 135 pounds.
Age, 20 years.

Lifts:

Right arm side press, 95 pounds.
Right arm military press, 70 pounds.
Right-arm jerk, 120 pounds.
Two-arm jerk, 165 pounds.

Two-arm press, 134 pounds.
Right-arm snatch, 85 pounds.
Left-arm snatch, 80 pounds.
Wrestler's bridge, 128 pounds.

I enjoy reading the STRENGTH magazine and the Question Box very much. Have received many helpful hints from it, and think it is the best thing out.

Yours for Weight-Lifting,
G. ORMEROID,
4030 Grand Boulevard,
Chicago, Ill.

To the Editor:

I am greatly interested in weight-lifting, also wrestling, and so would like to have information concerning where in Boston I can associate with lifters, also wrestlers.

Respectfully yours,
A. S. BODWELL,
98 Oxford St.,
Somerville, Mass.

To the Editor:

I am giving you a list of my records on the standard lifts, and would be pleased to have your opinion as to how they compare proportionately:

One-arm jerk, 120 pounds.
One-arm military press, 65 pounds.
One-arm bent press, 120 pounds
One-arm snatch, 100 pounds.
One-arm swing, 100 pounds.
Two-arm snatch, 150 pounds.
Two-arm press, 155 pounds.
Two-arm jerk, 180 pounds.

I am also enclosing herewith money order for \$1.50 and blank for my subscription to STRENGTH magazine.

Thanking you for your kind attention and hoping to hear from you at an early date, I remain,

Very truly yours,
F. C. MELBER.

To the Editor:

As an old subscriber to your magazine, STRENGTH, I would like to ask you a few questions. I am 28 years of age and weigh about 150, stripped. I have worked off and on with bells for 6 or 7 years. Now I can outdo most all the fellows around here at chinning a bar, dipping between chairs and on floor lifting chairs by bottom of back leg from the ground, and I can outlift them picking up from the ground, and can outdo

Others Develop Great Strength
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Write today for the famous book, "Physiological Exercise"—an illustrated and complete Course of Scientific Instruction that shows how to develop every part of your body at will—the system that is followed by the world's most powerfully framed men. It shows how to accomplish rapid muscular development and amazing strength with ease. Weak men blossom into strong men—sickly men grow to be healthy men in short order by following the instructions given in this remarkable book. **SENT FREE for 6c in stamps. Write TODAY.**

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Expansion 2 to 3
inches in ONE WEEK**



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The most complete work, in concise form, ever published on physical culture. It explains all the phases of physical training. Here are some of its topics:

Diet—Constipation—Drinks—Out-Door-Life—Bathing—Clothing—Air Baths—Sleep—Breathing—In Case of Sickness—Normal Weight—Truth About Fat—How Not To Be Thin—Exercise.

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Throw Out Your Chest

With the Victor Improved Progressive Exerciser you can, in a remarkably short time, increase your chest expansion to amazing proportions. This form of exercise forces deep breathing, accelerates circulation and improves your physique almost immediately.

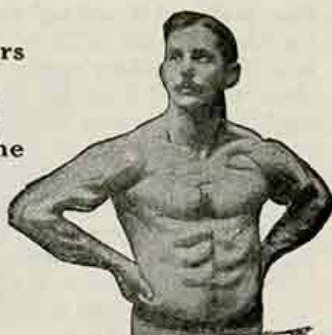
With the new invention, this is the most practicable apparatus obtainable. It can be used with one, two or three strands—mild, medium or high tension. Can also be used with attachments to develop every muscle of the body. Price \$5, including the famous Victor Illustrated Chart of Exercises and a six weeks' illustrated course of instruction. **Send for one today**

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MY FREE BOOKS, "The Whys of Exercise," and "The First and Last Law of Physical Culture," tell you, if you are weak or under-developed, how to grow strong; if strong, how to grow stronger. They explain how to develop the lungs and muscles, a strong heart and vigorous digestion—in short, how to improve health and strength internally as well as externally. **SEND TODAY**—NOW—for these FREE BOOKS. Enclose 6c in stamps to cover postage.

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Any room in your home can be turned into a complete gymnasium in a moment with a Titus Progressive and Automatic Exerciser. Sets up instantly anywhere. Takes up practically no room at all. With The Titus Progressive and Automatic Exerciser, you can exercise every muscle of the body. Every part of this exerciser can be regulated according to your own strength and as your strength increases.

