



\$7,000—
\$6,000—
\$5,000—
\$4,000—
\$3,000—
\$2,000—
\$1,000—
\$ 750—
\$ 500—



Raised My Pay 700%

This Amazing Book Showed Me How

This Perhaps is the Most Remarkable Book Ever Printed. It has Proved the Turning Point in the Careers of Thousands Who Were Ambitious for Bigger Pay! If You Ever Aspired to Earn \$10,000 a Year or More, Read It Without Fail! It Will Open Your Eyes to Opportunities You Probably Never Dreamed of!

CAN you imagine how a man feels when his earning capacity quickly jumps 700 percent in a few months? Can you imagine how you would feel if your salary suddenly became seven times greater than ever before?

That is exactly what happened to O. A. Jones of Missouri after reading the amazing book pictured above. Between its covers he discovered something he had never even dreamed of before—a certain force that lifted him out of the routine rut and set him on the road to \$10,000 a year!

Unusual? Not at all. This surprising book has done the same for hundreds of others. For example, A. H. Ward read it and quickly saw the way to increase his pay from \$1,000 to \$13,000 a year.

J. J. Walsh, Springfield, Mass., read it—last year his income was \$7286.00! C. V. Champion, of Illinois, read it and became President of his company at a salary exceeding \$10,000 a year.

The Secret of Big Earnings

How did they do it? What did the book show them? Just this: Every one of these men realized that a knowledge of salesmanship and the ability to sell brings bigger rewards than anything else in modern business today! But until they saw the contents of this book—"Modern Salesmanship"—they had no idea that they, too, could win quick success through salesman-

ship. They believed that this golden field of endeavor was forever barred to them. But they were wrong—and this unusual book opened the way to the success that they had formerly despaired of attaining!

Salesmen Are Made—Not Born!

Yes! Any man of ordinary intelligence can become a successful salesman! Just as you learned the alphabet, you can master the secrets of selling as taught by the National Salesmen's Training Association. And through the National Demonstration Method—an exclusive feature of the N. S. T. A. training—you gain the equivalent of actual experience while studying.

Reason it out for yourself. Salesmanship is governed by rules and laws. There are certain ways of saying and doing things to make men act as you want them to; certain ways of getting exactly what you go after! Once you have mastered these fundamental rules, your success is governed only by your energy and ambition!

EMPLOYERS

are invited to write to the Employment Department of the N. S. T. A. No charge for this service to you or our members. Employers are also cordially invited to request details about the N. S. T. A. Group Plan of instruction for entire sales forces. Synopses and charts sent without obligation.

Big Demand for Trained Salesmen

Right now city and traveling sales positions are open in every line all over the North American continent. For years thousands of leading wholesalers, jobbers and manufacturers have called on the Association to supply them with salesmen. Employment service is

free to both members and employers and thousands have secured positions through this service. Surely this is a glowing tribute to the thoroughness and practicality of our System of Salesmanship Training and Employment Service.

Free to Every Man

If I were asking two or three dollars a copy for "Modern Salesmanship," you might hesitate. But it is now FREE. I cannot urge you too strongly to take advantage of this opportunity to see for yourself what salesmanship has done for others—and what the National Salesmen's Training Association stands ready and willing to do for you no matter what your opinion is now. "Modern Salesmanship" will give you a new insight into this fascinating and highly-paid profession.

MAIL THE COUPON NOW!

NATIONAL SALESMEN'S TRAINING ASSOCIATION
WORLD'S OLDEST AND LARGEST SALES TRAINING INSTITUTION

National Salesmen's Training Association,
Dept. M-21, N. S. T. A. Bldg.,
Chicago, Ill., U. S. A.

Please mail me FREE your illustrated book, "Modern Salesmanship" and particulars of membership in your association and of Free Employment Service.

Name
Address
City State
Age Occupation



Strength



SEPTEMBER, 1926

Vol. XI

No. 7

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Science Discovers the Secret of Caruso's Marvelous Voice



Diagram of the Normal Throat Showing the Complete Vocal Mechanism.

Caruso's Throat and Yours

Why is it that the humble peasant boy of Italy became the greatest singer of all time? This diagram of his throat will show you. 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.



Diagram of Caruso's Throat Showing the Superb Development of his Hyo-Glossus Muscle.

We Guarantee— Your Voice Can Be Improved 100%

EVERY normal human being has a Hyo-Glossus muscle in his or her throat. A few very fortunate persons—like the late Caruso—are born with the ability to sing well. But even they must develop their natural gifts. Caruso had to work many years developing that muscle before his voice was perfect.

Whether your voice is strong or weak, pleasant or unpleasant, melodious or harsh, depends upon the development of your Hyo-Glossus muscle. You can have a beautiful singing or speaking voice if that muscle is developed by correct training.

Prof. Feuchtinger's Great Discovery

Professor Feuchtinger, A. M.—descendant of a long line of musicians—famous in the music centers of Europe, Munich, Dresden, Berlin, Bayreuth, Vienna, Paris and Florence, for his success in training famous Opera Singers—discovered the secret of the Hyo-Glossus muscle. Dissatisfied with the methods used by the maestros of the Continent who went on year after year blindly following obsolete methods, Professor Feuchtinger devoted years of his life to scientific research. His reward was the discovery of the Hyo-Glossus, the "Singing Muscle".

Professor Feuchtinger went even farther into the Science of Singing.

He perfected a system of voice training that will develop your Hyo-Glossus muscle by simple, silent exercises right in your own home.

Grand Opera Stars Among His Students

Hundreds of famous singers have studied with Professor Feuchtinger. Over 10,000 happy pupils have received the benefits of his wonderful training.

There is nothing complicated about the Professor's methods. They are ideally adapted for correspondence instruction. Give him a few minutes each day; The exercises are silent. The results are sure.

The Perfect Voice Institute guarantees that Professor Feuchtinger's method will improve your voice 100%. You are to be your own judge—take this training—if your voice is not improved 100% in your own opinion, we will refund your money.

A Beautiful Voice for YOU

You do not know the possibilities of your voice.

If you want to sing—if you have always felt that you could sing but lacked the proper training because you had not

the time nor the means to study—here is your chance. Professor Feuchtinger's course will improve your voice 100%. You can now learn to sing at a very small cost and in the privacy of your own home.

If you want to improve your speaking voice—if you stammer or stutter—Professor Feuchtinger will help you.

Inspiring Free Book "Physical Voice Culture"

Send us the coupon below and we'll send you FREE this valuable work on the voice culture. Do not hesitate to ask. Professor Feuchtinger is glad to have us give you this book and you assume no obligations whatever by sending for it.

You will do yourself a great and lasting good by studying "Physical Voice Culture." It may be the first step in your career. Do not delay. The number of these books is limited. Send today for your copy.

Perfect Voice Institute

Studio 57-76, 1922 Sunnyside Ave., Chicago

Please send me FREE your new book, "Physical Voice Culture". I have put X opposite the subject that interests me most. I assume no obligations whatever.

Singing Speaking Stammering Weak Voice

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Age _____

Perfect Voice Institute

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Director Extension Work

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For 25 years I have represented the interests of American School students in their relationship with the School. My job is to help each student derive the most benefit from the Training and Service we offer.

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1897

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TO TEST your ability

Mail the coupon—get the three lessons we send you without cost or obligation, to see how you "like" Drafting Work, how you take to it and whether you make rapid progress with our new instruction method. Particularly note that no talent for "drawing" is needed, that the work is entirely mechanical.

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16 notable Engineers have prepared American School home-instruction in Drafting. It now contains the Engineering subjects which are absolutely needed before you can fill a well-paid position. Thousands of men have climbed to higher salaries, to better positions, thru this wonderful instruction. And so we are glad to send you three Lessons, so you can get an idea of the quality, honesty and simplicity of this training.

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The big money in Drafting goes to men who specialize in Machine Design, or Electrical Drafting, or Architectural Drafting, or Structural, or Automotive. It is not enough merely to know general Drafting practice. You must know how to calculate and design and plan original work. You need many Engineering subjects to fill the kind of Drafting position that pays \$60 to \$125 a week. The American School now includes this specialized training in its Drafting course.

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Get 3 lessons free. Test your own ability to learn Drafting and get ready for a fine job and big pay. Coupon also brings surprise offer, and complete information.

Mail it Today!

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The American School now offers its students and graduates, without cost, the services of an efficient employment department check keeps constant touch with employers of Draftsmen all over the U. S. We have placed hundreds of men in good, big-pay Drafting positions. We've made this training so complete, so practical, so easy to master, that our students are bound to make good. And so, because the demand for real Draftsmen continues to exceed the supply and because this training actually prepares men for good Drafting positions we back it with a FREE Employment Service.

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Fine, imported instruments like these help you learn Drafting quickly and easily.

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Rush 3 Free Drafting Lessons, Surprise Offer, complete information, money-back guarantee, etc., to prove I can become a real Draftsman at home in spare time.

Name.....
Street No..... State.....
City.....



Half Living

I am 59 years old and was troubled with a depressed, discouraged feeling for some time past. I lacked pep and vigor and was troubled at night by having to get up. After using your treatment a short time, I felt like a different person. Courage came back and I went about my work cheerfully.—Geo. W. Williams, San Bernardino, Calif.



Up 15 Times at Night

At the time I was a nervous wreck, I had enlarged prostate gland and had to be up ten to fifteen times at night. I spent hundreds of dollars trying to get relief. On receiving your treatment I began using it and have used it at intervals since, until I feel that the trouble is entirely cured.—Dr. P. J. McMichael, Union City, Tenn.



Prostate Trouble

You will be interested perhaps to know of the benefit your treatment has brought to another sufferer from Prostate Gland trouble. I now get a full night's rest. Before its use I suffered so much that one hour's fitful sleep was a luxury.—H. H. McIntire, South Bend, Indiana.

Blame This Tiny Gland

If You Have These Common Troubles After 40

DON'T blindly blame approaching age, if you are only half-living, dragged out, putting up with foot and leg pains, backache, sciatica, chronic constipation, feeling blue and depressed. If you are getting up five to ten times at night, and suffering during the day, don't thoughtlessly blame kidney trouble. You may be making one of the gravest mistakes of your life.

Any competent medical authority will tell you these are frequently common indications of prostate gland failure. With the insidious change incident to prostate gland failure, sometimes comes a despairing sense of defeat—life, that once seemed an eager, buoyant thing, now seems to be growing dim . . . colorless . . . zestless . . . aimless and drab.

These distressing and embarrassing conditions—don't accept them placidly, and possibly let them run on until they force you into invalided old age at

50 or 60. These are not natural nor are they inevitable accompaniments of old age. Yet countless thousands have these symptoms at or past a certain middle age. Many authorities say that 65% of all men past middle age have this devitalizing trouble in some form.

New Home Hygiene

While medicine has been admittedly helpless in many instances to restore gland health, a series of remarkable experiments have disclosed the amazing fact that the enlarged prostate gland can frequently be reduced to normal or near normal size.

New Swift Results

This drugless discovery . . . a wholly new method . . . a new kind of hygiene for men past middle age, often restores the prostate gland to normal functioning in less than one month. Neither medicine nor surgery—this simple home hygiene can be expected to outdo them both. Many men have reported that they have felt ten years younger in six days, often noticeable relief comes almost overnight.

Some Men Under 40

Robert W. Hanley, Stanfield, Oregon, who made a recovery from prostate trouble far beyond anything he had thought possible, writes: "Any one suffering from prostate troubles and wishing relief should certainly use this method."



Tested By Physicians and Enthusiastically Approved

"Your prostatic treatment is a hundred years ahead of modern medicine—a thousand years ahead of the surgeon's knife."—La Verne Barber, M.D., New York City.

A prominent West Virginia Physician, formerly a member of the West Virginia State Board of Health, writes:

"I have used this method in several cases of prostritis and prostatitis with

the most pronounced improvement. . . . In fact I have never in forty years of experience used anything so grateful to a condition such as we have in the above class of cases."

George Starr White, M.D., nationally known, medical man and eminent author, has written time and again, always in the spirit of enthusiasm and high commendation.

20,000 MEN—AN INSTITUTION OF WORLD-WIDE INFLUENCE

Ordinarily, profound discoveries, such as vaccination, meet with years of bitter opposition. The undeniably wonderful results of this new hygiene for men past 40 have won for it nation-wide recognition. Already more than 20,000 men—including many prominent bankers, statesmen and lawyers—have used it in their own homes with results that are nothing short of amazing. Already physicians, osteopaths in every part of the country and great sanatoriums are using it. Scores—almost hundreds of letters, daily, from men in every state and many foreign countries, have made additional offices necessary in Los Angeles and London, England. Already, this new home hygiene has developed into an institution of world-wide influence.

Six Day Test

The expensive results so widely heralded under the head of so-called gland surgery can now be contemplated in connection with this new hygiene. This treatment is now within the reach of every man under a guarantee that unless you feel ten years younger in six days you pay nothing. And there is no reason why any man should not make this test, for it employs no medicines, drugs, diets, or electric rays. As one New York Physician writes, "Your treatment is a thousand years ahead of surgery."

Scientist's Book Sent Free

The American scientist who discovered this amazing treatment describes this method in a new illustrated and intensely interesting book, "Why Many Men Are Old at 40." We will gladly send you this book FREE. Send for it. See if these amazing facts about old age apply to you. Learn the true meaning of these common complaints and why they are so often directly traceable to the prostate gland. Simply mail the blank below to

THE ELECTRO THERMAL COMPANY
6461 Main Street,
Stuebenville, Ohio.

FREE!

to Men Past 40!

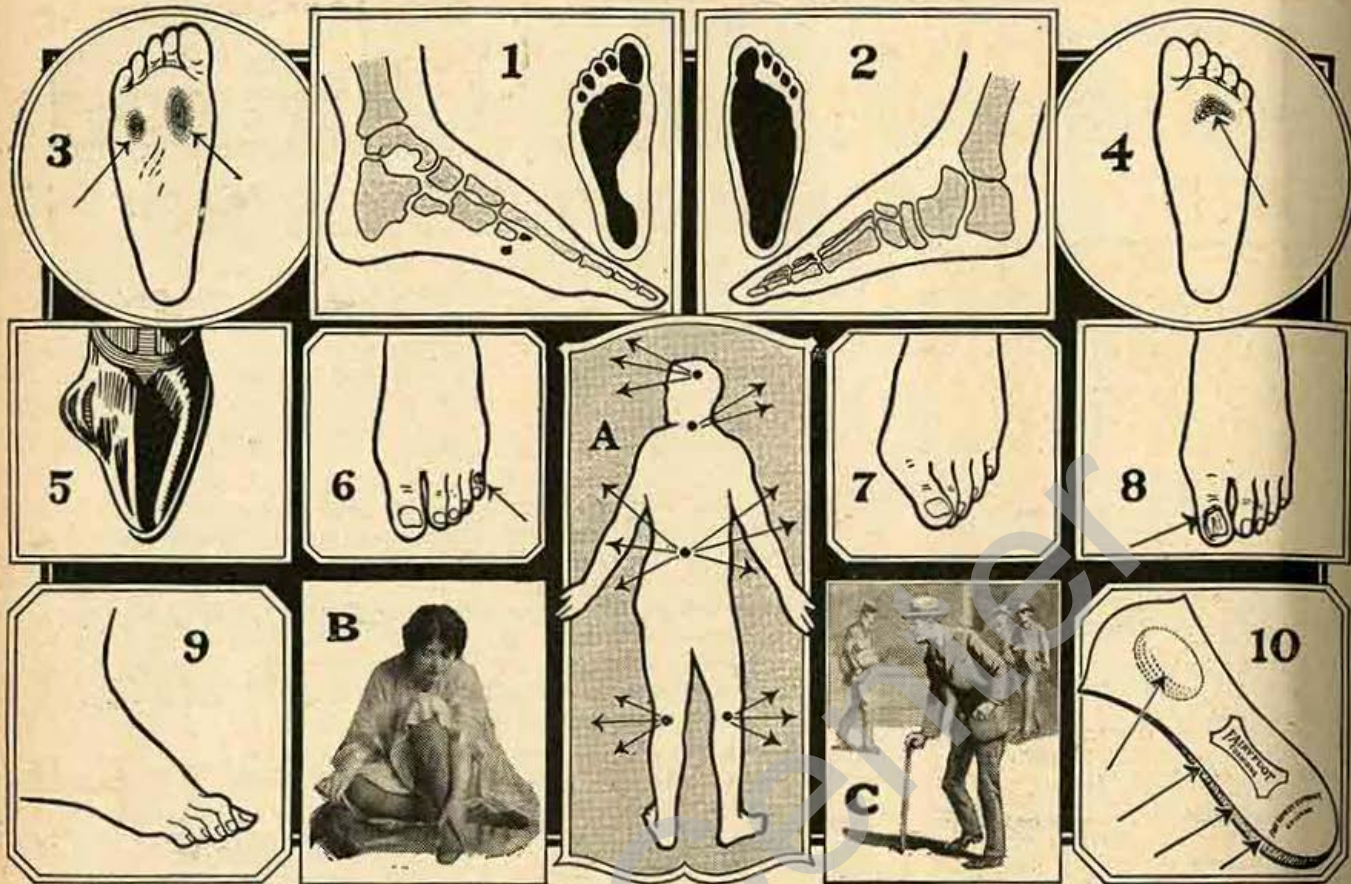


W. J. KIRK, President,
6461 Main St., Stuebenville, Ohio.
Please mail at once a FREE copy of the booklet, "Why Many Men Are Old at 40," and all details about the new hygiene. I am not obligated in any way.

Name

Address

City..... State.....
Western Office, Dept. 51-D, 303 Van Nuy's Bldg., Los Angeles, Calif.



Why Foot Pains Go in 5 Minutes

Five minutes is now the time limit for foot and leg pains. Reports from people who were chronic sufferers tell of practically instant relief from all sorts of foot troubles, also relief from leg and back pains and headaches, caused by feet out of order. A wonderful new, scientific invention, known as Fairyfoot Cushions, has brought astounding, sensational results. The amazing reports seem almost incredible, but a very special offer enables you to prove without a penny's risk that this great invention will do the same for you.

What Ails Your Feet

Twenty-six bones form the arch of the foot. Even one of these bones getting out of place puts abnormal strain and pressure on the muscles and nerves—then the pains appear.

It is displacement of these bones by the weight of the body, too much standing or ill-fitting shoes that causes "flat foot." The weight of the body is thrown out of balance and the foot is often crowded down into the shoe causing bunions, corns, calluses, ingrowing toenails, hammer toe, or Morton's toe, and the shoes become misshapen and run over at the heel.

Then you have agonizing pains in the feet and often leg pains, backache, headache, "rheumatism" and nervousness. Let the arch drop ever so little and trouble starts. You can't always see that your foot is flat—it may look all right—but the merciless pains tell you that something has gone wrong.

How Fairyfoot Cushions "Position" the Feet

These wonderful Cushions (highly recommended by orthopedists and physicians)

bring relief by "positioning" the feet. They point the toes straight ahead, causing the arches to take their natural position. They also direct the body's weight to the ball, heel and outer part of the foot, where Nature intends it to be. Every bone and muscle is put just where it belongs.

Fairyfoot Cushions are very flexible, and while positioning the foot normally, gently massage and exercise the muscles which have become soft and flabby and give them strength to support the readjusted arch.

Stiff metal devices can't give this kind of pressure and strengthening exercise. They act merely as supports and actually allow the muscles to become weaker. They usually have to be fitted and adjusted by experts. They are heavy and clumsy. Pads and bandages are mere makeshifts.

You don't have to adjust Fairyfoot Cushions, and they weigh less than an ounce. Fairyfoot Cushions are made in 60 different sizes to fit the daintiest slipper or heavy shoe—no costly made-to-order appliances to pay for. Last a year or longer.

Your feet also regain their correct shape. The instep, the heel, the toes all stay in their proper positions. Your shoes keep their shape, your suffering has vanished. Results are immediate. Guaranteed in five minutes.

Heed the Danger Signals

Any pain in your feet, legs or back means most likely that something is wrong with your feet—something that needs attention right away. Don't assume that these pains will "cure themselves." Even a few slight twinges may point to a condition that will mean serious trouble later on. Fairyfoot Cushions will correct the cause of the trouble and then the pain must go.

Proved by Thousands

Letters like these, from former foot sufferers, show what Fairyfoot Cushions will do: "I had to hobble on a cane. With Fairyfoot Cushions I walk perfectly."

"Had a bad case of fallen arch. Fairyfoot Cushions have completely corrected it."

"Leg and back pains all gone now, thanks to Fairyfoot Cushions."

"Bunion and Morton's toe have gone, also my pains and nervousness. Fairyfoot Cushions did it."

"The first real relief I have had from foot pains in 10 years."



How to Order

Place stocking foot on piece of paper and trace outline of foot with pencil held vertically, as shown above. Send this and also write size and width of shoe in coupon.

Send No Money

So sound are the scientific principles on which Fairyfoot Cushions are made, so remarkable have been the results obtained in "hopeless" cases, that we gladly send them on free trial.

The regular price is \$3.00, but for a limited time we offer Fairyfoot Cushions for only \$1.98. Pay only when postman brings them. Or you can send money in advance if you wish. Either way, Make the 5-minute test—see how quickly the pains go. Then wear them 14 days and if not satisfied return them and we refund your money. Send coupon today.

FOOT REMEDY CO.
1225 South Wabash Avenue
Dept. 102 Chicago

Enclosed is outline of my foot. Send me a pair of Fairyfoot Cushions. I will pay special price, \$1.98, on arrival, and will make the 5-minute test. Am also to have privilege of wearing them 14 days at your risk. If I am not satisfied, I will return the Cushions and you will refund my money.

Name _____
Address _____
Size Shoe _____ Width _____
Check Man Woman Boy Girl
F. R. Co.

Weak Men are Vitalized WHEN STRONGFORT TAKES HOLD



LIONEL STRONGFORT

Dr. Sargent, of Harvard, declared that Strongfort is unquestionably the finest specimen of physical manhood ever seen.

through developing myself into the world's finest physical specimen and in the development of thousands of others. This book reveals how Strongfortism relieves you of distressing disorders, how through it you can build your body, strengthen all your vital organs and internal and external muscles; how to become fit physically and mentally for life's duties—fit for home life, for society, for business—a power among men, a fascinating personality to all. Wonderful as this may seem, the book will prove it all. Get it. Read it. Profit by it. Fill out the coupon today, send for it right away—it is free.

You'll never know what it is to LIVE until you are strong and vigorous. Until you have rolling, iron-like muscles, broad shoulders, freely expanding chest and a punch that is feared by your fellow-men, you are not a 100 per cent. MAN. To be admired you must be physically fit. To command respect you must have vigorous health and manly strength—You must have abundant energy, pep and personality. You won't get far in this world without these qualifications—the good things of life are not for weaklings.

But, remember this—mere development of external muscles on arms, legs and body does not bring health and permanent strength. Your INTERNAL muscles must have first consideration, for these muscles must be made the foundation of all health and strength—and here is where my course—STRONGFORTISM—differs from all others you ever heard of. I develop the INTERNAL muscles and start your strength AT THE SOURCE. Through these muscles I eradicate disease and RESTORE POWERS that have been weakened through neglect or excesses.

STRONGFORTISM Made Hajnos a Giant

Just as I have been instrumental in developing weak men of the most ordinary physique into strapping big powerful fellows, so can I develop others. See what I made of Hajnos, the famous strong man of the U. S. Navy, who is constantly startling great audiences on battleships and in big halls by his extraordinary feats of strength—and Hajnos will tell you that it was Lionel Strongfort and the methods laid down in STRONGFORTISM that made him what he is—one of the great strong men of the world. This "Navy Hercules" repeatedly writes me letters expressing his thankfulness for my instruction and advice.

What I have done for Hajnos and thousands of others all over the world, FOR SOLDIERS WHO WERE INCAPACITATED IN THE LATE WAR; for run-down men of all sorts—this I can do for YOU. There is no doubt about it.

I Put Men on Their Feet

It doesn't matter what has wrecked your human machine. It may be a condition of body and mind brought on by overwork, dissipation or other excesses that fairly eat away your vitals and leave you a nervous wreck. But whatever the cause—when I take hold of you I show you how to conquer your weakness, stop the inroads of disease, free yourself from annoying ailments that are a daily drag on your stamina. I put you on your feet and start you on the royal road to strength and health, and soon you feel new hope, courage, manliness—a new life opens up to you.

Send for My Book

"Promotion and Conservation of Health, Strength and Mental Energy"—IT'S FREE!



No money would pay for this book. It is priceless. In it are the results of my 25 years of experience in the upbuilding and strengthening of men. In it are startling facts about the human body—secrets of nature that I have discovered

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Absolutely Confidential
Mr. Lionel Strongfort, Strongfort Institute, Dept. 234, Newark, N. J.—Please send me absolutely free my copy of your book, "PROMOTION AND CONSERVATION OF HEALTH, STRENGTH AND MENTAL ENERGY." I have marked (x) before the subjects in which I am most interested.

- | | | |
|--------------|--------------------|------------------------|
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| ..Catarrh | ..Increased Height | ..Weak Heart |
| ..Asthma | ..Weak Eyes | ..Great Strength |
| ..Headache | ..Flat Chest | ..Lung Troubles |
| ..Rupture | ..Despondency | ..Poor Circulation |
| ..Thinness | ..Erection | ..Round Shoulders |
| ..Pimples | ..Rheumatism | ..Skin Troubles |
| ..Insomnia | ..Nervousness | ..Stomach Disorders |
| ..Overweight | ..Constipation | ..Muscular Development |

NAME

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

STREET

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

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Physical and Health Specialist for over 25 Years
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Fat Men!

This new self-massaging belt not only makes you look thinner—INSTANTLY—but quickly takes off rolls of excess fat.

DIET is weakening—drugs are dangerous—strenuous reducing exercises are liable to strain your heart. The only safe method of reducing is massage. This method sets up a vigorous circulation that seems to melt away surplus fat. The Well Reducing Belt, made of special reducing rubber, produces exactly the same results as a skilled masseur, only quicker and cheaper.

Every move you make causes the Well Belt to gently massage your abdomen. Results are rapid because this belt works for you every second.

Fat Replaced by Normal Tissue

From 4 to 6 inches of flabby fat usually vanishes in just a few weeks. Only solid, normal tissue remains. The Well Reducing Belt is endorsed by physicians because it not only takes off fat, but corrects stomach disorders, constipation, backache, shortness of breath, and puts sagging internal organs back into place.

Special 10-Day Trial Offer

Send no money. Write for detailed description and testimonials from delighted users. Write at once. Special 10-day trial offer. The Well Company, 509 Hill Street, New Haven, Conn.

THE WEIL COMPANY
509 Hill Street, New Haven, Conn.

Gentlemen: Please send me complete description of the Well Scientific Reducing Belt, and also your Special 10-day Trial Offer.

Name

Address

City State

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Double Entry Bookkeeping mastered in 60 hours with 8 keys; guaranteed; diplomas. International Bookkeeping Institute, Dept. 6, Springfield, Mo.

Novelty Acrobatic Stunts—Ground Tumbling, Bending, Balancing, Clowning, etc. Easy method learning. Complete illustrated instructions. \$2.00. Jingle Hammond, Adrian, Michigan.

Send for Free Folder "How to Stay Young," Liberty Company, Station D, Box 4177, Cleveland, Ohio.

Old Coins for Sale

California Gold Tokens. Quarter size 27 cents; half dollar size 53 cents. Coin Catalogue and Greek Coin 10 cents. Alexis Mengelle, Colorado Springs, Colorado.

Stammering

ST-STU-T-T-TERING And Stammering Cured at Home. Instructive booklet free. Walker McDonnell, 109 Arcade, 1126 Granville Ave., Chicago, Ill.

Songs

I Want Song Poems. Casper Nathan, H-3544 North Racine, Chicago.

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HERCULEAN STRENGTH, EUROPEAN METHODS. Astounding muscular autographed photographs and particulars, ten cents stamps or coin. Matthew K. Brown, 512 North Elm Street, Henderson, Kentucky, or H. Broom, Marfleet, Hull, England.

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Afraid of My Own Voice But I Learned to Dominate - Others Almost Overnight

SUDDENLY the boss turned to me and queried, "Well, Conroy, what's your opinion?" They all listened politely for me to speak and in the silence I heard my thin, wavering voice stammering and sputtering a few vague phrases. Like a flash Stoddard interrupted me and launched on a brilliant description of his plan. All sat spell-bound as he talked — my views were forgotten — and yet I had been studying the problem for months and I was prepared to suggest a sound, practical plan which I knew would solve all our difficulties.

And that was the way it always was — I was always being given opportunities to show my ability and always failing miserably. I was bashful, timid, and nervous — I never knew how to express myself, how to put my ideas across. In fact, I was actually afraid of my own voice! Constantly I saw others with less ability, less experience than I, being promoted over my head — simply because they had the knack of forceful speech, self-confidence, and personality — the very qualities I lacked.

In social life, too, I was a total loss — I was always the "left-over" — the one who sat back and watched the others have a good time. I seemed doomed to be an all-around failure unless I could conquer my timidity, my bashfulness, my lack of poise and inability to express myself.

almost overnight. I learned how to bend others to my will, how to dominate one man or an audience of thousands. Soon I had won salary increases, promotion, popularity, power. Today I always have a ready flow of speech at my command. I am able to rise to any occasion, to meet any emergency with just the right words. And I accomplished all this by developing the

natural power of speech possessed by everyone, but cultivated by so few — by simply spending 15 minutes a day in the privacy of my own home, on this most fascinating subject.

There is no magic, no trick, no mystery about becoming a powerful and convincing talker. You, too, can conquer timidity, stage fright, self-consciousness and bashfulness, winning advancement in salary, popularity, social standing, and success. Today business demands for the big, important, high-salaried jobs, men who can dominate others — men who can make others do as they wish. It is the power of forceful, convincing speech that causes one man to jump from obscurity to the presidency of a great corporation, another

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coupon below. This book is called, *How to Work Wonders with Words*. In it you are shown how to conquer stage fright, self-consciousness, timidity, bashfulness and fear — those things that keep you silent while men of lesser ability get what they want by the sheer power of convincing speech. Not only men who have made millions but thousands of others have sent for this book — and are unstinting in their praise of it. You are told how to bring out and develop your priceless "hidden knack" — the natural gift within you — which will win for you advancement in position and salary, popularity, social standing, power and real success. You can obtain your copy absolutely free by sending the coupon.

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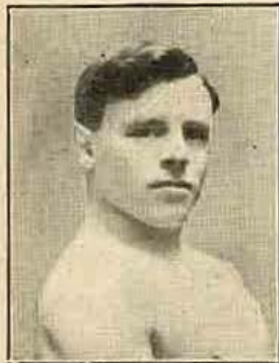
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DR. BERNARD BERNARD
D. Sc. (Phys.), M. S. P., M. P. C.
Chief, Physical Culture Consultants.

Case 513. Mental sexual obsessions and nocturnal losses; general debility and irritation; weak back.

Dear Sir:—
I am suffering from general debility, nervousness due to the collapse of the normal functions of my organs. My present condition is to be traced back to the solitary vice, which, I am sorry to say, my brother taught me. He was morally strong enough to overcome the habit, but I, unfortunately, was not. I indulged in reveries, looked at suggestive pictures, went to burlesque shows, and my imagination developed along these lines to such an extent that I did not experience a real thrill any more in a mechanical manner. However, my good common sense prevented me from indulging in promiscuity, although I did the next thing. Finally, I woke up to the fact that this would ruin both my body and mind. I tried to stop both the mechanical and the mental habit. I stopped the mechanical habit quick enough, but was unable to overcome that mental handicap. As you describe in your book, my thoughts and nerves had worn a path in this direction, and it was impossible for me to stop them from going along the beaten path. After trying all sorts of mechanical methods with little or no success, I came to the conclusion that my first objective must be to overcome that mental handicap. The negative way of trying to suppress each thought by force of will is not altogether successful, especially not when trying to harness the subconscious mind during sleep, at which time the will takes a nap also. I read some psycho-analysis in regard to dreams, but found that to stop to analyze each dream and attempt to trace it to its source took up too much time, and was not at all practical. Upon reading your advertisement and your book, I concluded that you have something definite and practical to offer. I hope so, for I have already spent a small fortune. I hate to wish myself onto a girl, for that would be a crime against wife and offspring. Before taking that step I wish to be a he-man.

The bitter struggles and trials of him who is trying to escape from the bonds of habits he has thrust upon himself are usually suffered in silence, in the privacy of his own room. He eats away his heart, regretting his past, which has left with him his sorry condition. Try as he will, he cannot free himself, for he has worn a nerve path which demands action through physiological law. So the waste continues, his fight becomes harder, until he gives it up, maybe.

His hope lies through exercise, not ordinary exercise, but exercise scientifically applied to his individual condition. For what may assist one may injure another. Not only is each person of different constitution, but each pathological condition has its own peculiarities. There is one thing certain, however. The waste must be stopped immediately. The nerve centers must be strengthened and nourished, and it is surprising how quickly results are obtained. The following case will testify.

Probably the most degrading and discouraging of all are the results of earlier unwise living, especially of the solitary vice. The waste persists in spite of all mental and moral endeavors to the contrary, and all efforts of the unaided will. The following case, 513, exhibits such a typical instance where the unaided will made a losing fight, but as soon as the instructions were followed, directing the nerve energy into effectual channels, the loss was stopped, and the will once more came into operation. It is simple when understood.

FIRST REPORT—I am glad to report that results are already apparent. I have had no nocturnal loss during this time. However, several times I came very near. But since the nerves were set in action each time, I felt a drain on my nervous energy nevertheless. I like the exercises and am feeling stronger. I am anxiously awaiting more.

SECOND REPORT—My bowels are moving regularly, and I can feel a general toning up of my system. I suffered a slight loss, but to my surprise found that it did not affect me as much as I thought it would. It was more than a month since I suffered the last, so I consider that a great gain. Progress that is to be permanent, of course, must be a step at a time. My nerves in the genital region seem more settled, and I know that the nerves will quickly adjust themselves, if I can overcome that mental handicap. I have made progress in that direction, and intend to use my will to accomplish that end.

THIRD REPORT—I am glad to report further improvement. I note a general improvement, and my body is beginning to be an aid to me instead of a hindrance. An old saying is that "birds of a feather flock together." A degenerated body naturally invites and encourages morbid thoughts. I appreciate your advice of approaching my problem from the positive side instead of the negative. The principle of substitution must be applied in my case. In consequence of the exercises, which I enjoy taking, my body has taken on new vitality. After 10 Weeks—I am well on the road to recovery. My mental handicap has been reduced to a minimum, and only occasionally gives me trouble. A sound mind requires a sound body, and I am glad to say that I have greatly improved in the latter direction also. I was surprised on looking in the mirror that my face was filling out, and showing some color of health. Others have remarked on my improved appearance. Thanking you most heartily for your invaluable assistance and kind sympathy.

What We Have Done For Others We Can Do For You

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

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

"Sex Weaknesses, Their Cause and Remedy"

It is full of most helpful information, and will point the way to virile manhood. Begin the new era of your life today.

CONTENTS

INTRODUCTION.

Sex Problems.

CHAPTER I.

Sex Weakness a Pathological Condition. The Physical Basis of Sex Weakness.—Barbaric Habits of Our Forefathers.—The First Step to Perdition.

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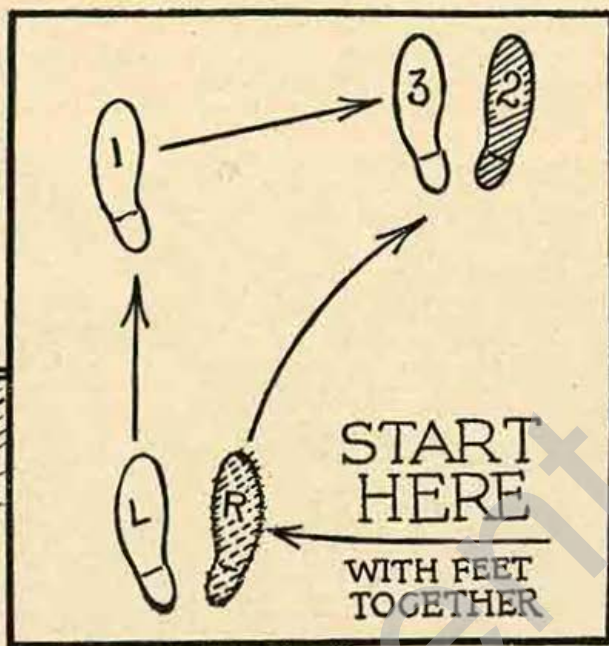
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See how easy
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I'll Make You A Finished Dancer in 10 Days!

By **ARTHUR MURRAY**

World-Famous Dancing Authority

I DON'T care how poorly you dance now—I don't care if you've never been on a dance floor in your life—if you can do the simple step pictured above I'll guarantee to make you a finished dancer in ten days!

Just think! In ten days' time you will be able to do the Charleston, the French Tango, the Ritz Fox Trot, the Debutante Waltz, and all the other smart new steps—or I'll return every penny you have paid me!

That's a fair offer, isn't it? There's no excuse now for playing wallflower—no excuse now for passing up good times because you can't dance! My method of teaching dancing is so simple and easy to understand that you can learn any of the latest steps in one evening, right in your own room, without music or partner. And in ten days' time you will be ready to take your place as the best dancer in your set!

How to Be Popular

You'll never regret being an accomplished dancer! Think what it means to be popular, sought after, admired! The dances I teach you in my course are not only the standardized steps, but also the brand new ones—the peppy, zippy Charleston that has captivated society, the sensational, modern dances that have swept the world!

The sooner you learn to do the new dances, the sooner you start upon this sure path to popularity—the sooner

you get some real fun out of life. You'll always be welcome everywhere. Better still, you'll be in great demand—for everyone wants to dance with the good dancer, the one who knows all the latest steps!

And when you learn by my method—when you have the Murray foundation—it will be easy for you to learn any dance. Once you have my training, you will be able to follow any music with ease and grace—you will be able to master quickly and easily any dance step after having seen it just once.

Five Lessons FREE

To prove that I can make you a finished dancer in ten days' time, I am willing to send you five lessons from my remarkable course—*absolutely free!* Just send the coupon (with 10c to cover cost of printing and mailing) and these valuable lessons will be forwarded at once. Also a free copy of my new book "The Short Cut to Popularity."

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7 E. 43rd St., New York City.**

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NEARLY EVERYONE IS TUMBLING NOWADAYS AND WHY?

Because all are realizing what a great sport and marvelous health-producer tumbling and hand-balancing really is.

Those who tumble and do hand-balancing feats are rarely troubled by imperfect condition of the internal organs. This sport of sports stimulates the liver, kidneys, glands and digestive organs. It limbers the spine and makes you supple.

THERE IS A THRILL IN EVERY TUMBLING FEAT

You can't *imagine* the tingling sensation of joy that is produced by a somersault, flip, twister and all the lesser feats of tumbling and hand-balancing. But you can *experience* these thrills and startle an audience by getting this book of mine. Start practicing this fascinating sport as soon as you can and you'll never regret the time spent.

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either as a Tumbler, Hand-Balancer or Acrobatic DANCER, should have this book and take advantage of the personal help that I willingly give you in teaching you to master this art.



THERE ARE EASY STUNTS FOR THE BEGINNER

YOU WILL BE SUR- PRISED AT WHAT YOU CAN TEACH YOUR BODY TO DO IN THIS LINE OF ENDEAVOR

At first it seems incredible that you can make your body turn completely over onto your feet again before hitting the ground. But soon after you will see how easy and natural it is. The knack and ability to land on your feet at all times is soon acquired, and you go on to the more difficult feats such as spotters, twisters and gainers.

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Illustrations Showing the Different Stages of a Back Somersault With Weights.

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When you can astonish your friends by performing a row of flips ending with a "layout somersault," walk up and down steps on your hands, do a perfect one-hand stand, somersault off your partner's shoulders, hands or feet, and many other just as sensational feats, then you will call yourself lucky for having run across this advertisement and had enough faith in me and my methods to accept it.

It is not my sole desire to simply sell you this book. What I actually want to do is to make a proficient tumbler and hand-balancer of you. And I am always glad to hear what progress those who get this course are making, and to offer helpful criticism and information. In other words, I really do care how well you learn all the feats in this course.

So now that you have my assurance that you can and will become a tumbler and hand-balancer,

MAIL THE COUPON NOW

with your check, money order or cash

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180 W. Somerset St., Philadelphia, Pa.



SAFETY TUMBLING BELT

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

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\$5.00 for Belt only
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You are also to send me free of charge your Muscle Control and Posing Course.

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You Are Not Limited in the Number of Exercises and Lifts That Can Be Performed.

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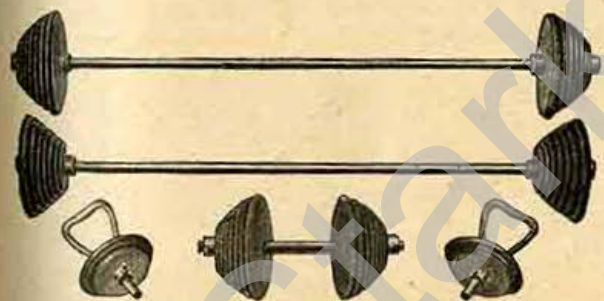
Because all Milo Bar Bell sets are complete. This is not so with some other makes of bar bells. There are any number of enjoyable and beneficial exercises, not to mention standard and recognized lifts, that are performed with the dumb-bells and kettle-bells. Some of these exercises and lifts cannot be performed at all with just a bar bell, and in others a bar bell cannot be used correctly.

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Take the kettle-bells, for instance. You cannot do one of the very best back exercises very handily without them. There are other exercises, also, in which these bells are used to advantage. They are great for juggling, which is becoming a real strong man exercise and pastime.

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

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Maurice DeRiaz is a poseur par excellence. He is also one of the best lifters and wrestlers. He put up 254 pounds in the one hand clean lift when he was only a light heavyweight. He is the possessor of a magnificently-developed body, obtained through lifting and exercise.

Jim Londos (lower), most of you know of. He, too, has been an inspiration to sculptors and painters the world over. He is considered the finest built athlete and best wrestler ever turned out by the country of Greece.