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As A SPECIAL INTRODUCTORY OFFER, A COMPLETE course in Physical Training will be given with each Titus Progressive and Automatic Exerciser. This course is invaluable and includes illustrated charts, measurement blanks, special instruction and advice on any individual question from one of World's greatest authorities.

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PROF. H. W. TITUS
56-58 Cooper Square—200M, New York, N. Y.

them at "Hand Wrestling" and other stunts; but when it comes to "Muscling out weights to side" and making two-hand slow presses above the head I am not there. I am not much on the one-arm press, either. I can't understand this. Kindly advise me just what is the cause of this and how to remedy it. What is wrong that I can't muscle out to the side and press above the head?

Yours respectfully,

JOHN J. COLEMAN,
30 S. Chestnut St.,
Niles, Ohio.

Practice the exercise in which you raise a dumbbell overhead with one arm, with feet in position of the second exercise de-

scribed to J. L. in the Question Box.

Hold the bell away from the right shoulder, so that the right forearm is straight up and down and the palm of the hand to the front. Draw the whole arm a trifle back of the line of the body. Now lean the whole body to the left, and as you do so push the right hand up until the arm is straight. As you lean to the left don't lean directly to one side, but you lean in the direction in which the left foot points. Lower the arm and repeat; but in lowering the arm keep it away from your body, and be sure to keep the arm drawn back of the line of the body. Repeat the exercise, swinging the body from side to side. Reverse position and practice with left hand.

Henry Steinborn Milo

(Continued from page 30)

to be the top-notch for some time. Just at this time I do not believe that we have any one to give him a contest. I hope to see him attempt a record in the "one-arm jerk" in both styles, that is, lifting the bell to shoulder with both hands and then jerking it aloft with one arm; and also in the harder test of only one arm to shoulder.

Don't make the mistake of thinking that Milo depends only on speed and science, merely because I have emphasized his accomplishments in those lines. The man is strong—terribly strong! I doubt if there are any stronger men of his weight alive, but strength alone would not enable him to outdo the efforts of men nearly twice his weight.

I can recall the time when hammer throwers were forbidden to move their feet when throwing, and 110 feet was a good record. Then they allowed them to throw from a

7-foot circle and the record went up to 145 feet. Then again they changed from the old wooden handle to the swivel wire handle, and also they learned a lot about throwing, and now the record is way up—180 feet or thereabouts.

Something like that has happened in lifting. The bar bells are somewhat better. The rules have been changed. There are 100 times as many men lifting, and new styles of lifting have been introduced. It takes a great deal better man to-day to win from the pick of 10,000 competitors than it did for our fathers to beat the best of 100 competitors.

I do not say that we are better men physically than the last generation were, but I do say that present day athletes are ahead of the athletes of former days, judging solely by results. And in his own game, this lad Milo is by far the best in his generation.

Is Smoking Really Harmful?

(Continued from page 36)

This outline of the effects of smoking applies to the average man who wants to keep in good physical trim, but is not necessarily in training for any athletic event. Moderation in smoking, as well in the other habits of life, will result in no evil effects. In its effects on athletes, the matter is entirely different.

Whatever effect tobacco has is on the nerves, as I have said, since it is a depressant. The man who is in training should not require a depressant. And, most certainly, it will not benefit his wind.

Some athletes—very successful ones, too—have been inveterate smokers. Aurelio Herrera, a famous lightweight boxer of



Once to every man comes a time when he must fight for his life or the safety of a loved one. When it comes to you it won't be a question of bravery or strength, but whether you know how to box and defend yourself.

You'd call him a "Mollycoddle"

What do you think of a man who has to back down if someone challenges him to "step outside and fight"? What do you think of a man who can't defend his wife or sweetheart against the insults of a thug? "He's a mollycoddle," you say.

You call him a "mollycoddle"—but wait a minute:

Do you know enough about boxing and self-defense to play a man's part? It isn't merely a question of bravery or strength; it's a question of knowing how—and only 2% of all men and boys know anything about boxing and self-defense.

Wouldn't you like to know how?

Here's a new method by which you can learn easily and quickly—right in your own home—the **Mental Suggestion Method**. This system of teaching boxing is based on a new and scientific principle. You don't have to know anything about boxing to begin with. You don't even need a sparring partner at the start. Only 15 minutes a day of this professional course will make you a good boxer in a short time, able to outbox bigger and stronger opponents.

Boxing requires perfect coordination of mind and muscle. You must perform each movement mentally before you can hope to do it correctly physically. Old methods of teaching in which the pupil blindly tries to follow the movements of his teacher ignore this important principle.

Marshall Stillman, the discoverer of the Mental Suggestion Method, has taught professional boxers in a few lessons difficult blows and guards they could not learn in months of study by the old methods. Physical directors of Y. M. C. A.'s are now using this important principle to teach entire classes boxing at one time.

Within two or three weeks many beginners are able to outbox bigger and stronger opponents who formerly "put it all over them."

The first five lessons might be called "primer lessons"—they're so simple. But when you have completed them

you have a thorough understanding of the fundamentals—hitting, guarding, ducking, feinting, and foot-work. Then you're ready for the more scientific blows, such as the Jack Dempsey Triple, the Benny Leonard Triple, the Fitzsimmons Shift, etc. And to add pleasure to your task, Marshall Stillman has combined these blows into three lively rounds of shadow boxing—great exercise for wind and speed.

These boxing exercises will develop you physically. But in addition, the course includes a wonderful set of muscle-building and lung-developing exercises. And to complete your knowledge of self-defense you're also taught 15 jiu-jitsu holds and 14 wrestling holds.

The fact that there are over 200 illustrations in this course will give you some idea of its size.

Sent FREE on Approval

We'll mail the complete course. You can use it ten days, practise the lessons, and then if you're not convinced, return it. If you want to keep the course you have till the 15th of next month to pay—only \$5.

You can't doubt anything we say when we take all the risk. Mail the coupon now to the Marshall Stillman Association, Suite 1721M, 461 Fourth Avenue, New York.

What the Course Contains:

BOOK I—32 illustrations, 5 short-cut lessons in the fundamentals of boxing—lessons in Mass Boxing.

BOOK II—35 illustrations posed for by two experts. Describes every good blow and guard in the ring.

BOOK III—36 illustrations, 3 rounds in shadow boxing. Article on Training with questions and answers. International Sporting Club Boxing Rules.

BOOK IV—A history of 68 great fighters, with their pictures.

BOOK V—23 illustrations. Muscle Building Exercises. A short criticism of all sports.

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Mail me the complete Marshall Stillman Course, price of which is \$5 (Canada \$6; other countries \$7). It is understood that if I am not entirely satisfied, I can return it at the end of 10 days. If I keep the course I promise to pay \$5 (Canada \$6; other countries \$7) by the 15th of next month.

Name

Address

some years ago, and a man who fought such stars as Battling Nelson, Young Corbett, Eddie Hanlon and that two-fisted crowd, smoked probably twenty cigars a day. Herrera was never seen without a stogie, even when on the road. Many times he fell asleep with one in his mouth. Yet it apparently did not affect his wind to any extent. He could fight at top speed for twenty or twenty-five rounds, and be in good shape at the finish.

This is no excuse for heavy smoking while in training, however. The sprinter and oarsman, or any athlete, for that matter, who requires the wind for a desperate, gruelling finish should not smoke at all during his period of preparation. That is evident. Ball players, for instance, whose activities are spread over a long period, and are not impelled to such tremendous heights of physical effort, find that moderate smoking does them no harm. I should say that the majority of professional baseball

players whom I know are mild adherents of Lady Nicotine.

There has been more or less argument concerning smoking by athletes. When the Oxford runners came to Philadelphia for the Penn Relay Races they created lots of talk by appearing in public with pipes in their mouths. The fact that they were beaten was taken as evidence that their smoking was the cause of it. This may or may not be so, but it is probably true that it did them no good.

Exceptional athletes like Herrera and Rudd, the English runner, cannot be cited as examples, simply because they were exceptions and not average men.

It is my personal belief, however, that the average man will not be harmed by moderate smoking. He will, unquestionably, if he does it immoderately. But he will acquire as evil results from overeating or immoderation in any habit.

The Lure of the Woods

(Continued from page 26)

up together. There was none of this "You are my servant, get breakfast" attitude.

About midday we reached a long stretch of white water, coming our way, of course, for we were paddling up-stream, and a portage was necessary. I have seen these Canadian rivermen and guides portage a canoe and then go back for the packs while their employers growled at the fact that they had to walk a couple of miles along a carry-trail. Not so in this case, however. The guide slung half the packs on his back, with a stump-line around his forehead, while the white man yanked the other half on his shoulders. Then they swung the canoe up over their heads together and made the carry to some distance above the rapids.