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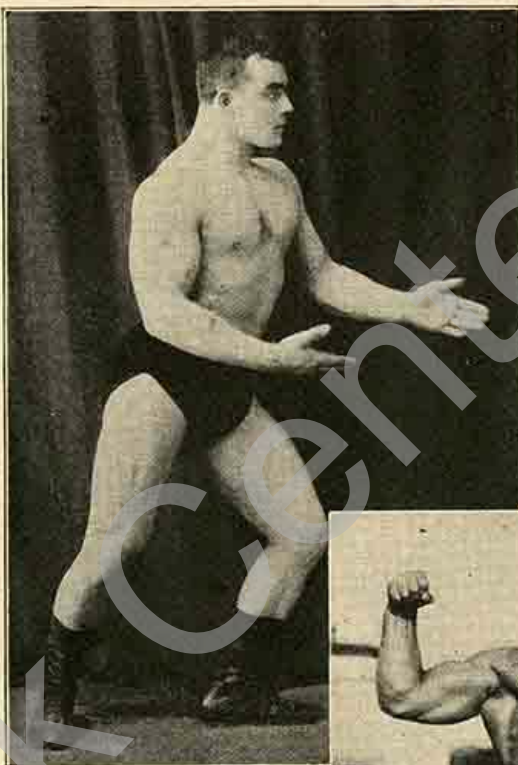
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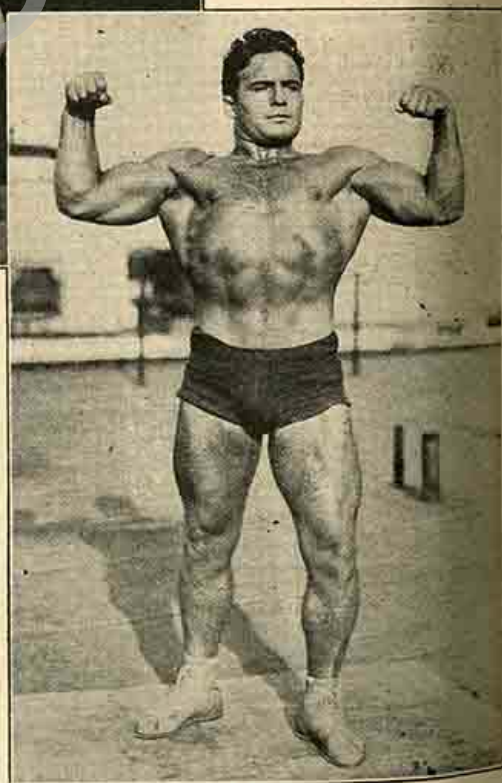
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GEORGE F. JOWETT
Founder and President
of the A. C. W. L. A.

In making this proposition we have a definite object in view. We believe in helping all members to be as fully informed as possible, for physical educational purposes as well as for instruction. These two premiums fulfill that purpose, and we fully believe that every man who wears the insignia of this organization becomes better fitted by this help and a greater inspiration to others.

Wearing a Lapel Button Gives You a Place Among Men

With each membership we give a membership card and a beautifully designed lapel button. The card will allow any member in free to any of our Strength Shows, where they have the chance of viewing the finest specimen of manhood living. The lapel button makes you a friend wherever you go; the kind of a friend who likes the sport that you like, one who is ready to help you. Apart from that, the association affords many benefits. There are development contests, lifting contests, which give the novice the same chance as the expert athlete. Medals and gold seal diplomas are given away to the winners, and our advice department is always at your service. You mingle with the greatest strength athletes in the world. Every one of them are proud members of the A. C. W. L. A. They have proven their worth wherever they have gone, taking pride of place in all contests.



All A. C. W. L. A. Members, "Strength" Readers, and Milo pupils who are interested, can get the names of all other representatives not given below by writing to Mr. Jowett.

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On September 4th
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Members of the A. C. W. L. A. Carry Off Honors in Every Strength Contest Held This Year in America.

They won the first three places in the Boston Post Tourney for the strongest man in New England, the Pacific Coast Championships, the A. A. U. Championships, the Sesqui-Centennial Championships, the A. C. W. L. A. National Championships. What more proof does any one want to testify to the abilities of our members? You should be proud to belong. Four dollars gives you everything. Make your mind up to get in line and help us put the Olympics across. If you are a physical culturist or strength enthusiast, you are eligible to join; so do not hesitate to be one of us. We will be glad to have you. Fill in the coupon at the foot of the page and mail it immediately with your remittance.

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Dear Sir:

Enclosed find \$4.00 for my membership into the A. C. W. L. A., which entitles me to my membership card, lapel button, "World's Weight Lifting Rules & Records," with Supplement, one year's subscription to the "Strength" magazine, and all the association benefits.

Name

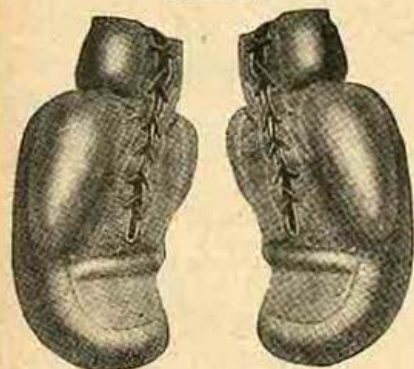
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Become a Clever Hard-Hitting Boxer With the MacMAHON Course and Gloves

A Set of (4) of These
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\$7.00 WITH MY
BOXING COURSE
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NOTICE

I can supply you with
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Write For Particulars

I am now in a position to give you a set of (4) good quality boxing gloves at less cost than you can get them anywhere else.

At the Same Time You Save a Dollar on the Boxing Course

The price of this boxing course alone is and has been \$3.00. With the set of boxing gloves, the course costs you only \$2.00. In other words, you get the complete course and 4 high quality gloves for only \$7.00. You will pay more than this price elsewhere for the same quality gloves alone.

The MacMAHON Boxing Course Is the Most Thorough Course On This Manly Art Published

It first tells you how to be a good sport and a cheerful loser in a boxing bout. It then goes on to training routine—how a fighter spends his days and nights when in training for a match.

This training routine includes suggestions on diet, exercise, etc. The rules and fouls are given you. The preliminary instructions, such as how to clinch the fists, studying your opponent, position of body, legs, arms and feet are followed by detailed instructions on all blows, blocks, counters, slipping, side stepping, guarding, retreating, advancing, dodging, etc. Without a doubt, the MacMahon Boxing Course is the best. It is also fully illustrated.

The Gloves Weigh 8 Ounces and Are Full Size

These gloves are not the boys' size but are the men's size. Any boy or young man can use them, however, because they can be laced tightly around any size wrist.

A Set of Gloves Without the Course Will Cost You \$5.00

You cannot duplicate this price for a set of good quality men's size gloves. I advise you to get my course also when ordering the gloves, for it will make a clever, hard-hitting, heady boxer of you.

Fill In the Coupon Right Now and
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A set (4) of boxing gloves and the
MacMahon Boxing Course, price
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price \$5.00.

A Boxing Course only, price \$3.00.

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These LaSalle-Trained Men Have Helped My Business Grow!

—Marshall A. Smith



Above—C. E. Veth
Traffic Manager

Below—L. A. Gould
Manager of Sales
for Michigan



Marshall A. Smith, Pres.

Columbus Plant
Smith Agricultural Chemical Company
Indianapolis, Ind. Columbus, O.

Why I. A. Gould Received Two "Raises" and C. E. Veth a Salary-increase of 200%

FROM the great plants of the Smith Agricultural Chemical Company, at Columbus and Indianapolis, thousands of tons of fertilizer, animal foods and acids—six widely diversified products under the brand name Sacco—are shipped to all parts of the United States.

To sell products of this character and to arrange for their economical transportation calls for ability of a high order. Half-knowledge, snap-judgment, guess-work, quickly spell defeat for the man and heavy losses for the company.

Marshall A. Smith, head of this great enterprise, knows the importance of training—recognizes what it means to have in his employ LaSalle-trained men.

One of his employees—I. A. Gould—had been a farmer in Central Michigan. At the age of 48 he began with this company as a salesman—enrolling at the same time for LaSalle training in Modern Salesmanship. Within three years he had topped the list in Michigan and had been given entire charge of sales in that state, with a crew of men under his direction. In July, 1925, he writes, "I have increased my sales this past season 50%, and my salary has been raised twice since last October."

Another of Mr. Smith's employees—C. E. Veth—saw the need for a properly equipped traffic department—this as a result of LaSalle training in Traffic Management. So successfully did he put it into operation that during the year 1924 errors

in freight bills totalling \$10,600 in overcharges were detected and corrected before payment was made. To LaSalle, in a large measure, he directly credits a salary increase of 200 per cent.

"We can only attribute the rapid success of these two men," writes Mr. Smith, "to their energy and initiative, together with the practical knowledge gained thru the pursuit of LaSalle training."

Send for Free Copy "Ten Years' Promotion in One"

The men who have made such gratifying progress took first a simple step—a step that requires only a 2c stamp and two minutes of their time. They sent for a free book—"Ten Years' Promotion in One," the book that has started thousands and thousands of men on the path to responsibility and power.

A copy of this book is yours for the asking—and with it a 64-page book outlining in detail the opportunities in the business field that most appeals to you, showing you how you can quickly turn them to your advantage. To many an earnest man these books have been worth their weight in gold—they may be equally as valuable to you. It will certainly pay you to find out.

You have often thought that you would send for full particulars of the LaSalle Salary-Doubling Plan. This time—for the sake of a brighter future—ACT!



Two "Raises" Within Nine Months

"You'll be interested, I know, in the story of a middle-aged farmer who at 48 turned salesman and made good, thanks to LaSalle training in Modern Salesmanship."

"When I enrolled for LaSalle training, I had no idea of the benefits to be derived. My progress, however, has been steady—business has come easier—in fact I have increased my sales this past season 50%, and my salary has been raised twice since last October. Careful study of the LaSalle course has been a large factor in enabling me to do this, and I cannot praise it too highly."

(Signed) I. A. GOULD, Director of Sales for Michigan, Smith Agricultural Chemical Co.

A Salary-Increase of 200%

"When I took up your training, I held the position of Traffic Manager with the Smith Agricultural Chemical Company. As I progressed with the course I saw very clearly what a well-equipped traffic department could do for the company. My subsequent salary-increase of 200% is directly due to the successful working out of this undertaking—and that, in turn, is due to the hard work, study and application which I gave to your training in Traffic Management. Your course is one of the most complete in its line; and in technical information it far surpasses any other I have seen."

(Signed) C. E. VETH, Traffic Manager, Smith Agricultural Chemical Co.

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I would welcome an outline of your salary-doubling plan, together with a copy of "Ten Years' Promotion in One," all without obligation.

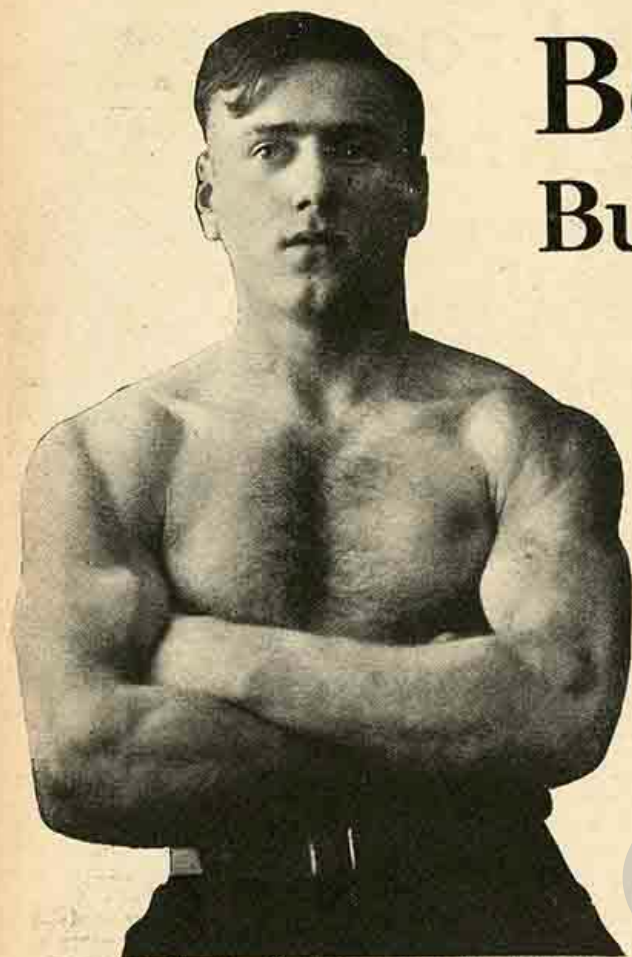
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Be Strong— Build Big Muscles



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

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

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

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

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

The Encyclopedia of Physical Culture.

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

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

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

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

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

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

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

How to—

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

Amazing Stories From People Who Know

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

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

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

The Average Person Pays Thousands of Dollars in Doctors' Bills

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

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

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

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

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

Edward Johnson, Fort Worth, Texas:

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

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

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

Harold A. Packard, Lincoln, Neb.:

"I bought a set of the Encyclopedia some 8 years ago and the education I have derived from the pages have added years of enthusiasm, pep, vitality, life and happiness to my life. They have brought me what I have sought for years—made a new man of me and a new world in which to live. I would tell any man to buy, and when it came to price I would state further—buy at any price and let Macfadden set it."

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

Send No Money

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

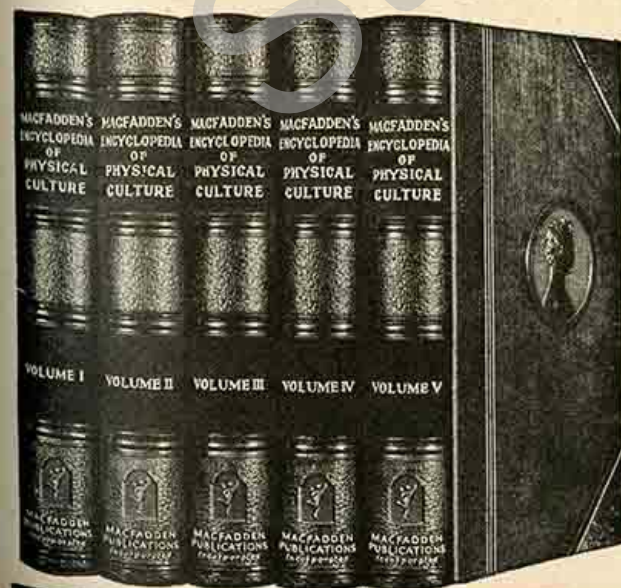
After you have made the ten days' free examination, if you decide that you want the Encyclopedia, just send us \$2.00 and then \$3.00 a month until you have paid the total cost of \$35 for the entire five volumes.

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

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

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

To all who decide to purchase the Encyclopedia, we will include the services of our Advice Department—maintained and equipped to serve you.



Free Examination of All Five Volumes

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

- Vol. 1—Anatomy, physiology, diet, food preparation.
- Vol. 2—Physical training, gymnastics, corrective exercises, physical culture exercises for women, sports, athletics, beauty culture.
- Vol. 3—Fasting, hydrotherapy, first aid, spinal manipulation, mechanical diet and regimens.
- Vol. 4—Diagnosis and detailed treatment for individual diseases alphabetically listed.
- Vol. 5—Sex hygiene, physiology, motherhood, pregnancy, maternity, baby care, disorders of men and women.

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

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Send me for inspection the five Volumes of the Encyclopedia of Physical Culture. I agree to return the set in ten days or pay \$31.50 cash for the entire Encyclopedia or \$35 on the easy terms mentioned in this offer. My acceptance of this offer includes a membership in your special Advice Department.

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Macfadden Publications, Inc., 1926 Broadway, New York

How I Keep My YOUTH, HEALTH and STRENGTH

My Figure Has Not Changed $\frac{1}{4}$ Inch
In Its Proportions In 15 Years!

By Annette Kellermann



IS there any need for a woman to grow stout, or scrawny, or old, or sickly after she passes twenty-five or thirty?

My answer is told in the pictures on this page—taken fifteen years ago, and now.

My figure has not changed $\frac{1}{4}$ inch in all that time! My health has actually improved, if that were possible. I feel stronger, more energetic, more full of "pep" than I did fifteen years ago, when I was declared "the most perfectly formed woman in the world."

How do I do it? How have I maintained my standard of health, strength and physical efficiency under the adverse conditions in which I must live? Every year I travel tens of thousands of miles, sleeping on trains, and in hotels, eating different kinds of food and drinking different kinds of water wherever I go. From one climate to another, from big cities to small towns, from good hotels to bad, from good cooking to poor. I ex-

perience more changes in one year than the average woman experiences in a lifetime! Yet I never have colds or indigestion, or constipation, or aches or pains of any kind! And in FIFTEEN YEARS of this grinding, arduous work, on the stage, on the lecture platform, and in motion pictures, my figure has remained exactly as I have wanted it.

More than this, I intend to keep my figure and my health for at least fifty years longer!

Perhaps you think I was blessed with an unusual body as a child, and that THAT has made it easier for me to remain healthy. You are right—my body was unusual, but in another way. My bones were so soft that I was decidedly bow-legged. I wore iron braces for three years. My mother had me wear dresses down to my ankles in order to hide my bow-legs and braces. I remember how I used to hide in a clothes closet to take my braces off because they hurt so badly. I was so weak and puny that I was considered an invalid.

Yet, in spite of these early handicaps, at the age of fourteen I became the champion woman swimmer of Australia. At 17 I attempted to swim the English Channel and succeeded in going three quarters of the way—farther than any other woman had ever gone. A few years later I was proclaimed, by Dr. Sargent, of Harvard, the most perfectly formed of 2,000 women he had examined. Since then I have appeared before the public all over the world as an example of perfect physical development. That's what I did with the body which was so "unusual" in its early days.

Quite naturally I have been asked by thousands of women to give them instruction in my methods. Among the Film colony of Hollywood I have given personal lessons to many movie stars; I have given personal lessons to actresses throughout the world, and to wealthy society women everywhere. I have answered thousands of questions from the stage and lecture platform. But

I realized that it would be impossible for me personally to reach or teach all women who might want the benefit of my instruction. So several years ago I started a class by mail. So successful were the results that I have continued these classes until by now I have taught over 31,000 women my methods of recovering and keeping their youth, health, strength and youthful proportions.

I now invite you to join one of my home-study classes. Take up my methods for ten days. Try them for only fifteen minutes a day. Then decide whether or not you care to continue. If you do not want to continue, the trial will not cost you a penny. If you do want to continue, my price is so reasonable, and my terms of payment so easy that you will not miss the money. Instead, you will rejoice at what you have gained!

Let me send you my new book "The Body Beautiful" along with a personal letter. I will explain in detail what my Course is, what it has done for over 31,000 others, what it is guaranteed to do for you. Do not be satisfied to suffer. Do not be content with an ill-shaped body. Do not be indifferent to the sort of super-health I can give you. Write me now—do not send me a penny—just the coupon or a letter. You will thank me a thousand times for having urged you to do it. Address

Annette Kellermann, Inc.
225 West 39th Street, Suite 449
New York City

Annette Kellermann, Inc.,
225 West 39th Street, Suite 449
New York City

Dear Miss Kellermann: Please send me, entirely free of cost, your new book "The Body Beautiful." I am particularly interested in:

Reducing Weight Body Building

Name
Kindly print name and address

Address

City State



Editorial

Health and Strength

IN BOXING they used to say that champions never came back, and in anything so specialized the factor of age enters and makes a considerable difference.

In health and strength building we can all come back, if we want to, but it is much wiser to slip. Any one can let up a little for a definite period, or for an almost indefinite period, provided they watch their general health; but to ignore your health altogether is fatal.

In his book "The Way to Live" the great George Hackenschmidt states that many people will, in all probability, object to his title because he was a professional strong man and wrestler and, therefore, *the way to live* which he might point out, would not be a desirable way for the average man to follow.

Certainly we all come in contact with a definite number of people who feel that health is enough for them. And they are determined that so long as they are healthy they will not bother to retain what they have or add to it. Once trouble comes upon them they will meet it, but in the meantime why waste time on exercise or sports.

Hackenschmidt's reply, like the reply of all believers in physical preparedness before and since, has been that in health, as in everything else, we either go ahead or we go back, and in health we do not go ahead without a certain amount of thought and effort.

For the man who believes that he is willing to take a chance on his health for the next few years, provided he has a good time or makes a lot of money, there is some argument, but for the man who simply neglects his health, not cold-bloodedly, but indolently, there can be no sympathy at all.

Not many of us do deliberately let ourselves go and on some given future date call a halt and start back on the road to health and strength, but it can be done. Many eminent athletes have done that very thing all over the sporting pages of the papers, but many more fall by the wayside.

Probably even fewer of the men who slip without realizing what they are doing ever find the time and the will to stage a real comeback.

Coming back, in health as in athletics, is not nearly as easy as slipping and neither is it a joyous process.

For the man in first class physical condition the matter of maintaining that condition requires a very small effort. Once we have reached the peak, staying there or thereabouts is not so difficult.

The climb may be hard the first time, but having reached it, if we permit ourselves to slip, for some reason the climb back is much more difficult than the first climb was.

Amateur and Professional Football

Now that the teams are about ready to start training for the football season the old amateur vs. professional controversy will surely come up again.

Professional football, at reasonable prices, played by well coached and well drilled teams, should be a success. Years ago the average crowd at a football game went for the cheering and the color and this is probably still true of a majority of the crowds at the big college games. They get a thrill from being together and have a hazy idea of what the game is all about and there they stop.

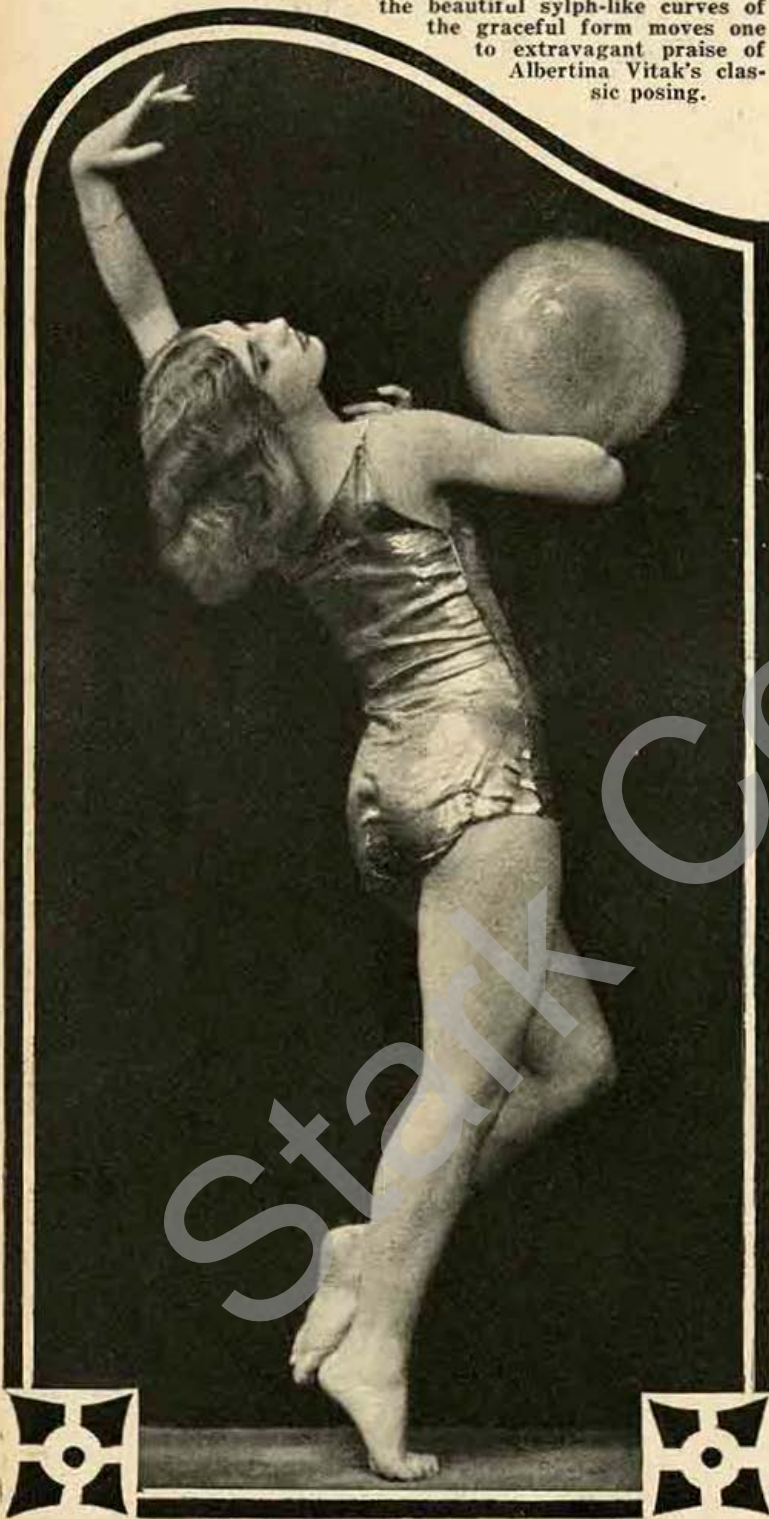
People with no real knowledge and liking for the game as a game will not go to professional games, but to any one who has ever played on school, college or sand-lot teams, the professionals are a real attraction.

Perhaps they do not give themselves quite as freely as the amateurs but they certainly do know their stuff, and any one who knows it too, can get a real kick from watching them.

The daily diagrams of football plays published in the sporting pages of the various newspapers and the books on football written by some of the ablest coaches in the country have also given a real understanding of the game to thousands who have never touched it themselves.

Whether football will ever have the wide popularity which baseball enjoys is doubtful, but certainly its possible audience is wide enough today to fill all the (Continued on Page 84)

Such sinuous motion of the arms and body and the beautiful sylph-like curves of the graceful form moves one to extravagant praise of Albertina Vitak's classic posing.



The Thrill of Beauty

Its Magnetic Effect
In Reach Of All.

By *Ralph Hale*

power to adjust them harmoniously) than exert the will to direct them. And, until we are aching with the unpleasant revelation that Aladdin's lamp is not stored away in one of our closets, or cedar chests in the attic, we resign to and accept life's allotted portions, not, perhaps, without intense regret.

However we eventually observe people forging to the fore. Examining the wherefores of their trend it is brought home, perhaps to the wonder of many, that this same fabled lamp has played no part in their career. Now we go about convinced that "anything worth having is worth striving for."

If only half the time that is now spent in dressing or in curling and other ruination of the hair, were devoted to a sensible care of the body, there would be fewer unhappy marriages and fewer unsatisfactory children. "This vale of tears would become a paradise." All women clamor for beauty. All women are thrilled by it. All women desire harmonious proportions and a good figure, but possibly not one in a hundred of them knows what these really consist of, and that the only means of acquiring them—and in the case of older women, keeping them—is a daily bath, rubbing the skin, and all-round bodily exercise, together with fresh air and sunshine.

Back in 1898, during the Spanish American War, women of that era were past praying for. It was generally accepted that corsets must at all times be worn. I have known quite well one of the most admirable actresses on the stage who scintillated during that period. It was said of her that she was always in the best society and spent much of her life at European courts. She had the figure of a Diana, and

when she moved it was with a superb ease and grace. Yet she was not enslaved to the dictates of fashion prevailing in those days. Subsequently she maintained the magnetic effect or thrill of beauty long after her contemporaries had given up.

The terrible mistake which women of that age made was imagining that for the female form to be nipped into nothing in the middle, like an hourglass, had beauty in it. It could have none because, as artists have said till they were tired of speaking truths to deaf ears, it was

HUMANITY is hemmed in by so many influences that from time immemorial no real effort has been made to gain control of the impulses that run loose in the world. It has been, and still is, easier to let things go as they will rather than exert the will to direct them.

Success in enterprise, we are reminded, lies not in diligent hoping, but rather in steady, constructive action. It has been, and still is, easier to let things go as they will (trusting fervently in some hidden mysterious

essentially a deformity. Imagine such a thing accepted nowadays with our modern tendencies of dress? Ridiculous! Yet it is difficult to conjecture how the worship of the hourglass waist can ever have risen, for it was absolutely unendurable, alike in nature as in art. It could only find a prototype in the imbecility which crops dogs' ears, horses' tails, and led suffering womankind to wear high heels and endure the torture of walking on their cramped toes. And they called that beautiful! Perhaps, in those days it had its attractions, but when conjuring the modes of that day with the present, I am unable to explain to myself why people of that age considered themselves civilized. To my mind it was varnished barbarism. It may (or it may not) have been a stage on the way to civilization, but civilization itself it certainly was not.

Dress does and always will have a direct effect upon beauty, as we are well aware when reflecting upon the colonial period. Those were the days of prudish women, of corsets, bustles, hip-pads, wasp-waists and what not. The health of womankind, who were slaves to these fads, was continually in jeopardy. However, the remedy for such absurd methods of dress has been an educational and not a repressive measure. And nowadays the womankind in general can be trusted to garb themselves in beauty, comfort and good taste, if given the opportunity and suitable encouragement.

The girls of today are undoubtedly healthier and better looking than the generation that preceded them. The pictures that accompany this article will go a long way to prove this contention. Nothing can go further to prove it than their own confidence in their charms, as expressed in the present styles of clothes for women. The girls of today are not merely wondering about ways and means to improve their figures. Most of them have found some means, and the results are evidenced by the fact that the magnetic charm of beauty can be had by everyone.

More important than clothing, however, in gaining the magnetic effect of beauty, is the face. Do you want your face to be young always? Do you want to thrill people with the beauty of it? Then rejuvenate it weekly by the steam process.

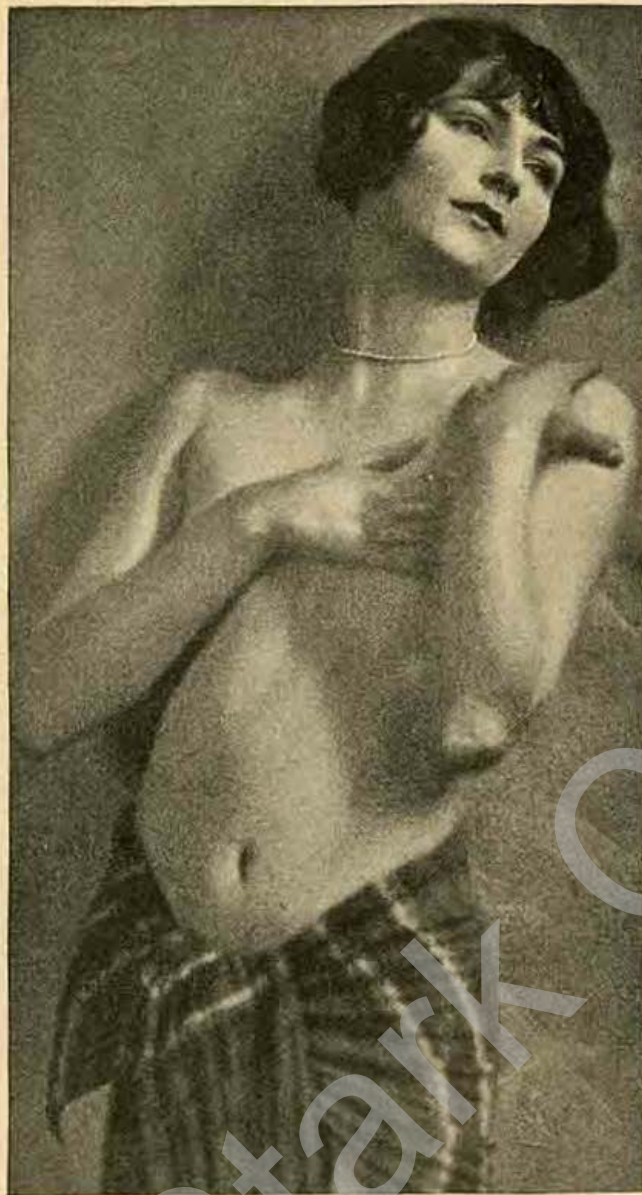
There has been some controversy among beauty specialists about the steam treatment, but I have found that it is exceedingly successful. I believe the thing that caused the argument is the fact that many women work this method overtime. They do it too often and this is not good. Once a week is all that is necessary.

Steaming the face should be done very carefully, and I have discovered the following formula to be the most successful. Remove all dirt from the face with a good cold cream. After this has been wiped off with a soft cloth, fill a basin with boiling water. Make a cone of heavy paper and put one end of it in the water—the smaller end—and cover the face with the other end of the cone. This allows all the steam to get to the face, and it is not as drastic as hot towels. Keep the eyes and mouth closed and hold your face over the water until it has stopped steaming.

When you come up for air you will find that your face is rosy and young looking. Now

This beautiful study of Miss Sylvani displays her gracious carriage and perfect symmetry of figure, and adequately describes the fresh winsomeness that is so appealing.





Agatha Phillips, the zenith of all artists' conceptions of feminine loveliness, whose beauty is thrilling and magnetic.

apply a solution of warm water and benzoin, and when this is dry the pores will be closed. You are now ready for whatever powder base you use and the usual amount of rouge and powder. Remember that this should be done once a week.

Do not forget to wear clothing suited to your personality. If you do these things and, in addition, follow a few simple rules of health, and keep your mind alert, you will not only look and feel young, but will actually be young until long after the period of so-called middle age.

Don't depend too much upon clothing to produce an effect of youthfulness. Remember that the beltless, straight frocks of today render any defect in milady's figure all too obvious, especially if she is "fair, fat and forty."

Even if a woman is not overfleshy elsewhere, her figure may be marred by a protruding or pendant abdomen.

Such a condition may be due to organic trouble, to over-eating or lack of exercise. An incorrect slouching posture also makes the abdomen sag.

The way to have a slim, graceful figure in middle life is to begin early to train the muscles to be firm and supple. Suitable exercise will harden the trunk muscles so that they will form a perfectly fitting natural corset. This will ensure graceful lines to the figure, the kind of lines that look good in almost any kind of clothing. The exercises must, of course, be done regularly to be beneficial. The woman who takes infinite pains with her face and figure usually can be depended upon to select the type of clothing to show off her personality.

In securing the magnetic effect of beauty, my first thought concerns health. Do you enjoy walking in the sunshine and do you love to romp and gambol in the country? Remember when you were a kid and did that sort of thing? My, how your cheeks became pink and rosy from the invigorating, youthful play. Youthfulness! Ah! that is what we need to keep when, as the years age us, we tend to slow up and become wrinkled and lose interest in our childish pleasures. The bloom of youth never leaves those who persist in remaining "just kids," for youngsters revel in the outdoors, and theirs is an active, strenuous life.

Therefore, the greatest thrill of beauty can be found in the magnetic charm of youth. Anyone can be youthful, I care not how old you may be. Youth is not a time of life, it is a state of mind. It is not essentially a matter of ripe cheeks, red lips, and supple knees, it is a temper of will, a quality of the imagination, a vigor of the emotions. It is the freshness of the deep springs of life. Nobody grows old by merely living a number of years. People grow old by deserting their ideals. Years may wrinkle the skin; but to give up enthusiasm wrinkles the soul.

Worry, doubt, self-distrust, fear and despair—these are the long, long years that bow the heart and turn the greening spirit back to dust. Whether sixty or sixteen, there is in every woman's heart the lure of wonder, the thrill of beauty, the sweet amazement at the stars and at the star-like things and thoughts, the undaunted challenge of a woman's duty to enhance her charm, the unfailling, child-like appetite for what next, and the joy of the game of living. You are as young as your faith, as old as your doubt; as young as your self-confidence, as old as your fear; as young as your hope, as old as your despair. Strive for the magnetism of beauty, have no despair. In sticking to it you will win out and gain the enviable price of youthfulness that goes hand in hand with beauty.

Much has been written on the subject of beauty and exercise. Today the modern girl is athletic, as you very readily see by the photo of Albertina Vitak, the sensational dancer. Yet years ago, during the wasp-waist period, the athletic girl was ridiculed most severely. How the times have changed! An article written in 1897 about the athletic girl might be interesting to you;

it contains the viewpoint of the professional reformer who sees evil in all modern tendencies and who is shocked at abbreviated raiment. It follows like this: "There is a very unwise tendency in young women of the present day to be so reckless in their eagerness for distinction in sports that they forget that sport is not embellishing, that Venus, herself, scratched and splashed by a long spin over a hunting country and heated and blown by a lawn tennis struggle, disheveled and dusty and disarranged after a fifty mile bicycle race, is not a lovely or lovable object. If they are 'fit' and can break a record they do not care, or they do not realize that they are voluntarily giving up their potent charm of sex for the sake of seeing their names printed in sporting papers.

"The sporting woman is a hybrid animal; she is an exaggeration and a caricature of the sporting man; her mania for field sports and games is much more injurious to her maternity than the gown of the hour-glass or wasped-waist design—will not speak of her cruelly since, concerning this, my opinions are so well known that I need not repeat them; but I entreat her, when next she has done a scorcher, or won a brush, or beaten a record, to take a hand mirror out of her pocket and look at herself.

"Her grandmother and great grandmother, with the keepsake beauty she despises, knew better what they were about."

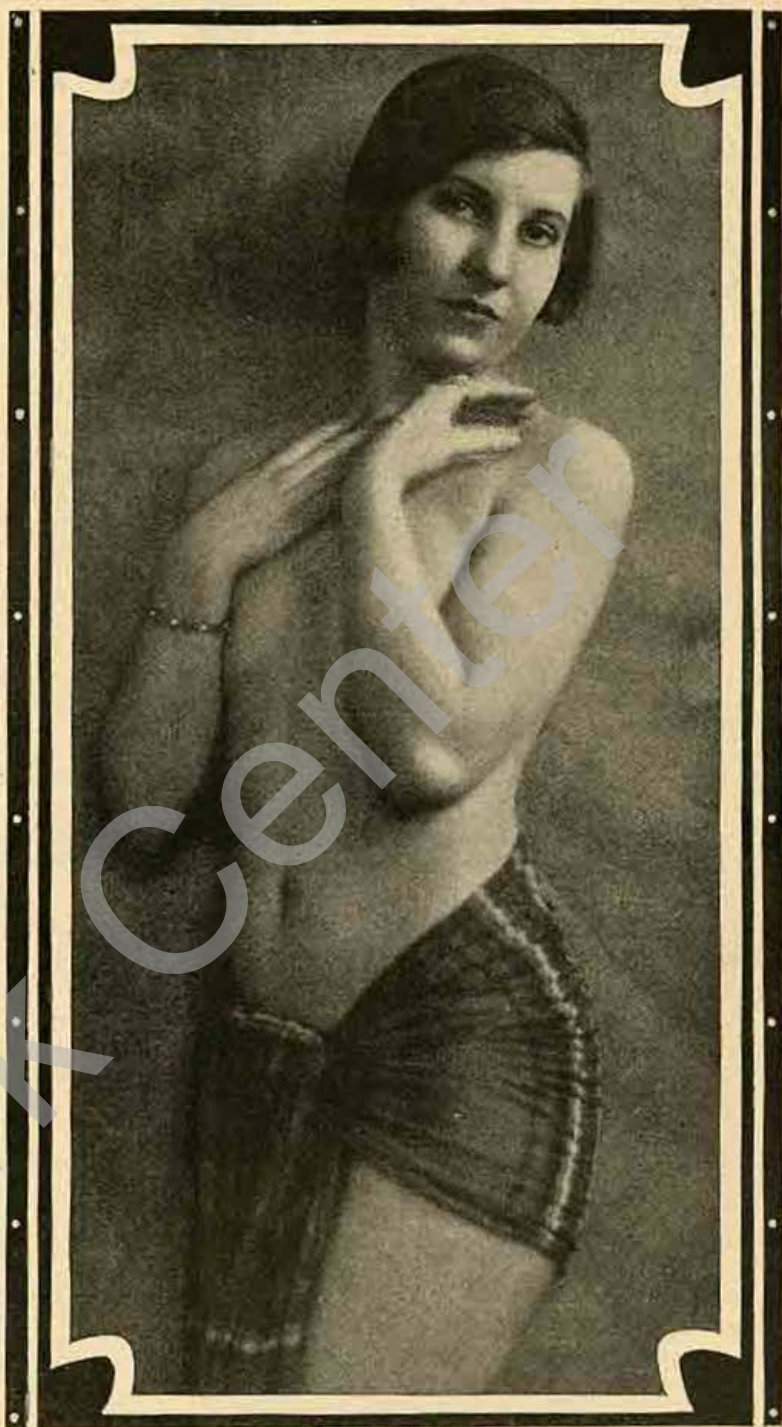
Can you beat that? I wonder what Helen Wills, Gertrude Ederle and the girls whose pictures adorn these pages would say in reply to such a denunciation. Thank goodness! The times have changed.

I was walking along the theatrical district of Broadway late one evening with a well known neurologist. It was his first visit to New York, and I had volunteered to show him the "Big Town." The brilliantly lighted playhouses were disgorging their thousands of playgoers; restaurants and cabarets were receiving the amusement weary hordes.

The Doctor turned to me and remarked, "No wonder New York is the most profitable city in the world for neurologists. The New Yorker seeks sex thrills; he rushes madly about in quest of pleasure, the girls whip their jaded nerves through an evening's "good time," delude themselves that they are drinking life's wine, and return home in the early morning utterly bored and exhausted. For a few months or a few years cosmetics hide the decay of beauty or seem to hide it, for, after all, nobody is really fooled, and then comes an early and homely old age. How many of these night hawks, I wonder, know the meaning of poise?"

I agreed with him that there were very few. And in this respect girls are worse offenders than boys, especially because their nervous systems are more complex and more easily injured by excesses.

Although today may be called the Day of the Girl, I think it is safe to say that we still know far less of the energies of girls—how to set them and how to direct



The beauty of women is like music. Doesn't Sybil Burck evoke an appealing strain?

them—than in bygone days of our mother's youth. It certainly looks that way to me.

We have here an almost unmapped territory calling for exploration and conservation. Very few of us, I suspect, pause to consider how many of the old channels into which girls poured their energies are not stopped up forever, and how many of the new channels have been deliberately opened for purposes of exploitation. Most seriously of all do we need to reflect upon the enormous scale on which the energies of girls are exploited today, and the extent to which they are being consumed by thrills instead of being developed through valid experiences.

It is only by means of con- (Continued on Page 84)

The Gray Haired Weight Throwing Champions

Game of Giants Dominated by Veterans

By Jim Barrett

THE last giant contestant had just made his final heave with the 56-pound weight, and once again the veteran Irish giants, Pat McDonald and Matt McGrath, gray haired and far from their prime, had come out on top in an event in which they have excelled for nearly two decades; successfully eliminating young huskies of the present day, who take great pride in their strength, but who must bow before the mighty sons of Erin.

The day was far from ideal for any sort of athletic competition, a fine drizzle falling continuously, with a down-pour at frequent intervals, making the ground soggy and very difficult to keep a footing. Every one of the weight athletes slipped and stepped out of the 7-foot circle, due to the sponginess of the cinders. Even under such adverse conditions McDonald tossed the weight 36 feet 6 $\frac{3}{4}$ inches. He even sent it a foot farther but slipped and stepped out of the ring.

Just previous to that event, McGrath had once more been declared king of the hammer throw for another year, eliminating an aggregation of young stalwarts, who you would think, should greatly out-throw the old timer. The younger men, you might say, should have the better footwork to enable them to keep in the circle with such an underfooting. But these men who have handled weights for years, still possess a youthful quickness and agility.

After witnessing a contest at throwing, we might wonder how man came to indulge in such a sport. Away back in history, when man lived in a wild state and was hunted by the animals that he in turn hunted for food, having no guns, bows-and-arrows or implements of metal with which to defend himself, he had to defend himself and kill his food either by clubbing or throwing with deadly aim. Man, in those days could, no doubt, hit a terrific blow with a club, but if animals got close enough to the club, the chances were too close for him to do very much to protect himself from their superior strength and sharp claws and teeth. So he would throw clubs, rocks, boulders, or anything he could handle. The stronger his muscles and the more deadly his aim, the better he fared, the more satisfied was his hunger, the safer his existence and that of those who depended upon him. Also in hand-to-hand encounters, in the majority of cases, the smaller man would be at the mercy of his larger antagonist; the only way for the smaller man to live a little longer then, was to perfect his throwing aim, and thereby keep the larger and more powerful man at a distance. As his need for better weapons increased, he figured out ways of making them more deadly; he sharpened and pointed the things he threw, and later evolved accessories and aids to make his weapons carry a greater distance. He invented the sling-shot, spear and bow and arrow, all of which finally led to modern types of weapons with high power for throwing things. Some of our most popular games make use of this inbred throwing instinct, such as baseball and basketball, with football making use of the feet more than of the hands. As the ability to throw governed a man's sense of safety and chances of long life centuries back, he came to take a per-



Perfect form in throwing the 56-pound weight and the necessary footwork are here shown by McGrath.

sonal pride in his ability and his neighbors grew to respect him, so that, as years passed, throughout the ages, even after the throwing ability didn't mean so much, men would gather and contest at throwing sticks and stones of various lengths and weights.

Of course, in the days when people lived mostly in rural communities, and population generally was very sparse, only those who dwelt close together would enter these contests. But as men began to move into towns and cities and traveled about, the idea of competition spread, so they began to standardize such tests that comparisons might be made from one community to another. The modern athlete contests at throwing the hammer, 56-lb. weight, javelin, discus and putting the shot. There is no way to compare modern throwing with the days when odd shaped things were used, as we have no way of telling what they did.

With the muscular make-up the cave-dwelling man possessed, he should have made some splendid records at throwing our modern athletic weights.

The present records in such events have stood for 13 to 17 years, except in the javelin. So, seemingly, the youth of today is not so good as the youth of nearly a generation ago. If the modern science of manufacture and design had been employed and the present form and knack had been studied and taught, the man of generations back might have excelled the recent athletic stars. It is safe to say, however, that the modern weight athlete, including those of twenty years ago, is better than throwers of previous years, due to specialization, science, stricter training, and better conditions generally.

In the javelin throw, the Finns have lately beaten any previous records, by evolving a certain new method of throwing. As soon as the Americans came in contact with the Finns at the recent Olympic games, and found out the new way of throwing the javelin, the Yankee boys came back and started to do better than ever before.

In the discus throw, and in the javelin event, body size does not seem to count for so much as in the shot-put, hammer and 56-lb. weight events. In the shot-put, some very good performances have been made by small men, but generally the shot-putter is an athlete of fair size, and even if middle-sized, he is of good muscular proportions. Here the old athletic adage holds true: "A good big man is better than a good little man."

In the hammer and weight throws, size counts for a major proportion of a man's ability, and after he is coached in the knack, his size and ability will almost to a certainty, figure out in mathematical proportions. If he is not of great weight, he will be unable to resist the pulling effect of the flying weight, and find it almost impossible to keep inside of the 7 foot circle, when he let's go of the hammer or weight.

Going back to the beginning of modern weight-throwing, the sport has been ruled by several huge giants, mostly of Irish extraction. I presume my readers will be most interested in the weight events, so we will leave the discus and javelin out of this discourse and talk about the weights.

In the shot-put George Gray ruled supreme from 1887 to 1896 inclusive, and made his best put in 1893, when he tossed the lead pill 47 feet. Then he retired for 6 years, staging a comeback in 1902, and was good



The veteran, Pat MacDonald, a giant in size, excels at all weight-throwing events.

enough to win with a toss of 46 feet 5 inches. As it was, his record stood for 12 years, till in 1905 another wonderful man, W. W. Coe, came out and established a new record of 49 feet, 6 inches. Two years later, a giant named Ralph Rose passed Coe's mark by a half-inch. In 1909 Rose further eclipsed the record by heaving the lead pill 51 feet, which mark they have been trying without success to surpass for seventeen years. Rose was an athlete of gigantic size and proportionate strength, exceptionally good at all weight events.

We are indebted to the Irish and Scotch for hammer throwing. The sport was developed over there and then transported to this country where it has been brought up to its seemingly highest degree of proficiency. In the olden days the hammer was an iron ball with a stiff wooden handle, and was thrown from a standing position. Then they started to allow a turn, and the ball later on was made of lead. Soon followed the thin wire handle with a double grip, the modern hammer being equipped with a swivel. In Scotland they still compete at throwing the old style wooden handled hammer.

The 56 lb. weight has come from the English half hundred-weight, long a standard of British poundages. Over in Ireland they had all manner of ways of throwing the 56 lb. weight; one hand with a run, one hand stationary, two hands with a run, two hands stationary, as well as up in the air for height. Now the only recognized method for international competition is two-hands for distance from a 7-foot circle.

Going back forty years, some of you will remember that James S. Mitchell was champion at hammer and weight-throwing for twenty years, from 1885 to 1905. Mitchell was a large powerful man, and was really a remarkable athlete, being four times champion of Ireland at both branches of the sport; three times champion of England at throwing the hammer; nine times champion of America with the hammer, and ten times with the weights; as well as six times champion of Canada at both branches of the sport, with a few shot-put and discus titles thrown in for good measure.

Succeeding Mitchell came John Flanagan, who estab-



Sterling examples of the weight-throwing physique. Pat Ryan and Matt McGrath, as they looked in their prime.

lished a new set of records and reigned for several years, to be followed by a trio of Goliaths—Pat Ryan, Matt McGrath and Pat McDonald. Ryan set the present record in the hammer throw of 189 feet, 6½ inches, in 1913, while McGrath had two years previously set the 56 lb. mark at 40 feet 6¾ inches. McDonald was close behind both these men in the throws, as well as being a top-notch at putting the shot.

The husky youths of the last decade have been hammering away at the standards set by Rose, Ryan and McGrath, but their best efforts are not good enough to remove the names of athletes of such high calibre. The closest call was made by "Bud" Houser, a stocky California youth, who last year put the shot 50 feet 1 inch. Houser is also supreme at the discus throw, repeating as title holder this year, but losing his shot-put title to Herbert Schwarze, who won with a toss of 49 feet 10¾ inches, at the recent National A. A. U. Championships in Philadelphia.

The fact most likely to impress the student of athletics is the competitive length of life of these men who specialize at the weight events. Gray, Mitchell, Flanagan and Ryan were on top for years, while McGrath and McDonald still excel after two decades of weight competition, having gone over to several Olympic Games.

There seems to be some magic preservative connected with strenuous exertion, where the effort is not continued for long periods, but moments of very strenuous efforts are followed by plenty of rest. In no other branch of track and field sports will you find repeated cases of athletes remaining on top over a stretch of years. In some other sports, there may be exceptional cases, where an athlete will top the field for a long time, but in the weight events it is not necessary to point to the exception.

By training for short periods, with plenty of rest, the weight athlete is able to store up energy, and then when called on to compete, he is capable of the utmost exertion and can draw on his strength supply without any depleting or burning-out effects.

Putting the shot and throwing the hammer and weights are splendid for teaching control of the muscles, and there is nothing finer than hammer and weight throwing, to make a large, heavy man quicker on his feet. The next time you get a chance, go to see the big boys who excel in this sport, and note how quickly they turn around while swinging the weight or hammer around their heads. As the tension is placed on the leg muscles, they seem to jump right out of the skin, and the secret of the man's great strength is exposed to your view momentarily. There is no doubt that such sports use all the muscles of the body.

Concerning the question whether or not there seems any possibility of the rising generation of athletes erasing the names of these old timers from the books, it can hardly be doubted that someone will surpass the best existing marks, just as those marks eclipsed the best previous standards.

The science of athletic training becomes more specialized each year, and new methods of performance are evolved and taught by intelligent, highly paid coaches, who are hired to bring out winning teams at the big athletic clubs and seats of learning.

Therefore, as standards are (Continued on Page 71)

Are Your Organs In Tone?

Keeping Your Internal Organs
in Mind, as well as your Muscles,
When Exercising for Health and
Strength.

By Charles MacMahon

IS there a discord somewhere in the vital organs of your body? Are you strengthening and stimulating these organs directly, or do you think entirely and only of your surface muscles? These are important questions you should ask yourself.

Certainly, muscular exercise tends to stimulate one or more of these organs. But the matter of developing the arm muscles, chest muscles, leg muscles, or even the abdominal muscles, does not affect the internal organs as directly as can be done by putting a little thought and action upon this subject.

Now I realize that articles of this nature are inclined to be uninteresting reading. And because I want you to enjoy this and get some real common-sense good from it, I will not be too technical and will try to interest you.

Briefly, the organs I wish to touch upon are the heart, lungs, liver, kidneys, stomach, and intestines. A few of these may not be looked upon by some as organs, but the fact remains they all have their important duties to perform and if they don't perform them properly trouble begins.

The heart has been efficiently written upon in a recent

issue of this magazine by no less an authority than Mr. George F. Jowett. Therefore, I will not do more than but touch upon this organ. I advise those who have not seen or read that article of Mr. Jowett's, which appeared in the February, 1926, issue of *Strength*, to get it and read it.

In a previous issue of *Strength* (July issue), in my article on the chest, I discussed the question of lung improving. This being so, we are then mainly interested in the remainder of the internal organs.

A year or more ago I wrote upon exercises for toning up the liver. Since then thousands of new readers have been added to *Strength's* circulation. With these newcomers in mind, I will repeat a few of these movements for the liver given in that article and add a few new helps for those afflicted with a lazy, or the other extreme—an overactive, liver.

It has been said that in a person who is a "good liver" there abides a bad liver. This simply means that those who overeat and practically live on rich foods, are likely to possess a liver that is overworked. And the liver, in its overworked state, may produce too much bile as well



Fig. 1



Fig. 2

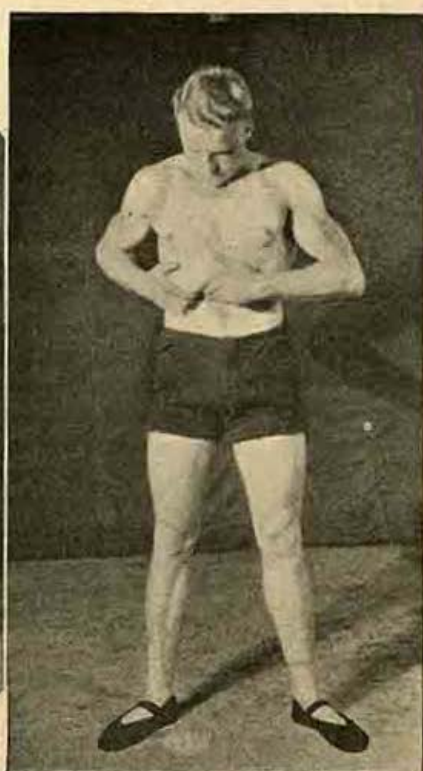


Fig. 3



Abdominal Exercise.—Raising legs with knees stiff, attempting to touch toes with finger tips.

as not enough. In either of these states, the bile is liable not to be right chemically.

So, along with the proper exercises and proper massaging, there must be added the proper diet and sane quantities of food. If your liver is not right, yellowness of the skin and the whites of the eyes (the main symptom of this disease) will announce its condition. Usually this yellow tint of the skin is the result of the outflow of bile being obstructed. In this case, a certain amount of bile is absorbed into the system, producing the yellowness. An oversupply of bile will also act the same way on the skin if it cannot be thrown off fast enough. Besides exercise and massaging, lemon juice has a reputation for aiding in the cure of jaundice, which is caused by congestion of the liver.

If your liver is not what it should be, you should cut down on the amount of food you have been consuming and also indulge in a short fast now and then if it means no more than the missing of one meal.

The class of food should be changed, also, cutting out the rich, refined, highly-flavored foods and substituting more of the plainer kinds. This system is of great benefit to all the internal organs, as well as the liver. The movements that stimulate and tone up the liver are jumping movements, such as jumping rope, stiff-legged jumping, tumbling and waist-bending. Some of these movements you will find illustrated.

As you know, the liver and gall bladder are co-workers. Consequently, a bad liver is liable to bring on trouble in the gall bladder, which may result in gall stones. Slight attacks of gall stones have been relieved by proper massaging and a tablespoonful of olive oil every two or three hours. Consequently, massaging

the region of the liver is good for the gall bladder as well as for the liver.

In massaging the liver and gall bladder, which lies near it, you pull in the stomach and place the two hands so that the fingers of both find the lower rib, a little to the right of the center of your chest, as shown in Fig. 3.

Now the soft part of the body below this rib is massaged with the fingers. Massage around the



Bending back-wards, roll body from side to side.



Abdominal Exercise.—With feet under some object, lean backwards as shown and work up to sitting position.

entire right side and also gently massage up under this rib, as that is really where the liver lies. If you experience pain in doing this, don't get excited about it, even in the face of the fact that this pain usually means your liver is worse than you expected. After several massagings, this pain usually leaves. If it doesn't, then ten chances to one your liver is bad and better be watched closely. Often, upon massaging, slight pains are caused by gas in the stomach.

THE KIDNEYS

The kidneys are two glandular bodies which secrete the urine. They are situated one on each side of the spine in the lumbar region. The function of the kidneys is the taking of the poisons from the blood. After the blood has the poisons taken from it, it goes on through the system again.

Exercises that call into play the muscles of the small of the back, and any exercise that produces perspiration, are good for the kidneys. These exercises are shown on these pages. Besides, plenty of pure water should be drunk every day, which aids the kidneys in carrying off the poisons, keeps the sediment well dissolved, thus preventing crystallization

allowed to boil for a minute or two, and, if albumen is present, a thickening or cloudiness will take place.

In testing for sugar, the urine should be made decidedly



Shadow Boxing.— Standing as shown, practice making upper-cuts and jabs.



Stationary Jumping.— Keeping on toes, jump up and down with stiff legs.



Stationary Running.— Bring knees up towards chest, in a snappy manner, as in running, keeping well on toes.

alkaline by adding a half teaspoonful of liquor potassæ and 10 grains of subnitrate of bismuth to 4 teaspoonfuls of urine. After boiling, the bismuth will become brown if any sugar is present. If much sugar is contained in the urine, it will turn nearly black.

THE STOMACH

The stomach, as a lot of people believe, does not take in the entire front region between the lower ribs and the hips. It is only about 12 inches long and 4 inches wide. Its condition can be improved by the exercises for the liver, coupled with gradually increasing strenuous exercises for the entire abdomen.

The stomach mixes the food with gastric juice and passes it on to the small intestines, which, with the large intestines, fill the rest of the abdominal space.

Besides exercises for the stomach like the one shown, massaging is also good. To massage the stomach, draw in the abdomen and place the finger tips of the two hands just below the ribs, as shown in Fig. 2. Then, pressing inward, roll the hands down the abdomen until the backs of the hands reach the bones of the pelvis. Do this back and forth, but do not hold the breath too long in trying to pull in the stomach. Breathe deeply several times and repeat the process.

You can also massage the extreme sides of the abdomen by pressing gently in and out while moving the hands up and down the sides, as in Fig. 1. Don't forget to massage up under the ribs on both sides.

(Continued on Page 79)

of the solid parts of the urine. If any of the solid parts of the urine crystallize from lack of water, there is liable to be a partial stoppage of the urine from the kidneys to the bladder, causing the kidneys to become diseased or really poisoned.

Albumen and sugar in the urine are some of the causes of kidney disease. Here are two simple tests you can make for yourself with little trouble. All you need to make these tests is a test tube or a bottle and several acids. For the albumen test, all you have to do is heat the urine and add nitric acid. The urine then should be

The Science of Canoeing

Its Aid in Building Reserve Power.

By Russell Viohl

OF ALL the primitive implements of the Indian, none has survived civilization in a recognizable form except his canoe. The test of time and man's ingenuity have found no suitable substitute for his water craft, be it for pleasure or for service on stream, river, lake or ocean bay.

With the possible exception of a few improvements in construction, fundamentally the canoe has remained unchanged. The canoe is especially attractive because of its lightness (rendering portage less toilsome), its ease of propulsion, and (for the aesthetic) its grace on the water.

An afternoon's paddle can take one far from the toils and turmoils of the city and afford pleasant association with nature, than which nothing is more conducive to quiet thoughts, a happy mind, and a means to build up reserve energy. He who has ever dipped his paddle into the still waters on a moonlit night, to drift in the full freedom and quietude of nature's composure, realizes that the canoe is the tangible cause for all his wonder and delight. And once caught in the web of delight that canoeing affords, you are forever an enthralled victim.

Canoeing as an exercise and sport needs but little praise or urging; merely to watch a person paddling, to see the graceful little craft glide through the water, is to want to try it. As a vacation for physical culturists nothing could be more appealing than a canoe trip. Any kind of boating is agreeable, because of its being a complete change from our daily routine; but canoeing has some virtues all its own! It is inexpensive. Its requirements for condensation of equipment and discrimination teach the canoeist economic principles that have general as well as specific application. Canoeing is quiet and clean and has many women devotees, and since it is pre-eminently a game for two, and its setting is among an aura of romance—well, you can see the possibilities as well as I.

Canoeing is a sport primarily for red-blooded men and boys, inured to hardship, and its returns are great, not in the form of wealth or position in life directly, but in a far better form—that of building reserve energy and sinew and health. First, let me bring out the point that the canoeist must be equipped mentally, as well as physically, for the task. He must have a certain degree of strength, energy and endurance. The three essentials necessary not alone for canoeing but for every phase of the battle of life.

In the southern portion of Maine there is a small strip of boggy ground between low hills into which the surrounding region drains, a swamp being thus formed through which winds a stream called the Songo. The country is flat and muddy, stretches of dead water and

brackish weed-grown pools being fed by the muddy waters of the Crooked River and countless smaller streams with sources in the slightly elevated flats to the northward. This fen-fed region had to be traversed before we turned the bows of our canoe into the mouth of the Crooked River.

The stream, swollen after heavy rains, would normally be navigable, but we found rapids in place of the smooth, swiftly flowing dark water, and we had to virtually fight our way upstream against the angry current. Five successive rapids blocked our path, and each was more severe than the former. We were continually in danger of being swept broadside to the foaming, swirling rapids and dashed up on the jagged rocks.

Every ounce of effort was utilized in battling the rushing current, and more than once we felt the hopelessness of our task, as momentarily our puny efforts threatened to yield to the mad torrent. It demanded dogged determination to fight the efforts of the swift current, but handicapped as we were, we conquered the rapids. In places we scarcely moved against the celerity of the stream, but inch by inch we finally reached the calmed waters above the falls.

Camping in the open and living with rod and camera has its very desired compensation, which comes to those who know and appreciate the lore of wood and stream. Such rambles have informed my understanding, inspired my sympathies and fitted me to appraise the beauty of the forest, stream and sky. And then—when night dims my trail with her sable robe—I find a glowing hearth and a heartfelt welcome, in a brookside camp under a smiling moon, in this land o' heart's desire.

The sharp appetite that the canoeist feels, the sleep he enjoys under the starry sky, and the thrill of fighting against the elements of nature and overcoming obstacles, seemingly insurmountable, are the logical result of his life and environment.

Canoeing and camping have their rewards, which are abundant in forms of untold gladness of being alive and able to imbibe of its pleasures—the firm hand, the deep free inhalations and exhalations, and the strong regular heart beat, which is fostered by such good living, and the hardships overcome.

The preparation for a canoe trip is of paramount importance. The canoe should be inspected thoroughly and repairs administered where needed. The birch bark, because it is the original Indian craft, is commonly regarded as the best canoe. But this is not altogether true; still the birch has many excellent qualities, the chief being its unequalled ability to weather a gale, but it is slower than a wooden or canvas canoe. A new birch bark is very satisfactory, but as it is used it gets a bit logy from soaking and springs leaks easily. Also, it

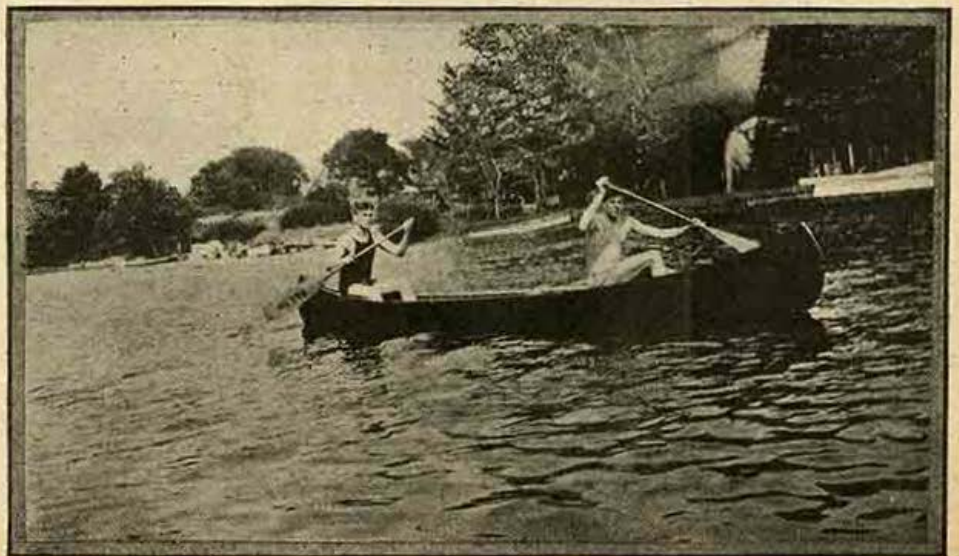
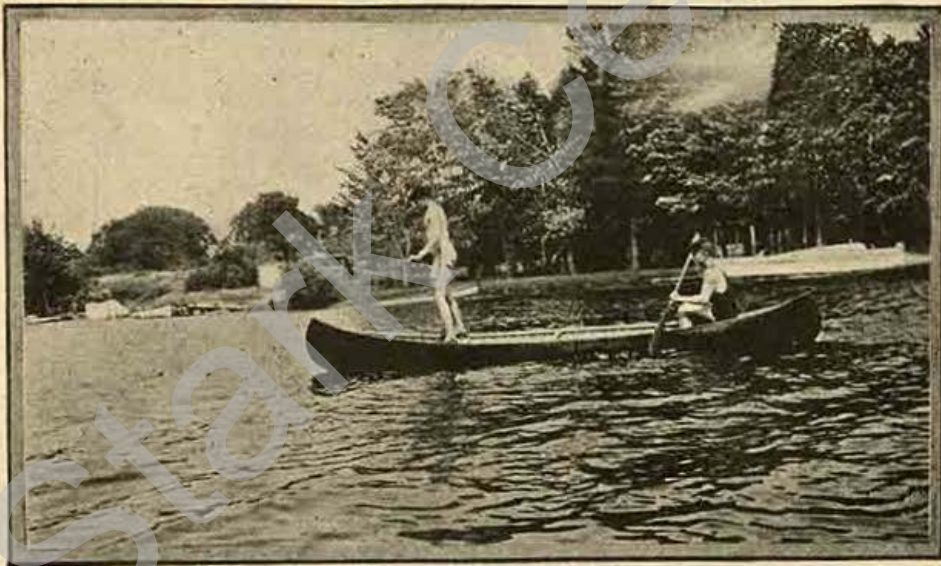
warps and twists—you seldom see a straight birch boat. Further, the Indian-made craft is too high at bow and stern; it is fine for running rapids, but a poor all-round boat.

The canvas canoe, the kind I use on all my trips, is

glide through the water. Secondly, it is delightfully light for portages. Thirdly, it is easily mended when it suffers a tear. It costs more than a birch, but less than any of the rib canoes.

You should always carry a duffle-bag for your own personal kit, clothes and odds and ends. "Everything in water proof bags" is a good rule for a canoe-man; then, before running any dangerous water, he can fasten a rope to the bow, run it through all the bags' handles and fasten the other end to the stern. In case of a spill he will be able to salvage everything, and all will be in good shape. An extra pair of socks and a pair of sneaker shoes should be had, in order to push a canoe where the paddling is difficult and the rock bed tends to cut and bruise the feet.

The way to paddle a canoe is of utmost importance. Paddling consists of reaching forward with the paddle. Catching the water and pulling the craft up to and past the paddle. Thus the stroke starts at a point well away from you
(Continued on Page 81)



the master craft of its kind. It has the grace of a birch without the weight, the smartness of the wooden canoe which is used in some parts but without the latter's rigidity. The canvas canoe is a thing of life, pliant yet strong, buoyant yet stable. It has most of the virtues of the other two, plus distinctive ones of its own. It is decidedly faster, being of the general model of the birch, but with a smooth surface, instead of rough bark, to

Above.—Even to the individual, canoeing offers refreshing, thrilling sport. Center.—"Rockin' the boat"; this is one of numerous antics you could execute after short acquaintance with a canoe. Below.—Paddling is mastered with ridiculous ease, another of the canoe's advantageous features.

The Miracle of Might

For the first time the story is told of the man who combines the greatest physical attributes ever gained by one person—shape, size, and strength. He ranks, the writer states, as a Miracle of Strength. The story of how he got his unusual physique and strength will interest you, as well as disprove some common fallacies.

By George F. Jowett

LONG after the great Louis Cyr retired the shout of "Vive Le Cyr" was heard in every land, where men of strength were worshipped. The French paid undying homage to the long-haired descendant of the Gaulish soldier of Cartier, while the

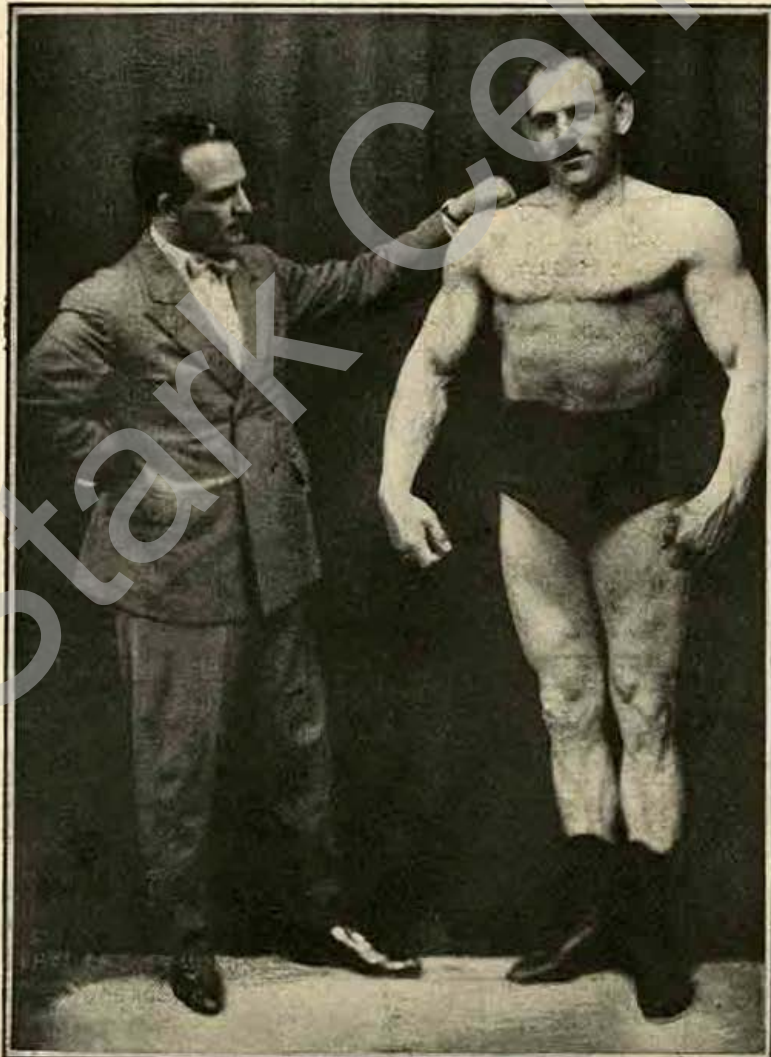
English-speaking people hailed him as the "daddy of 'em all." Through all this hero worship the wisdom of the optimist penetrates, and though his words were mocked by those who claimed that another such man would never be, his cheerful philosophy wears well, predicting "Where there is one good man, there will be another." The ancient philosophy of the Apocrypha tells us that though one be great a greater shall follow, and so it is. Eryx, the famous king of Sicily, whose strength and gladiatorial conquests terrified the ancient world, went down to defeat before the greater strength of the mighty Hercules, who is not such a mythical person as many believe.

Cyr, Apollon and Saxon, three massive pillars of strength, who still stand out as the foremost among the mighty, must bow before one who is a greater tower of might than any man

who has ever gone before or will come for sometime.

Superior to Swoboda or Stienbach, or any of the old giants, in more ways than one, he typifies the complete superman of the post-war era. This statement may seem rather vague to some, especially those who have taken

up the practice and study of body culture within the last few years, but prior to that time the majority of the kings of strength were men of massive proportions, whose chief asset was power. To them the development and proportions of the body was a minor consideration, not in the sense that muscular shapeliness was an undesirable requirement, as much as in the belief that strength alone counted. If symmetry of form was acquired and retained, all well and good, but if it was lost, why worry about it. Gradually the recognition of physical perfection began to assert itself. The demand for "figure" became interesting. Eugene Sandow, no doubt, encouraged that desire and furnished the example, but for many years it remained as a thing apart; that is, people viewed strong men as one thing, and a shapely muscled body as another. They

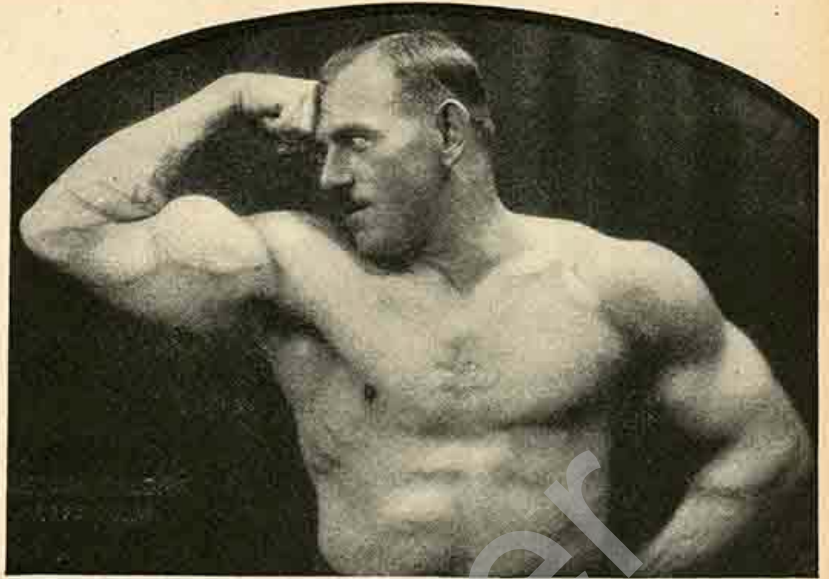


The comparison provided in this pose gives you a better idea of what Gorner looks like. Standing by his side is Tromp Van Diggelen, leading South African authority on physical training. He stands over 5 feet 8 inches and weighs over 200 pounds, but he is completely dwarfed by the massive proportions of the powerful Gorner.

were recognized as two separate ends that were not necessarily sought in the same way. If they were, something was sacrificed. Out of this conflict the American athletic type was born and materialized to an astounding degree. This type exemplified the efficient all-round athlete, whose versatility swept other nations from their proud titular settings. It was America that proved to the world that colossal strength and dynamic speed could be developed at the one and same time, and both be better because of their existence in the same man. We did not prove it in the world of weights I know, but we did prove it in general athletes that embraced shot putting, hammer and weight throwing, and since we have taken up the sport of weight lifting, our rapid progress in such a short time proves our story.

Out of the throes of worldly conflict, swiftness and direction as an American trait became universally accepted. The European strength athletes came under the spell of volcanic action, and by dispensing with certain set rules that controlled certain feats, they concentrated their suppressed energies upon the tests of strength that demanded the combination of physical

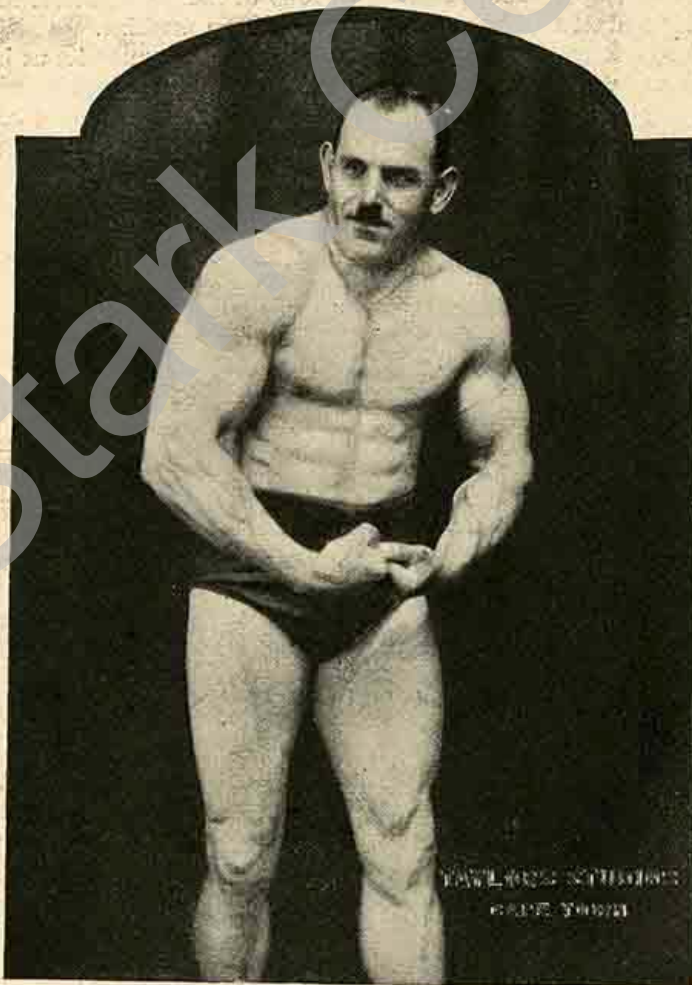
attributes controlled by speed. How successfully this has been carried out, is proved by such wonders as Rigoulot and Cadine, who fell heir to the influence of quick lifts, interest in which was originally stimulated by their great countryman, Louis Vasseur. The traditions that had held a glamour of romance around the names of Cyr, Apollon and Saxon for many years began to pall, and to the astonished eyes of strength followers, figures and poundages were unfolded that were staggering. What was more amazing was the fact that these men were small compared to those to whom homage had been tendered for generations, but what magnificent bodies! Thus commenced the birth of the new era. Many thought that the pinnacle was reached when the famous Two Hand Clean and Jerk record of 347 pounds, held jointly by Cyr and Barre



This picture hardly does justice to the 18 1/4-inch biceps and 16-inch forearm. Still you can clearly see the fine muscular separation and the clean cut lines of the upper body that means everything when displaying physique.

was relegated to the scrap heap by Steinborn—but a still greater record creator was to come.

Out of the famous Rhineland stepped the figure of Herman Gorner, who since his advent has shattered records and theories in such a convincing manner that the world of heavy athletics has stared aghast. But like anything else, use becomes second nature, and now we have become accustomed to his startling performances and are watching and waiting in wonder as to where it will all lead. Nevertheless the mind is instantly arrested at the name of Gorner, and you find yourself visually conjuring the question of the kind of a man he must be. Some time ago some person carried away with enthusiasm coined the name of "super-human," but I do not believe in such a term. It has always been clearly settled in my mind that this remarkable person is the most finished specimen of physical manhood that this advanced age of physical training has produced.



The splendor of his abdominal development is very unusual for a man of his size. No finer being lives who can personify the combined attributes of the post war strength athlete as glorified by this man, who is beyond a question of doubt the greatest strong man that ever lived.

The word *physical*



260 pounds in a Two Hands Push to Herman is a joke, which the treacherous foothold in sifting sand cannot spoil.

energy that are stored within his marvelous body. Like the majestic beauty of the Bengal tiger, the surge of those silky muscles, that glide under the skin as each bodily posture is altered, awe one into silence with the magnificent muscular spectacle that they provide. Each muscle separates itself into its component part, like the giant roots of a fig tree, to fulfill its duty with the easy rhythm that goes to make up the perfect machine. Gorner represents the advent of the masterpiece that the world has been waiting for—fresh from the moulder's hands, to achieve distinction by meritorious deeds, rather than by acclamation. This he has done by the stupendous feats with which he has demonstrated his ability. The result is that body builders and strength seekers all ask the question, "Where does it all come from?" The life of this former German strongman affords us one of our greatest lessons, not by any chance that his story will unbare some secret formula, inasmuch as it bolsters the principles of training that we have embraced and furthered by our study and exhortation.

Many may grasp at the straw, believing that Gorner was a l w a y s phenomenally

does not explain him sufficiently. Many men are physically excellent, but few can couple vibrant force with their physical proportions. In Gorner's case he does. As the eye rests upon the scaffolding of his massive form, you sense rather than see the dynamos of suppressed

strong, but that is not so, although I do not dispute the fact that nature was bountiful to him at birth. Nevertheless we have ample proof that such blessings are often fraught with danger, inasmuch as the possessor is apt to become bigoted in the belief that he is strong enough and possibly misuse his great strength. Incidentally we are confronted with the fact that Gorner commenced physical training at the early age of 15 years. *Not calisthenics, but progressive bar bell training.* It did not stunt his growth, instead it carried him through the plastic age and moulded him into a man standing 6 feet 1 inch high, with a stripped bodyweight of 245 pounds. As a matter of fact, both Apollon the French giant, and Launceston Elliot commenced training at the age of 15 years and both developed into wonderful specimens of manhood, each standing well over 6 feet. Evidently these three men, at an early age, had grasped the proper essentials of training, but we know that Gorner has profited the most, by the more mature knowledge that has been created within the last number of years. The results have proved the substance of the method that he trained upon, which is the sole reason why he is such a reservoir of stored-up possibilities. He recognizes the fact equally as much as others do; that no matter how strong a man is by birth or heritage, he can never compete on the same footing or expect to become the equal of the properly trained man, unless he builds his body so that the proper coordination is supplied to balance each group of muscles which is so necessary to make the perfect human machine.

Just for a moment let us break away from the general talk and examine his proportions. No doubt his measurements will be of great interest to you all, but I can promise you that they are not as large as you may expect. Neck 20 in., normal chest 46 in., expanded chest 52½ in.,

bicep 18¼ in., forearm 16 in., wrist 8¼ in., waist 38 in., hips 43 in., thighs 27 in., calves 17½ in., ankle 10⅞ in. If you place these measurements against those of such men as Swoboda, Tureck, Cyr and Barre, you will find them rather small. Then again if you argue that he has a greater space to cover by reason of his height, you will find the contradiction in his lesser bodyweight. And if you class his proportions alongside of those of Apollon and Elliott, who stood the same height, you will find his proportions still less, and Elliott was even a lighter man than Gorner. Rather perplexing you may think, but I have a good reason for advancing these comparisons. Not so much along the lines of the argument for quality versus quantity, as for the grouped number of attributes he possessed by reason of his superior training methods. Great as some of those men



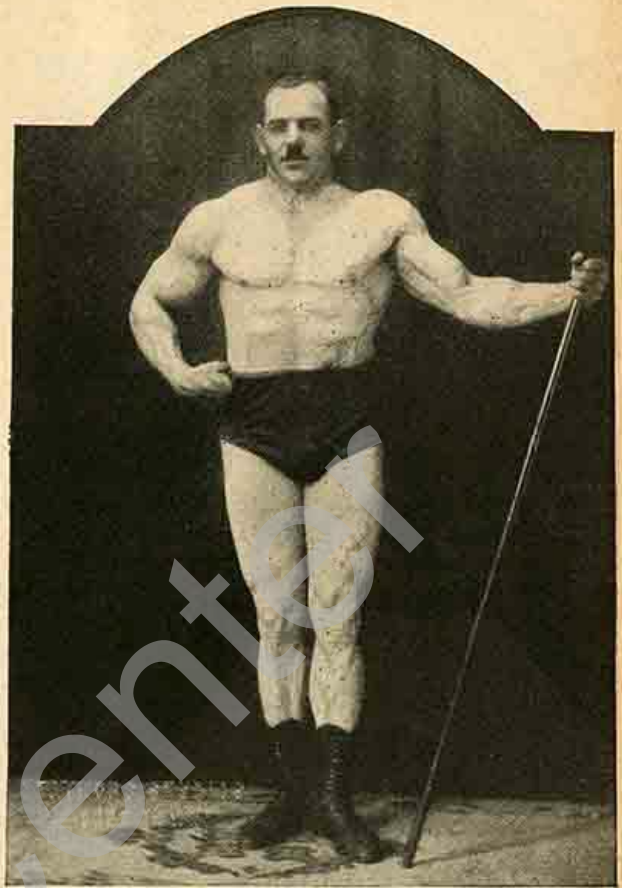
Here you see Gorner playfully snatching with one hand 190 pounds, fully dressed and ankle deep in loose sand.

were, he is even greater because he has more reserve than any of them had. He is speed personified, and has the sustaining power of the Rock of Gibraltar. His measurements compared with his feats prove this, which is still another proof that in texture his muscles are more densely compact and his ligaments are terribly thick like cables rather than cords. When he moves forward to make a lift he does so in a very ordinary manner, but before you can realize it the weight is torn from the ground and hurled aloft with incredible speed. Unlike the famous Frenchman, Rigoulot, Gorner lacks technique. What he does is done with the intensive vibrant force that is expelled from his compact muscles within such a short fraction of time that it cannot be fully grasped by the ordinary person.

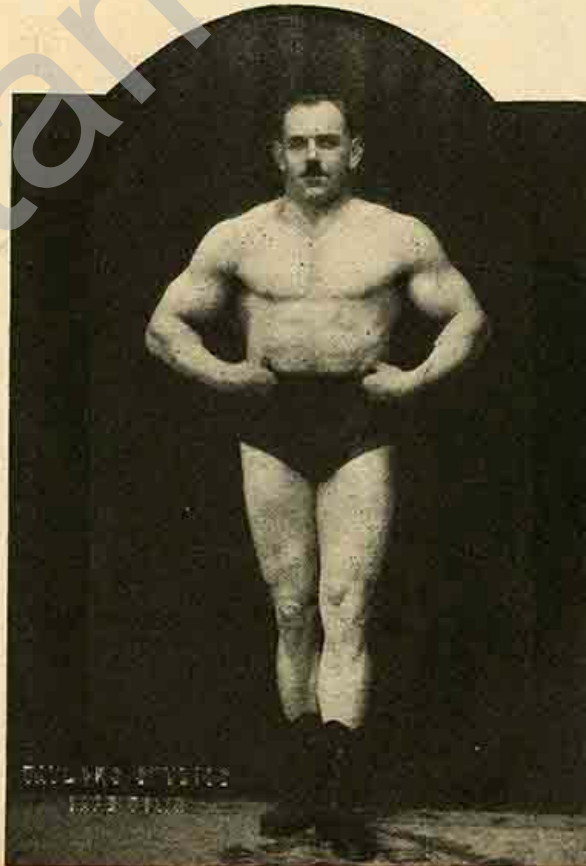
What he would accomplish if he would combine technique with his strength is hard to say. Nevertheless Arthur Saxon once said that Gorner would easily beat all the lifts that he ever made. Consider the enormous hand strength that is required to grasp and retain the stupendous poundage of 793¾ pounds, which is his Two Hands Dead Lift record. The depth and structure of the erector-spinae muscles required to straighten the back with the load, and the powerful continued contraction of those thigh levers and ligament ropes of connection, that are as necessary factors as the grip and back muscles, to complete this lift, and you will realize, better than I can explain, how superior the Cape Town African is over the rest of the field.