Anybody who has ever made a portage of a mile or two with a canoe, blanket packs, rifles, grub, paddles and the usual what-nots that are so necessary, knows what a task it is. The neck gets stiff and tired, the shoulders ache and the back tries to cave in when you are not expecting it, if you are not in fit physical condition.

Also, the footing on many of these carry-trails would give a structural steelworker palpitation of the stomach and heart combined.

The woodsmen are accustomed to it. This white man probably was not, but physically he had maintained a fair amount of efficiency and the time he had spent in the woods had rounded him into as springy, lithe condition as an ash sapling.

We paddled together for five days and he never shirked a bit, always had a laugh and knew what he was about. Generally speaking, he was as good an out-door man physically as the half-breed guide. What is more, he kept his face shaved cleanly, which made a big hit with the Indian, for they have no respect for the young man who permits a stubble of beard to adorn his features.

Finally we came to the lake at the headwaters of the Prairie River, below the base of the Thickwood Hills. This ends the water trail, and from there to the steel rails where the train (singular) runs whenever the muskeg roadbed takes a notion to stiffen

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up enough to keep the rails from spreading, is a mere matter of eighty miles or so.

He parted with the guide at the end of the lake. That worthy tried to insist on making the overland trip to the railroad. He was willing to do it without pay; it mattered nothing that it would take a full week before he could get back to his canoe and start on his trip back into the north, where he had to prepare for the trapping season.

Finally he was prevailed upon to return to his wilderness, as his employer was well able to care for himself on the way out. He shook hands gravely, and his parting words were, "Damn sorry he g'wout." Translated, that means, "I am sorry you must leave."

And he was. They had been together for a month, and the guide had learned that this white man was his equal in all physical attributes. Neither ever looked down upon the other as an inferior.

During the tramp to the railroad I spoke

of this and also referred to the way he had helped on the portage. He smiled easily.

"I've been doing this wood stuff for ten years, a week or two always and more when I could get it. It's cheaper than the same amount of time at a resort. I soon learned what it meant to keep in shape. I always swim a couple times a week at home, and I have a little gym in the attic. Besides that, I walk to the office and home every day and I put out the ashes myself."

Again came that faint smile. "Besides that, I never enter any eating contests," he added.

These are only a couple of cases, but I think they serve the purpose to show that the man who likes the out-of-doors is also interested in maintaining bodily efficiency during the majority of his time spent in the city, and, conversely, that the man who insists on keeping in condition during the months he is at work in profession or industry is the man who also has a hankering for the great open places.

How to Develop the Muscles of the Sides

(Continued from page 23)

is more than a coincidence. The Bent Press is exceedingly popular in Great Britain, and this is the main reason that the British lifters have such well-developed sides. The natural conclusion to be drawn from the training and achievements of these men is that those who devote considerable time to one-arm lifts acquire well-developed sides, and those who regularly practice the Bent Press attain wonderful development in these parts. So, if you wish to attain a great development of the sides, you should practice some of the one-arm lifts, such as the Bent Press, One-arm Jerk, Two-hands Anyhow, à la Saxon; One-arm Swing, One-arm Military, lifting bell from floor with

one hand; One-arm Clean, One-arm Horizontal to the side, or the One-arm Push. All of these lifts exercise the side muscles, but the One-arm Push, the Bent Press and the Two-hands Anyhow are by far the best for our purpose. If desired, they can all be practiced as a matter of variation, but to get the best results in side development the Bent Press or the Two-hands Anyhow and the One-arm Push should be specialized. A diligent practice of these lifts should develop the sides to the limit of possibility, and it is quite possible that a development of the sides equal to that depicted by the "Lutteur Borghese" might be the ultimate results.

Athletics for Health and Efficiency

(Continued from page 14)

Once in a while he or she sits down for a moment's reflection and checking up, but usually this reflection is upon matters con-

nected with economy, expense, getting more money and acquiring more power. What is the money for? Artizan or Executive,

we are all alike in this. Usually when analyzed it is to secure better means to happiness. But after all there is one thing which is more essential than anything else towards securing this goal of happiness, and that is good health. For all that, only one person in a thousand seriously takes this issue unto himself or herself until finding health seriously impaired. Most of us are too busy or in too much of a hurry to consider this item until Nature suddenly steps in and lays a heavy hand upon us. We are not as a people, lazy; in fact, we are the fastest moving and the most headlong of pace of any of the races. We burn up energy at an astonishing rate. Now the amount of that energy stored up in a human being has never been either determined or estimated, and the only way we find it out is when the energy is exhausted and there is nothing to draw upon. No people have made more foolish drafts upon that energy than have we, and many times under the very guise of improving our health. Men and women in this country to-day are doing such work as would make a full allotment for twenty-four hours, and crowding it into seven or eight, and then burn up another lot of energy in over-strenuous physical exercises in the belief that one will offset the other, instead of which both work and exercise drain at the same time that single bowl of vitality.