When Ernest Cadine raised in the same lift the ponderous thick handled 600 pound bar bell which belonged to Apollon, the French thought they had witnessed a miracle, but American strongmen can do much better than that, citing Giroux for one, and how far behind Gorner Giroux is goes without saying.

In the feats that test the speed of an athlete, we find Herman snatching with two hands, 275½ pounds. Of course I realize that Rigoulot has since done 286 pounds, but that lift and the Two Hands Clean and Jerk are the Frenchman's specialty. When we compare all his feats with this modern Goliath, they fade into mediocrity. As I have previously stated, Gorner lacks technique. He accomplished most of his poundages using solid type bells, with no previous concentrated training. His Two Hands Clean and Jerk of 363½ pounds is superior to Rigoulot's official lift of 356 pounds, although the Poilu has done more unofficially (I think around 375 pounds). But the important fact we must bear in mind that conclusively proves the Boer's superiority, is the fact that he is the only man we know of that could Clean and Jerk, at a moment's notice without warming up, a weight of 330 pounds, over a period of 15 years. As a further proof ponder over his One Hand



Concentrate upon those powerful deltoids and biceps, and follow the flow of those long thigh muscles to their insertion. It is here that the electrified speed lies which has startled the world with feats that require super-strength and speed.



Swing of 220½ pounds. The layman can readily conceive the amount of coördination between might and speed required for this difficult test, that involves a straight arm throughout the lift. And to cap it all, he employed a lead dumb-bell to perform the swing with.

Through his body building training he has accumulated muscular fibre that always retains its elasticity, suppleness, speed and power. A method of physique structure building that can do this, fulfills all the necessary requirements and concludes the search of every (Continued on Page 66)

Probably no other man who stripped at 245 pounds and stood 6 feet 1 inch could display such a magnificent symmetrical form as the South African German. His pose is relaxed, but amply portrays the reservoir of concealed energies.

Beautiful Arms and Shoulders For Every Woman

Exercises that You Will Enjoy Doing and that Will Aid You in Acquiring Beauty.

By Margaret A. Sargent

PHYSICAL attractiveness is to be encouraged in every girl and woman, not necessarily for the sake of pleasing others, but on the ground that strict attention to this necessary requirement on their part tends to make the world a more attractive place for each one of them to live in. The appearance of health and vigor, and attractive form and glowing health, unquestionably, are con-

woman does not exercise, she does not swim, she does not go horseback riding or play tennis or golf—she is non-athletic. Yet she imagines that she possesses or should possess shapeliness that rivals that of her athletic and professional sister. So it all comes down to the fact that the big reason women are lacking in grace, symmetry and development is because they have not made an effort to perfect themselves physically. This applies to the matter of shoulders and arms as much as it does to other aspects of the beauty question.

We are now at the stage where beauty plays the foremost part in our lives. Without beauty we cannot hope for admiration and success. We do not mean by this the kind of beauty that displays a well done-up face and artificial figure, but beauty of the entire physical make-up. The kind of beauty that spells *HEALTH* in capital letters. And to acquire this beauty one must make it a point to go after it—not wait for it to come to you. And the way to go after it is to *exercise*—or work for it.

Now when we say exercise we do not mean that you should go through a series of tiresome movements, with the one thought in mind, "Oh! heavens, I wish I was through. I don't believe this will help me anyway." Exercise with a lot of enjoyment attached to it is what we mean.

It has been proven that the average woman cannot even chin herself once. If she is so much lacking in strength as not to be able to perform such a simple feat as this she has no right to expect to have shapely shoulders and arms. It is up to her then to take up some form of exercise that will enable her to build up her muscles—to strengthen them—so that she can develop her shoulders and arms to the proper proportions. It is entirely within her power to attain a beautiful form—it is not so difficult—yet she does not do so. Surely that is something she should be thoroughly ashamed of.

Stand before your mirror, in the privacy of your own room, and make an appraisal of your figure. Is it proportionate? Is it symmetrical and



Fig. 1

dueive to increased self-respect and personal dignity, which are assets of no small value.

A most obvious thing about us humans is that we are built after different patterns. You could not possibly look like and be built like your friend Mary, nor could Mary look like some motion picture or stage star. Each of you may, however, represent beauty of its own type, providing you are at your best, which usually you are not, for the average



Fig. 2

graceful in every part? If not get right down to the fact that you are going to make it so in as short a time as you possibly can.

When you were making the analysis of your form you probably noticed how terribly thin your arms were, and that your shoulders—well, there was something wrong with them or else those bones would not stick out. Did those arms and shoulders give you the idea of beauty or health? Surely not! You probably were very conscious of them this last summer on the beach when in a bathing suit, or when you donned your evening dress. In fact the dress of today constantly calls for a display of arms and shoulders and if you want to be attractive you must make them beautiful.

Just for example I will tell you of an incident that occurred this past summer, while I was strolling along the boardwalk on one of those cool, refreshing evenings after a hot day, that only the seashore can boast of. There were two young girls walking just ahead of me, happily chatting and laughing. They were very pretty and very well dressed. One of them was in semi-evening

dress, while the other had a beautiful wrap thrown over her shoulders. Presently I noticed two young men

Old Boy, you should see the peach that's with her. Yes, the one with the cloak on. She beats Grace by a long shot for looks—if you could only see her you would fall head over heels in love with her at once."

Suddenly the girl threw off her wrap from around her shoulders and the other young man, the very much interested listener, exclaimed: "Why, that girl! Say Bill, where are your eyes? Why look at those skinny arms and those shoulders! Before I fall in love at first sight I want to see more than skin and bones. She may be prettier in the face than Grace but Grace wins when it comes to shape."

So you see ladies, it is not a pretty face that always attracts the eye, but rather a pretty form. So if you want to win the admiration of your friends, strive to develop well formed arms and shoulders—starting right now, *today*. And let me tell you a secret, men admire women who possess beautiful arms and shoulders.

I can tell you a score of incidents concerning scrawny arms and shoulders that brought their fair owners much grief and disappointment. Girls striving to get on the stage; to win beauty contests; to become artists' models. Always they

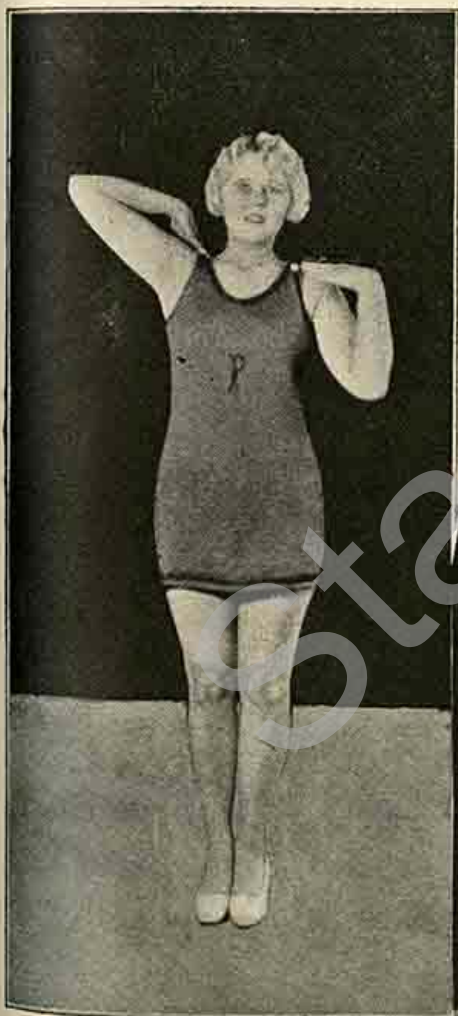


Fig. 3



Fig. 4



Fig. 5

walking almost alongside of me. One of them had attracted the other's attention to the two girls walking ahead of me. "Why yes, that's Grace Waverly, the girl that created such a sensation back home when she won the artists' beauty contest. But gosh,

were disqualified with the verdict "too thin" when in truth they were beautifully proportioned otherwise.

Miss Ruth Grayston, the girl who posed for the pictures illustrating this article is an artists' model. Her physique from head to foot is superb.

She has beautiful arms and shoulders and is in great demand by many well known artists for this reason alone. She attributes her beautiful figure to exercise and outdoor sports. Among the many exercises for the shoulders Miss Grayston particularly recommends swimming, which she claims will accomplish wonders. You will notice that all swimmers have beautiful shoulders and shapely arms. But since few can indulge in swimming all year round a schedule of exercises practiced in your room every night will go a long way to securing that coveted beauty.

Strength and activity mean beauty. Strength is an essential factor in beauty and beauty is an essential part of strength. The two go hand in hand. Therefore one must be active to be beautiful. Women protest that they are active enough—that their outside and household duties give them sufficient activity. Housework and professional work cannot be called active exercise, nor do they produce strength. Housework particularly tends to round the shoulders and back, and sitting in an office chair the whole day long rounds the back and cramps the chest and tends to produce surplus flesh. So no matter how difficult your duties are or how much strength and energy you think they expend, you still are in need of active, pleasant exercise.

Any exercises that call for the swinging of the arms or that bring the chest muscles into play will beautify the shoulders and arms. Indian club exercises are becoming more popular in girls' gymnasiums and many girls realize the value of a pair in their bedrooms. Chinning the bar, basketball, tennis, all these sports that have become popular with girls are beneficial for that purpose.



Fig. 6

Now let us refer back to the illustrations in this article.

Figure number one. In this exercise you support the forearms on the backs of two chairs, as shown in the photo, with feet resting on floor well to the front and knees stiff. Push up with the arms till the elbows are straight, keeping your weight distributed between the feet and the hands. The less the weight is supported on the feet, the more strenuous the exercise becomes.

Figure number two. This is similar to Fig. 7

the exercise preceding. Assume the position as shown, with the weight distributed between hands and toes. At start of exercise, the knees will be bent. Pushing vigorously with the hands straighten the arms till the elbows are locked. Do not use the legs to raise the body. Simply rest the toes on the floor to make the work easier for the arms.

Figure number three. With the arms doubled as shown in the illustration, hands on shoulders, circle the elbows around alternately first in one direction and then in the other, especially bringing them up as high and as far back as possible with each turn. As one shoulder circles downward the other should circle upward and make sure that you alternate the movement in the opposite direction.

Figure number four. With elbows straight, clasp the hands behind the body, as shown, and then bring them as far back and out from the body as possible, first to one side and then to the other side. This is a splendid back and shoulder exercise and should be repeated from ten to fifteen times.

Figure number five. Stretch the arms forward on a level with the face as shown in figure, palms turned outward. Now swing them far backward on a level with the shoulders, as you would in swimming, except that you should endeavor to make the hands meet in back of you. The movement should be done quickly and vigorously.

Figure number six. The first position of the arms and body roll. The feet should be well spaced apart in order to give sufficient balance for the next stage of the exercise.

Figure number seven. The second stage shows the exerciser supported on one straight arm and the left leg is about to be raised to follow the left arm. The movement is continued until the raised hand and foot is placed on the floor and this in turn places the exerciser in the reverse position of the first stage; that is, face down. The roll is continued in the same direction that alternately brings the face up and then towards the floor. As the left arm and leg is brought across the front of the body in the first roll, the second stage of the roll causes the right arm and leg to travel backward which brings you to the position of stage one. Continue this movement for several rolls, at the conclusion of which the muscles of the arms, back and shoulders feel the effect. This is rather a difficult exercise but when once per-



formed properly it will come to you easy and you will be able to do it with speed and will derive some enjoyment from doing it. It is a very beneficial movement and brings results quickly.

Figure number eight. Raise each arm alternately forward and upward until stretching high over



Fig. 8



Fig. 9

head. The more vigorously you stretch the uplifted arm the better. This is a good movement for the shoulders.

movements and keep at them for at least fifteen minutes. Do not slow up. Do not shorten the movements. Do not let



Fig. 10

exercises and secondly they do the movements half heartedly and do not give them sufficient time. In this way they lose the whole benefit which they would otherwise gain from their exercising period.

Make it a point, as soon as you arise in the morning or just before retiring at night, to go through your

Figure number nine. Clasp the hands behind the head, vigorously pulling the hands back and forth as illustrated. Resist the movement vigorously and bring the arms far to each side. This is a corrective exercise for round shoulders and should be practiced especially by those whose tasks call for a stooping over position.

Figure number ten. Swing the arms alternately outward and upward in a half circle, until the fists reach high over head. Then stretch. Now bring the arms back to position and swing up in a half circle and stretch as high as you can. You can also rise on the toes at the time you raise the arm up overhead and inhale deeply as it goes up and exhale as the arm comes down.

Now in body building or beautifying there is such a thing as cheating yourself. Many girls, when exercising, cheat themselves by not performing the exercises exactly as they should be done, injuring no one thereby but themselves. First of all, as I mentioned before, they start with the idea that they will derive no good from the

any other thoughts enter your mind but the thought that you are exercising for your own good; that you will get results very shortly and that you thoroughly enjoy them. Make up your mind to perform each exercise correctly and in such a manner that you will get the full benefit from it.

You will derive more enjoyment from your work if you will interest a friend and practice with her every night. You will then be able to tell one another whether you are performing the exercises correctly and how much you are gaining. And don't forget there are such things as gyms. Gym work particularly brings the arms and shoulders into play.

When you will have acquired beautiful arms and shoulders; when you will have gained the admiration of your friends and when you will no longer shrink to appear in public in a bathing suit or evening dress, you will then realize the vast importance of exercise and will wonder why you did not take it up before.

Wrestling For Health

No other Sport can Surpass Wrestling
for Toning up the Body, Supplying
New Membranes and Strengthening
the Muscles.

By Dean Carrol

SOME time when you are around a health camp or a boys' training camp, just stick around the physical instructor and listen to the load of queries that are handed out to him to answer by the boys who are generally so consumed with athletic desire that they would rather take the word of the physical director as to what they should do to secure athletic success, than the advice of any other man in the world. He will tell them many things that will help them to attain their desires but when it comes down to rock bottom, there is one sport he will recommend in preference to all others—wrestling.

It is fully understood that boxing, running, jumping, and swimming, are all good, but next to the right kind of dumb-bell drill, there is no other sport that will tone up the body, give it new membranes, and make it a fountain of nerve energy, like wrestling. It makes a fellow as supple as an eel, with the endurance of a greyhound. In fact, my experience has taught me that boys will dig into the gripping sport with a great deal more gusto than what they will put into boxing. They do not have to fear a bloody nose or a black eye, and at the same time each one can plug into the other with a vengeance that has the joy of a real thrill behind it and no damaging bodily effect. Every muscle is educated in such a manner that gives them the strength of a real man, with the pliancy of a contortionist. At the start it is not so lovely, for the body is not accustomed to all the twisting, pulling, and tugging that goes with a genuine tussle. You never realize how many muscles you have until you have had two or three work-outs. To be a real wrestler takes grit, but as far as the conditioning of the body is concerned, a few days' practice will rid you of all the muscular stiffness and you will become accustomed to the contortionist actions.

The trouble with most youngsters who take up this sport is that they do not go at it right. They jump in and grab any kind of a hold and hang on like a pup to a root. The result is that they never get anywhere before they tire out and quit. The best thing to start out to learn is the simplest holds, such as the nelsons; when you have learned how to apply these correctly, you can study the counters. Such practice will call forward all your strength and quickness, and as the counters are learned the muscles will get sufficient opportunity to prove their pliancy and resistance. Just take the common half nelson on the floor. It is done by thrusting the right arm under your opponent's right arm far

enough so that the palm of your hand rests upon his neck, or on the head. By using plenty of arm and shoulder strength, you thrust down with the hand and lever up with the arm, in an effort to pry your man over. It has to be done very quickly, or else your partner will trap you by hugging his right arm tightly to the side and thus imprisoning your arm. Then he will roll up against you with his back and try to pull you under him as he rolls on the top. This is what they call an elbow roll. To avoid this you will have to use a great deal of arm strength; otherwise you will have to be very quick and roll with him, going a little faster. If you do this right, you will come out of the roll on top of him. Sometimes they counter in a different way. Instead of rolling when using the elbow roll, the defender throws out his left leg as a brace, and pushes your hand off his head with his left hand, at the same time twisting the head. Both of you will have to use a greater amount of strength here, and both will have to be quicker in acting on a recounter. The professional counter to a half nelson is entirely different. It works out much faster, and if done properly leaves no room for a counter. They call it the "sit-in," because the wrestler actually sits down by pulling in the right foot as he feels the half nelson applied. From this place he turns out and breaks away. If the defender is so unfortunate as to be trapped and flopped on his back, the only resource left to save himself is to form a bridge, by supporting his body upon the head and heels, and from that position pivot out so that he turns over and falls upon the stomach, flat on the mat. These counters can be applied to many other holds, which are quickly recognized as the holds are advanced for further training.

The main object is to master one hold at a time. If you start out with the half nelson and practice the various counters, you will feel the good effects from it right away. The arms, back, chest, neck, and legs will all feel it, especially the neck. This member of the wrestler's body is always developed more strongly, and it is for this reason that the wrestler creates so much nervous energy within himself. If a person is troubled with a sluggish liver, weak kidneys, any kind of back trouble, I will guarantee that inside of a few weeks the irritation will disappear; and where a person felt weak, listless, and stagnant before, he will feel a new sensation creep through his veins that has the pep of health to it.

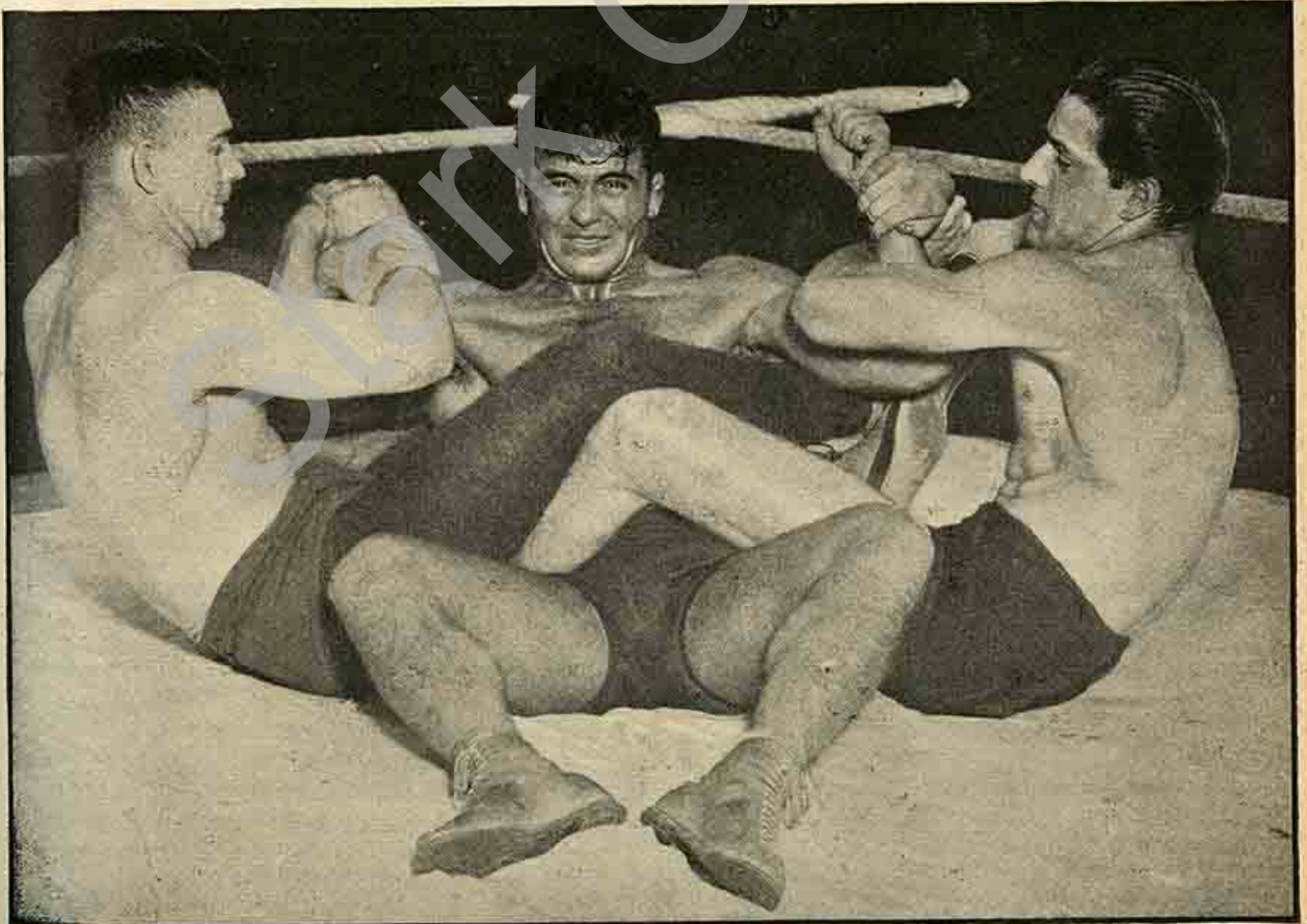
The wrestler's bridge is the wrestler's forte of defense. It is great to see the way some wrestlers can defend themselves while in this defense. They can spin and thrust with their arms, besides holding up the opponent's bodyweight while all that is going on. Just imagine how the muscles of the back, neck, and legs have to work to do this. You would hardly believe it, but the muscles of the abdomen get a good work-out. They become stretched to their limit in this position, and every twist of the body that is made brings about a contraction of the muscles that surround the waist.

The breast muscles become very well developed from the constant use they get while they are employed in hugging an opponent. Did you ever see one wrestler rush in and try to throw his man down by encircling his arms around the legs, in a double leg hold? That is one hold among many that requires action from the breast muscles in order to counter. The defender quickly reaches down and grabs the aggressor by encircling his arms around the waist in a reverse waist hold; and with an arm and body heave he snatches the aggressor off the ground and either pitches him overhead or dumps him on his shoulders on the mat. Wherever the arms are forcibly brought together, the chest muscles contract severely, which is brought about in the first part of this counter; then the rest is back, arm, and leg strength, with a continual hugging grip on your man.

The scissors holds afford plenty of leg work, and the legs are educated to become as useful as the arms at the

same time. A very pretty hold is the leg half nelson. You apply it with either leg, but to apply it to a better advantage you should sit astride your man when he is down on all fours, with your face facing his feet. Then fall forwards, and at the same time kick backwards, thrusting your leg under his arm and hooking the foot on the neck. After this, all you do is pry over. Jumping around as you spar for holds helps the calves greatly, and resisting stood-up headlocks and nelsons gives the thigh and calf muscles some more work to do. I have seen the leg muscles on Stanislaus Zbyszko stand out like huge cables, as he tried to resist the enfolding headlocks of "Strangler" Lewis, but to no purpose.

It is not necessary for those who take up wrestling for fun and health to go into the sport as severely as the professionals. There are plenty of good, clever, interesting holds to choose from, without using those that hurt. If you are quick, you can down a man from a standing up position more quickly from the arm and back heel throw than almost from any other hold, and it does not hurt; yet a fall is imminent. Perhaps you do not know how this is done, so I will explain it better to you. As you face your man, advance upon him, and grasp his right wrist with your left hand. You pass the other arm under his right arm and enfold it at the shoulders, at the same time stepping forward with your right foot to the back of his right foot; now with a quick throw forward and (Continued on Page 71)



The joy of wrestling. Jim Londos is enjoying himself immensely, although his partners seem to have him badly tied up with the scissors and arm half nelson. Wrestling is sport to Jim as well as a profession.

The Mat

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

Conducted by George F. Jowett

Five Ways of Chinning the Bar

EDITOR of the Mat:
When chinning the bar, how shall I place my hands when taking hold? My friends and I have a little club where we practice and try out all you advise. We are devoted Mat fans.
Toledo, Ohio. T. A. K.

As long as boys are boys, they will always chin the bar and "skin the cat." There is no difference between the boy of today and the boy of twenty-five or fifty years ago as far as that goes. I well remember my first struggling attempt to pull my chin on a line with the bar, and my first dizzy, breathless sail when I "skinned the cat." Some one once said that men were only grown-up boys, and I suppose that is true. We get a little more serious as the years go by, but we all love to relax and enter into our separate pleasures with the gusto of boyhood, as much as we possibly can. Perhaps we choose more sedate surroundings, but the motive is just the same. Instead of the branch of a tree to chin on, we find that a place in the home or the gym is more suitable. What we did in fun as boys to help us grow, we do in later life to retain our youthfulness and to keep fit as long as possible.

Chinning the bar is often carried to extremes by the ambitious big biceps squad, who generally chin the bar in one way only. Following a groove is not good in anything, which applies to chinning as well as anything else, whether it be continually pressing a weight overhead or muscling out kettleweights. Variety is the spice of life, and by chinning the bar in several different ways, a great deal more fun and profit can be gained. This means that by varying the chins, muscular development can be secured in other sectors than merely the biceps, namely, the chest, back, abdomen, and forearms. Of course, the upper arms and deltoids get the most work, but as you change the grips you will be surprised how the forearms will fill out and the wrists become stronger.

The regular chin is practiced by taking hold of the bar with the ordinary hand grip, which places the back of the hand facing you. The correct way to chin after taking hold is to hang at full arms' length, stretch, with the head up, legs straight, feet together, with the toes pointed to the ground, Fig. 2. Without any snap or swing you are supposed to raise yourself up until the chin is level with the bar, then lower the body to full arms' length again before you repeat. Do not form the habit of lowering your body to only half arm, as this greatly tends to shorten the biceps. As long as you give

full extension as well as full contraction to the upper arm muscles when practicing this form of exercise, you will be all right and will find that you are getting better results. As you pull up, just watch how vigorously the pronators and flexors of the forearm are brought into play. Notice your wrists, and see the effort of the ligaments. As you hang, you will feel a mighty pull on the shoulder blades that will help to spread your shoulders. On your pull up, the latissimus dorsi muscles will exert themselves more with each additional chin.

Many chin enthusiasts do not realize how these muscles are brought into play, but when you stop and consider that they are attached to the bone on the upper arm, and that the further the body hangs the greater action is given to them, the more readily will you see the value of a full arm stretch as an aid for the back muscles, over the half arm pull.

Just for a change, reverse the hand hold; that is, take hold so that the palm of each hand is facing toward you; then chin from the full hang, Fig. 1. You will undoubtedly find this a little more difficult. The chinning will not be so direct, inasmuch as the body will have a greater tendency to carry forward. It is perfectly all right to allow the body to carry forward, as long as the legs are kept straight. On the other hand, quite a good bit of abdominal play is given if the legs are raised at right angles to the body as the chin is made. This makes the chin easier but lessens the effect upon the latissimus dorsi muscles. In this reverse hand chin, the supinator longus of the forearm gets a good work-out, and, as I have frequently said, it is a mighty good muscle to cater to.

For the next chin, we will vary both of the foregoing exercises by having the back of the right hand facing toward you and the palm of the left hand facing toward you, Fig. 3. It is likely that the distance between the hands will have to be a little greater, as the grips involved in this chin are inclined to cause the body to twist or swing around. The fact that you will have to fight this twist will give greater play to all of the muscles, and you will find a great joy in combating this beneficial difficulty, especially if you like chinning the bar. It would be wise to bear in mind that when you have chinned yourself a few times in this position you should alternate the grips so that the muscles of both arms get the same share of work.

The next form of chinning is a little more difficult.

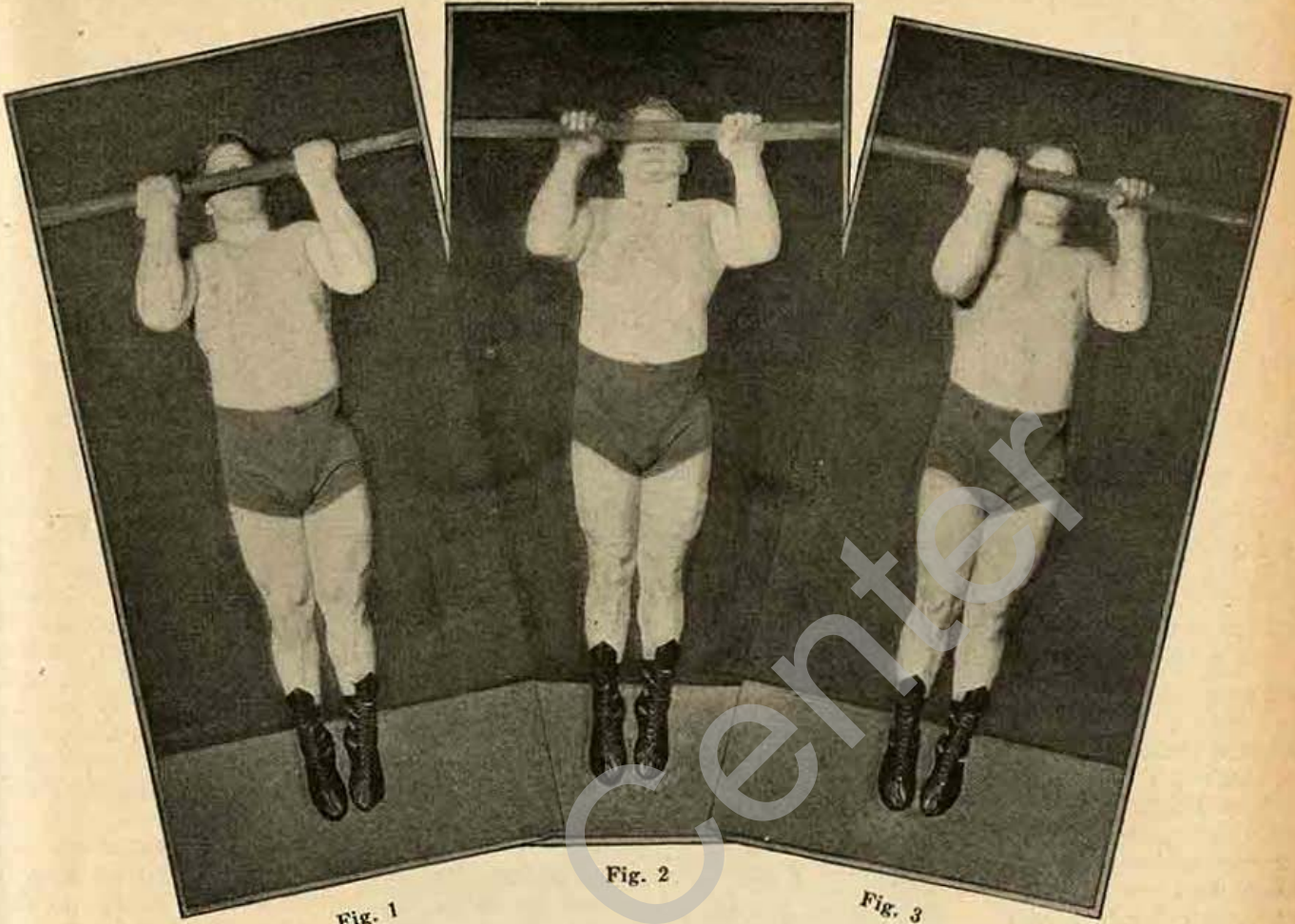


Fig. 1

Fig. 2

Fig. 3

You take hold of the bar with the regular grip, but the arms must be crossed this time, Fig. 5. The distance between the hands should not be far apart to start with; the closer the better, and as you become accustomed to this varied style, the distance between the hands can be widened. This will catch the forearm flexors very vigorously, and the shoulders will be flattened out considerably. At first you will not be able to fully chin yourself and the tendency for the body to twist around will be greater than in the last named chin. Also, the body will be carried further under the bar. This chin can be varied by practicing it in the reverse grip; that is, both palms of the hand facing toward you. This latter method will bring a more direct pull upon the biceps than any of the other chins, besides catching all of the forearm muscles. If you keep the legs straight and the toes pointed throughout all of these exercises, a pleasing tension will be thrown upon the muscles of the legs and buttocks; so do not overlook this point when you are practicing your chin. You will also find that if you start the chin with the arms very wide apart, and hang in that position a moment before you begin to chin, the scapulars will spread tremendously.

The next thing a chinning enthusiast thinks about, after he has become efficient at two-arm chinning, is to learn to chin with one hand. This is not so easy, and the heavier the man is, the harder it will be for him to chin, simply because he carries too much weight and has that much extra to handle. The right way to go about it is to grasp the bar with the right hand with the regular grip; then grasp the right wrist with the left hand, Fig.

4, and chin in this manner. As you become more proficient, allow the grip of the left hand to travel more down the arm until it finally rests upon the upper arm. In such a progressive manner you will be able to increase your chinning powers until you are able to chin with one hand. Some enthusiasts become so proficient that they become capable of chinning with three and two fingers. Charles Schaffer was the best chinner I ever saw, and probably Professor A. Schmidt was the most remarkable; but Schmidt is very light, never weighing any more than 129 pounds at his best weight. Like Schaffer, Schmidt was a very formidable lifter in his day.

One time I had a very heavy fellow write in and ask me to help him out on the chinning proposition. He had a passionate desire to build up his upper arms by this method, but he was so heavy that he was not able to chin. I helped him overcome this difficulty quite easily, and while I was writing on the subject it came to my mind that some of the heavyweights who would like to take up this form of exercise would be interested.

Suppose you weigh 200 pounds; then load up a bar bell to 100 pounds and place it on the floor in readiness. First you must place two hooks in the ceiling with a pulley attached to each. Pass two separate pieces of rope through the pulleys, and tie each end to the bar bell. The other two loose ends, that are hanging through the pulleys, tie onto a bar. Now the bar bell should be on the floor and the bar hanging overhead at a height that you can just grasp by reaching overhead with straight arms. The next move is to pull the bar down to a level with the chest, which is a movement that will raise the

bar bell off the floor. Use whatever weight you can handle comfortably at the start, and gradually work up until you are able to use enough weight so that it will enable you to chin your own body weight on a bar.

You will find chinning yourself a much easier proposition than raising the equivalent of your bodyweight in a bar bell off the floor in the manner just described, but it will give you the results just the same. I know that pulling a weight up in this manner causes a tremendous pull upon the thighs and buttocks, and the lower down you can pull the bar the better will be the effect upon the chest and the triceps.

Chinning the bar is a valuable source of development if variation is injected, and can always be practiced with both fun and profit to the exerciser.

EDITOR OF THE MAT:

Some men think that a short man possesses more athletic ability in strength sports than a tall man. Is this true? What chance has a tall man?

A MASSACHUSETTS MATTITE.

This question is one that will always exist, as it seems to be a commonplace, accepted belief that short men are the best strength athletes. It is a question that really embraces a wide area, because many comparisons can be made, and should be made, in order to treat the subject as thoroughly as it is entitled to. The whole subject revolves into a discussion of leverage, comparisons, and parallels. The subject has always interested me, and during my experience as an athlete I have had ample opportunity to study the many famous athletes with whom I have come in contact. In the first place, a tall man should be more capable, especially in the majority of the lifts that govern the sport of weight lifting. When taking a weight from the ground to the shoulders, using both hands, the tall man (or the man who stands over the average, since we are making our comparisons against short men) has more back leverage. This is proven by the fact that all good "clean" or "snatch" lifters approve of using bar bells with plates that have a small diameter; which compels them to bend over further in order to get more of a back pull; but from the shoulders to arms' length overhead, the levers of muscular propulsion are supposed to be equal in all men. That is, the muscles and ligaments are always in proportion to the

length of limb. However, I do believe if there is any advantage at this stage the short man is liable to have it, providing he is heavy. He has more bulk to throw against the weight which has a lesser height to travel, and a short, heavy man is apt to have a larger and longer body in proportion to the length of his legs. This means he has more concentrated energy. Of course, if a man has short arms, that is different. He undoubtedly has an advantage, which is more forcibly evidenced if he has a greater bodyweight than the average. The very best "Clean" lifters are men who stand above the average height. Many of them are very tall, and the

way I have seen them snap a weight off the ground to the shoulders is remarkable, although, I believe, in the One Hand Clean to the Shoulder, the short man has a distinct advantage. In field athletics it runs a little different. The tall man excels in all of the jumps and often in the long distance runs and walks. The sprint runners stand about half and half, and in the heavy athletic events like shot putting, hammer and weight throwing, it is the man with weight who wins.

Centering our discussion on strength athletes only, I cannot say that the majority of short men do better than the majority of tall men. As I have inferred, weight is a very important factor. Take

the case of the great French athlete, Rigoulot. He was a great lifter at a bodyweight of 176 pounds, but he is a greater man at 220 pounds. He stands 5 feet 7½, which is a little over the average. In the volume entitled "The Key to Might and Muscle," which I recently wrote, I discussed this subject at greater length than I possibly can do here, and many who have read it have since informed me that they learned many interesting facts from it on this subject. There has always been a saying that a good big man will always beat a good little man, which is true with a few exceptions; yet rarely will a good big little man be beaten. The only difficulty is that good big little men are never so plentiful as good little men are. In fact, the latter are more plentiful than good big men, which, no doubt, has given rise to the belief that a short man is stronger than a tall man. Tall men are not the average, and this being the case there are less good men (Continued on Page 71)

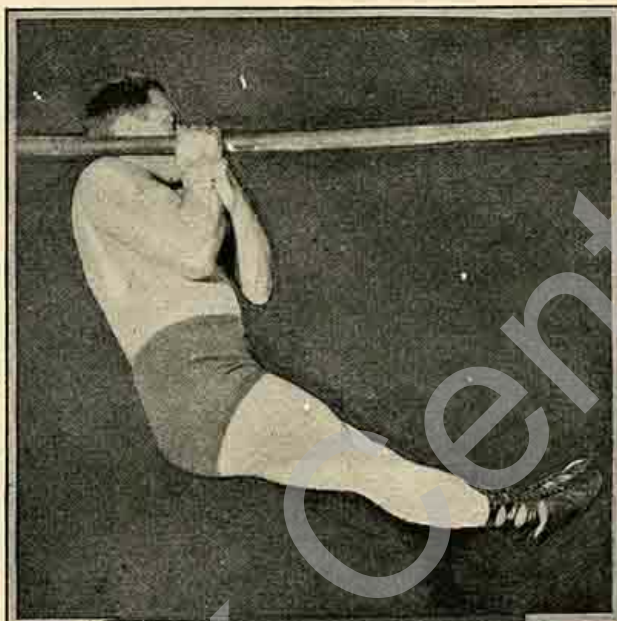


Fig. 4

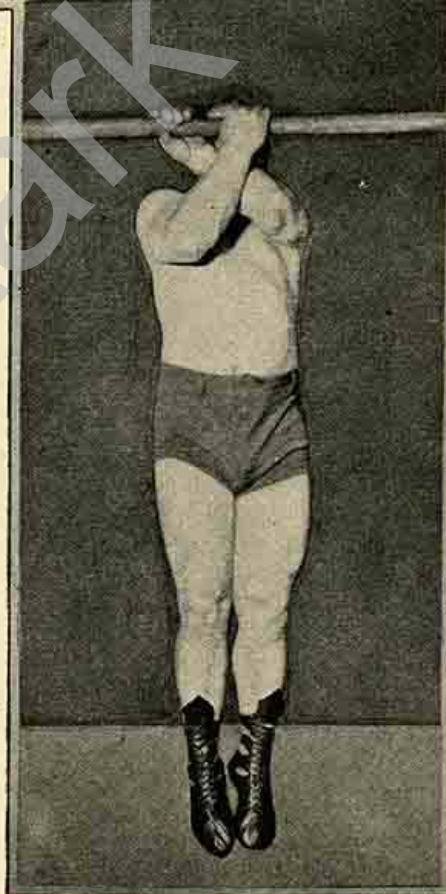


Fig. 5

Ask the Doctor

Department for Solving Your Health Problems

By Dr. B. M. Middleman

QUESTION: I have been a reader and subscriber of your magazine for the past five years and I am very much interested in your advice department. I wish you would answer a few questions for me as I am afflicted with this following condition. I will be very grateful to you for any advice that you can give me on this subject:

1. How can appendicitis be cured?
2. How serious is a case of this nature?
3. What would you advise me to eat?

E. L., Glendale, L. I.

ANSWER: In the acute stage of the disease medical treatment is needed. When signs of abscess formation are not present and during the time of illness with this disease, absolute rest is imperative and only liquid foods should be permitted. Hot fomentations or an ice bag may be applied over the inflamed area to relieve the pains.

If the appendicitis is that of the acute type, it is then not considered as serious as that of the chronic type, as the acute type of the disease is readily overcome by proper treatment. The fact that a patient has recovered under medical treatment from one or two attacks during a period of several years is no guarantee that a fatal issue may not ultimately occur. If a simple catarrhal attack occurs, with moderate symptoms and no marked changes in the blood, the prognosis for immediate recovery is certainly favorable. If no attacks of appendicitis occur for several years, the chances of subsequent attacks are lessened.

As to diet in acute conditions of appendicitis, I would advise that the patient have nothing to eat for the first two days of illness. After two days he can be allowed to have small quantities of hot water and as soon as the temperature falls, food can then be taken, in small quantities at first. During the convalescence stage of the disease I advise light foods such as milk, cereals, eggs beaten up with milk, bouillon, chicken broth, and later

the patient may have soft boiled eggs and milk toast and gradually add the routine diet of foods that are easily digestible.

QUESTION: I have a slight touch of diabetes and I would like to know if there are any fruits or vegetables that you would advise me not to eat. Will you send me a diet which I can follow? Would it be safe for me to eat ice cream? Is there a substitute for bread that I could eat without harm?

I am eighteen years of age and am 5 feet 10 inches tall and I weigh about 153 pounds with my clothes on. At present I am going to school. I will be more than thankful to you for your advice.

G. O., Minneapolis, Minn.

ANSWER: Diabetes is known to be a disorder of metabolism and is attended by an abnormal amount of sugar in the blood, and is usually characterized by a progressive loss of flesh and strength. In the treatment of such a case, a properly regulated diet is of the first importance and food articles that contain starch or sugar, such as honey, sugar, ordinary flour or bread, biscuits, oatmeal, cracked wheat, potatoes, peas, beans, turnips, carrots, beets, corn, rice, figs, grapes, prunes, apples, pears, bananas, jams, syrups and sweet pickles are to be prohibited or at least restricted in your diet.

I would advise that you eat the following foods:

Among the animal foods you can have fresh meats, such as poultry, game, bacon, ham, fish of all kinds, including crabs and lobsters. You might also take butter freely and eggs, cream and cheese and butter-milk. Among the vegetable foods you may have sauer kraut, lettuce, mushrooms, celery, cucumbers. In breads I would advise that you take the No. 1 Gluten Biscuit and among the articles of fruits you may have lemons, oranges, and nuts with the exception of chestnuts. As to beverages you may use milk, just enough for cooking purposes, tea and coffee

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

Sometimes it is only by interviewing personally a thoroughly competent physician that he can get the advice that will bring his condition back to a normal state of health. Write us about any of your ailments of any type and Dr. Mittleman will then advise you as to the proper treatments necessary. Every physical culturist should know his organic condition as thoroughly as his muscular system, and if possible we will aid you in accomplishing this.

We have been receiving many letters every month, and with the advice given by Dr. Mittleman the "Strength" readers have successfully obtained better health and strength. Dr. Mittleman will continue to answer such questions as he can, and will also publish a few letters each month, selecting from his correspondence those letters of the greatest general interest.

Inclose a stamped addressed return envelope with your health questions and we can assure you of a prompt reply.

sweetened with saccharin tablets, and you may also have some acid wines.