We are about to take a plunge into the midst of the greatest and most widespread wave of athletic sport that has ever been known. And the moral and physical effects of that wave, spreading across the immense ocean of nations can only be faintly conjectured. Previous to the war, the revival of the Olympic Games had stirred national pride in many countries in a variety of ways. The Germans had realized that in spite of their Turn Vereins and military training there was a broad field of necessary physical development and prowess that they had hardly even surveyed.

Their plans had already before the war been begun for a better representation of their athletes at the Olympic Games than scheduled for Berlin in 1916. England had become extremely sensitive on account of the failure to make a better showing, and all sorts of movements were under way to cor-



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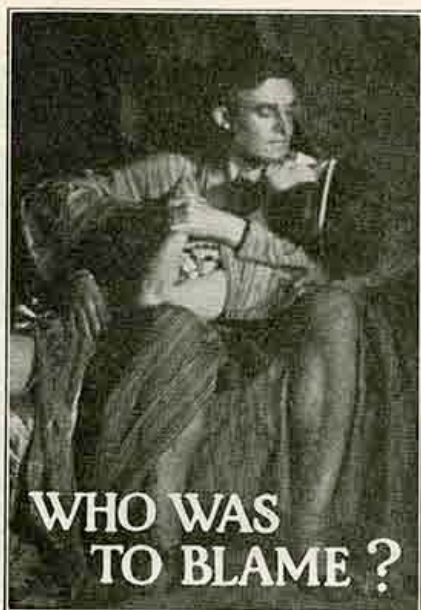
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rect this situation. France, Italy and Sweden were all equally stirred by this contrast brought out through the Olympic Games. In fact, the triumph of the United States in the sports which are generally classified as athletic sports in the revival of these Olympic Games, had results never dreamed of, and far out of proportion to what might have been anticipated. It raised a serious divergence of opinion throughout Great Britain and led to extremely heated argument there as to the reasons for the failure of British athletes. It brought foreign representatives over to America for the avowed purpose of examining into the causes for the athletic supremacy of the American. It led directly to the employment of American trainers and the installation of American systems for the development of athletic sports in many of the countries whose eyes had been opened through this medium of athletic rivalry. Perhaps one will understand this better by thinking in terms of our own schools, colleges or communities. If contests are held regularly between two schools, two colleges or two local adjoining communities, we see the spirit of partisanship and rivalry developing rapidly and oftentimes to an extreme condition. We have seen it drive steady and sober graduates or citizens to unsuspected lengths of enthusiasm. Human nature is pretty much the same the world over, and rivalry does not need to be expressed in the same language. Hence we must all recognize the portent of possibly astounding things to come when that frenzy of rivalry becomes international and when there is substituted for local pride or prejudice, national, and possibly even race rivalry. Never has there been such distinct race interest as appeared this year in lawn tennis, thanks, largely to the Davis Cup matches. Before the war, England's study into this matter had resulted in two divergent factions. One party proceeded to question the real value to a nation of all these successes that had come to the Americans in athletic lines. The other side, recognizing that it was futile to discuss such a viewpoint began to take steps, vigorous and effective, to put a stop to the decline of English supremacy in sports, and to restore the old order of things. It is rather interesting to know that a committee from Germany, headed by Carl

Diem, the General Secretary of the Olympic Committee, came over here previous to the war and made a pretty comprehensive survey of conditions here, endeavoring to learn enough about the inside of American athletics to make it possible for him and his committee to answer understandingly some of these perennially-recurring diatribes of the other nations against our methods, and with an idea of, with German thoroughness, taking up these methods in detail. John VanSkal, at about that time, wrote in the Berlin Lokal-Anzeiger an article in which he warned all his countrymen to beware of imitating American sporting and athletic ideas. But it was not the Germans alone who protested against our methods and specialization. There were plenty of Englishmen who joined them in this matter. But the war has changed all this in a most remarkable manner and there is now little contention as to the way in which this country, although not prepared in a military sense, produced and carried through fighting men. The only weakness seemed to be not in the value of our athletic sports, our specialization and our training but largely behind that in the limiting of these athletic sports to too short a period in the life of a man. We did not sufficiently attend to the correction of physical defects, the acquiring of a proper poise, and balance of the figure in school days and earlier, and we allowed too many of our people after 40 to abandon all forms of exercise. In the period from 18 to 25 we had the prime of our manhood and to all those for whom athletic sports were available we provided a training far surpassing that of any other country.