Together with this diet I would suggest that you keep away from all forms of mental excitement. You must also not worry and your living and sleeping apartments should be thoroughly ventilated. The different methods of exercises should also be used and flannels should be worn next to the skin all the year around. The teeth should be treated so as to prevent any unhealthy condition that might result.

I would not advise you to eat ice cream as it contains too much sugar and therefore, should be eliminated from the diet entirely.

QUESTION: Will you kindly advise me of a cure for constipation as I have been troubled with this condition for several years. I am 5 feet 6 inches tall and my weight is 118 pounds. Normally what should my weight be?

F. D., Chicago, Ill.

ANSWER: Constipation, which is so commonly found among the American people, is usually the result of a faulty diet, and if everybody would eat the proper foods at the proper time, then there would not be so much constipation. The constipated individual should aim to add to his diet a larger quantity than normal of fluids, either in the form of water or buttermilk. The diet for constipation should also contain as large an amount of fat as the individual can take, and the fruits should also be taken freely and so should the vegetable foods. Vegetable foods that are especially useful in chronic constipation are: spinach, peas, cauliflower, cabbage, asparagus, salads, onions, celery and tomatoes.

In your case I would advise that you go to stool every morning at the same hour, whether the desire is present or not, and you should attend to the matter at hand. You should not read for diversion and I might also state that exercises, if adhered to, will also help to correct the condition. As to medication in your case I would suggest that you take Oxy-crystine, two teaspoonsful in a glass of cold water before retiring.

Your normal weight should be about 130 pounds.

QUESTION: During the last winter I have been troubled with eczema on both of my hands, and I have tried many ointment remedies, which only succeeded in drying the sores. They break out again after the employing of the ointment is stopped. I cannot understand why this is so, as I enjoy the best of health otherwise.

Will you kindly advise me of the proper treatment for this condition.

C. T., Elliston, Newfoundland.

ANSWER: Eczema is a non-microbial inflammation of the skin and it occurs probably from a number of different causes, both external and internal. It might be toxic or poison condition, or it may be due to the disorder of digestion, or be the result of a nervous condition. In your case I would advise that you correct your diet and eat at regular intervals and masticate your foods thoroughly. Avoid such things as coffee, alcohols, and all highly spiced foods. Be sure that the bowels move well daily and drink water freely.

As to medication I would advise that you employ the Ointment of Zinc to the affected area and then after three hours of the application of ointment, apply the Calamine Lotion and allow it to dry. In this way I feel quite sure that you will be able to obtain some

results. However, as eczema is of serious nature, I would advise that you see some good skin specialist and have him give you the proper treatments for the condition.

QUESTION: I have been reading *STRENGTH* for some time and as you have an Advice Department on health questions, I would be pleased to have you give me some practical advice relative to my condition. For the past year I have been suffering with an enormous amount of acid in my stomach and especially after I eat I begin to belch gas. I have tried different drugs but I have not received any results. I am also troubled with constipation. What I would like to know is, what is the cause of this condition and what shall I do to combat it?

C. G. L., Omaha, Nebraska.

ANSWER: The cause of your condition is no doubt a faulty diet. Most likely before you contracted this condition your diet was composed of a large amount of acid foods and, therefore, you suffer as a result of the foods which caused the excessive amount of acid in the stomach. In your case I would advise that you correct your diet and eat only foods that are easily digestible, and eat at regular intervals. Masticate your food thoroughly and do not eat any foods that contain acids. Employ the different methods of exercises which will also be very beneficial and effectual in your case.

As to medication for your case I would advise that you drink a glass of warm water on arising in the morning and also take the drug, Tri-basic Citro-carbonate, one teaspoonful in a half glass of cold water twice daily, and for your constipated condition I would suggest that you take Oxy-crystine, two teaspoonsful in a half glass of cold water before retiring.

QUESTION: I would like to know if you could give me some advice as to Psoriasis. I have had this type of disease for the past nine months and I have tried several doctors for relief, but without results. I would like to know if I should go on a diet? Any advice that you can give me in reference to my condition will be greatly appreciated.

J. E. S., Niagara Falls, N. Y.

ANSWER: The cause of Psoriasis has been variously attributed to an infectious nature, to errors in metabolism and to the disease of the glands of internal secretion. An inherited tendency seems evident in 5 or 6% of the cases, and anything causing internal disturbances is liable to aggravate the condition or bring on attacks, especially digestive disturbances, abuse of coffee or alcohol, or a diet too rich in albumin.

In treating Psoriasis various new methods have been proposed and tried more or less in the last few years, but none of them has proven of great value. In your condition I would advise that you correct your diet and eat only the vegetable foods. Alcohols and all highly seasoned foods, salted meats, pastries and sweets should be forbidden. I might suggest that you employ the following formula to the affected parts:

Salicylic Acid—4 drams.
Chrysarobini—3 drams.
Oil of Birchwood—3 drams.
Saponis Mollis—1 ounce.
Petrolati—1 ounce.

Directions: Rub in well with a stiff brush for five evenings. Then take hot baths on three successive evenings, using applications of (Continued on Page 73)

Why Not Play Medicine Ball?

Ideal Keep-Fit System for Every One.

By Mark Berry

THOSE in need of exercise, as well as those who follow a system of vigorous training, can all be benefited by medicine ball playing. We do not propose to claim it as a panacea for all ills, but we do say that whether your requirements are reducing, developing, limbering or warming up, or a general routine of keep-fit exercises, the medicine ball may be prescribed for you with full assurance of gaining the desired results.

By perusal of the following you will find all of the above-mentioned needs summed up, and suggested routines carefully outlined. To properly understand the possibilities of this little game, it is advised that you study the entire set of movements and throws, which will better enable you to map out a program that will be both efficient and interesting.

The average man and woman of moderate or comfortable income, whose daily task involves no great amount of physical effort, is in need of a handy keep-fit system of home training, that does not require a private gymnasium full of apparatus. Free hand calisthenics, of course, may in most cases answer for the purpose of

limbering up. But to be more effective than for merely warming up purposes, something of a slightly vigorous nature is required.

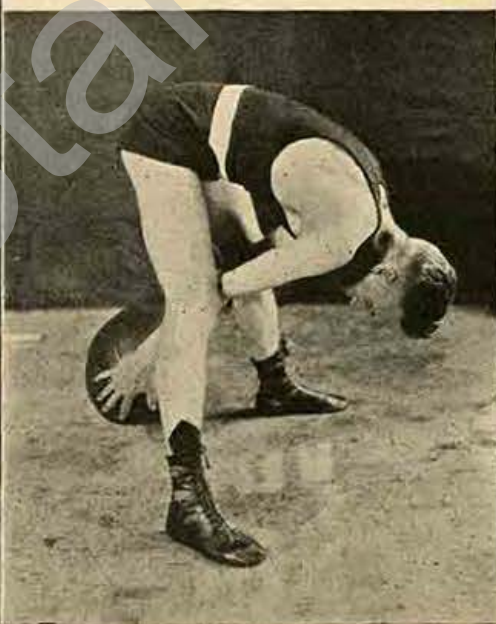
The fact is generally recognized by physical training experts that the play spirit is of more direct and lasting benefit to the tired business man or woman, than any sort of drill or repetition exercise program. Any active athletic or semi-athletic game will answer the purpose if the spirit of playful fun is entered into, and the competitive feature is regarded as of a secondary nature.

The draw-back, though, for the average person is that it is highly inconvenient to regularly meet at a place where enough playfellows will be found. So the idea is most likely to be given up entirely. Here is where the medicine ball enters. Wherever any two or more persons can have a few feet of space in which to throw, the medicine ball can be played with.

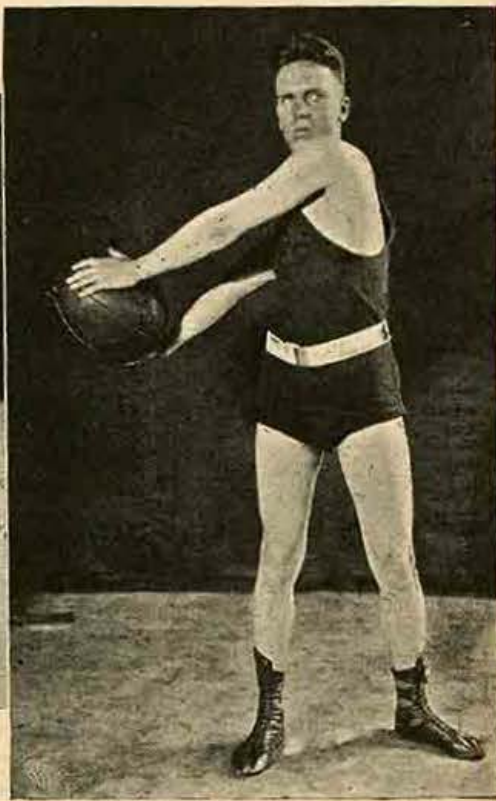
Husband and wife, father and son, mother and daughter, brother and sister, each and all may join in this very sensible and efficiently practical game of keeping the physique in fine trim. For that matter, a game of solitaire may easily be played, as will be outlined later.



Throw from chest with two hands.



Ball leaving hands for throw between legs; also starting position for forward throw, from between legs.



Ball thrown from arms' length at side.



Starting position in one-arm throw.



Under-handed throw or bowl position.



Position for throw from overhead.

For those of inferior physique, the medicine ball may be used in a routine of throws and catches, the degree of strenuousness being increased progressively.

Individuals desiring to reduce will find the old fat melting away like ice in the sun, providing they follow the outline we give here. As an adjunct to the regular training program, the medicine ball is probably best suited, providing a means of making the year-round bar bell program more interesting. What could be finer than for two or more strength fans to practice tossing the medicine ball about, both before and after the favorite bells are used.

The medicine ball is invaluable as a means of warming up for all classes of athletic training, especially for boxers, wrestlers and swimmers, and will add balance to the program of cyclists and runners who wish to avoid neglect of the upper body muscles.

Its use will tend to add variety to the weekly program, as well as provide a great deal of fun among a crowd of enthusiasts.

You can try your strength out on one another, socking the ball over at a hot pace; there is no chance of injury and at the same time you relax from the more serious work-out.

Great fun may be had on the beach, especially when the air or water happens to be cool, by forming a ring with from five to ten or so friends, possibly girls as well as men and boys, passing the medicine ball around the circle at a merry clip. This simple game is popular everywhere, wherever swimming and surf bathing are indulged in.

In outlining a routine of medicine ball play, we will describe throws between two players; if three or more enter the play, the movements will all be the same as for two, except that you will pass the ball around in a circle, or for variation you may pass the ball criss-cross to make

it more enjoyable and attempt to bewilder one another.

The following set of exercises are chosen with an idea of bringing the entire musculature into play, especially the muscles of the torso. Where the muscles of the torso are evenly developed and regularly exercised in a thorough manner, the vital organs are certain to be strong, and function in a healthy manner. As none of the movements can be made without bringing the arms and shoulders into play, and the leg muscles will be worked proportionately to the degree of strenuousness, you will find no part of the body neglected.

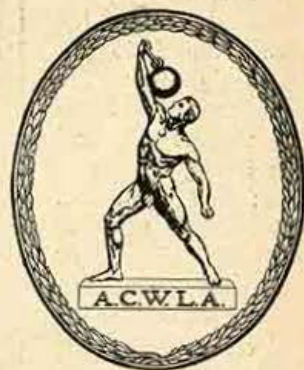
It is advisable to commence with easy throws, standing fairly close together and gradually moving farther apart, using more pep as you become thoroughly warmed up. After you have been following the medicine ball game for a short time and have become well accustomed to the exertion, practice using all your force with each throw, moving closer together. But play safe; don't get too rough by trying to knock some one out, thinking you are proving yourself super-strong. You will only make enemies of your play-fellows and will soon lose interest in the game.

Progressively harder throwing, worked up to gradually, will soon make it possible for you to handle the hottest kind with ease and enjoyment.

Exercise No. 1. Face one another, standing with feet apart, ball held in both hands in front of chest. Throw ball straight to front, aiming at the catcher's chest, using the arms only to make the throw. Each player alternates at throwing several times from chest to chest. (For arms and shoulders.)

Exercise No. 2. Holding ball in both hands, squat slightly with ball between knees; straightening the legs and back in a snappy manner, to give impetus, throw the ball from between legs to other player's chest. Alternate back and forth in this (Continued on Page 76)

American Continental Weight Lifters' Association Notes



By John Bradford

THE Boston strong man tourney, that decided the issue and ended the quest of the *Boston Post* to find who the strongest man in all of the New England States was, ended in another triumph for the A. C. W. L. A. Not only did it carry the red, green, and blue banner over another peak, but it conclusively smashed the theories of those who would have the world believe that the husky lumberjack, stevedore, and steelworker are superior types of men of strength to the trained athletes who build up their bodies with bar bells. The *Boston Post*, operating through their capable and enthusiastic sports editor, Howard Reynolds, had gathered together from every part of New England a formidable galaxy of giants, as far as size was concerned. Each man was backed by a colorful reputation that embraced feats of man power, with

poundages that outrival the thews of the mighty Samson of old, the same child who tore down the temple of the Philistines with his naked hands. Grouped with these twenty-eight mighty sons of Anac, who registered an avoirdupois between 220 pounds to 275 pounds and stood from 6 feet to nearly 7 feet tall, were six men, the heaviest of whom weighed 182 pounds, and the oldest, to be exact, was 60 years and 66 days of age. These six men caught the eyes of the 5000 spectators who saw the first of the elimination contests staged on Boston Commons on the eventful Saturday afternoon of June 26th, right off the bat, by reason of their superior build that was cleverly displayed in every line of their clean-cut bodies. They were bar bell men. Everything was laid out to suit the capabilities of the huskies, particularly the lifts, which were: The Two Hand Continental



A scene during the elimination contest held on Boston Commons, June 26th.

Jerk and The Two and One Hand Continental Press. They were allowed to get the weight to the shoulders in any manner they liked and jerk it anyway overhead; and the press lifts allowed them to bend their backs or bend their legs, but the elbows had to be held clear off the side when making the One Hand Press. Still these lifts gave them all ample opportunity to display their arm and shoulder strength on equal terms with the bar bell men. Even if we argue that the bar bell men should be superior on these overhead tests, whatever poundage they scored could not be much over the best of the heavier men at the most. It would be a lead that would be easily absorbed in dead lifts, that is, if the huskies had been as good as they claimed. The battle was well fought, but the giants were hopelessly outclassed in every attempt. Some gave up in disgust when they saw such light men pick up with ease weights that they

could not raise off the ground one single inch; and some gently mingled with the crowd and disappeared. To say that on-lookers did not enjoy the situation is to seriously digress from the truth. They enjoyed themselves immensely to see the big boys completely overshadowed by these six lighter members of the strong man sport. Out of the whole crowd, the six men who qualified to compete for the finals the following Monday night, June 28th, were the six men who attracted the field at the line-up on that Saturday afternoon. They were as follows, with their respective totals: John Y. Smith, of Boston, Massachusetts, Two Hands Continental Jerk, 190 pounds; Two Hands Continental Press, 185 pounds; One Hand Continental Press, 110 pounds; Two Hands Dead Lift, 500 pounds; Right Hand Dead Lift, 375 pounds; Left Hand Dead Lift, 350 pounds; Total, 1710 pounds. Second place was won by Don Mitchell, of Easthampton, Mass., the figures reading in the order named after Smith, 245 pounds (done clean to the shoulder at a body-weight of 161 pounds), 185 pounds,



The veteran, John Y. Smith, who won the trial event, and after a sensational battle with Mitchell and Pearson won the title and belt given by the Boston Post that designated him the strongest man in New England. This victory celebrated Smith's 60 years and 66 days.

120 pounds, 470 pounds, 250 pounds, 250 pounds, total 1520 pounds. Third place was taken by a young bar bell athlete who jumped the ropes and threw off his coat after asking referee, George F. Jowett, if he could compete. He was Theo Germain, of South Boston, Mass., 210 pounds, 85 pounds, 450 pounds, 300 pounds, 250 pounds, total 1460. Fourth place was taken by Joseph Legere, of Franklin, New Hampshire, 220 pounds, 185 pounds, 135 pounds, 365 pounds, 175 pounds, 215 pounds, total 1295 pounds. Fifth place, Emil Pearson, of Roslindale, Mass., 220 pounds, lost out on each attempt on the second lift, 85 pounds, 450 pounds, 250 pounds, 250 pounds, total 1255 pounds. Sixth place went to John Valentine, a young lad of 140 pounds. His scores were 200 pounds, 175 pounds, 120 pounds, 365 pounds, 215 pounds, no attempt registered on last lift, total 1075 pounds.

As is seen, the veteran, John Y. Smith, led the field by a big margin, although he fell down on the Right and Left Hand Dead Lifts, for no other reason than that he had not gotten over the effect of his record making in Philadelphia two weeks before. The crowd cheered him, but Mitchell was a great favorite and many picked him to beat the veteran Smith in the finals. When Mr. Jowett saw the field he picked Smith as the winner, and as he listened to the extolling of feats by the friends of the big steel workers and stevedores, he just smiled and still stuck to Smith. After Saturday's contest many of the sportsmen thought Mitchell would score first place, but our president still picked Smith, though he forecasted a great battle. So it was. The finals were one of the hottest fought battles for supremacy ever seen. Some remarkable changes took place, due to the explanation given by Mr. Jowett to all the boys after the elimination tourney, on how to best do the lifts. By the way, George F. has a big story about two colossal Greeks who turned up later and some others. I will have to

tell you about it some time. It has a great kick to it.

The finals were fought out at the Braves' Field before a congregation of 20,000 spectators. Enthusiasm ran high, and amidst much excitement the finals were concluded as follows: John Y. Smith, 190 pounds, 185 pounds, 100 pounds, 465 pounds, 415 pounds, 400 pounds, total 1755 pounds. E. Pearson, 220 pounds, 160 pounds, 100 pounds, 510 pounds, 375 pounds, 375 pounds, total 1740. D. Mitchell, 235 pounds, 190 pounds, 125 pounds, 510 pounds, 315 pounds, 350 pounds, total 1725 pounds. Theo. Germain, 190 pounds, 165 pounds, 65 pounds, 465 pounds, 325 pounds, 335 pounds, total 1545 pounds. John Valentine, 190 pounds, 180 pounds, 135 pounds, 425 pounds, 275 pounds, 275 pounds, total 1480 pounds. John Legere was unable to appear.

Smith had a hard time for some reason to make his poundages. He appeared to be nervous; and unlike his lifting on Saturday, he was very hesitant and lost out on more than one attempt. It was only grit that pulled him through, although he scored 45 pounds over his former total. But the gap closed up enormously between the first, second and third place men. Pearson, who came in fifth on Saturday, ran Mitchell out of his place, and got second with the slight margin of 15 pounds separating him from Smith's total. Incidentally there was only 15 pounds between Pearson and Mitchell, which made the tight margin of 30 pounds between first and third man. They all lifted better in the finals, especially on the dead lifts. Smith fell down 35 pounds on the Two Hands Dead Lift, while Pearson and Mitchell soared up to 510 pounds, which gives Mitchell a record in his class.

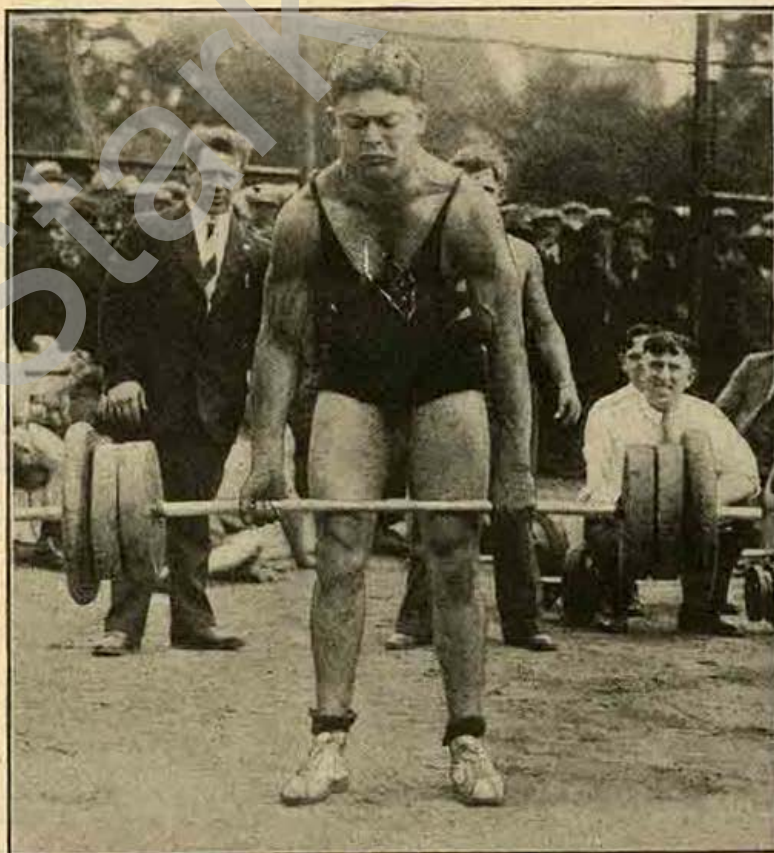
Mr. Jowett, who refereed and had the job of supervising the affair for the Boston Post said they were all a great bunch of boys, willing and enthusiastic. They enjoyed the struggle like a bunch of young pups and never murmured when Mr. Jowett disqualified any attempt that was not just right.

George F. was given the honor of presenting the old iron warrior with a beautiful belt that was given by the Boston Post as a trophy. We are distinctly proud to know that all the winners were members of the A. C. W. L. A., and that all were Milo boys besides. That's putting it over, boys. Well, right here we want to thank the Boston Post for taking such an interest in the game and for giving it such a boost. We would be tickled to death if other

papers would do likewise. Our handshake goes out to the sports editor, Reynolds, and his aide, Duffy, as being real sportsmen. Mr. Jowett asked me to thank state representative Webster, of Pawtucket, R. I., and his friends for the great help they were to him during the two days' contest.

We expect to see Mitchell compete at the Sesqui-Centennial Championship, where he claims he is going to make Philadelphia John Gauss step out. We are looking forward to this meet with interest, as there is a good line-up which foretells some breathless excitement and close victories. Mark Berry will come back on the scene, although he has to step up into the lightweight class. Dennis has turned professional and Snyder has resigned. This means that the titles in the featherweight, lightweight and middleweight classes will be vacant. It would have been all the same if these champs did compete—the championships after September 4 would have changed hands and will be worn by others who have touched the Titian rod. Ten to one the veteran, Paschall, from Ohio, would have beaten Dennis, and Freeman is away above all his competitors so far. Then we have Losey and Sundberg showing better totals than any other lightweights and there are many others who are not so well known to the general iron heaving talent that we know of. Nevertheless we have seen them work out, and we are planning some new sensations on August 21 and September 4. Even the try-outs held in Philadelphia on July 3 gave some promise of what we might expect at the Sesqui battle.

Perhaps the most notable were the Gauss twins, who are brothers of the formidable heavy middleweight, John Gauss. They quite upset things by beating out two characters in the featherweight class, who were figured on to lead the field. A. Gauss tied with A. Levan, of Reading, on the three lifts with 505 pounds, and his brother H. Gauss grabbed a total of 495 pounds. Parrotto scored 475 pounds, Weinhold 435 pounds, F. Tyll 390 pounds, P. Piantone 380 pounds, Arekian 370 pounds. Levan and Gauss exhausted their additional attempt which was allowed them in order to break the tie with no success. The field was a tight one and created a great deal of interest; but the tete a tete between Harry Hall and John Gauss created the most interest for the evening. Both boys stripped well within the heavy



Lewis T. Selmanoff, of Brockton, Mass., the schoolboy Hercules, who contested but did not score a place in the finals. George F. Jowett, who refereed, stands right behind him.

middleweight limit, looking fit enough for anything. They started out on the Two Hands Clean and Jerk. Hall led with 200 pounds, but Gauss simply broke loose and made his first attempt with 240 pounds. The former Connecticut boy came back with 215 pounds and 225 pounds respectively. Gauss next tried 250 pounds which he jerked aloft several times, but for some reason could not hold it for the count. His third attempt was just as futile. In the Two Hand Snatch, John piled up a new American record with 190 pounds. Hall failed to catch up and had to be satisfied with 175 pounds. Gauss is a lovely snatch lifter. Every snatch he makes is as smooth as silk, and his pull-ins to the chest in the clean lifts do not leave much to be desired. In the final lift, the Two Hands Slow Press, both tied on a new record with 192½ pounds. Gauss failed on 200 pounds. Their totals were: Gauss 622½ pounds and Hall 592½ pounds. R. Lawyer, of Rochester, N. Y., and State Representative, Omoroid, with Barnholt, both of Akron, Ohio, tilted next on the three lifts, which were won by Barnholt with a total of 475 pounds, Omoroid, 470 pounds, and Lawyer, 435 pounds.

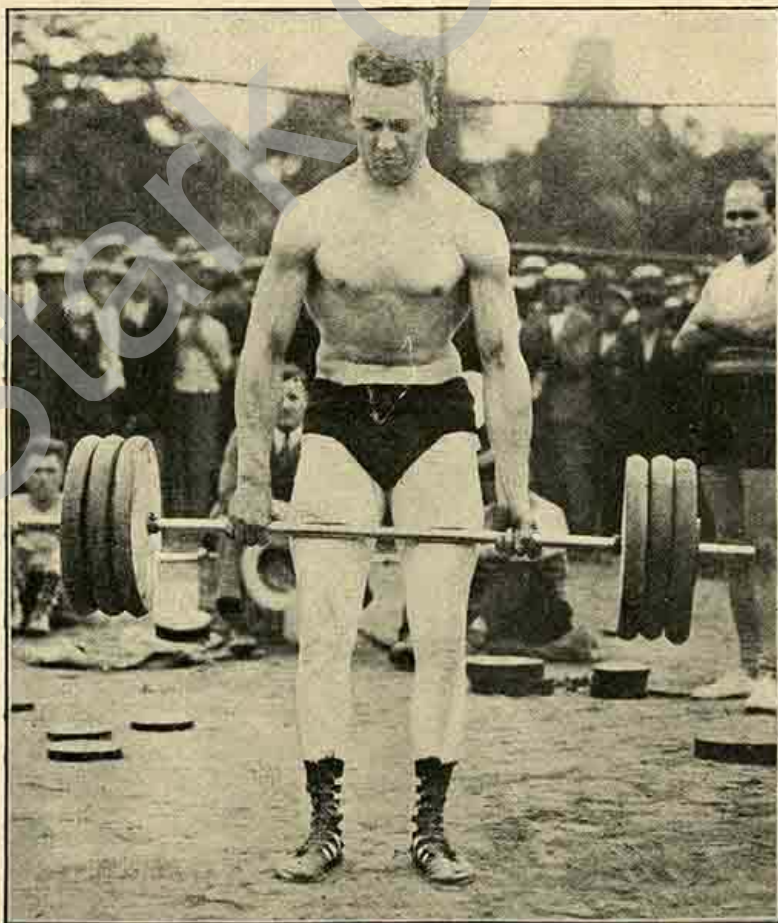
Another boy from Akron, Mr. Rowe, gave a demonstration of the Two Hands Curl with 140 pounds, which he did very easily, at a bodyweight of 168 pounds. Still another good standby made his first Philadelphia appearance, Emmet Faris, of Cincinnati. He tried to make a score on the five A. C. W. L. A. lifts, making a total of 787 pounds. Faris was obliged to hang around too much before he could take his turn, which seemed to make him too nervous with the unfortunate result of spoiling his form. Ordinarily he can easily score higher than 787 pounds, but that night apparently was his hard luck night.

Professor Paulinetti did his regular stuff, which he ended with a talk. It was rather unfortunate that some of our Eastern stars did not show up, for the benefit of the attendance, which was all from out of town. The weather must have been too hot for the regular Philadelphia attendance, or else the seashore held a greater attraction over the holiday. Anyhow the attendance was the poorest we ever had and as I have stated before, the majority were from out of town. We were sorry we did not have a special card for the oc-

casions, for they certainly deserved it after the long trip some of them made.

As I was writing up these notes my mind kept going back to Mr. Jowett's article in this issue on Gorner. I know the story will interest you, and you will be glad to know that Gorner and the famous Tromp Van Diggelen, Gorner's friend and the leading physical director in South Africa, are wearing the A. C. W. L. A. badge of membership. Gorner wrote Mr. Jowett and said, "I want you to know, dear friend Jowett, that I am proud to wear the A. C. W. L. A. badge, and to be a member of that great American order. Give my regards to all the members." Tromp is equally proud and we are looking forward with great interest to his visit to this country this coming October, when he hopes to make things possible for Gorner to appear in an act and tour the United States. You can be sure that our president will co-operate with him to the limit.

Did you ever stop to figure out how many famous characters were members of this Association? Professor Desbonnet, of France, the producer of Cadine and Rigoulot, Henry Steinborn, Karl Moerki, John Y. Smith, Oscar Matthes, Otto Arco, Massimo, A. Giroux, P. Fournier. In fact every man who has any reputation at all is a worker for this organization. That brings me to the question again of how much are you doing to boost the Association along. Recently new members have not been as plentiful as we would like to see them. Stick on to that old slogan, boys, of "Get a new member." Now don't forget.



Donald Mitchell completing a Two Hands Dead Lift. Mitchell won second place in the trial event, and scored third place in the finals. Pearson is seen in the background. He came in second in the finals and only ran fifth at the trials.

You will be interested to know that Herman Saxon, the brother of the great Arthur, is now in this country. If possible, Mr. Jowett is going to try and have him appear in Philadelphia and Chicago. Gaessler, another famous German, is also in America and is with Henry Steinborn in Los Angeles. Henry is coming along fine and sends his best wishes to you all. While we are on the subject we want to thank Ernest E. Coffin for the help he has been in keeping us posted while Henry was injured. The former powerful Philadelphia German is anxious to be back in harness again and handle the weights as of old.

That reminds me that Germany and France are (Continued on Page 69)

Time To "Tune Up"

Harmorize Physically and Mentally
Through Aqua-Planing.

By Jack Russell

SOME people are like a piano out of tune. They need to tune up their faculties to work in harmony.

To have a good piano, it is not enough to have a rose-wood case and a perfect sounding board with every wire in its place. The whole piano is of very little use until the strings have been tuned to work together. It must be tuned to a certain pitch, to a certain keynote; otherwise it is only a box of jingling wires.

Persons are very similar. They must have harmony, yet there are thousands who have never made an effort to tune themselves. They allow physical and mental abilities to make discord with each other. They permit half a dozen conflicting notes. As a result they are but twenty-five per cent efficient. "Tuning up" would go far towards making them one hundred per cent. efficient and pull them out of their lethargic rut.

Has it ever occurred to you that a great many people, who are in a state of mental lethargy, who are physically dormant, are in a condition analagous to the animals who hibernate; that is, the animals who slumber during the winter months. A bear hibernates, so does the skunk and raccoon. The following interesting information is quoted directly from an article:

"The woodchuck, chipmunk, jumping mice and bats go into a state of torpor when they take their winter naps. Their body temperatures fall to a point about equal to that of the air around them. Their hearts beat slowly—as four times a minute. The lungs practically cease to function. Their stomachs and intestines are empty, with no work to perform.

"To all appearances they are dead. They cannot be quickly roused from their slumber without a great risk of causing immediate death. By warming them they may be aroused, but they seem anxious to finish their naps and can only be kept awake with considerable effort.

"There is nothing more thoroughly alive and incessantly busy than a chipmunk in the summer. Its pulse is 200, temperature 105, respiration 50.

"During the long winter sleep its pulse is 4 and temperature only 10 degrees higher than the surrounding air. Respiration seems to have ceased. It may be placed in a jar of carbon dioxide for as much as four hours without injury, though it would be killed almost instantly if it was in the active state. It may be held under water for 15 or 20 minutes without causing death. A major operation may be performed without rousing it in the least. It is in a state of complete anesthesia.

"The strangest fact is that these sleepers really change from warm blooded to cold blooded animals during the hibernating period. That's efficiency for you. If no food is needed to maintain the body heat at high temperature the stored fat will last almost indefinitely."

The animal lives, but it is in a state of partial, suspended animation; it just lives, and that is all that can be said. So it is with some people; they just live. They are intellectually dormant, they do not read, they pursue no course of study or development, they do not think in a true sense. Like the hibernating animal they remain physically inactive—their powers waste away—menacing their health. Living dead men! They are incapable of effort.

Health cannot be purchased by sloth and idleness, for these are the chief inconveniences of sickness. Therefore, to attain this great prize one must bend their energies and stick everlastingly at it, if their efforts are to be crowned with the halo of success.

Few of us attach proper value to that greatest of all assets—health. We are prone to regard it half-heartedly or even ignore its value while we have it. But, how vigorously we resent a headache, indigestion or a smarting up the backbone!

Some time ago, long before I could offer assistance to those who need it, life's outlook seemed quite portentous. At that time I was a victim of "nerves" and many more of the common and lighter afflictions to which the average person falls prey. Apparently I was as well fortified to perform the assigned tasks of life as any of my associates, yet I could not be happy!

It was obvious that this day-in-and-day-out regime was fast becoming a tedium. The thought enharshed itself on my mind that these same daily rituals were now lumped with difficulties. Beyond this misty fact, however, was the immutable knowledge that things should not appear so burdensome, that I could accomplish them more efficiently. "I was gagged and bound." This decision was not slow in reaching me.

Hastily the realization fed upon my mind. I was actually a slave to improper habits; held in its relentless caverns, helpless to pursue the ordinary assignments that only lately appeared so timid and pleasing, but now loomed so compelling and arduous.

The much-touted auto-suggestive cure failed in its mission, as did a siege of dieting and other theories. I was now resigned to the fact that something radical must necessarily be done. But it was not easy to determine what course to choose, having failed so dismally in previous selections. Still hesitation spelled aggravation and aggravation meant near-insanity under existing conditions.

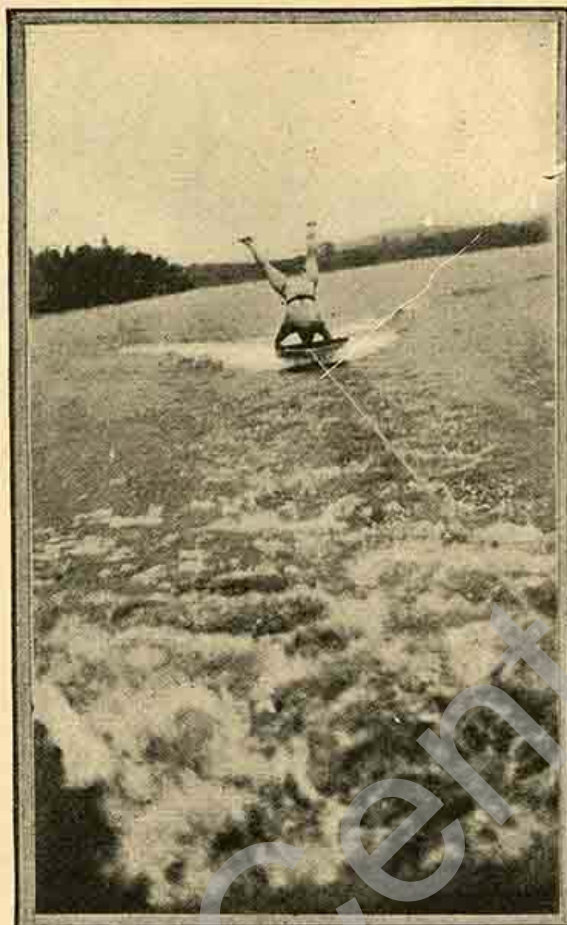
At one time in my career (if it could merit this allusion) the importance was impressed upon me of effecting a complete change of environment—looking towards a rejuvenation—physical and mental. Its significance now became more pronounced, not that I had ever been skeptical as to the merits of this prescription;

more, because I had no occasion to resort to it. At any rate, having concluded now to pack up and "make tracks," as it were, the next problem seemed even more complex.

Where to go and what to do? It more and more annoyed me to attempt to reach a solution, but after poring through numerous books, soliciting much advice, and using what initiative nature allowed me, I made the choice—which was to make such a considerable difference in my aspect of life.

Maine, through whose portals scores in need of restoration have passed—where man communes with Nature at her supernal height—proved the desired haven. I was soon to learn that my choice was not a poor one.

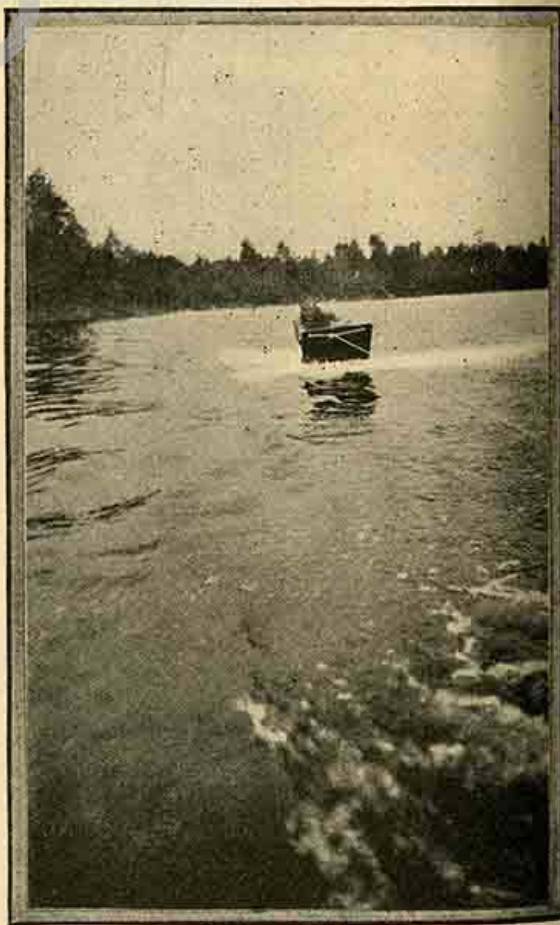
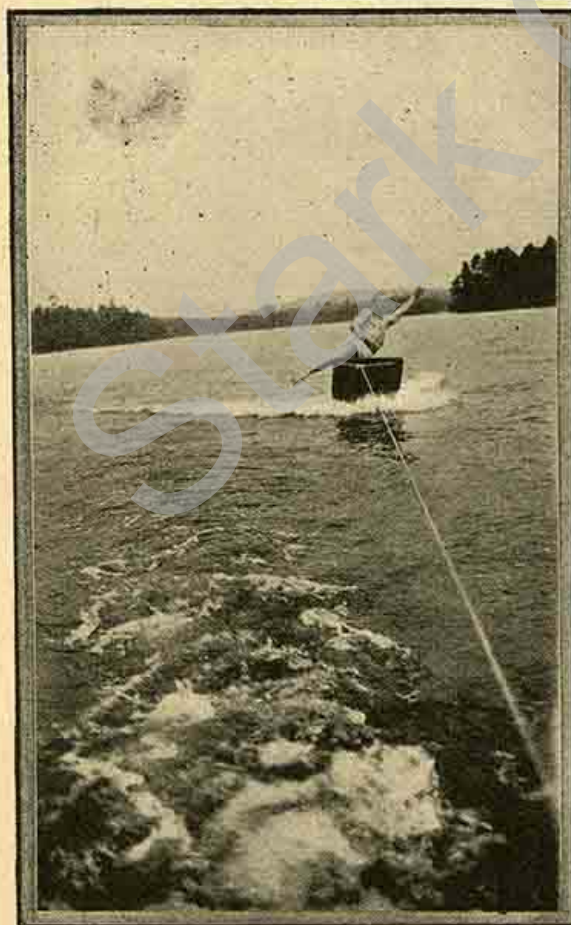
At first I took things easy, then, when I had adjusted myself to the new and strange life, I commenced to cast about for a means of tuning



up my jangled nerves.

Although many things benefitted me, they soon lost their appeal. As a final resort, I was persuaded to try a hand at aqua-planing, a comparatively new sport at that time. From the outset, I was thrilled at this new sport, as it provided not only gleesome fun but gave, as well, the desired tonic to my jaded and depleted nervous system.

Aqua-planing, aside from waking up the mental processes, is a most exhilarating exercise. To hold onto the reins of the cavorting board a good deal of strength is necessary. To keep the board from undue wobbling, a good speed should be maintained by the boat (usually a speed boat) which also enables the rider to accomplish his stunts without difficulty. To become proficient as an aqua-planist, the beginner must first practice a few simple exercises on the (Continued on Page 81)



Above.—A demonstration of nerve, balance, poise and skill. A difficult feat. Left.—A rigid test of balance, really spectacular, but easily mastered. Right.—Gaining the upright position from prone, an interesting stage for the beginner.

What Causes Indigestion?

The Causes, Symptoms, and
Treatment of Indigestion

By Dr. B. M. Middleman

INDIGESTION is a much abused term. It is commonly used to cover all forms of stomach disorders. Strictly speaking, it means the non-digestion of foods, and is known to be a rare event among those who are not seriously ill. That digestion may fail in the stomach or in some other parts of the alimentary canal, or that some parts of the food may escape digestion is common enough, but the human organism is provided with compensating mechanisms, so that if one organ in the digestive system fails to perform its duty, another is usually capable of taking its place. As a rule in adults, even in the case of those who complain of trouble with the stomach or bowels, only a minimum of the food ingested escapes digestion or fails to be absorbed.

The test of digestion is found in the state of the bowels. If the bowels act normally or are constipated, as a rule the digestion is complete and may indeed be too good. If there is diarrhea, it may be assumed that digestion is imperfect, although there may be no lesion of the stomach or intestines. We may repeat that indigestion is not a common symptom in the ordinary chronic affections of the stomach and intestines. As a corollary of the above we may affirm that digestive ferments are not often lacking and there is rarely a rational indication for prescribing artificial ferments to supply a lack in the normal action of these organs. Such drugs should be prescribed only after their deficiency has been shown by the proper tests.

It is not desirable to over-rate the importance of the process of digestion. The stomach is a preparatory digestive organ and it is a reservoir which reduces food to a fine state of subdivision and renders it suitable for the subsequent action of the secretions of the liver, intestines and pancreas. Its work is seldom complete and the organ may be removed or fail to perform its functions without any serious disturbance in nutrition. Nevertheless one cannot deny that changes in the utilization of foods may occur in the absence of the correct functions of the stomach which, in the long run, may seriously affect the metabolism and nutrition of the body. In this condition we may note some peculiarities of the motor action of the stomach which have important bearings on the treatment.

The stomach does not absorb water and hence in case a liquid, which needs no digestion, is taken, even at meal time, a special channel is formed along the lesser curvature of the intestines, by which the liquid is conveyed to

the intestines without mingling with the more solid undigested contents of the stomach. The taking of liquids at meal times does not, therefore, dilute the gastric juice, but such an event may happen, however, when the stomach is atonic and allows water or any other liquid to flow into the lower part instead of conducting it into the intestines in a normal manner. It should always be borne in mind that the stomach has important nervous connections with other organs by which it reflects like a mirror events taking place in other parts of the digestive system. Symptoms apparently arising in the stomach may, in reality, depend upon diseases of the liver, gall, bladder, appendix or lower bowel conditions. It has been known that neighboring organs not connected with the process of digestion or even remote organs may produce a reflex disturbance in the stomach. A very large part of the disturbances of the stomach are, as a rule, of psychic origin, while the existence of serious organic disease should never be overlooked, and it is well to understand that only a small proportion of patients who come to a physician complaining of the stomach or of digestive disturbances have ulcer or cancer.