With our great successes in the Inter-Allied games in France, and Olympic Games in which we added to our athletic laurels, we must not lose sight of the weakness above alluded to. We should not, no matter how these athletic games of ours have proven themselves of the greatest value for that limited period of a man's life when he is at his highest physical efficiency, lose sight of the fact that life is not over when the big football game is won or when our boat finishes first on the river or when we have succeeded in winning the tennis championship! There are the years to follow for which this is but a preparation and

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which in civil life are after all the years that count the most.

One of the great points to be observed in adapting the proper exercises to children and youth is not to make the mistake that we have made for so many years, making them do things for considerable periods of time that are distasteful and a distinct bore and hence are shirked in every possible way. The system must be devised along lines that provide for only a few minutes at a time but all of those few minutes devoted to the very most essential motions. In this way one may eliminate nine tenths of all arm and leg exercise formerly given in calisthenics having full confidence that these arms and legs will be exercised far more satisfactorily in play and games and thus instead of going through hundreds of meaningless motions which may look attractive in exhibition drill on a gymnasium floor, we can take only those exercises which have a direct bearing on this matter of poise, balance and future good health.

Another point of considerable interest to the youth is that this kind of exercise promotes suppleness and suppleness is the keynote of successful efficiency in every game and sport. We can make use of this fact if we will. We can apply that knowledge to people in all walks of life but we need to begin with youth.

The great problem which this country must face and the one that confronts it now near at hand is "What do we wish to make of our boys and girls and that great body of youth under the age of 20?" The college authorities have been facing that problem for several years and so have the schools. Nor have they as yet reached a satisfactory solution of it. On the educational side thoughtful men are now thoroughly awakened to the fact that our youth are not taught enough about our government. There is a stagnant condition of ignorance, and this is not at all confined to those who have not had the benefits of the high class preparatory school and college education. In fact, there is quite as much knowledge of the machinery of local government at any rate in the minds of youths of 22 who have not been to college as in the head of the senior at college. The same abstruse historical facts may have been gathered through our method of education but not the hard cold matter of fact knowledge which enables a youth to under-

stand politics and the duties of citizenship. But the phase of the problem with which this article is more intimately associated is that of the physical condition of youth and their preparation for the trials of life which will soon bear more heavily on their shoulders. Everyone interested in education has talked a great deal about the matter of athletic development, and, unfortunately, there seems to have developed a certain amount of friction between those who talk of the greatest good of the greatest number and those who are supposed to have at heart only the development of teams, nines and crews. It is true that the coaches of these specialized branches do everything possible to get out large squads. The greater the number of candidates, the better pleased is the coach. It is also a matter of fact that later on when he reaches the point of final selection he does spend more time upon the promising men than upon the unpromising, and from this has grown up the accusation that our athletic sports work toward the physical education of those who need it least and omit the physical education of those who need it most. Altogether too many are satisfied with simply making that accusation and leaving the impression that the development of these major sports retards or stands in the way of the physical development of the rest of the college. But to those who look beneath the surface and study the matter, it is very easy to see that there is a far greater physical development among the mass of the students than of old, that during the year nearly two-thirds at any rate of the undergraduate body are in some form of organized athletics, and that while they do not make the teams, nines or crews, they do go on quite a ways towards development, and they are led into this from the spirit of rivalry and the stimulus which comes from intercollegiate contests. Anyone who thinks for a moment that a boy from 14 to 20 is going to really enjoy calisthenics, does not know the history of youth. Unless you set up some goal a boy will not go through non-competitive physical exercise or anything of that kind of his own accord. Moreover, at that age a part of the good result would be lost by strict compulsion from the fact that the boy would hate it. But now opens out the grandest opportunity that the schools and colleges and communities have ever