Indigestion is commonly known as dyspepsia, catarrh of the stomach and stomach trouble, and formerly it was a favorite custom to explain the belching of gas from the stomach and the flatulent distention of the organ, as also the "sour" stomach, by saying that these symptoms arose from the fermentation of the foods. Such an explanation gave rise to attempts to suppress fermentation by giving a host of antiseptic drugs, for the contents of the stomach are at times subject to fermentation with the production of a certain amount of gas. Lactic acid may be formed by fermentation, but usually no gas is formed with it. In the majority of cases the gas present in the stomach consists of swallowed air. The swallowing of air may be a habit of voluntary origin or it may arise from the forcing of air through the lung opening by the force of expiration. The acid present in the stomach contents is seldom the result of fermentation, but is produced by oversecretion of the gastric juice.

Dr. Leube originally described nervous indigestion as a disorder of the stomach, characterized by a variety of distressing subjective symptoms during the act of digestion and in effect he originally considered "nervous indigestion" as a neurosis of sensibility. In an examination of the gastric juice in indigestion, it may be normal and may occasionally contain an excessive amount of acid

and in long persistent cases the condition of atony (debility) may be present. Some authorities refer to the presence of a prolapsus of the intestines, sometimes known as membranous colitis with the condition of nervous indigestion. In pure nervous indigestion all organic lesions of the stomach must be excluded and also the abnormal depression of the abdominal organs and the stomach must occupy the normal position.

The majority of cases usually occur in highly emotional and hysteric persons, under such exciting conditions as great anxiety, violent passions, dissipation, social excesses, mental over-exertion in business, grievances, and any startling news. The condition of nervous indigestion is most commonly met with in healthy looking, ruddy cheeked adults and is more commonly found in the females than in the males. The persons living amid luxurious surroundings suffer the most.

Gastric neuroses may be of reflex origin, arising from the derangement of the nervous system. This condition usually appears with nervous symptoms, such as in hysteria or neurasthenia (nervousness). The grip, any lung disease, anemia, malaria or debilitating conditions predispose to indigestion, as do also reflex irritation from the sexual organs, abuse of alcohol or tobacco. All of these conditions are usually the cause of constipation.

The symptoms as a rule follow immediately upon the action of the exciting cause and are largely under the influence of the emotions. In the ordinary form of indigestion, the gastric secretions are often normal, and the stomach is found empty after a test meal within the physiologic time limit. There is anorexia, which means an absence or loss of appetite and this condition occasionally alternates with a voracious appetite. After the individual takes his meals he complains of distress and oppression in the upper portion of the abdomen, and a belching of gas and regurgitation of the acid liquid or solid contents of the stomach, with heartburn, will also be noted. Vomiting is not rare, and occurs independently both of the time of eating and of the character of the food. The motion of the bowels is sometimes so well marked as to be readily felt and even visible through the stomach wall. The increased motion of the bowels excites gurgling sounds that are a source of annoyance. On physical examination of an individual suffering with indigestion, sometimes there is revealed an abdominal distention and excessive sensibility of the surface of the abdomen but no localized tenderness, and pressure with the right hand usually affords relief from pains. A nervous phenomenon always exists and a correct interpretation is of the utmost importance in the condition of indigestion. As a rule neurasthenic and hysteric manifestations are commonly associated in this condition. The mental condition is unstable and badly regulated, and this fact furnishes a satisfactory explanation of the operation of the causative factors of the disease. The general health in many instances is not noticeably impaired, but in those subject to frequent vomiting and complete loss of appetite, the general nutrition of the body suffers considerably.

As a rule, in a case of indigestion, the individual complains of a feeling of fullness or pressure pains after eating, or even of slight pains or belching of gas, a sleepy feeling, or even weakness or dizziness and the tongue is usually found clean. There is a marked mental depression and the patient usually feels nervous and anxious. One peculiarity of this condition is that the

quantity and quality of the foods eaten seem to make little difference in the symptoms of indigestion. At times indigestible foods can be taken without discomfort, while at other times, digestible foods may produce the symptoms. Occasionally the pains and discomfort are present when the stomach is empty and the thirst is variable. There is usually a tension or fullness of the intestines, which is usually due to the accumulation of gas in the stomach and which is passed later through the rectum. The bowels, as a rule, are constipated, with alternating diarrhea. The movements of the bowels may appear in narrow cylindroids or small balls in some cases. In addition to the feeling of depression, insomnia, palpitation, headaches and lassitude may be present. The surroundings and general moods of the patient have a marked influence on the symptoms of this disease. Cases of this type are often extremely disagreeable to their "home life." Circumscribed points, sensitive to pressure, have very often been described as a diagnostic point in cases of indigestion.

The course of the disease is slow and the symptoms vary, sometimes one symptom being more prominent and at another time, they may be of a different nature. The mood of the individual has a marked influence and in good company he may forget his trouble. The nutrition is usually affected and a loss of weight is in progress.

The complications usually found in indigestion are: constipation, which associates itself with a distention of gas in the stomach and this gas condition of the stomach may be the seat of abnormal peustalsis, which means an abnormal motion of the intestines. The course of nervous indigestion is usually chronic and in some conditions it may terminate in a catarrhal state of the stomach.

The diagnosis of indigestion is based on the following points: 1. The causative factors of the disease. Here it is important to ascertain the particular causative influence that produces the gastric symptoms, taking also into consideration any well recognized predisposing causes. 2. The course of the complaint and the absence of some of the physical signs and symptoms that would point positively to the anatomic lesions of the stomach. When there is a catarrhal process, the symptoms become more pronounced immediately after taking food. The influence of the ingestion of indigestible substances upon sympathetic indigestion is often to relieve, or is of neutral effect, whereas in catarrhal conditions in digestion it decidedly aggravates the condition. The analysis of the stomach contents obtained after a test breakfast meal shows that digestion to be normal as to time and the motor function may be either reduced or increased, but as a rule, it is normal. The presence of general nervous symptoms, especially of those pointing to the stomach, without the presence of an organic disease of the organ; the fact that the gastric secretion is often found to be normal, though at times an excessive or low amount of acid may be found in the stomach, and that we frequently obtain variable gastric analysis in the same individual and that there is a lack of proportion between the gastric finding and the condition of the digestive organs and the character of the foods, whether digestible or indigestible seems to make no difference as regards to increasing or ameliorating the symptoms. And finally, change of scenes or the mental condition of the patient has a decided influence on the condition. All these facts point to the disease of indigestion.

The prognosis or the course (*Continued on Page 75*)

Health—Strength—Beauty

(Our Girls' Circle)

Conducted by Marjorie Heathcote

Getting Down to Work

SUMMER vacations are over! Play time is over! "Oh," we think, with a sigh, "another year to grind through before we will enjoy another vacation. Well," we think, indulging in another sigh, "we might as well make the best of it and try to stand that steady strain, day after day, but we can't see how we will possibly do it."

Now, that is the way some of us will think. Others, but my! what a very few others, will think, "Oh, boy, but we enjoyed our vacation. Sorry to see it go, but we really do feel 100 per cent better and are just brimming over with pep—can't wait till we get on the job again. After all, we shall have our fun just the same. It's fun to exercise and to play games, to keep ourselves in the best of physical and mental health."

The latter is the spirit with which every one of us should begin our work this coming fall. Brace yourself up and figure out a way by which you can keep your health and body at its best. There are gyms, where you can do all sorts of things, there are indoor swimming pools and there is your own room, where you can exercise to your heart's content. Take my advice, girls, do not slacken down this coming fall and winter. Work for your health and beauty and you will not be sorry, especially next summer, when you will have a beautiful body and abundant health with which to enjoy that long looked for vacation.

* * * * *

I am getting quite a few letters from my readers asking for medical advice. Anyone wishing medical advice should address their letter to Dr. B. M. Middleman, of the *Strength* staff. He will answer your questions fully and competently. I will not answer any medical questions.

* * * * *

I am going to begin a drive for better formed women.

Maryon Vadie, dancer. Note her graceful and symmetrical form. She should be an inspiration to every reader of this department.

So, girls, get busy and send me your pictures. These will be published every month, along with some very interesting talks. Remember the slogan, *better formed women*. Get your friends interested.

* * * * *

Dear Miss Heathcote:

I have been an interested reader of the *Strength* Magazine for some time, thanks to my brother's interest in me. He is an ardent *Strength* fan, and a splendid physical specimen.

I am greatly interested in your department and hope before long to write you a letter telling of my achievements, or rather my improvements. I feel that I shall be able to do this as I am spending the summer in the Cascade Mountains and have just recently learned to swim.

I should like very much to correspond with the British reader, "A. H.," whose letter appeared in the July issue of *Strength*. I am going to attend the University of California this fall and I want to go in for swimming. I am especially interested in this sport, but I am very small, four feet 10½ inches in height and weigh eighty-nine pounds. Almost all good swimmers seem to be large. Do you think my size would bar me? My brother says it would not, but I would like your opinion.



Photo by Edwin Bower Hesser.

Wishing you and your department every success,
I am,

A. H., Belknot Spgs., Ore.

I am always glad to hear from an interested and enthusiastic reader. With your will and determination you should accomplish something worth while in the line of swimming.

Your height would not bar you from entering the swimming field, but, though I do not like to discourage you, I would rather tell you that you would not have much of a chance to make records. It is true that tall girls excel at swimming. Anyone with a large frame; that is, large hands and feet and broad shoulders, is better at swimming than a small person. The average weight of a good swimmer is 140 pounds. However,

there are no written rules and you may become a very good swimmer. If I were you, however, I would go in for diving, for you have an equal chance in this sport.

Dear Miss Heathcote:

I have been reading the *Strength Magazine* for about two years, and I always read "Our Girls' Circle." I wish to reduce, as I think I am overweight. I am fifteen years old and am about five feet four and one-half inches tall, and weigh about one hundred thirty pounds. What should my correct measurements be?

I ride a bicycle, play basketball, skate, and enjoy all outdoor sports. I eat whole wheat bread, vegetables and the like at every meal, eating very little pastries and desserts.

My mother is inclined to be stout and I have her figure. I don't believe I am so very much overweight, but I need reducing, especially in my ankles, thighs, and waist. I saw the exercises given for reducing the same parts of the body that I wish reduced in the August issue, but I would like you to give me a few more.

A. B., Edison, Missouri.

You are not so much over weight as you think you are. For your height you should weigh one hundred twenty-eight pounds. Your measurements should be as follows: Neck 13 in., chest 30 in., bust 34 in., waist 26 in., biceps 11 in., forearm 9 in., wrist 6 in., hips 36½ in., thigh 22½ in., calf 13¾ in.

I am sure if you will keep up with your bicycling, basketball and skating, you will not have to worry about being overweight. Your diet is satisfactory.

Rope skipping will reduce your ankles if they are too fleshy. If you think you are too stout around the waist I would suggest that you practice the exercises given in the August number of *Strength*. You will get very good results from them.

Dear Miss Heathcote:

I have read many body building magazines, but none are as interesting as your page.

I am going to ask you for advice, and this is: how can I reduce my arms? I am only sixteen and my upper arms are twelve inches around, and I think that is too big for a girl my age.

I will greatly appreciate your advice.

M. P., Detroit, Mich.

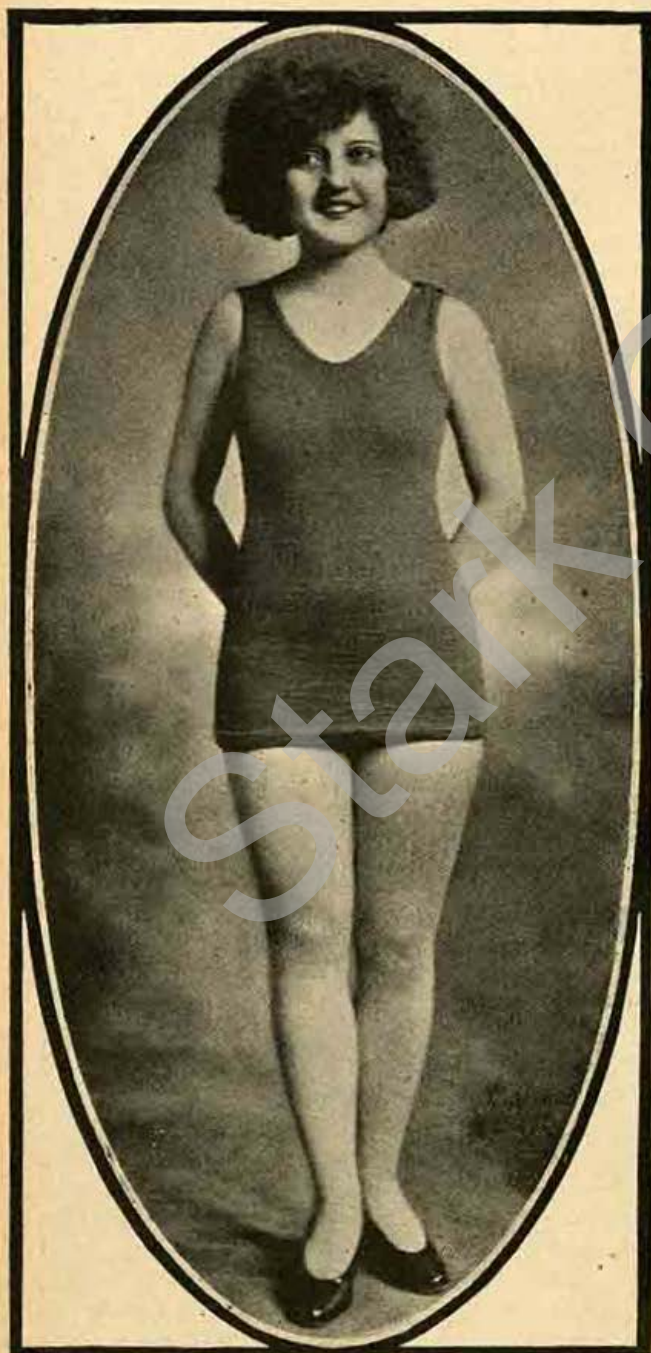
Thanks for your compliment.

You did not give me your height. You may think your arms are too large, but they might be in proportion to your height and other measurements.

A girl possessing a twelve-inch upper arm would be around five feet six and one-half inches tall.

However, if your arms are really too big, you can reduce them by practicing the floor dip or the chair dip. Also practice curling a dumbbell; that is, holding a dumbbell in each hand at the shoulders, by bending the elbows, curl them from the shoulders alternately by raising the dumbbell high overhead. Put lots of resistance into the movement.

Chinning the bar is also very good for taking fat away from the upper arms and producing shapeliness.



A member of the Bobby Heath Revue. A figure of health, strength and beauty—an example of what correct living and exercise will do for you.

The Health Digest

Brief Outline of Health Conservation and Health Building Methods.

Tuberculosis Cures

ARE there cures for tuberculosis? The Sphalinger Serum and what is termed the Sanocrysin or gold treatment of tuberculosis have been in the limelight recently. The Sphalinger treatment has many adherents in Great Britain and in Canada. It has been announced that Dr. Godfrey, the Minister of Labor and Health in Ontario, who has just returned from the International Labor Conference in Geneva, was so greatly impressed with the Sphalinger treatment that he intended to introduce the method into Ontario. As for the gold treatment, it is reported from London that Dr. Faber, of Copenhagen, informed the London National Association for the Prevention of Tuberculosis, which met a short time ago, that seven months of tests of Sanocrysin on forty-two cases of chronic pulmonary tuberculosis resulted in eight being clinically cured, seventeen others showed considerable improvement, nine were unimproved and six of the cases showed a tendency for the disease to spread.

Professor Cummins, of Cardiff, stated that six cases under his supervision showed strong evidence of reduction to the tubercular germs under the treatment of Sanocrysin. Without exactly laying oneself open to the charge of being a "doubting Thomas" it may be remarked that there may have been a large number of reputed cures for tuberculosis, none of which have fulfilled the claims made for them. Indeed, several of them have done more harm than good, by arousing false hopes and by inducing persons in an advanced stage of tuberculosis to take long journeys and to expend much money, with the result that they have died more quickly by far than they would have died otherwise. It is continually being reported that a cure for one or another disease has been discovered, and it can be said that if one per cent. of these reports had proved to be true, there would be many ways of curing all the diseases known.

It is known that if diphtheria antitoxin, in the proper dose, is given in time it is practically a cure. It is hoped that the scarlet fever antitoxin which is now on trial will be equally successful. As a matter of fact there are a few definite cures and no doubt the proper and timely use of drugs has saved many lives. But such drugs assist nature to tide over a certain period in order to give the body time to bring its own defensive powers into action. That is why drugs should be given only on the advice of the family physician. He knows the drug that should be used, when it should be used, and how much of it should be given.

It may be stated that there is no cure known for the disease of tuberculosis; that is, no medicinal cure. At the present time successful treatment of pulmonary tuberculosis consists in early diagnosis and treatment which signifies rest, fresh air, plenty of sunshine and a sufficiency of suitable food. Advanced cases, in which the contagious element plays its part, should be segregated for the sake of the community at large.

Although it is absolutely just that the Sphalinger treatment and the gold treatment should be given fair and extended trials, because they are vouched for by the different medical men of reputation, it is not wise to refer to them as cures until the evidence in their favor is very much more convincing than it is at present. In this connection the recent experiments concerning the role of calcium in the causation of tuberculosis is interesting. French physicians some time ago contended that tuberculosis was characterized by decalcification on the excretion of an excessive quantity of calcium, and that the rational treatment was to supply the system with calcium as far as it was possible. At the present time these views are supported by other investigators, notably by Dr. Boyd Orr of the Rowett Research Institute, Aberdeen, and appears to be a common-sense mode of treatment.—*N. Y. Medical Journal*, May, 1926.

Boils

Boils! The very name suggests discomfort, pain and misery. But one can be thankful that there are such things as boils in spite of their distressing features. For boils are the result of nature's defense against invasion of harmful bacteria. Just as the formation of a corn or callous is nature's method of protecting the skin against persistent and constant friction, so a boil is the result of nature's attempt to prevent the entrance of harmful bacteria into the system. If it was not for the successful battle that is waged in the interior of a boil, the organisms would enter the blood stream or invade the tissues and, therefore, bring about a severe infection and possibly result in death. So in this fashion nature looks out for human welfare by attempting to wall off and destroy harmful bacteria that have found their way into the system. How soon one can get rid of the boil depends on the place which it is located, the kind of organisms present, the way it is treated, and one's own resistance or general health.

Friction is one of the common causes of boils. A frayed or tight collar or a hard collar button may bruise the skin on the back of the neck, allowing bacteria to enter. Neglected chafing in the arm pits gives the omni-

present germs a wonderful opportunity to enter the pores. A tight shoe, an irritating corset stay or dress shield, uncomfortable buttons and buckles, or a bulky bunch of keys in the back pocket may produce friction that will result in boils. Another common cause of boils is deliberate injury to the skin, permitting bacteria to enter and grow in the hair follicles. Picking the ear sometimes results in extremely painful boils, preventing movement of the jaws and interfering with talking and chewing. Another dangerous practice is to pull hairs from the nose or to dig out crusts from the nose. This cannot be too severely condemned, for boils in the nose may give rise to swelling of the nose and face, and as a result fever and intense pain is present. The presence of a network of veins, that empty into the vessels lying near the brain, makes the situation grave. If bacteria should enter the blood stream, a generalized blood infection, meningitis or abscess of the brain, might result. The danger of complications following boils is increased if they are squeezed, picked with needles, pins or other objects, or are otherwise carelessly handled. Lowered resistance is another factor favoring the development of boils. Working or living in dark, damp rooms, uncleanness and infrequent bathing favor the growth and development of bacteria on the skin. Chronic constipation or foci of infection in the teeth, tonsils or sinuses predispose a person to boils. They frequently occur after severe illness like typhoid or scarlet fever.

What causes boils to appear in crops? First of all, the pus that causes one boil may cause another. If the neighboring surfaces are not cleansed with antiseptics, the surrounding hair follicles may become infected by contaminated clothing, dressings or fingers. Another cause of multiple boils is the use of poultices. Our grandmothers swore by bread and milk, soap and sugar, and flaxseed poultices. Medical science today frowns on the idea. The reason is this: the outer layer of the skin consists of a thick, horny protective layer that tends to shield the underlying tissues from outside influences and harmful bacteria. When hot poultices are used this protective layer becomes softened and denuded, thus forming breaks in the skin and permitting new areas to be infected by the pus of the original boil. Besides, poultices are messy and far from being antiseptic. They offer a good medium for the growth of the germs and their use is to be condemned and an antiseptic drug applied instead. Boils are very common and should be treated accordingly, and in my opinion I will lay down certain rules, which, if followed, will greatly aid any one who might be suffering with boils:

1. Never squeeze a boil.
2. Never pick a boil with a needle or pin.

3. Never pull hairs from the nose. Never pick the ear with sharp instruments, and do not pull out ingrown hairs from the face with the nails.

4. Do not use poultices.

5. Do not buy patent medicines to purify the blood if boils are present.

6. If subject to boils on the neck, do not wear stiff collars and do not permit the barber to shave the neck.

7. Don't interfere with boils until they come to a head.

8. Have the urine examined if the boils come in crops.

9. Never try self treatment of a boil on the lip or nose.

10. Always observe the rules of absolute cleanliness.

Bacteria are always present on the surface of the skin. When a break occurs germs enter the hair follicles or oil glands and multiply rapidly. Their presence is a signal for the fighting of the white blood corpuscles to come to the rescue and surround the invaders. A barrier of these cells is soon formed and is of great importance in preventing the spread of the infection. Squeezing a boil or ignorantly tampering with it destroys this protective wall and may bring about a dangerous spread of the infection. The boil becomes red and swollen from the increased amount of blood and serum that has been sent to the front lines. The pain is due to the stretching of the tissue and is much worse in areas in which there is little loose tissue, as in the nose and ear. If the invading bacteria are overcome by the white blood corpuscles, the body becomes victorious. The diseased tissue then becomes liquefied and this debris, with the dead cells and bacteria, gives rise to the formation of pus, which soon comes to the surface. The boil is then said to have come to a head, or matured. The core of a boil is the dead tissue and the hair follicle that forms the center of the mass. After the pus is discharged, healing soon takes place, if the proper care and attention is adhered to.

—Dr. B. M. Middleman, *Strength Magazine*.

The Tonsils

The why and wherefore of the tonsils is still very much of a mystery. They have been of special interest to school medical inspectors because of the importance of their condition, to the health of the child, and have had much study at the hands of such inspectors in England where the men are better equipped for research than our own school medical officers. Dr. H. Leslie Cronk, in his little book on school medicine, has given a most interesting summary of what has been advanced, with any show of foundation, in regard to the function of the tonsils. He believes there is an intimate relation between the thyroid
(Continued on Page 73)

THE HEALTH DIGEST

EACH month in the *Strength Magazine* we will print a brief summary of interesting and important Health articles which have appeared in the different Medical Text Books and Medical Journals.

Of course the author and the publication will be given full credit and any reader interested in any particular topic or subject will be able to get the complete article by going to the files of the Health Publication in which the article appears at any Public Library.

We hope that in this way the many readers of the *Strength Magazine* will be kept aware of the later developments in the health field and we also hope that many readers will in this way be introduced to the very valuable information given in the different Medical Journals, and apply the information to their own individual cases.

Very few people in this up-to-date, last minute day, with facilities for keeping in touch with all of the conditions of public welfare, realize the prevalence of ill-health and the enormous inroads it is making upon the vitality of our great civilization, and most people do not know the easiest and best ways of maintaining their own health. This department hopes to show them these methods.

Fast Life Wrecks the Nerves

by PAUL von BOECKMANN

Lecturer and Author of numerous books and treatises on Mental and Physical Energy, Respiration, Psychology and Nerve Culture

WE are living in the age of **SPEED**, the mile-a-minute life. We crowd two or five years of life into one. We hurry; we worry; and we dissipate, little realizing that there must come an end to our supply of Nerve Force—that we will become nervous wrecks.

Long before a person reaches the final stages of nervous collapse, he passes through months and even years of subnormal nerve power, which seriously handicaps him in life, undermines his constitutional powers and causes all kinds of organic and mental disorders. It would be proper to call these people "near-neurasthenics."

There are countless "near-neurasthenics" about us everywhere—in the streets, in the cars, in the theatres, in your business, and especially in your own home—right in your own family.

They are said to be troubled with "nerves," a condition which is not considered serious, but admitted to be most annoying, especially to those who must associate with people who have "nerves."

"Nerves" is not a malady which manifests itself, as many people believe, in twitching muscles, trembling hands. These conditions are found only in advanced stages of Nerve Exhaustion.

The symptoms of Nerve Exhaustion vary according to individual characteristics, but the development is usually as follows: First Stage: lack of energy and endurance; that "tired feeling." Second Stage: Nervousness; restlessness; sleeplessness; irritability; decline in sex force; loss of hair; nervous indigestion; sour stomach; gas in bowels; constipation; irregular heart; poor memory; lack of mental endurance; dizziness; headache; backache; neuritis, rheumatism, and other pains. Third Stage: Serious mental disturbances; fear, undue worry; melancholia; dangerous organic disturbances; suicidal tendencies; and in extreme cases, insanity.

If only a few of the symptoms mentioned apply to you, especially those indicating mental turmoil, you may be sure that your nerves are at fault—that you have exhausted your Nerve Force.



PAUL von BOECKMANN
Author of "Nerve Force" and various other books on Health, Psychology, Breathing, Hygiene and kindred subjects, many of which have been translated into foreign languages.

Perhaps you have chased from doctor to doctor seeking relief for a mysterious "something the matter with you." Each doctor tells you that there is nothing the matter with you; that every organ is perfect. But you know there is something the matter. You feel it, and you act it. You are tired, dizzy, cannot sleep, cannot digest your food and you have pains here and there. You are told you are "run down," and need a rest. Your doctor may prescribe a drug—a nerve stimulant or sedative. Leave nerve tonics alone. It is like making a tired horse run by towing him behind an automobile.

And don't be deceived into believing that some magic system of physical exercise can restore the nerves. It may develop your muscles but it does so at the expense of the nerves, as thousands of athletes have learned through bitter experience.

The cure of weak and deranged nerves must have for its basis an understanding of how the nerves are affected by various abuses and strains. It demands an understanding of certain simple laws in mental and physical hygiene, mental control, relaxation, and how to develop immunity to the many strains of every-day life. Through the application of this knowledge, the most advanced case of Nerve Exhaustion can be corrected.

I have made a life study of the mental and physical characteristics of nervous people, having treated more cases of "Nerves" during the past 25 years than any other man in the world; over 100,000 cases.

The result of this vast experience is embodied in a 64-page book, entitled "Nerve Force," a book that is essentially intended

to teach how to care for the nerves and how to apply simple methods for their restoration. It includes important information on the application of deep breathing as a remedial agent. The cost of the book is only 25 cents, coin or stamps. Address me—Paul von Boeckmann, Studio 467, 110 West 40th St., New York City.

This book will enable you to diagnose your troubles understandingly. The facts presented will prove a revelation to you and the advice will be of incalculable value whether you have had trouble with your nerves or not. Your nerves are the most precious possession you have, through them you experience all that makes life worth living, for to be dull-nerved means to be dull-brained, insensible to the higher phases of life—love, moral courage, ambition, and temperament. The finer your brain is, the finer and more delicate is your nervous system, and the more imperative it is that you care for your nerves.

"Nerve Force" is not an advertisement of any treatment I may have to offer. This is proved by the fact that large corporations have bought and are buying this book from me by the hundreds and thousands for circulation among their employees—Efficiency. Physicians recommend the book to their patients—Health. Ministers recommend it from the pulpit—Nerve Control, Happiness. Never before has so great a mass of valuable information been presented in so few words. It will enable you to understand your Nerves, your Mind, your Emotions, and your Body. Over a million copies have been sold during the past fifteen years.

What Readers of "Nerve Force" Say

"I have gained 12 pounds since reading your book, and I feel so energetic. I had about given up hope of ever finding the cause of my low weight."

A physician says: "Your book is the most sensible and valuable work I have ever read on the prevention of neurasthenia. I am recommending your books to my patients."

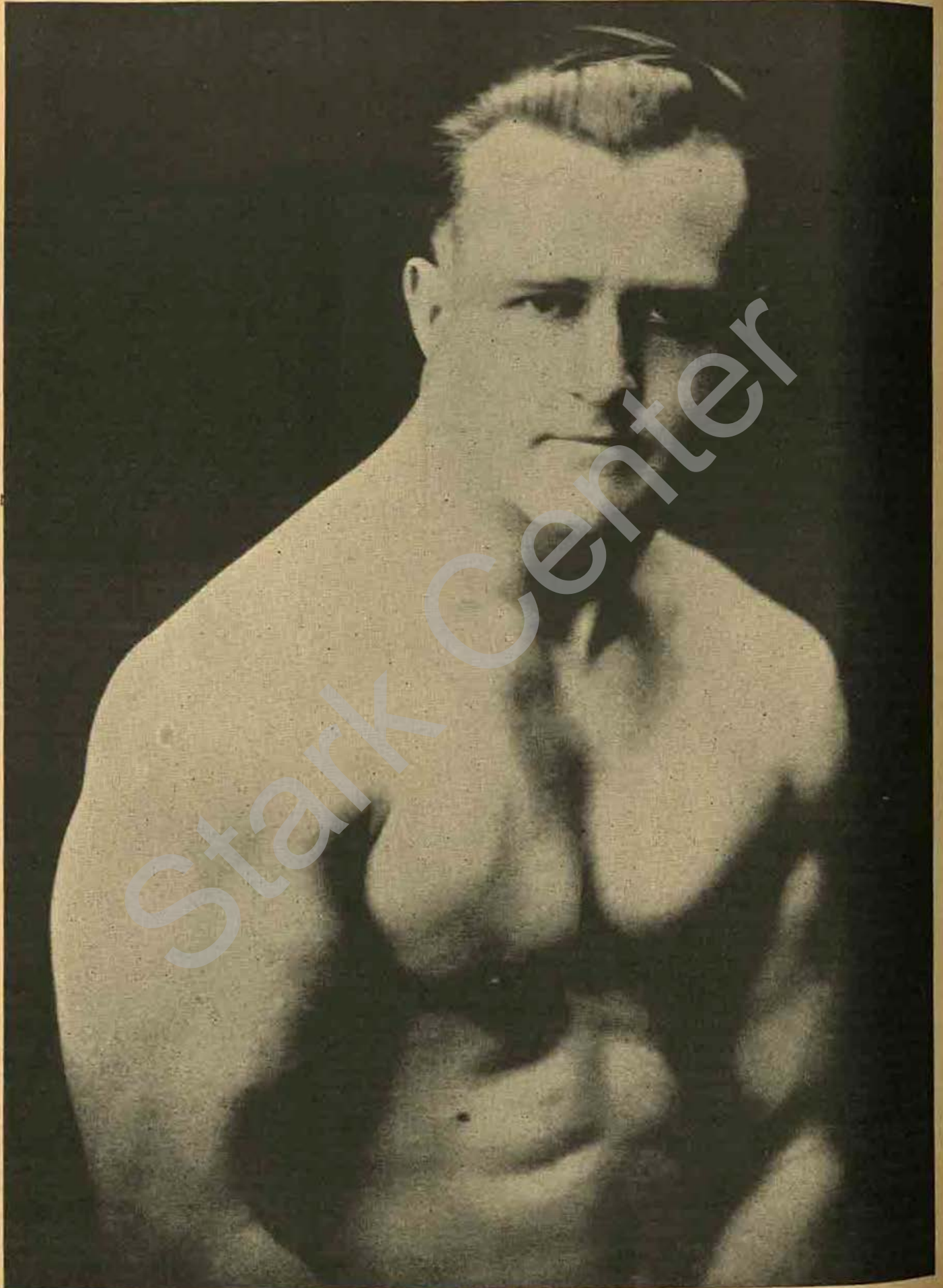
"Reading your book has stopped that dreadful feeling of FEAR which paralyzed my stomach and digestion."

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

"My heart is now regular again and my nerves are fine. I thought I had heart trouble, but it was simply a case of abused nerves. I have re-read your book at least ten times."

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

"I have been treated by a number of nerve specialists, and have traveled from country to country in an endeavor to restore my nerves to normal. Your little book has done more for me than all other methods combined."



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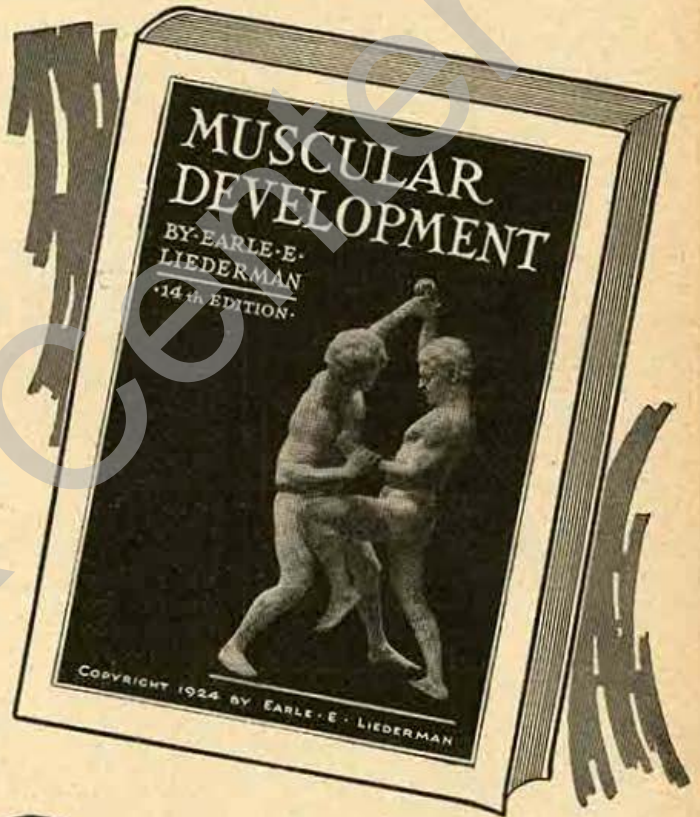
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Many say that any form of exercise is good, but this is not true. I have seen men working in the factories and mills who literally killed themselves with exercise. They ruined their hearts or other vital organs, ruptured themselves or killed off what little vitality they possessed.

I was a frail weakling myself in search of health and strength. I spent years in study and research, analyzing my own defects to find what I needed. After many tests and experiments, I discovered a secret of progressive exercising. I increased my own arms over six and a half inches, my neck three inches and other parts of my body in proportion. I decided to become a public benefactor and impart this knowledge to others. Physicians and the highest authorities on physical culture have tested my system and pronounced it to be the surest means of acquiring perfect manhood. Do you crave a strong, well-proportioned body and the abundance of health that goes with it? Are you true to yourself? If so, spend a pleasant half-hour in learning how to attain it. The knowledge is yours for the asking.



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HEART OUT OF PLACE—Pupil 4676 physician, age 65, from sworn statement—

"Serious doubts were expressed as to my recovery. Every particle of swelling had disappeared from my legs and I can now sleep all night in my bed, perfectly unconscious of the action of the heart and free from any smothering sensation.

"When I arrived at the Brinkler Institute I was compelled to wear shoes unlaced and two sizes too large. Within two weeks I could wear shoes of my normal size. I can now spring upstairs two at a time, and am gaining strength rapidly.

"Such minor troubles as catarrh and dandruff also disappeared.

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"Finger nails not brittle and breaking off as before.

"Hearing is perfect, memory also—almost unbelievable.

"One tumor disappeared entirely, the other one is now about the size of a medium size cherry, gives me no trouble whatever.

"The flow is checked entirely. No operation needed."

ULCERS—Pupil 6241, age 60, constant pain 12 years. All pains ceased in 6 weeks' correct eating, could then walk 200 blocks daily instead of 6 blocks, and enjoy life. (Sworn.)

EPILEPSY—Pupil 6141, physician, fits every 10 days for 4 years. Convulsions disappeared. Sworn statement.

Educational Booklet, 10 cents. BRINKLER SCHOOL OF EATING, Dept. 20J, 131 West 72d St., New York

(See Health by Rule, p. 82, Catarh, p. 78)

The Miracle of Might

(Continued from page 37)

pilgrim who combs the field for reliable information. We might search long for a proof of the durable properties of such structure, but our subject, by an unexpected touch of circumstance, provided the information we need.

A number of years ago Gorner left the land of his nationality, migrating to South Africa. After a period of time he decided to pay the Rhineland a visit—that was in 1924. When the announcement was made of his homecoming all Leipzig turned out in full force, and amidst the most joyous acclamation this mighty son of Anac was received. The machine that met him was drawn from the station to his old home by an exuberant crowd of enthusiasts. A day or two later, while in Munich, he was asked to display his power for the benefit of the sporting press. Gladly the returned athlete complied, but the exhibition developed into a contest. Strassburger, the champion of Germany, and one of the world's greatest iron men, stepped on the platform and also began to lift. Gorner did not expect this competition and as a matter of fact he had not touched a weight for months. He was handicapped besides, by being compelled to use strange weights, which incidentally happened to belong to Strassburger. Despite these handicaps the South African asserted his superiority, hopelessly defeating the German crack on every lift attempted.

Munich has become the greatest center in the world for strong men, superseding the famed Austrian capital, Vienna. In the German center are found many of Europe's best strong men, but the extent of Gorner's power seemed to be beyond them. The papers commented on the fact that Gorner was a marvel and that he did not seem to realize the extent of his own strength. Such testimony goes far, for we must remember that this city has seen them all, including Saxon, Swoboda, Stienback, Sandow, Apollon and many others. It was on this occasion that he was decorated with the largest gold medal ever given to an athlete, and on it was inscribed, "To Herman Gorner, the strongest man in the world, in remembrance of feats of strength such as have never before been seen in Munich."

Herman joined the Leipzig Atlas Weight Lifting Club, at the age of fifteen, to which the great iron master, Arthur Saxon, belonged. The first time that fine Teuton athlete saw Herman, he remarked without hesitation in the unselfish manner, which always characterized him, "Gorner is a stronger man than I am."

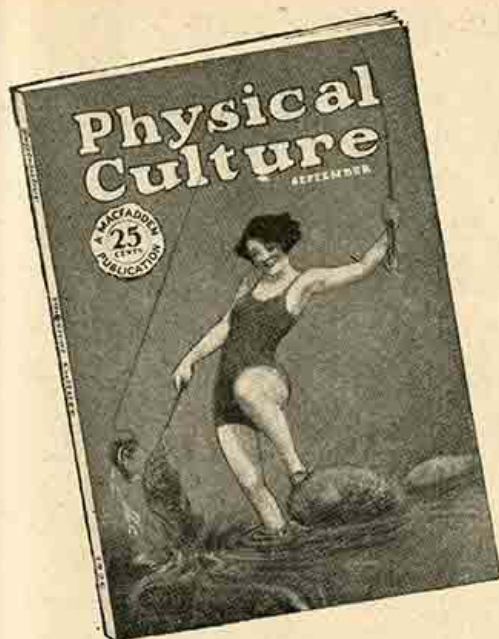
Quite a long while ago, I wrote an article about the world's strongest man. I did not know much about Gorner then. I simply drew my conclusions from analysis, and though the world at that time was then hailing Rigoulot of France as the greatest, it has since been proven that I was right in my choice. Gorner is 34 years of

age now and is far from having reached the limit of his possibilities. He is not so spectacular as Rigoulot or even Cadine, but he has those attributes that will keep him on his pedestal for many years, maybe for generations, as was the case of Cyr and others. It all depends upon what encouragement is given him in the future. As it is he is wasted in South Africa.

We find that by sheer strength and speed, regardless of skill, he can stick up a record on every lift, incidentally the only strength athlete in strongman history that could ever do that. Reading him in that light, he is the most worthy world's champion that ever wore the proud title. He admires the French lifters greatly and has tried hard to secure a match with Rigoulot, even to the extent of conceding him a 10% handicap, but so far nothing has developed.

Gorner unconceitedly believes that if he had the technique of Rigoulot, he could do 450 pounds in the Two Hands Clean and Jerk. As it is he has jerked 397 pounds to arms' length from behind the neck and done a Two Hands Anyhow of 440¾ pounds, without employing a Bent Press. He has pressed with two hands 273½ pounds, and in the more difficult lifts with two dumb-bells, he has Cleaned and Jerked 330½ pounds. He has jerked from the shoulder with one hand the great weight of 264½ pounds. In the One Hand Dead Lift he raised 727¼ pounds and did not use a cambered bar. Even in the Two Hands Dead Lift he just took the regular grip; not the regular and reversed grip as used by most lifters. He has stood erect with a bar bell weighing 330½ pounds hanging in the hands, and without allowing the weights to touch the floor, he cleaned it to the chest from this arm hang position and jerked it aloft. Some feat you will agree! But this boy from the veldt country is at home at anything on which you want to try him. For an example, here is a stunt that I would like to see tried by any man who claims to be strong. Place a huge smooth ball of iron of 220½ pounds' weight upon a table, then place a chair close to the side of the table and seat yourself. Without rising off the seat, take the ball between the hands and pick it clean off the table and press it to arms' length, while seated. Takes some doing you will agree, and it takes a man like Gorner to do it. Another feat that he does which makes me wonder, is a cross armed Two Hand Snatch; that is, he grips with the right hand where the left should be, and then grips with the left where the right should be. In such a manner he snatches 231½ pounds. It is not hard to visualize the difficulty of this stunt. In the first place the hands cannot be spaced the regular width apart. They almost touch each other. This means more strength control is required to balance the weight, then it becomes difficult to straighten the arms out under the

(Continued on page 68)



Foods To Keep You Fighting Fit

EVERY man famous in the athletic world has long since learned that food and diet form one of the main factors in acquiring strength and athletic skill. If these leaders of sport had not learned that truth, the chances are that they would never have become leaders.

And if you wish to develop strength and skill for any athletic activity, you must first see that you are eating the proper strength building foods, and in the correct combinations. For long hours of exercising and gymnasium work will not develop you if you are continually eating the wrong foods and putting your digestion out of order.

Food For Strength

In the September issue of Physical Culture you will find a splendid department entitled, "Tell Me What To Eat." This department is edited by Milo Hastings, director of the Physical Culture Food Research Laboratory, and in it he gives you the benefit of his many years of research work in finding the best foods for building vitality and strength.

"Tell Me What To Eat" appears in every issue of Physical Culture. You will find it a plainly written, common sense discussion of the values of different foods. These articles will show you the way to almost unbelievable health and strength through eating proper foods. Some of the articles will contain charts for rating foods for their values in building energy and vitality, for weight reduction and gaining, for constipation and growth. Others will give you menus for correct eating. "Tell Me What To Eat" is alone worth many times the price of the magazine.

In Physical Culture

This is only one of the many features of Physical Culture. Every month this internationally known magazine is literally crammed from cover to cover with features by the world's foremost health experts and by champions in practically every line of sport. A glance at the contents of the September issue shown on this page will give you some idea of the wide scope of this magazine.

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The Truth About Rejuvenation

How Health of Body and Keeness of Mind Can Be Preserved By Correct Functioning of Your Glands

By H. H. Rubin, M. D.

IS there a man or woman on earth who doesn't long to retain the stamina, virility and mental activity of youth? Is there anyone who sees the gray hairs creeping in, the wrinkles deepening and strength and endurance waning, who is not interested in knowing how best to retard the progress of "old age?" You, yourself, may be one of the scores of thousands who drag through life "hitting only on one cylinder, always fatigued, no vitality left after the day's work."

The Secret of Rejuvenation

Did you ever stop to think that all this is largely a matter of proper gland functioning, or, possibly, the rejuvenation of aging glands? All medical practice is an attempt to prolong life by restoring injured or wornout parts. All treatment consists in rejuvenating some of the body functions.

Remember that each cell is a separate entity with full powers of individual life. We are what our cells are. When the cells cease to function properly the whole body ceases to function as it should and gets old. Old age is, thus, a "disease" of the cell, bringing about senile decay, loss of memory and virile power, wrinkled skin, depletion of muscle tone, and so forth.

The problem of rejuvenation is to *make the cells young again*, and thus make the body young once more; for with this come all the evidence and appearances of youth. This means actually arresting the progress of senility, and setting the cells back to a point where they were years before. Can this be done?

One of the greatest medical scientists of modern times says that, in a surprising number of instances, it can.

Some of the Subjects Dealt With in Dr. Rubin's Book

To get some little idea of the tremendous interest of this vital book, just visualize for yourself how Dr. Rubin would treat these subjects:

- Rejuvenation.
- The Dictators of Our Destiny.
- How the Endocrine Glands Control Chemical Processes.
- How the Glands Influence Functioning Activity.
- The Glands That Develop Personality.
- The Glands That Influence Beauty.
- Can Science Overcome the Effects of Age?
- The Most Common Ailment in the World.
- The Problem of the Undeveloped Girl.
- How Science Helps Singers.
- Disorders Removed by Gland Stimulation.

Here Is the Word of the Scientist Here Is the "Open Door"

In his marvelously interesting book, "YOUR MYSTERIOUS GLANDS," Dr. H. H. Rubin, of New York City, makes this clear to you. Every page of this book is a veritable gold mine of wisdom, packed with helpfulness to you and to every member of your family. Every chapter

contains suggestions that may point the way for you to arrest or retard the progress of senescence, or to change entirely your physical and mental outlook on life.

And similarly with defective glands, responsible for much physical depression: if you are afflicted with any obscure disorder that the family doctor has not been able to diagnose and correct, Dr. Rubin may tell you, in "YOUR MYSTERIOUS GLANDS," how to overcome it: if you suffer from headaches, rheumatism, skin disorders, digestive disturbances, sluggish elimination, functional troubles, torpor of the blood-making organs, or any form of nervous trouble, you may find the explanation and the possible correction for the condition in this wonderful book.

What Is that Question You Wanted to Ask Dr. Rubin?

Thousands of you who have read in STRENGTH about Dr. Rubin's valuable and instructive methods have wanted to ask Dr. Rubin some question about yourself or some member of your family. In "YOUR MYSTERIOUS GLANDS," Dr. Rubin answers these and hundreds of other questions. With the authority of a man who has studied and specialized for years in the treatment of disorders of the ductless glands, Dr. Rubin puts his finger on the weak link in your endocrine chain and points out the remedy for some condition that has baffled your advisers for many weary years.

In "YOUR MYSTERIOUS GLANDS," Dr. Rubin tells how modern science is actually prolonging human life and efficiency and blazing new trails over which aging men and women are brought back to the flower and bloom of vigorous youth.

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Can you not see why this wonderful book may hold for you the secret of renewed youth? Can you not understand why a careful reading of its pages may not prove of inestimable help to you in a physical and mental way? Even if you personally may not need its help at the present time, is there not some member of your family concerning whose health you should like to ask Dr. Rubin?

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The Miracle of Might

(Continued from Page 66)

weight, when at arms' length overhead. It is such difficult feats like this, done on the spur of the moment, that testify to the genuine strength of the man. It would be interesting to see how either of the two Frenchmen would make out on a similar test. Both are mighty good men and are built along the same lines as Gorner, only not so tall nor quite as heavy. They have the same shapeliness and muscular contour as Gorner and each man has followed the same principles of training.

Here is a point that greatly interested me. If the sport of weight lifting and training with bar bells for muscle building, was always injurious, how much more injurious would it be today when men of lighter bodyweight are lifting considerably more weight than the giants of the past. But what do we find? We find scientists greatly interested in the doings of those men and their investigations have found them wonderfully fit in every way. I have always said that progressive bar bell training was more safe than calisthenics, and I am proven right by the statistics of men who should know. If you were to ask Gorner for an explanation he would summarize something like this: "I took up bar bell training because it produced vigorous growth and coaxed my development along to a state of greater abundance while I was growing. I grew gradually into the fullness of manhood with an amount of strength that I did not realize. I could see the muscles shape, but it was only as I continued to train with bar bells that I realized how the progressive system obliged me to increase my poundages to keep up with my increasing powers. It is all the result of a natural system, and the right way of using it. Exercise should act like a stimulant and a fertilizer, not a forced process, which is the case of many other methods that produce examples which remind me of hot-house cultivation. They lack the substance and the backing."

Continue your study of his physique and dwell upon the salient features that the spectacle provides. You will find more than a glossary of facts. His arm clearly portrays the cordy muscular possession of supreme powers, and the pose of the entire body is a pageant of muscular display. You have to dwell upon the pose where he stands with his friend and producer, Tromp Van Diggelen, before you can fully realize the magnificent image he presents. Diggelen is not a small man. He stands about 5 feet 9 inches in shoes and weighs around 200 pounds, but his size is completely dwarfed by the heroic Herculean proportions of this modern Milo. The symmetrical regularity of the legs and the clean-cut structure of the abdomen conform evenly with the majestic setting of the head upon those powerful muscle surging shoulders. He is a spectacle to behold with pleasure and one that supplies a lesson from every angle. Beyond a doubt he is the greatest triumph of the body building

age, the most powerful example of progressive bar bell training ever evidenced. His combined attributes make him stand out as a miracle of might that supersedes any one who has ever gone before. His bodily message is an inspiration to all who aspire to get for themselves the fullness of physical existence. To look at him is to become fascinated with the magnetic attraction that influences a man toward greater achievements. He is the embodiment of the God-made man that exemplifies all our ideals, and it is perfectly in accordance that Gornier should be the one man over all men, past and present, selected as the most fitting to wear the glorious title of the world's strongest man. His by right of might from perseverance in the most natural method of body building.

American Continental Weight Lifters' Association Notes

(Continued from page 54)

going to have a return contest in Paris covering all bodyweights. It is fine to see that these two great weight lifting nations have forgotten the war and are renewing their old time competition. In the last issue of the A. C. W. L. A. notes, I gave a report of their first get-together, which took place at Mannheim, Germany. I guess we can expect to see some real stuff performed, as their rivalry is always keen. Talking about international competition brings forward the fact that British lifters have been possessed with a rage for dead weight lifting ever since Joe Price, the English heavyweight, increased their records over 400 pounds. This husky smith weighs well over 200 pounds and scored 430 pounds with his right hand and 407¾ with the left. These are claimed as world's records. They are—as amateur records, and incidentally the best dead lifts that Britain has in either the amateur or professional ranks. But America outrivals them in this lift. John Y. Smith, as a middleweight, has done 450 pounds officially, and Dr. Raftery as a light heavyweight cleared the amateur ranks with 415 pounds. The previous record was held by W. Mills who is only a heavy middleweight. He dragged 397½ pounds off the floor to the correct position. There is a great deal of difference in the respective bodyweights. Our best man weighs 154 pounds against Price at 219 pounds. What seems strange to us is that Price was allowed six attempts. He failed on five attempts. We only allow three attempts; but we do allow the lifter the privilege of asking for trials before the lift is officially started—a procedure that neither Smith nor Raftery asked for. Such comparisons as these show the value of open contests, where the best man, whether he be amateur or professional, is given the same chance to prove himself the best man. It would be interesting to see how the Britons would pan out in such a contest. Internationally speaking, Amer-

(Continued on Page 71)

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There is one thing in nature of which we take but little consideration, probably from the fact of its apparent simplicity. That one thing is proper breathing. Proper breathing is essential and fundamental to good health, and good health is essential to happiness. So we see that our very lives depend upon the exercising of proper breathing principles which we neglect to study and understand. But nature's laws are invariable, and the time comes when dire results follow a disregard of the principles of breathing correctly.

Your Blood Purified By Air

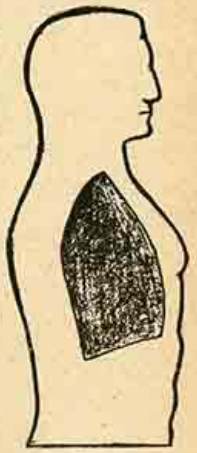
It, therefore, follows, logically, that air is necessary to health, and health will be imperfect if you do not breathe correctly and fully purify every ounce of blood in your system as it makes its rounds.

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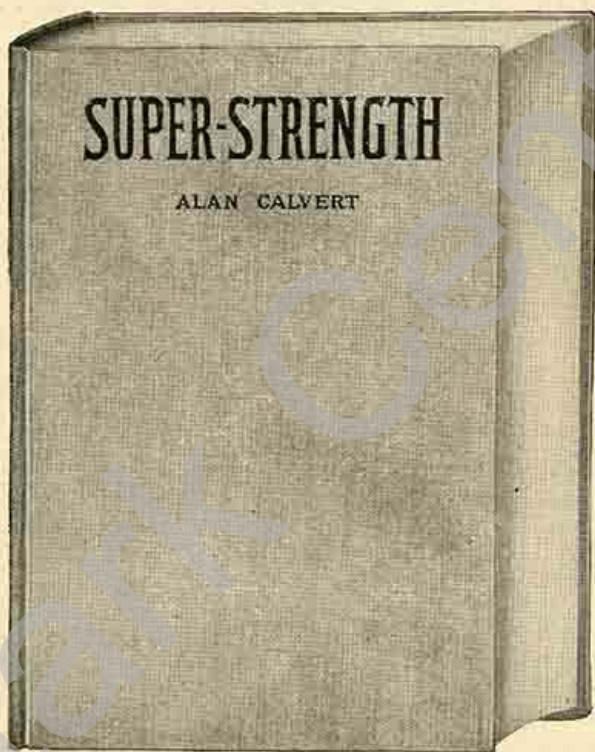


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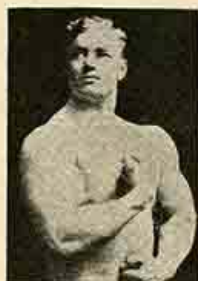


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American Continental Weight Lifters' Association Notes

(Continued from page 69)

ican lifters would beat the British easily in most of the bodyweight classes, whether it be proved in an open tournament or in one restricted to amateurs. In an open contest they would have no chance at all. Moerki, Steinborn, Giroux, would be too good for their best heavies, and our president would clean up the light heavies just as easily, with Fournier, Klein and Marineau, taking the laurels in the next three classes. Our only doubt would be in the featherweight and bantamweight classes, but that would only be two places we might lose against five we would win, though Angers, might possibly clean up the featherweights. As form has been proving itself on both sides of the Atlantic, our amateurs would clean up. Manger, Burns and Petry are better than their best heavies, with Willoughby better in the light heavies. Gaus and Mitchell would outclass their heavy middles, and we have at least a half dozen besides Paschall, who would beat the best middles that our British friends could produce. The remaining three classes would be a scrap, but I believe we could count on one of these anyway, with four classes already in the bag. Such is the splendid progress our boys have made since we picked up the iron rod as a sport, but nothing would please us better than to see such a conflict materialize; for it has been already proved that our boys thrive on competition.

The Gray Haired Weight Throwing Champions

(Continued from Page 28)

continuously improving in all branches of competitive sport, the weight throwing field will also improve; and somewhere in the U. S. at the present time there are some obscure novices plugging away, who will rule the game for the next decade or longer; not having reached the requisite strength or proficiency, as yet, they are preparing for their chance.

Wrestling for Health

(Continued from page 43)

a strong leg throw, try to hurl your opponent sideways, falling down with him as you do so. He will fall flat upon his back, and you will have a fine opportunity to pin both his shoulders down to the mat.

Still another fast moving stood-up hold that can be easily mastered by the learner very effectively, is the old cross-buttock. It is the oldest throw known to wrestling, and works out just as well today as it did a thousand years ago. I remember seeing an ancient fresco showing athletes at play, and one was executing a neat cross-buttock on his opponent. However, that is not explaining to you how to do it. You

advance on your man in the same manner as I explained in the last throw. Grasp his right wrist with your left hand, but instead you wind the right arm around his waist, and at the same time turn in and twist your right hip across his right hip, and heave him off his feet in a circling movement, falling with him. If you are not smart enough, he will turn the tables on you with the same hold, as you are both in the right cross-buttock position when the hips are crossed. But you have to move fast in order to secure any of these throws when you are wrestling in earnest. This sport has one splendid feature about it: the more you twist and turn, the more openings become exposed, and it is up to the quickest of the combatants to close the opening. As one man is brought down to the mat, and a clear break is made, the chances are equal to both to clamp on the final coup, which can be secured by one of the various nelsons, headlocks, or scissors. The hold which looks pretty, and is a corker, is the crucifix. With your right leg you circle your opponent's right arm and hold it—a position that turns into an arm scissors. Then reach over his back and pass your left arm under his left arm in what is called a further nelson. Clasp your hands together and use your right elbow to pry on his head to pull him over toward you. As this is being done, roll on your face. The finale of this hold will see you flat on your face with his one arm trapped between your legs and the other locked in your arms. He will be lying face up across your body in a crucified manner.

Do more wrestling, boys! There is nothing like it. It develops a superior degree of reliance, besides keeping you in the pink of condition. It is one of the most natural sports and, therefore, the easiest to master. Thousands have found the road to health by practicing this lively pastime, and so can you.

The Mat

(Continued from Page 46)

to choose from. To make the matter worse, most of the tall men are not so compactly built as the majority of short men, who are thus able to provide greater numbers for comparison than any other class. What the short man lacks in leverage he makes up with a higher degree of natural vigor, that is distributed over a more compact area.

Another Mat fan from Cheeka asked me to discuss the subject of what I consider is the most ideal build for a strong man—a man with a long back or a short back. This query comes under the same heading that we have just been discussing. The difference here lies in leverage also. You will always find that it is the length of the legs that affords the best comparison to give the best estimation on the length and power of the back. Of the two, the long back is preferable to the short back, by reason of the greater pull it controls. In such a case the legs will always be found a little shorter in pro-



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portion to the length of the back and are thus capable of affording greater support, providing they have the necessary size and strength. But if a man is blest with a pair of legs and a backbone which balances in length, irrespective of his height, he naturally is built on a balanced standard that should be productive of the best results. I know it does not always work out that way, but it should. Facts prove that the best men for all-round physical ability are those with the balance of length reposing in the spine. A short-backed man, providing he is of stocky build, can support and carry the most weight from an upright position. In order to understand this more clearly you must remember that the spine is an instrument of depression. It is built to support, and its greatest power is demonstrated in the perpendicular, which is one reason why a man can support a greater weight at arms' length than he can take clean to the shoulder, or raise from the chest overhead. A short-backed man has less arch in the lumbar sector, which gives better support in the perpendicular. Then, on the other hand, he lacks the leverage in a lift off the ground; and if he stands 5 feet 4 inches, he is liable to have less concentrated energy than the other fellow.

EDITOR OF THE MAT:

Why do some strong men have great chest expansion, while others do not?
Manila, P. I. W. C. W.

Off hand, it does seem strange that a man who is a giant in strength has less chest expansion than others who are less powerful. Well, there are several reasons why this is so and why it should be. That sounds as though I approve of the small expansion—I do. Many of you may be familiar with the methods some physical culturists take to swell out the tape measure, and, no doubt, many of you are not. Anyhow, after the normal chest measurement has been taken, the expanded size follows. In order to make the inflated chest measurement as large as possible, the lungs are filled with air as much as possible, and the chest is expanded. Now that is the proper way to measure, but many flex the big latissimus dorsi muscles afterwards, which will easily increase the chest measurement from two inches up, according to the development of these muscles. I knew one man who could get an extra 12 inch measurement by doing this little stunt, so great was the development of those big, broad back muscles. Just imagine, if his normal chest was 36 inches, and he got 4 inches from natural expansion and 12 inches by flexing those muscles, that would make the chest size 52 inches expanded, which it would not be; 38 inches would be the right measurement. That is really how most people are misled on chest measurements.

A man who has a good-sized normal chest is less apt to have much expansion, simply because in his chest building process he has built up the muscles that surround the chest, which hold the ribs up all the time. Those who build

up the chest by resorting to exercises that merely stretch the cartilages of the ribs do not have a big chest all the time, because there is nothing there with which to hold it up. Consequently, the normal measurement is not impressive, while the inflated size might be. However, this type of man is not apt to be able to bring his latissimus dorsi muscles into play, as he is not likely to have them.

A muscularly built chest will increase the normal size of the entire thorax, as it has the necessary muscular armor plates of protection for cooperation. Thus, the chest is provided with a greater space for the lungs to function more powerfully and healthfully, which naturally increases the bodily vigor; therefore, 2 or 3 inches of natural chest expansion is sufficient. This leaves out any aid from the latissimus dorsi muscles to increase the tape line. You can now understand why an ordinary person is apt to have as much chest expansion, and possibly more, than a well-formed athlete.

A person who is affected with lung trouble has great expansion, for no other reason than the walls of the chest have sunk in from the wasting away of muscle tissue.

As I said in an article on building a mighty chest in an issue of *The Mat* last winter, do not be satisfied with stretching the cartilage attachments of the ribs only, but build up the muscle that surrounds it, so that you can hold all the chest increase that you gain. The real value of chest size is the greater volume of space that is given to the lungs to breathe in all of the time, not just when you want to impress some one with your expanded chest size.

Now boys, I am going to close our chat for this month by asking you all to remember a few facts. Let all of your questions be entirely on body culture and its allied subjects. So many well-meaning friends write in on entirely different subjects. One friend wrote me a letter asking me to give the name, address, measurements, birthplace, age, and history, of no less than 173 athletes. Great Scott, boys, you know that would take volumes to provide an answer, besides months and months of time, which is impossible. I want to oblige all that I can, but these queries are out of order. I will be glad to give you the measurements of two or three men at a time, if I know them. Another thing, do not forget to give your name and address. I will not publish your name if you do not wish me to. If the question is personal, or you want a quick reply, do not forget to enclose a stamped envelope.

This department has grown to enormous proportions, so let us keep to our original intentions. Get more of our friends to belong, so we can create a regular body builders' sanctum, and in the end gain greater profit by the exchange of ideas and advancement of information. Good-bye, until next month.

Ask the Doctor

(Continued from Page 48)

olive oil in the meantime, so as to soften the skin. With this information in view I would also advise that you see a good skin specialist and receive treatments from him as he advises, and in this way you will be able to obtain results.

QUESTION: About 2 years ago I met with a slight accident, causing a small rupture in the lower part of the abdomen. The rupture does not project outward, but in a downward direction and into the scrotum on the left side. Will you kindly advise me of the proper treatment necessary for this condition and oblige,

A. B. K., Chicago, Ill.

ANSWER: Your condition is known as a left inguinal hernia and is usually the result of some type of muscular straining or heavy lifting and if your case is that of the acute type, then results can be obtained by wearing the proper truss and also by resorting to the different methods of exercises which will be very beneficial and effectual in your case. On the other hand if your case is that of long standing I would advise that you resort to surgical measures and have the condition treated in this way.

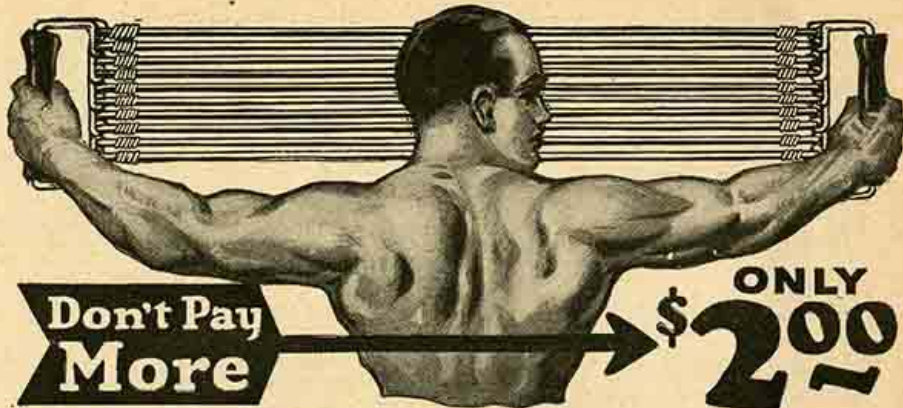
Health Digest

(Continued from Page 62)

and lymphatic tissue, including the tonsils, and that inadequacy of thyroid secretion is connected with over-production of lymphatic tissue and enlargement of the tonsils. However, there is experimental proof that administration of thyroid extract may diminish the size of adenoids and enlarged tonsils. In his school studies he found that there was a rise in the occurrence of enlarged tonsils in close correspondence with the period of acceleration in growth, and he puts forward the hypothesis that in the past stages of evolution, the stage of puberty took place earlier than it does at the present time. Before puberty is attained there is a great increase of weight of the body and this increase remains, marking the almost obliterated previous pubertal periods. To bring about this great increase in body weight the lymphatic tissue is produced in excess for a year or two previously and the catabolic function of the thyroid is diminished. As the latter increases, the former diminishes and an increase in growth occurs. There is thus a period of anabolism with activity of lymphatic tissue favoring nutrition and diminished growth. The thyroid then wakes into activity, leading to the decrease of the lymphatic tissue, increased metabolism and rapid growth in both height and weight.

There are one or two interesting facts as regards enlarged tonsils which fit into this scheme quite well. It is well known that enlargement of the tonsils runs in families. Numerous cases have come under my own observation, but I think the fact is too well known to need more than mention. Of course, this

(Continued on Page 75)



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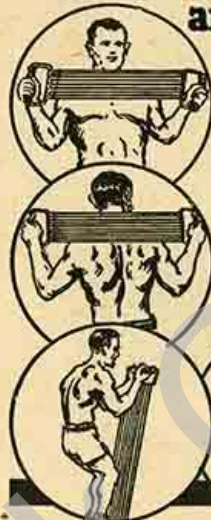
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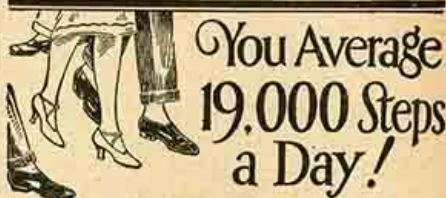
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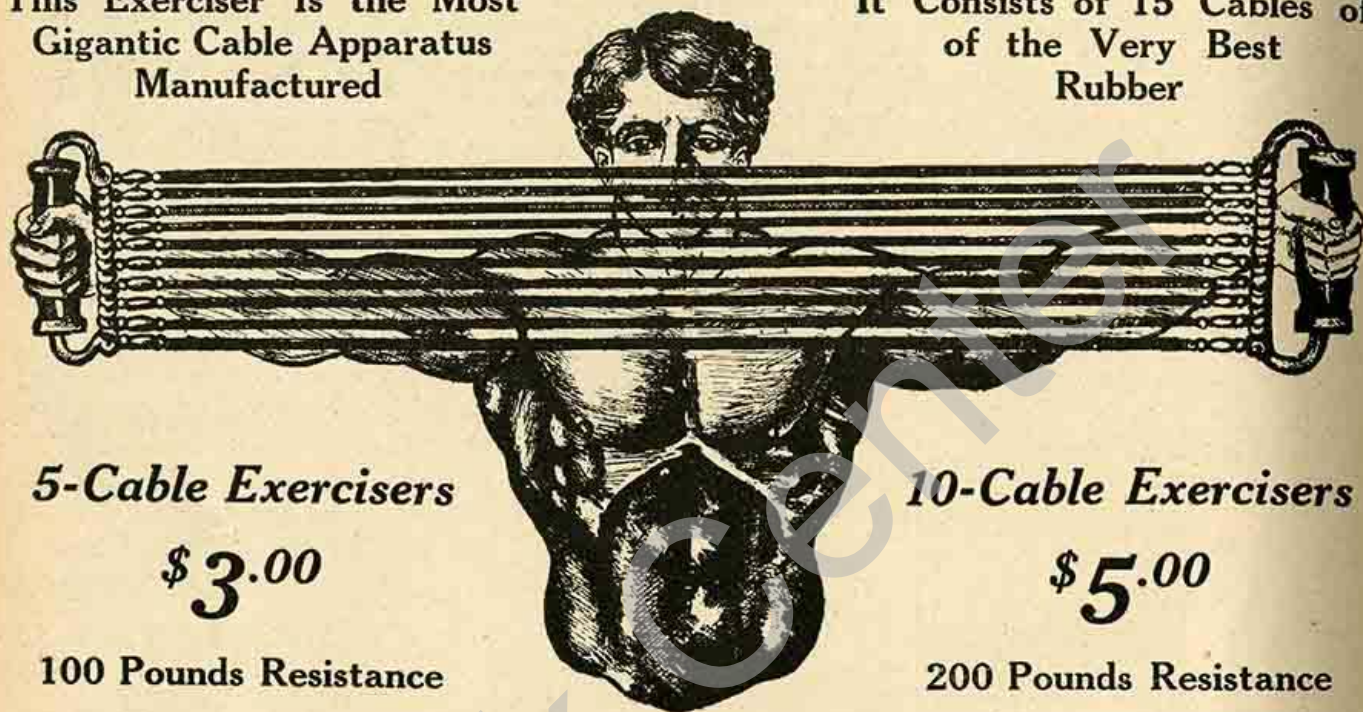
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The Health Digest

(Continued from page 73)

may only mean similar external circumstances have been acting, but when it is taken into account that families with enlarged tonsils live next door to those without, it is more plausible to suggest some hereditary condition or some dietetic distinction. That there is such hereditary transmission of thyroid inadequacy is probable. Secondly, enlargement of the tonsils has been found to occur more frequently among children with little fingers incurved in the manner seen among Mongolian imbeciles. Thirdly, the relatives of children with goitre fairly frequently have incurved little fingers and still more frequently have enlarged tonsils. All these facts closely connect hypertrophy of the tonsils with thyroid inadequacy. The basis for the ordinary view of tonsillar enlargement are obvious, and some of the arguments require consideration. First, most enlarged tonsils are infected. This is shown in many ways and most clearly, perhaps, by their association with enlarged cervical glands. Statistics have been collected and published showing this relationship which, since it is an uncontested experience, need not be quoted. It is sufficient to remember that the size of the tonsil does not de-

termine the size of the cervical glands, and that numerous cases of quite well marked hypertrophy of the tonsils are met with in children whose cervical glands could hardly be called abnormal. On these grounds, among others, it must be concluded that few enlarged tonsils escape infection, but this does not necessarily mean that the infection is the cause of the hypertrophy. The source of the infection has been variously stated and the most frequently cited are carious teeth and colds.

With regard to the treatment of tonsils, Dr. Cronk states that about the only reasons for removing tonsils will be the presence of chronic cervical adenitis, recurrent tonsillitis or quinsy, and, occasionally, the presence of a remote disease of a chronic nature, which may be kept going by septic tonsils, and where no other focus can be ascertained. If these principles are adhered to the results of the operation will be almost invariably good. The prevention of tonsillar infection will include removal of any causes local, such as carious teeth, chronic nasal catarrh, etc. I think that an effort should be made on a sufficiently extensive scale to treat enlarged tonsils in young children with iodine or thyroid extract, and compare the results with those not treated, having special regard to respiratory affections and infections of the tonsils.

—N. Y. Medical Journal, June, 1926.

What Causes Indigestion?

(Continued from Page 58)

of the disease is usually good, but if there be an absence of an inherited predisposition, and if the cause is removable, a complete recovery may be prognosticated. In a neurotic constitution, however, the tendency to recurrence is very strong and the most unpromising cases are those in which the cause is irremovable, though as to life the prognosis is favorable.

Every casual factor must be recognized and mitigated or removed. The diet should be generous and composed of highly nutritious articles of food, and it is usually best to advise an individual that his stomach is capable of digesting a full meal, and that the nervous system demands special attention and the taking of nerve tonics may be of some benefit to the individual. It is also advisable that an individual change his climate. If he is living in a city he should change the climate from the city to the country, or to the mountains or seacoast, as in some manner he must be extricated from the old surroundings under the influence of which the disease was started and has continued. Sea air has seemed to me to be more serviceable than mountain air in these cases, though I believe it to be an axiom in climatic therapeutics that the latter confers more lasting benefits than the former. As a rule, persons who are afflicted with the disease of indigestion are averse to taking exercises, but this sanitary measure should be insisted upon as exercises tend to help correct the condition. Cold sponging of the

surface of the abdomen, followed by friction to the skin, should be practiced daily for its effect upon the nervous system. Occasional hot and cold douches, electricity and gastric massage may all be tried, but the correction principally of the spinal lesions which are usually found from the fifth dorsal vertebra to the fourth lumbar vertebra will help very much to correct the condition as in indigestion the nerves and blood vessels are mostly affected and therefore cause an irritation to the different organs involved. It has been known that in highly neurotic and hysteric females the S. Weir Mitchell treatment is often attended with good results. In my experience with indigestion cases I have seen great results when an individual affected with the disease would move from the city to the country and resort to farming or other means of work in a much purer climate. One of the most obstinate examples of this nature that I have seen occurred in a retired merchant living in Philadelphia. This man was finally cured in consequence of his own suggestion, resulting in his removal to the country and engaging in farming. Brokers and professional men who have mentally over-exerted themselves or are tired with the worry of business care, lead an irregular life, or who are engaged too actively in social pursuits, if possible, should have a change of scene. Horseback riding, walking, golf, yachting, fishing, shooting and camp life for a few weeks, or a pleasure trip, all give



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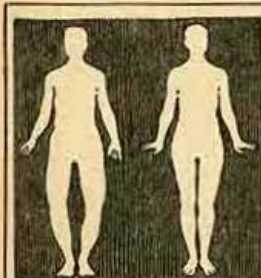
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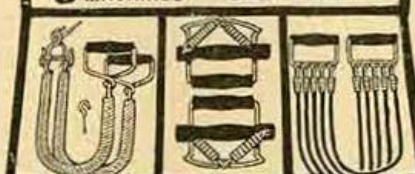
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The bowels should be properly regulated by the diet and also by some mild laxative such as the fluid extract of cascara sagrada. In my experience I have found the carbonated bath given every other day at home for a course of 12 baths at a temperature of 95° to 98° F. to be of service in toning up the circulation and general nervous condition.

Why Not Play Medicine Ball?

(Continued from page 50)

manner. (For arms, shoulders, back, and legs.)

Exercise No. 3. Holding ball in both hands at arms' length overhead, throw to other's chest, using straight arms. Keep the legs straight and body upright. Repeat from overhead to chest. (For shoulders, chest, and abdomen.)

Exercise No. 4. Hold ball as in No. 1. Instead of throwing to chest, aim at a point at arms' length over opposing player's head, where he should catch the ball. Make throw with arms only, keeping legs straight. After several repetitions, vary the movement by bending the knees and putting the force of the legs behind the throw. (General all-round effect.)

Exercise No. 5. This throw is the same as No. 3, excepting that you lean backwards as far as possible with ball at arms' length overhead and make the throw by bringing the body forward at the hips, keeping legs straight throughout the movement. Throw to partner's chest. If this exercise is properly performed, the abdominal muscles will be given an excellent work-out. Lean back as well as possible and in throwing bring the body over as far to front as you can, and still put plenty of force behind your throw. Alternate back and forth. (For abdomen, chest, and shoulders.)

Exercise No. 6. With ball held in both hands, feet well apart and legs kept straight, lean well forward and throw ball from between legs to partner's arm length overhead. Get the force for making the throw by straightening the back in a vigorous manner, bringing the body upright at completion of throw. Keep the knees stiff throughout. This stunt will give the back and hip muscles a generous work-out, as well as the back of the thigh and calf.

Exercise No. 7. Instead of standing with feet parallel, as in the previous movements, change to a position with left foot forward and feet far enough apart, so that you are able to keep well balanced. Hold the ball in both hands, at right side of body and level with the chest, elbows bent. Throw by straightening the arms with a snap, keeping the legs straight.

Exercise No. 8. This is a variation of No. 7; instead of throwing with straight legs, assume same position, then bend knees and lean backward towards the right side. Make the throw by

simultaneous straightening out of the arms and legs, bringing the body forward somewhat.

Exercise No. 9. Standing with left foot advanced, hold the ball in both hands at arms' length, hanging in front of body. Keeping the arms straight, bring ball back as far as possible to right side of hips without swaying the body or moving the feet, throw the ball with a sweeping movement of the arms, keeping the elbows stiff.

Exercise No. 10. Same as in No. 7, excepting that ball is thrown from the left side, in which case the right foot must be advanced, and position of body in general reversed.

Exercise No. 11. Left side variation of No. 8, reversing all body, leg, and arm positions.

Exercise No. 12. Left side variation of No. 9, ball drawn back to left side and body positions reversed.

Exercise No. 13. Stand in a position with back towards your partner, feet parallel and spread well apart. Taking ball in both hands, at arms' length overhead, throw it through your legs to partner's chest, by bending the body forward at the hips in a vigorous manner. Keep arms and legs straight all the while you are making the movement, from overhead till the ball leaves your hands between the legs. Be sure to bend the body as far forward as possible and practice till you can make the movement in a really snappy manner. This complete movement will get the entire body.

Exercise No. 14. This is a variation of the last exercise. Stand with the back towards partner; assume position with knees slightly bent and body tilted forward at hips; hold the ball in both hands at straight arms' length in front. Now throw ball through legs to opposite player's arms' length overhead, by making a sort of jack-knife movement with body, keeping arms straight bring ball backward through legs, adding force to the throw by straightening knees. (This exercise has a general effect.)

Exercise No. 15. Assuming position with back towards opposing player, feet about 18 inches apart; hold ball in both hands in front of body, with arms bent. Bending the legs and straightening them snappily to give impetus, throw the ball back overhead to your partner. (For back, legs, shoulders, and arms.)

Exercise No. 16. With back turned to partner, feet about one and a half to two feet apart, and legs straight; throw ball backwards overhead to partner, the throw starting from the knees with body bent forward slightly. Force of throw should come from straightening back and bringing arms overhead in a circle, elbows locked throughout the movement.

Exercise No. 17. Stand with left foot well advanced, weight balanced on right foot. Medicine ball should be balanced on right hand at shoulder; left arm pointed out to front at level of shoulders; bending and straightening the legs in a snappy manner, heave the ball with the right arm, sending it over to opposing player.

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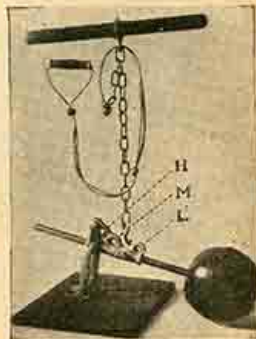
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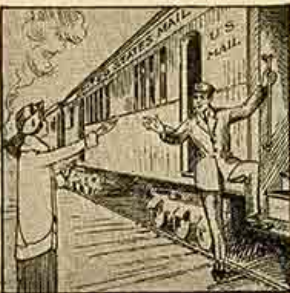
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Feel Like This?

Or Like This?

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A Few of the Subjects Discussed

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Practice this throw, both with feet stationary, and by bringing right foot forward, past the left.

Exercise No. 18. Stand in reverse position to that assumed in the previous exercise; i. e., right foot advanced, weight of body on left foot, ball held at left shoulder on open hand, right arm pointed forward; ball to be thrown with left hand. As in No. 17, practice this left hand throw, both with feet kept stationary and also with shifting the feet.

Exercise No. 19. With left foot well advanced, hold ball in right hand hanging at arms' length at the side, to get a secure grip, hold ball against forearm, by curling hand and wrist around under ball; swaying the body slightly to impart momentum, swing the right arm backwards and then bowl the ball forward, shifting the right foot to maintain balance.

Exercise No. 20. This is the left-hand variation of the foregoing throw: all positions to be reversed, right foot forward, ball held and bowled or thrown with left hand; left foot brought forward simultaneously with the throw.

To choose a routine for your individual case, it is advised to carefully read the descriptions of the various movements, and then by following the outlines given below, you can lay out your own course, depending on your needs, and the extent of vigorousness desired.

For general warming up and limbering purposes take a snappy work-out on all throws.

To reduce: Go through all movements, working as fast as you can; then concentrate on the following: exercises No. 3, No. 5, No. 13, No. 14, No. 17 to No. 20. Work fast, making all movements in a thorough manner.

For women and girls: Start on short, easy throws, working up to short, snappy throws. Do not try long and hard throws. Eliminate No. 13 and go easy on No. 3, No. 5 and No. 14.

For purposes of General and Local Improvement: Go through all movements, first warming up with light, quick exercises in a thorough, forceful manner. It is best not to work very fast. After which concentrate on the movements recommended for your purpose.

Arms and shoulders: Most of the throws are suited to this purpose, possibly excepting the ones designated as abdominal movements.

Thighs: Concentrate on performing movements with vigorous knee contraction.

Calf: Practice your throws while on toes and while working up and down on toes.

Back: Will be benefited by bending movements and overhead throws.

Abdomen: All forward bending and between legs throws will strengthen the abdomen.

Neck: All overhead throwing will develop the neck.

Sides of Waist: Those movements where the body is bent sideways and backwards.

Catarrh, Etc.

Only your blood containing fruit acid can dissolve any mucus or "paste" in your system.

Mucus-Making Foods

In its passage through the body mucus is secreted in various organs, causing disease. The effects or symptoms are then named variously according to location, but the source of the trouble is the same—fermentation, chiefly from butter, cheese, cream, fat, oil, salt, etc., in excess.

100 Names for 1 Disease

Mucus causes catarrh of the eyes (conjunctivitis), of the nose (rhinitis), of the ears (otitis, deafness), of the bronchial tubes (bronchitis, asthma), of the lungs (tuberculosis), of the stomach (gastritis), of the appendix (appendicitis), of gall bladder (gall stones), of gums (pyorrhea), etc.

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Juice from grapefruit, without sugar, also tomato juice, berries, some oranges, apples, etc., when used as freely as water, combined with suitable brain-and-nerve foods, laxative vegetables, prepare your blood to dissolve mucus, and remove acidity.

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(See Pure Blood, p. 66, Health by Rule, p. 82)



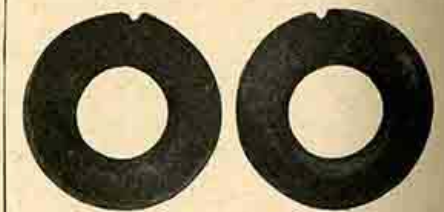
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Chest: Will be developed by any of the throws, especially long arm throws.

Forearms and grip: Will be benefited by all catches.

Any individual not having someone with whom he can practice may receive great enjoyment and benefit by practicing the various movements, throwing the ball in the air and catching it. Also, all the different movements may

be made without letting go of the ball, swinging it from over head down between the legs and back to arms' length over head, letting go so that it flies in the air, catching it as it comes down.

If you have a good, sound wall, the entire routine of throws may be practiced by throwing against the wall and catching the ball.

Are Your Organs In Tone

(Continued from Page 31)

Anyone who is bothered with gas on the stomach or in the intestines will usually find instant relief from these massaging movements, if properly done. Of course, while the massaging itself relieves the uncomfortableness caused by the gas, it does not cure the cause immediately. This must be done by a general toning up of the digestive organs, which in turn is brought about by right eating, the exercises and the massaging.

In exercising and massaging the abdomen as just explained, we take in the intestines as well as the stomach. And we also aid elimination, which means curing constipation. This is one of the serious disorders of the internal organs and a general health destroyer.

The small intestines absorb most of the food elements from the food, which is now liquid, passing through them. The large intestines do the same to a lesser extent.

Now, as the food is churned and moved by a muscular motion of the stomach and intestines, what happens when no exercise of any account is taken? Why, these internal muscles become weaker, just as the outer abdominal muscles will. Take walking, for instance. As an exercise it is good, but not good enough in my opinion. My reason is that ordinary walking never developed a pot belly into a well-muscled abdomen.

This proves, then, that you need, and must have, more strenuous exercises for the abdomen if you want proper digestion and elimination.

While we are on the subject of the digestive organs, it may be of interest to those concerned with eating for strength, as well as exercising for it, to know what foods produce strength and in what quantities each one of the foods mentioned produce strength.

The following table gives the number of grains of strength in one pound of food. There are 7,000 grains to each pound. This table will open your eyes as to how little strength there is in a pound of food. This may be the secret of why great men are, as a rule, great eaters, or, putting it the other way, why great eaters are usually strong men.

FOOD	GRAINS IN POUND
Parsnips	12
Turnips	12
Whey	13
Greens	14
Potatoes	24
New Milk	35
Buttermilk	35
Skimmed Milk	34

Barley	70
Rice	70
Bacon	78
Rye Bread	89
Baker's Bread	90
Pearl Barley	91
Fresh Pork	108
Seconds Flour	120
Corn Meal	125
Fresh Fish	129
Cocoa	130
Oatmeal	140
Mutton	140
Fresh Beef	172
Beef Liver	200
Split Peas	250
Cheddar Cheese	310
Skim Milk Cheese	360

Now, keep all your internal organs in mind, as well as your muscles, when exercising for health and strength. All diseases and ailments have their seat in an internal organ and not in a muscle.

Some foods digest as quickly as one hour after eating, but most foods take from 2 to 4 hours' time. Therefore, if you are in the habit of exercising after a meal, be sure you do not do so within an hour after your meal. Besides, a whole lot depends on what class of food your meal consisted of. For instance, if you had pork or veal or cabbage, you should not exercise as close as an hour after eating this type of meal, because they consume four hours and over in digesting them. Of course, you do not have to wait four hours, but you should wait two hours.

Here is another table of hard and easy foods to digest:

Meats—Easy to Digest—Mutton, venison, hare, sweetbread, chicken, turkey, partridge, pheasant, grouse, beef tea, mutton broth, beef.

Hard to Digest—Pork, veal, goose, liver, heart, brain, lamb, duck, salt meat, sausage.

Fish—Easy to Digest—Turbot, haddock, flounder, sole, fresh fish (generally), roasted oysters, trout, pike.

Hard to Digest—Mackerel, eels, salmon, herring, halibut, salt fish, lobster, crabs, mussels, cod.

Vegetables—Easy to Digest—Asparagus, French beans, cauliflower, beets, potatoes, lettuce.

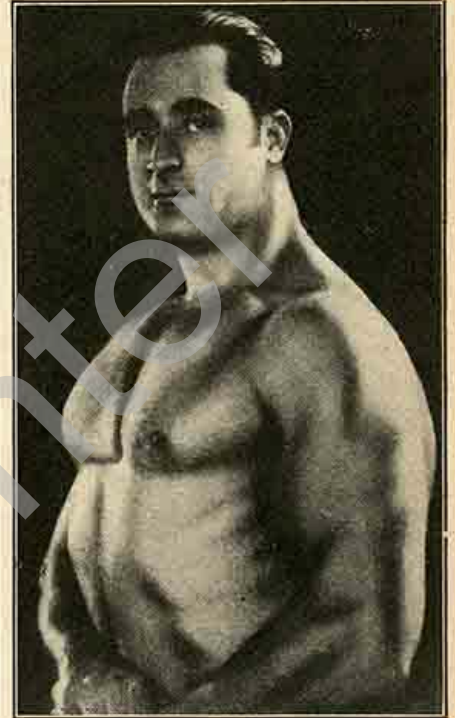
Hard to Digest—Artichoke, celery, spinach, cabbage.