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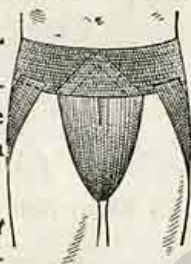
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had. Owing to the fact that boys and youth the country over are desirous of making themselves physically fit, not as formerly with one end in mind, namely the making of some team in competition, but because the post-war atmosphere has so pervaded the country with enthusiasm and ambition we have the pathway already prepared. If therefore we can take advantage of this military stimulus, at the same time preserving the other stimulus of sports rivalry, we can set these youth on a plane of physical development never before seen in America at least. If we study out the problem and devise the exercises so that they will appeal to youth as bearing directly upon either phase of this matter, we can get him to take up contentedly the side of physical development which has been so much neglected. It is this that our schools and colleges should strive for as leaders in physical education as well as mental education. Outside of this class, we come to those who are not able to enjoy a college education, or even the opportunities of the larger towns. The farm boy should have his chance and he need not be bent over in middle life and he can have more fun while he is a boy. Here the proposition, while rendered somewhat less definite, is still clear enough and the organizations that can handle this are already in a position to recognize its utility. Several times within the last few months the writer has had applications from factories, large commercial institutions, civic federations, chambers of commerce, police departments and the like, all going to show that they are waking up to the need of the hour and are ready to attack the problem if they can be given a certain amount of guidance. Now is the appointed time and every organization of this kind in each community should at once take advantage of this ideal moment to develop the physical well-being of youth.

Young People and their Stomachs

(Continued from page 16)

Cows, on the other hand, do. Cows, particularly in dairies, are often fed all kinds of slop, demineralized, devitaminized beet pulp, distillery refuse and the like. Horses are fed foods that have not been tampered with. You can figure it out for yourself.

In 1915 the German cruiser *Kronprinz Wilhelm* turned raider, sunk fourteen French and British food ships, and at the

end of 255 days put into an American port because 110 of the crew of 500 men were down with beri-beri, and the rest were on the verge of it. The reason was that they had taken from the ships they had sunk great quantities of refined American foods that were being sent to the Allies. They substituted for their coarse, German, unrefined foods the delicate white flour, sweet biscuits, polished rice, tapioca, and all the rest of our typical dietetic list of "good, hearty food," including plenty of red meat. The only difference between the diet they thus adopted and the diet which most of us Americans eat on land was that, being at sea, they had no fresh vegetables or fruits to offset it. They had all the proteins and all the carbohydrates they wanted. They had enough calories to run a steam engine. But in 255 days they were down with beri-beri, a food deficiency disease which doctors had always believed resulted only from the eating of polished rice, but which, in this case, had resulted not from eating polished rice, but from eating *polished foods*, refined foods, civilized foods, plenty of "good, hearty grub," made up mostly of red meat and starch, the protein-carbohydrate combination for which our scientists claim so much.

Here was a crew of 500 men leading lives of physical activity that would have kept an ordinary athlete in good training. They were in the open air. They had to live clean. Nothing was lacking. The "good, hearty food" they ate consisted of fresh meat, as much fat and cheese as they wanted, boiled potatoes, canned vegetables, condensed milk, sugar, sweet cakes made from white flour, biscuit made from white flour, white bread made from white flour. And in 255 days they had beri-beri, a malnutrition disease. It happened, I repeat, on a typically American diet—the only difference being that there were no offsetting foods, such as we get on land, to cover up the effects of this predominantly protein-carbohydrate combination; and with the further difference that they came down quickly with beri-beri instead of coming down slowly with rheumatism, Bright's disease, tuberculosis and the other things that help us to shuffle off this mortal coil when we are on land. These diseases are the result of acidosis. Beri-beri is the result of acidosis.

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Wilhelm landed was dramatic or nothing. Alfred McCann, the food expert of the New York *Globe*, got onto the ship in spite of opposition of the ring of doctors who themselves could not diagnose the trouble and who were at a loss to understand the cause of it. He got the ear of the ship's surgeon, convinced him, and then prescribed for those men a diet made up of everything but protein-carbohydrates combinations. What he prescribed was the mineral salts which had been lacking from everything that those sailors had eaten. He fed them water in which had been soaked the bran that was wanting in their white bread; he fed them water in which had been boiled the fresh vegetables they had lacked, such as cabbage, parsnips, onions, turnips and the like. He fed them whole wheat bread without butter. He fed them water in which potato skins had been boiled, throwing away the potatoes. He fed them yolks of eggs, discarding the (acid-forming protein) whites. He gave them orange juice and lemon juice (alkaline) without sugar (acid-forming carbohydrate). He gave them whole milk. He gave them apple sauce—all they could eat of it. He cut out all cheese, whites of eggs, lard, fat, white bread, pastry, puddings, mashed potatoes, sugar, saccharine, salt meat, fish, polished rice, degerminated cornmeal and gravy—all of them acid-forming foods. The only thing he permitted them to have was base-forming, alkaline foods.

And every man on that ship got well.

They had gotten beri-beri on the diet our athletes eat of so abundantly. They recovered on the thing few of our athletes get enough of. They recovered on the things few men, women or children in this country get enough of.

None of us are likely to be deprived of base-forming foods to the extent to which those German sailors lacked them. But most of us are deprived of them to an extent that suffices to give us acidosis for a national condition, together with all the ailments that result from it. That is why we find out, as the years advance upon us, that we have stomachs. Nature didn't intend the human machine to begin to creak at the age of forty, but it does. And acidosis, acid-bathed tissues, are the reason.

The end products of protein foods and carbohydrates are acid. That does not mean

that we should not eat these foods. What it does mean is that nature intended us to eat, along with the acid-forming foods, those mineral salts which are found chiefly in fruits and vegetables, which are *alkaline* in their action, and which therefore neutralize and render harmless the acids which come from the muscle-building and heat-producing foods.

Men and women who stick to meat, white bread and other foods which give an acid product simply bathe the cells of their bodies in corrosive acids, which inevitably tend to destroy life. The result of that acid condition may be a variety of diseases. Among them rheumatism, anaemia, nervous prostration, heart trouble, hardening of the arteries, neuritis, kidney trouble, liver trouble, tuberculosis and others. Acidosis is the forerunner of all these diseases. A body cell can no more thrive in an acid bath than a plant can grow and thrive in acid soil. You put lime on an acid soil to neutralize the acid. You put minerals of the same sort into your body to neutralize the acids which are the inevitable result of cell metabolism. If you don't, you die. And since an athlete or any young person actively interested in sports breaks down cells and produces acids faster than a person who does not use his muscles much, these are in all the more need of the foods that will kill those acids as fast as they are produced. Otherwise, disease, resulting from acidosis, will surely come to its own.

The next time you hear of an athlete coming down with tuberculosis, think it over. If you could get a list of what that man has been eating "to keep up his strength," nine times out of ten you would find the cause of the trouble—and the probable cure of it.

So much for this case of the young man and young woman who don't know they have stomachs. They can afford to forget that fact on just one condition: that whole-wheat, celery, lettuce, spinach, carrots, parsnips, beets, cauliflower, onions, string-beans, asparagus, apples, oranges, berries and other fruits and vegetables shall form *not a minor, but a major part of their diet.*

Insist on having these things in abundance. Put them at the head of your list instead of the foot of it, and if you eat with moderation you will have health.

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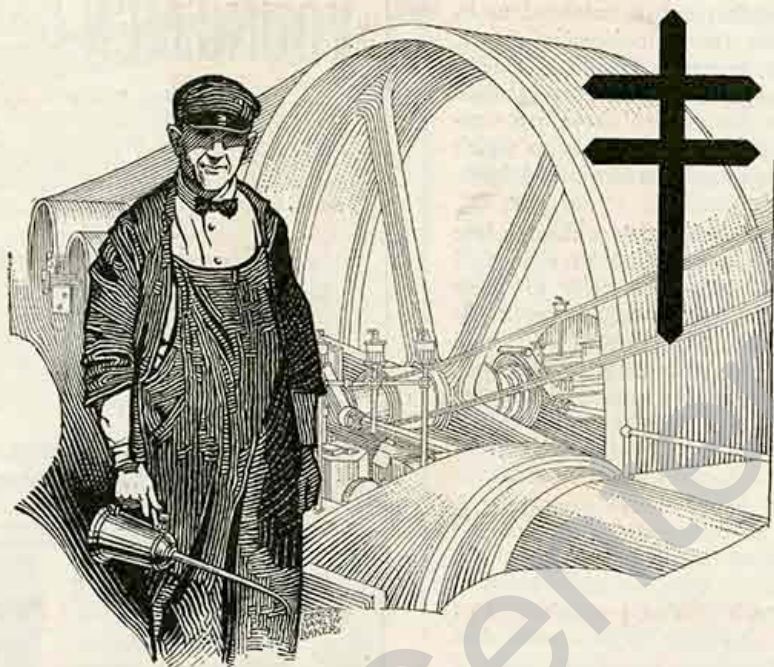
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