Fruit, Etc.—Easy to Digest—Baked apples, oranges, grapes, strawberries, peaches, cocoa, coffee, black tea, sherry, claret.

Hard to Digest—Apples, currants, raspberries, apricots, pears, plums, cherries, pineapples, chocolate, pickles, porter.

Once a Weakling—Now the World's Strongest Physical Director

You, Too, Can Attain Marvelous Strength and Perfect Health Through Following My Instructions



CHARLES ATLAS

Twice selected as the World's Most Perfect Man, winning two \$1,000 FIRST PRIZES in National Contests conducted by Bernarr Macfadden. No other man can claim this title.

My methods will make ANYONE a masterpiece of physical excellence. They changed me from a 95-lb. weakling into the World's Most Perfect Man. What I have done for myself I am also doing for my thousands of successful pupils. You are no exception! I don't care what condition you are now in, how young or how old you are, I will make you a REAL MAN. That I guarantee under bond. Thousands have come to me pleading for help, for health and strength. Not one of them has been disappointed. I want YOU to enjoy this New Power, New Health, New Life. New Ambition that my surprisingly easy and successful System brings.

Leap over the fence of weakness, out of the field of prostration, by sending immediately for the biggest and most inspiring book of the World's Finest Men you've ever seen. I want every man and boy to get their copy of this revised, new book and share in the thrill and amazing benefits thousands have already enjoyed.

Secrets of Muscular Power and Beauty

This big, inspiring book is free, although it cost me thousands of dollars to print, but what do I care! Its vital message is of such stupendous importance and full of pictures of red-blooded men and soul-stirring facts, I'm eager to see every reader of this magazine have a copy. Rush the coupon for your copy NOW. You'll agree that here at last is the fulfillment of your dreams and high hopes—the chance to blast a new road and change your whole career. Don't miss it. Don't wait a minute—write at once!

CHARLES ATLAS

"World's Foremost Muscular Scientist"

1755 Broadway, Dept. 643, New York City

NOTE: Come to see me at my New York Office. You're always welcome.

MAIL THIS NOW!

CHARLES ATLAS,
1755 Broadway, Dept. 643, New York

Dear Sir:

Please send me your wonderful big book, "SECRETS OF MUSCULAR POWER AND BEAUTY." I enclose a dime to help cover wrapping and mailing charges. This places me under no obligation.

Name

Address

City

(Please write or print PLAINLY) State

S-9-26

The New MacMahon Leverage Bell

This type of bell gives you a wide range of progression, as well as a wide range of exercises. Progression is obtained by the adjustable sliding grip in the centre, and by adding plates and changing their position on the bar.

The handle on the end of the bar is stationary; the other grip is the one that can be moved up and down the bar. In any exercise, the closer the grips are used together, the more strenuous the exercise is made. You can readily see that if every inch variation of this sliding grip changes the strenuousness of the exercise, there must be a wide range of advancement.

There is One 5-lb. Plate, One 2½-lb. Plate and One 1¼-lb. Plate

By using the bar alone with the plates and the sliding grip far from the stationary grip, you get a resistance that is low enough for a child. By bringing the sliding grip back towards the stationary one, you gradually increase the resistance.

As you quickly gain in strength, you add the 1¼-lb. plate and start with the grips far apart, gradually bringing them together. When you get to using all the plates on the end of the bar and the grips fairly close together, you can bet your boots you are strong—and that don't mean maybe!



BIG MUSCLES WITHOUT INCONVENIENCE

This leverage bell will positively develop your entire body to its greatest extent. It has balked many a strong man at its height of resistance. The exercises are interesting, progressive and cover every muscle of the body.

A COURSE OF INSTRUCTION GOES WITH IT FREE

Every exercise that can be done with the leverage bell is fully outlined to you in this course. I stand back of it as an apparatus that cannot be beaten for its convenience and developing ability.

NO PLATE CHANGING NUISANCE.

You may change the plates once in a while, but very seldom. And when you do, you only have one or two light plates to handle. This is one of the main improvements over other forms of exercising apparatuses. The adjustable grip is what makes it so good as a muscle developer, and so convenient.

THE SLIDING GRIP IS A NEW IDEA

Many of the greatest strong men of the world have used the leverage principle, but few have used the sliding grip.

Charles MacMahon,
Studio "A"
180 W. Somerset St., Philadelphia, Pa.
Dear Sir: Please find enclosed \$8.00 as complete payment on your Leverage Bell. This entitles me to a complete course of instructions also.

Name

Address

City State
(Sent collect)

With All Its Merits It Weighs Only 15 Pounds
Order Yours TODAY

CHARLES MacMAHON

Studio "A"

180 West Somerset Street

Philadelphia, Pa.

Time To "Tune Up"

(Continued from page 56)

board, which will tend to harden and afford him the necessary strength for his execution of stunts.

The first requisite of one who would become proficient at this sport is ability to swim. Without this advantage, aqua-planing is dangerous. The main thorn lies in the potent possibility of being dragged beneath the surface for several yards, before gaining a position on the board. A strong grip is essential, the resistance of the body, when pulled through the water at an accelerated pace, being so tremendous that loss of the two reins (ropes attached to board head) is inevitable, thus throwing the person in the water. The board will sink of its own weight. Then, there will be difficulty getting it, since it is dragged submerged for several yards.

The prone position is the first on an aqua-plane board, the feet dragging in the water. To mount to a standing position, grasp the board firmly near the middle and raise up on your haunches. At first the board may shake violently but it is controllable by grasping the board, so squatting as to give evenness to its declivity. Now, to mount or rise from a squat position, take hold firmly of the reins, lean back, still squatting, and similar to the method of a tight-rope walker, commence to raise up, keeping the eyes fixed upon the board's centre. If it tends to jerk to the left, pressure on the left foot will veer it

sharply to the right. Then a slight pressure on the right foot will adjust it, and you may be able to maintain an upright position. Due to the celerity of the boat drawing you through the water, it does so with a graceful, jerky motion. A tight hold on the reins and an inclination of the body is prescribed to offset any bias.

The thrill of skimming the water at a good speed, is seldom equalled. It fairly takes the breath, and sends the blood coursing through the veins, enlivening every part of the body. Perfect balancing is emphasized as another advantageous requisite. The mere holding on is of meager aid, since a youngster could do this quite readily.

Before attempting stunts on the board, it is necessary to have assurance of them on shore. For example, the hand stand must be maintained under almost any condition on shore, as the same stunt on the fast moving plane is fraught with more numerous and unique sensations, and is, therefore, rendered more difficult. Many stunts and contorsive movements would please and thrill an audience. However, without practice the hope of accomplishing even the simplest of exercises is negligible.

To the red-blooded, sportive populace, the acquaintance with this pleasant sport would be a productive and lasting one. How about your next vacation?

The Science of Canoeing

(Continued from page 33)

and proceeds straight back along the canoe's side. Do not carry the stroke far beyond you in an effort to "sweep" yourself along; in canoeing, short, rapid strokes are far more effective than long, slow ones.

It is best to bend your energies to the first part of the stroke and finish it quickly after the paddle passes your side. You lose more than you gain by the instinctive effort to "push," and this detracts from the effectiveness of that final little snap to the paddle that experience in the proper method will teach you. As the paddle passes your side, turn the blade—not too suddenly—so that the inner edge leads the outer one and leaves the water first. A little force put upon it just as it leaves the water, together with a springy paddle, gives the "snap" and the lightning recovery that marks the work of a skillful canoe-man. Do not lift the paddle far from the water; it is a waste of energy; spoils a graceful recovery and may throw water into the boat.

The sternman does the steering; the bowman should at all times sit calmly and paddle, leaving every detail of maneuver to the one in the stern. The fault for the sternman to correct is the tendency to drag his paddle at the finish of a stroke, using it as a rudder to hold the craft in a straight line. The regular sternman stroke makes this unnecessary—he learns to end his stroke with a slightly outward shove, so turning the

blade that the inner edge leads.

There are two strokes for the bowman besides the regular straight ahead dip. Near shore, where there are snags or logs, or among rocks, either above or below the surface, in twisting currents or on small streams where there are many sharp bends, in such cases, the bowman has to do much more steering than the sternman. The "draw" stroke enables him to alter the course of the canoe very quickly. Reach straight out to the side, dip the paddle, and pull the boat over. It is not hard to learn, but care must be taken not to reach too far; with your paddle too nearly horizontal it takes too long to pull the boat over and seconds may be precious.

Kneeling is the best position for a paddler and he must take care to kneel low as the fundamental principle of the canoe is to carry all weight as low as possible. Sitting on the slat makes progress wobbly and offers unnecessary resistance to the wind. "When alone, always kneel in the middle, as a paddler should never be at either end, unless he has the other end loaded, or has to let the bow ride high temporarily to prevent shipping water.

Beaching a canoe properly is often a task. You should always, on approaching an island, keep to the leeward, but with two paddlers risk is greatly lessened by the bowman guiding and the sternman furnishing the power.

Dr. H. M. Farnham

ANNOUNCES



His
**Radio
Health
Energizer**

The Crowning Achievement

—of my years of medical practice and research in the field of Electronic Science is the Radio Health Energizer. This small compact apparatus gives an electronic-magnetic treatment through radio-vibrations. It utilizes all that has been learned about harnessing and using the vast Universal Power of Nature. This power has always existed. Now you can use it simply and easily right in the privacy of your own home.

Health — Vitality — Happiness May Now Be Yours.

Modern science has now discovered the secret of radiant vitality, magnetic health, electric human energy. Dr. Farnham's marvelous new RADIO HEALTH ENERGIZER has solved the problem.

The RADIO HEALTH ENERGIZER recharges your body with youthful power and amazing energy. No medicines, harmful dieting or strenuous exercises are required. Tests have shown startling results in relieving the ailments listed below.

The facts concerning this latest marvel of science are decidedly unusual. It is impossible to do them justice in this limited space. So we have prepared a book which explains simply just what the Radio Health Energizer is and why you may expect such remarkable results with its aid. We want to send you a copy of this book absolutely FREE. Use the coupon on this page.

Banish Your Ailments

Colds, Cough, Catarrh, Hay Fever, Asthma, Rheumatism, Neuritis, Neuralgia, Lumbago, Nervousness, Headaches, La-Grippe, Bad Breath, Anemia, Skin Disorders, Indigestion, Stomach Troubles, Constipation, Liver Complaint, Diabetes, Kidney Trouble, Paralysis, Pneumonia, Prostate Troubles, Palsy, Epilepsy, Thinness, Obesity.

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The whole fascinating story—how science has finally captured the vast Universal Energy and how YOU may now use it to bring health, vigor, vitality and happiness—is told in our book "RADIO APPLIED TO HEALTH." Mail the coupon for your copy of this great FREE book. Find out how you may now have Health, Youth and much that makes life worth living.

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Detroit, Michigan.

Gentlemen:

Without any obligation on my part please send me a FREE copy of your book "Radio Applied to Health."

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FAT MEN

Say "Goodbye" to
Bulging Waistline!

New Belt Corrects Cause
of Fat

A new belt called Director gets at the cause of excess fat and quickly corrects the condition. With every movement of the body, during every working hour, Director acts as a massage on the abdomen and actually dissolves excess fat away. E. P. Cowan of Pinehurst, N. C., says: "Director is the finest thing I ever wore, I want another, but not so large, as I am 5 inches smaller around the waist now." Doctors endorse Director as the natural way to accomplish a permanent reduction.

Sent on Trial

Let us prove our claims. We'll send a Director to you for free trial. If you don't get results you owe us nothing. You don't risk a penny. Write now for free trial offer, doctors' endorsements and letters from users. No obligations. Just mail coupon.

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Tell me how I can reduce my waistline 4 to 6 inches with your Director Belt. Also send details of your free trial offer. This places me under no obligation.

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FOR FUN OR MONEY — VENTRILOQUISM

taught almost anyone at home. Small cost. Send Today 2c stamp for particulars and proof.
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PEORIA, ILL.



"Been on a
vacation
Bill?"

"No, Jim — I've stopped smoking. Gained six pounds in a week. You know how I used to smoke—a package of cigarettes and a cigar or two a day—it sure had some hold on me. But I'm cured—

took a scientific home tobacco treatment—fixed me up in two weeks. "Wasn't hard on me at all—noticed improvement the first day—I feel like a new man. It didn't interfere with my work—didn't leave any druggish after-effects—the money I saved in the last two weeks has paid for the treatment alone.

"Why don't you take it? It has cured men like you and me for over forty years—it is a doctor's individual prescription that sure fixes you up. Just send the coupon for full information NOW. No obligation. All correspondence is strictly confidential."

A Doctor's Prescription

The Keeley Institute, Dwight, Ill.

Please send me, without any obligation on my part, your free booklet which will tell me how to rid myself of the tobacco habit.

Name

Town

Street

State

I must caution you to take a long pole with you at all times. In shallow, rock strewn streams the pole is far more effective than a paddle. Usually the bowman steers the canoe, while the sternman stands erect, ready with his pole to stop the canoe or swing it across the current. As the pole passes the point where his implement rests on the bottom, he puts his weight and strength into a steady push. The recovery must be quick, so that the pole can be again placed before loss of headway permits the current to swing the bow around. I might add that this is splendid exercise.

Most canoe trips of any considerable length will require occasional portages, when you see evidence that others before you have thought best to carry the boat around a dangerous place, it is well to do likewise. Unless your canoe is quite heavy, it can be left to one man while the other carries the duffle bags and other paraphernalia.

Remember to always care for your canoe when left idle. Always seek the shade when leaving it on the beach and be sure it is "high and dry."

Never step into a canoe while it is fast on a rock or the shore. Never sit in it or on the gunwales when it is on the ground. A canoe is not unlike a fish. Its natural habitat is the water and it requires special care to exist in any other place. Always repair an injury promptly; neglect permits it to grow worse, and you cannot tell when an extra strain may cause a trifling weakness to prove serious. It is easier than you may believe to break a canoe in this way when it is riding big waves. Never leave the paddles long in the sunshine if they are varnished or oiled; this may cause them to split. Always carry extra paddles in case of emergency. And above all things keep your mind centered on its tasks when circumstances tend to make the canoe unmanageable. Never get excited for this will endanger you the more when a situation might otherwise be readily controlled.

The American Continental Weight-Lifters' Association will hold another exhibition in Philadelphia on October 2, 1926. All members and readers are urged to come, as this exhibition promises to be the most interesting offered so far. Many well known lifters will be present as well as artists in other lines.

The American Continental Weight-Lifters' Association is devoted to the promotion of interest in weight-lifting and body building in all corners of the world. It is not, however, solely devoted to weight-lifting; its officers and members are also interested in the promotion of health through diet and athletics.

It certainly is a worthy institution and one that promises to go big in a very short time. It has already attracted the attention of some noted authorities on body and health building.

health BY RULE

To render your body susceptible to the immediate and DIRECT EFFECTS of foods you must remove from the blood all unduly retained WASTE and foreign elements—the cause of disease. To do this use suitable vegetables and fruits (perhaps grapefruit, tomatoes, spinach, turnips, cauliflower, oranges, etc.) and live right.

BRAIN NERVES
For immediate effects on BRAIN AND NERVES (after the blood is cleaned) try strictly lean fresh, tender meat, liberally with grapefruit, tomatoes, etc., in suitable proportions to brain work or worry.

For immediate effects on MUSCLES (only after blood is cleaned) try whole grain cereals, in suitable combinations and proportioned to activities.

A student may multiply his EFFICIENCY by using IN SUITABLE PROPORTIONS the kinds of foods that suit the kind of work he is doing.

Efficient living also causes disease to disappear, without any specific treatment whatsoever being directed to disease. No diagnosis is required.

Write us for particulars of Government Bulletins, describing experiments on convicts, hens, cows, etc. Deficient feeding produced disease, whereas FULL NUTRITION corrected e. g., paralysis, blindness in hens, rats, etc.; beriberi, skin eruptions, etc., in men.

DIRECT BENEFITS. Different groups of foods (1) Destroy Beauty, Promote Dullness, Old Age and Death. (2) Make Irritable, Immoral. (3) Nervous, Shy. (4) Constitute. (5) Cause Heart Complaints. (6) Sex Troubles.

DIRECT BENEFITS. Other groups of foods: (7) Rejuvenate, Beautify. (8) Make Psychic. (9) Produce Strong Nerves, Moral Strength, Good Memory, Strong Eyes.

CATARRH, BRONCHITIS. "No mucus, voice stronger, head clear, gained 20 pounds, now earn four times as much."

PERNICIOUS ANEMIA. Farmer, Age 55. Bodily 2 years, semi-conscious. "In less than 3 weeks we could notice the blood filling the veins. I am now able to do anything that is required of a farmer, and a day's work without fatigue."

CONSTIPATION, HEADACHES. Age 65. Mrs. O. "For 8 years headaches made me desperate. After two weeks on your meals, my mental depression lifted and I had natural movements, the first in three years."

ULCERS. Rev. B. Age 69. Retired minister returned to work. Used stomach tube every night, 7 years. Diagnosis, ulcerated, prolapsed stomach. "In 3 days I felt like a different man. . . Gained 30 lbs., have not had 2 years of such freedom from pain, or been able to work so much in 20 yrs."

EYESIGHT. A. L., age 59, wrote: "After 2 weeks I put away all glasses, can read the smallest print in a dim light."

NEURITIS. Pupil 375. Age 70. Dizziness, unable to walk 3 years. But I can now take long walks, put in a full day's work." Educational booklet, 10 cents. BRINKLER SCHOOL OF EATING, Dept. 20, 131 W. 72nd St., N.Y.

(See Catarrh, p. 78. Pure Blood, p. 66)

PILES DON'T BE CUT

Until You Try This
Wonderful Treatment.

My internal method of treatment is the correct one, and is sanctioned by the best informed physicians and surgeons. Ointments, salves and other local applications give only temporary relief.

If you have piles in any form write for a FREE sample of Page's Pile Tablets and you will bleed the day that you read this. Write today.

E. R. Page 246 Page Bldg., Marshall, Mich.

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Muscles
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Power!



A Really
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WRIST-FOREARM DEVELOPERS

WE PAY POSTAGE
to U. S.
and Canada. \$4.50

we can offer them both, along with an ILLUSTRATED COURSE by prominent athletes, for the same price of

MOST POWERFUL MUSCLE-BUILDER MADE
Guaranteed such. Has 10 cables—10; each cable of extra-heavy tension. Resistance; 200 lbs. Progressive; tension can be adjusted. Handle of 10 continuous loops of specially tempered steel.

Marvelously rapid and effective muscle-builder. Broadens and strengthens shoulders; develops muscles of back, arms, chest and abdomen; increases lung-power—an all-round body-builder.

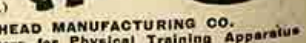
VALUE OF APPARATUS Without Course, \$10

Bought direct from us—the manufacturers—you pay ONLY \$4.50 for both MUSCLE-BUILDER and a PAIR OF HAND GRIPS (two). And a profusely illustrated Physical Training Course by experts goes with them for extra good measure.

YOU CAN'T MATCH THIS OFFER ANYWHERE! Included in the outfit: TWO Grip of Steel Wrist and Forearm Developers (patented). (One for each hand.) They will give you a muscular forearm within less than a month's use.

Send \$4.50 TO DAY for COURSE and APPARATUS COMPLETE! (post-paid to U. S. and Canada.)

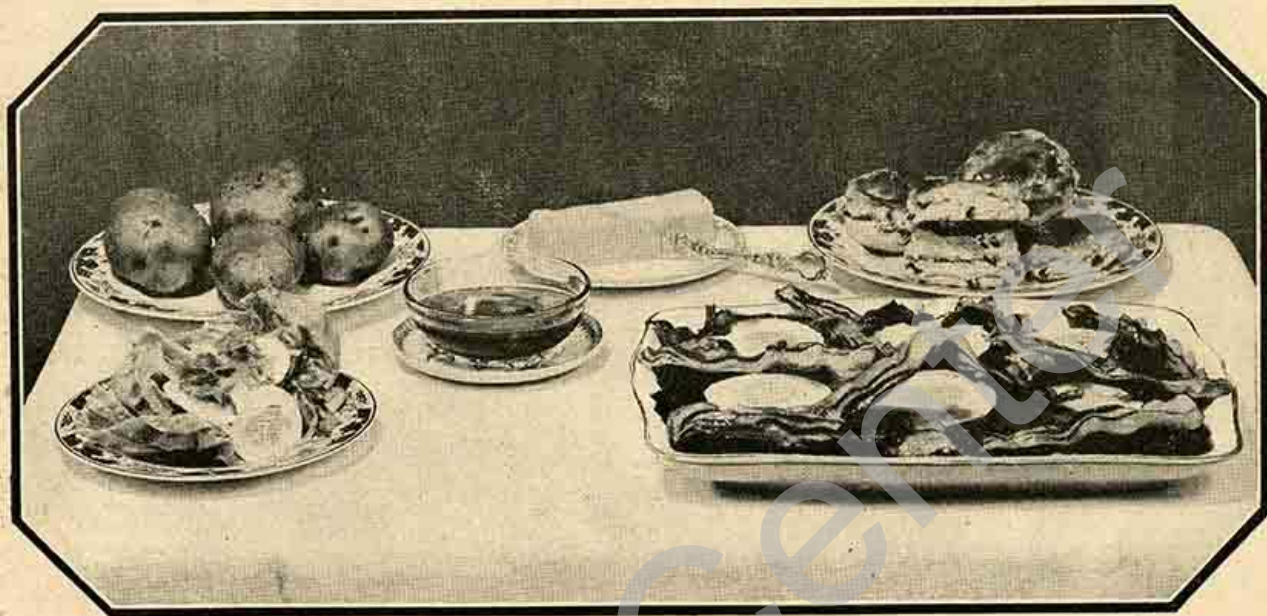
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WHEN YOU CORRECT YOUR EATING

YOU WILL PULL DISEASE OUT BY THE ROOTS

A Year's Subscription Will Entitle You To This Course FREE



What could be more logical than that? You certainly need exercise, plenty of sleep, pure water, pure air, and other things that help to keep you healthy; but nothing can cure your ailments or keep you in perfect health if you continue to cram improper foods into your stomach.

Exercise improves the circulation of the blood, but what good does that do if your blood contains poisons? Sleep, water and air do their part in purifying the system. Nevertheless, these purifying elements are powerless to throw off the greater amount of impurities that can be generated in the stomach by improper eating.

The liver and kidneys soon become overworked and incapable of coping with the great amount of extra labor put upon them by improper food and overloading of the stomach.

Eating correctly is positively the only sane way of preventing and curing most ills. Correct eating naturally gets down to the root of the ailment, whereas other curing methods relieve only the effects, and most of them don't even do that much for you.

This overworking of the stomach, liver and kidneys lets disease creep in, and your condition slowly but surely goes from bad to worse.

DON'T GO ON SUFFERING AND WORRYING

Invest the small amount of \$2.50 in strength—getting this disease-killing course, "Everyday Mistakes In Eating," and you will be surprised what that insignificant outlay of money will really do for you in regaining perfect health and keeping it. There is nothing disagreeable to follow in "Everyday Mistakes In Eating." There are no long fasts advised, nor any difficult practices to follow. You will enjoy, as well as profit by, the corrective eating so plainly outlined in this course.

THIS COURSE WILL SHOW YOU HOW TO PUT ON WEIGHT

If you are underweight for your height, "Everyday Mistakes In Eating" will show you how to put on good, healthy flesh, and point out the many practices that tend to keep you underweight.

The overly stout are also clearly told how to greatly reduce by merely changing their diet.

You won't have to train like a prize-fighter, spending hours every day at strenuous exercise. In fact, you will find the rules for reducing exceedingly easy to follow.

ARE YOU TROUBLED WITH ANY OF THE FOLLOWING? IF NOT, HOW DO YOU KNOW YOU WON'T BE—EATING INCORRECTLY AS YOU ARE?

"Everyday Mistakes In Eating" tells you how to rid yourself of Acid Stomach, High Blood Pressure, Asthma, Auto-Intoxication, Biliousness, Bright's Disease and Kidney Trouble, Catarrh and Colds, Constipation, Diabetes, Diarrhea, Fermentation, Headaches, Indigestion, Insomnia, Liver Trouble, Muddy Skin, Neurasthenia (weak nerves), Neuritis, Pimples and Boils, Rheumatism and Tuberculosis, besides giving you the correct diet to prevent Cancer.

SEND IN THE REGULAR SUBSCRIPTION PRICE (\$2.50) FOR 12 ISSUES OF STRENGTH AND YOU GET THIS COURSE FREE OF ANY EXTRA CHARGES.

OR YOU CAN GET THE DIET COURSE ALONE FOR \$1.50.

WHETHER OR NOT YOU ARE TROUBLED WITH ANY ONE OF THE ABOVE AILMENTS, DON'T PUT OFF GETTING THIS COURSE. MAIL THE COUPON NOW AND SAVE YOURSELF HOURS OF MISERY IN THE FORM OF PAIN AND WORRY.

THE MILO PUBLISHING CO.

2739 N. Palethorp St. Dept. S-9-26 Philadelphia, Pa.

The Milo Publishing Co., 2739 N. Palethorp St., Philadelphia, Penna. S-9-26

Gentlemen: Below I am checking off the proposition I desire to take advantage of, and am enclosing a remittance to cover cost of same.

- "Everyday Mistakes In Eating" and a Year's Subscription to "STRENGTH". Price \$2.50.
- "Everyday Mistakes In Eating." Price \$1.50.

Name

Address

City State

(Canadian Orders \$.25 extra. Foreign Orders \$.50 extra)

Get Rid of That "Excess Baggage!"

THAT unsightly, uncomfortable bulge of fatty tissue over the abdomen is an unnecessary burden. Here's the way to get rid of it, without fasting, hot baths or back-breaking exercises. The wonderful "Little Corporal" belt will reduce your girth to normal, the moment you slip it on, and almost before you know it, the excess bulge disappears! You can wear stylish, trim-fitting clothes that make you look your best. Best of all, you feel as good as you look—*younger, lighter on your feet and full of the old-time vim.*



Without "Little Corporal"

Reduce Your Waist 4 to 6 Inches Quickly!

The "Little Corporal" gets busy at once and your body responds as would a rookie to the command of a drill sergeant. Quite unconsciously you assume the correct posture, straighten your shoulders and walk with the ease and grace of an athlete. Your waist is several inches smaller and you are actually taller.

Young Man! Keep Down That Growing "Bulge"

If your waistline is beginning to bulge, now is the time to stop its growth and to retain your youthful figure! Don't wait until you have a great bulk of fatty tissue—a regular "bay window." The "Little Corporal" will restore your figure at once and keep you from corpulency. A youthful, graceful dressy figure is as great an asset in business as it is in society. The ideal dancing partner possesses an athletic figure.



With "Little Corporal"

How It Works

This remarkable belt not only reduces your girth at once, but it keeps your waistline down. It fits as perfectly as a dress glove. It actually reshapes your figure. No laces or drawstrings! No clasps! No buckles! No straps! No stiff supports! It's built for comfort. Regardless of your occupation, the "Little Corporal" belt will always feel comfortable.

SPECIAL TRIAL OFFER

Send coupon for descriptive literature and Special 10-Day Trial Offer. All we ask is a chance to let the "Little

Corporal" prove at our risk that it is the best of all—a real reducer. If you prefer, give us your height, weight and waist measure (snug) over underwear, enclose \$6.50 with coupon and get the belt or pay postman on delivery plus fee of a few cents. If not entirely satisfied, your money will be promptly and cheerfully refunded. Price outside of the United States is \$7.50.

LITTLE CORPORAL COMPANY

Dept. 9-B, 1215 W. Van Buren St., Chicago, Ill.

LITTLE CORPORAL COMPANY
Dept. 9-B, 1215 W. Van Buren St., Chicago, Ill.
Please send me FREE illustrated literature and Special 10-Day Trial Offer.

Name

Street Address

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

If you prefer to order a belt fill in below:

Waist measure over underwear is.....

Inches. Height..... Weight.....

The Thrill of Beauty

(Continued from page 25)

structive ideals that the jazz-mad flapper of today can really learn the meaning of health, poise and happiness. Beauty is a thrill—a real thrill to those who are fortunate to possess it, but its magnetic charm can be in reach of all. Beware of the thrills that sap your vitality. They are poisonous to beauty, whether it be of face, of figure or of soul.

Health and Strength

(Continued from page 25)

stadiums to over-flowing and still have real crowds for the professionals.

No game puts more of a premium on the altogether desirable qualities of courage, skill, speed, strength and discipline and no game is more valuable in after life to the player. Like all other great games unfortunately, many more people attend and watch than play, but even in this regard the growth of the game has been astounding.

This magazine is all for playing yourself. You can get excited by watching, but the real joy of the game and the real benefits of the game go to the players, just as they go to the players of every other vigorous outdoor sport.

Fall is Here

One of the favorite jokes of all the numerous papers, due to appear about this time, is the story about the man just back from his vacation who expects to get a much needed rest on the job in September.

Maybe it has some truth in it. But so far as physical culturists are concerned there is no doubt that they look forward to doing more work in their hobby as soon as fall sets in. Of course there is no reason, except the heat, why they should lay down in May, June, July or August, but the fact remains that the heat is sufficient reason for a lot of them.

A lot of us get in swimming, canoeing, baseball, tennis and other out-door sports in the summer even though we neglect any general program of exercise, and, therefore, do not lose as much as we otherwise would.

Whether you have done any exercise this summer or not, now is the time to make up your mind that by January 1st you will be in tip-top physical condition, and now is the time to start to make the grade.

Mark Berry

Most of our readers know Mark Berry, the former featherweight amateur lifting champion of America. You will all be pleased to know that he has recently joined our editorial staff and will devote a considerable amount of time and attention to sports in general and their application to body building.

Building a magazine editorial staff, is, like building a magazine, a constant effort to add to the fund of informa-

How to Get the Most Out of MARRIAGE YOU MEN!

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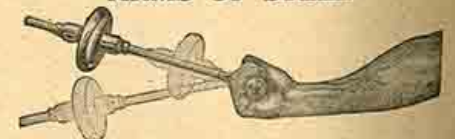
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tion possessed first by the staff and then by the readers of the magazine. We are sure that Mark's really voluminous knowledge of athletics and games as they are played and as they should be played will be of great interest and value to our readers.

Like every other member of our staff Mark will be pleased to hear from any and all of you and only too glad to give you whatever information, along the lines of increasing your physical efficiency and dexterity, that he can give you.

Fighting Fitness

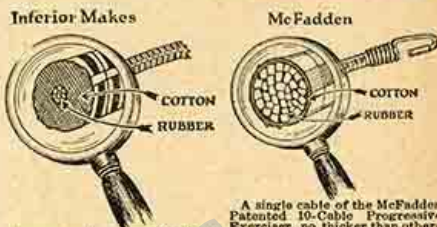
By Wm. Boone

WHEN Mickey Walker trimmed Jack Britton about four years ago at Madison Square Garden for the world's title, he impressed everybody with the amount of energy he displayed as he sat in his corner prior to the clash in the first round. From round to round he fought with the aggression of a wild cat, never faltering once. He was just bubbling over with fitness—fighting fitness. The sport scribes said it was youth being served; the ancient rule of the young displacing the old. But when Latzo beat Mickey a little while ago, nothing was said about youth being served, for Mickey is still young.

Two weeks after the Scranton defeat, Joe Dundie set the New Jersey Irishman back another notch. Then the fans of the padded mit began to spout out the answer to the riddle—Mickey should never have fought Greb. He blew himself out by conceding too much weight. It was deliberate suicide for the Irish fire eater to stack his goods up against the formidable middleweight from the Smoky City. Maybe it was, and maybe it was not. I find it is always dangerous to start an argument on those lines, especially if it is with a nut who has followed the fistic game for a long time. He knows too much. You get all heated up and verbally profane, besides a cracking headache in the bargain. That is if you are fool enough to argue. I don't argue any more, because there are too many enigmas to be solved that beat a crossword puzzle a mile. But honest to Cal Coolidge deduction proves to me that fighting fitness is a mental condition of the heart, more than the muscular condition of the body. It looks that way to me, anyway.

Take a youngster or a young pup; they just enjoy fighting. Size or weight does not mean much to a youngster. He

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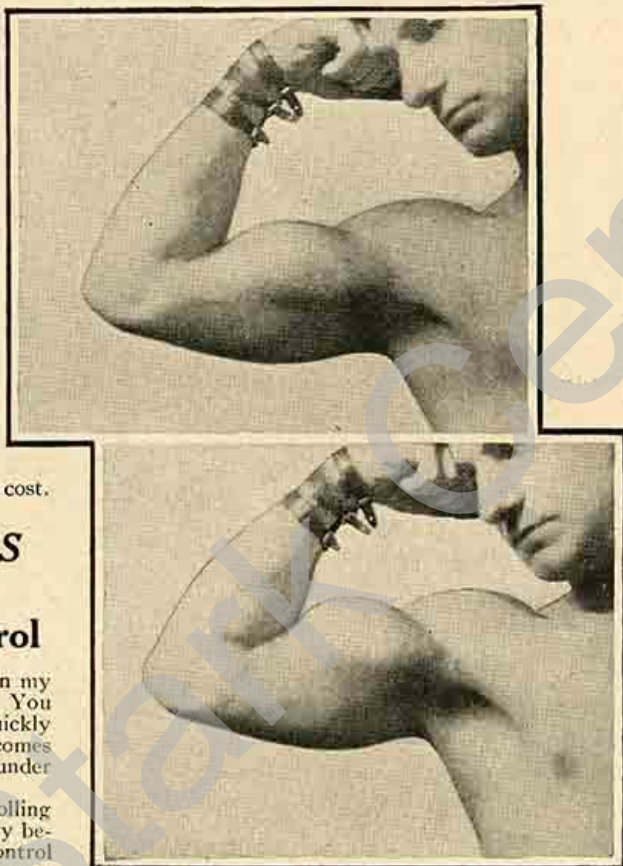
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Figs. 3 and 4—Biceps Control.

Note the difference in the contracted Biceps (lower) without moving the arm.

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takes a chance on socking anything at which he gets sore. As he grows older, we say he gets more sensible. Maybe so, but that pugnacious desire sure dies a natural death. Only under stress of severe provocation is a man liable to revolt. It is the pugnacious keenness of the young professional scrapper that keeps him wading in, often to snatch victory from apparent defeat. The buoyancy of youth with the fixed determination to get there, is what puts pep into the muscles and the snap behind the jolt. It really is the desire to grasp the top rung of the ladder that spurs a fighter on. This mental attitude is altogether different when fame has been reached. As long as a man is striving he will train and fight; but like all other things, once the achievement has been made, satisfaction sets in. Some psychologists have claimed the cause is fear that creeps in with the years—fear of losing the title, fear of being hurt, the continual fear that they might be slipping and anxiety when meeting a formidable young opponent. There are a few exceptions, but the general rule proves that the psychologist is right. Some conditions are brought about by natural causes; mainly because we are as old as our glands. Some men burn out more quickly than others, and no matter how great the fighting heart is, they go down to defeat.

Carry your memory back over the years, and recall the fights which took place between Pete Jackson and Frank Slavin, Johnson and Jeffries, Nelson and Wolgast, Britt and MacFarland. You might say that the losers lost standing on their feet. Although it is a fact that some fighters take such gruellings they never can secure the amount of fighting fitness they formerly possessed. It is claimed that Peter Jackson died from the result of the punishment he took when he fought Slavin; nor was Slavin ever the same man. We talk about fighters burning out from trying to keep in top hole form all the while. The present day fighter should not. He fights less and under better conditions. In the old days a twenty, three-minute round was the championship bout. Ask any mitt slinger to stage a twenty round go, and he would either drop dead or tell you he was no marathoner. I believe many of the old timers burned themselves out or dried up by making weight against their natural bodyweight. That is what kills quicker than anything else. The way I see it is that the old time scrapper fought oftener and harder, which kept him more fit. Today they lay off too long



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and hit the high spots too much. They have entered into the pampered gentry class, with remodeled noses, flattened ears, manicured nails, and vaselined hair, they look more like advertisements for beauty parlors than knights of the padded mitt. The boxer who seems to keep his fitness the longest is the man who prefers to box instead of fight. He is clever and does not deplete his reserve so much as the rock 'em and sock 'em mixer.

A ring athlete fights more on nerve than muscle. By that I mean he rarely has the muscular build equal to his nervous force. He abhors the idea of building up muscle. That is all right to a certain extent, but it is necessary to have a sufficient coating for protection. The side and back muscles of Jackson were not sufficiently heavy to enable him to withstand those deadly kidney punches of Frank Slavin. The muscular development of a boxer relies on balance, no matter what their size may be. Boxers, like many runners, blow up and do not last long at the longest, simply because they are continually borrowing on this reserve. In time the batteries run out and they become all shot—no pep, no punch, and no speed. Present day boxers of calibre have too many lay-offs between genuine hard bouts, and in the interim they spoil themselves by becoming too indulgent. That goes for both living and fighting, or I should better say, for slapping the set-ups.

I do not believe the weight handicap is half as bad as they make it out to be. Look at the old days when men fought men irrespective of size. They slugged away for hours, often with a weight disparity of fifty pounds. I have heard many wise sports say that Greb should never have fought Tunney. That's all bunk, just like the Walker-Greb yarn. It we were to examine the way the various champs live, we would easily find our answer. We all know what happened to that clever English boxer, Owen Moran, when the dames of Broadway hitched him onto their skirts; just what happened to the Australian Griffio when he started to improve on marathon booze swimming. No matter how good a man is, he can only abuse himself so much, then he pays. With fame comes fortune in the ring, then degeneration. You cannot count many who take care of themselves very long after they reach the top, and less after they quit the ring. Welsh and Leonard do, I know, and Jim Jeffries and Tom Sharkey have been trimming up lately for their farewell



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vaudeville tour; but what is that against the thousands who have worn the mitts professionally.

When the boys fought more in the clinches than they do now, they were huskies and seemed to keep their fighting fitness much longer than now. Too much coin spoiled the game. More than one crack boxer has remarked to me, "Why should I worry or hustle harder. I'm well healed." Maybe we would do the same. I cannot say that I would want my face socked till it looked like a pickled beet, or a plate of corned beef and cabbage. A lot of trouble with some of these fellows is that all their muscle is tied up in their head. That is where they are muscle bound. It is easier to try to drive a pig to market with a string on his hind foot, than some pampered boxers to a contest with a guy they do not like because the color of his hair is not just right. This is one reason why we do not see battlers of the same calibre as Nelson, Wolgast, Ketchel, Papke and MacFarland. Although Dempsey was a real fighter in his day, he kept fit because his heart was in the game. He loved to annihilate. No doubt, does yet, but his long absence from the ring will have slowed him, no matter how willing he is. If you want to be in the game, you have to stay in the game, and to do that you have to fight and keep that fighting fitness as long as you can. Under present conditions it does not last long at the most. You do not see them do the road work they used to, because they tell you they don't have to. The bouts don't cover so many rounds. They do not practice clinch work to toughen those back and shoulder muscles either.

Everything has a limit. We cannot burn the candle at both ends. We are all like candles, more or less; some burn more brilliantly than others, but the flickering fitful gleam dies out sooner or later. All a boxer can hope for is to keep himself mentally conditioned, in order to preserve the fighting heart as long as possible. He has to train his body all the time so the battery depletion will not be so soon. It is the only way to keep fighting fit; and when this is done we will see better bouts by men who can fight for a decision and not look for hand outs like the recent Bass-Finnigan scramble. The champs will be huskies and more willing to fight. Maybe I overheard the right thing when I heard a prominent sportsman say, "When they give fighters less money, fans will get the value of their ticket, and the fighters will be anxious to fight better and more often.

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Headaches

One of the Most Common Human Afflictions

By The Doctor

A COMPLAINT most commonly met with and from which persons in a seemingly normal state of health frequently suffer, is headache. It would appear, from general observation, that the majority of Americans are afflicted with this complaint.

Trying to escape the throes of headaches, they spend millions for relief and consume all manner of preparations, from those containing the mildest form of ingredients to the most powerful drugs. The sufferers seem to be chasing a rainbow, as temporary relief is all that the various dopes and nostrums can accomplish, momentarily deadening the senses and making it necessary that each following dose be larger. So far as a permanent cure is concerned, such a thing evidently does not exist, and the poor pill, powder and nostrum slave keeps on seeking a magic potion that exists not.

Although confined to one portion of the anatomy, the pains have many varieties of visitations. The afflicted may be attacked by intense pains in a small area, as over one eye, or across the top of the forehead, while others suffer from severe pains apparently covering the entire head, in which case they fear to move, the slightest turn of the head causing extreme agony. Then again, the ache may be either dull and steady, or throbbing and flashy.

The victim is rendered incapable of exercising full mental or physical powers; cannot read steadily or concentrate the mind on any subject, other than getting immediate relief. Is it any wonder, then, that when rendered almost helpless by this affliction, they should resort to the use of all manner of drugs to stop the suffering, if even for a short time.

It is a fact worth noting that those who rely on aspirin tablets for relief from headache always have headache, the attacks daily becoming more frequent and progressively more severe. Likewise, this can be said of the majority of headache potions and mixtures.

We do not mean to infer that headaches are incurable, but we do say that drugs and sedatives can never be expected to effect a cure. With little study of the individual case, and investigation of possible causes of the attacks, we may discover a means of permanent relief, by removal of some irritation or

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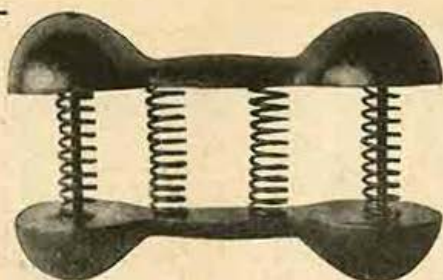
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KNOW! DON'T TAKE CHANCES

correction of some underlying source of trouble.

With that end in view, we will review some of the primary causes of headaches, and attempt to guide our readers in locating the root of their particular case and suggest possible means of procedure towards the ultimate eradication of the condition.

Headaches may be either functional or organic in nature, and each of these may be divided into numerous classes. By functional would be meant associated with the bodily functions, such as digestion, circulation, etc., while organic would include disorders of the brain, nerves, bones, eyes, etc., etc. Also there is the idiopathic headache, the cause of which is unknown.

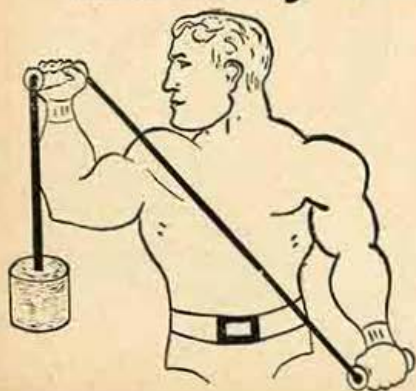
Dealing with those of organic origin, we would include such causes as eye strain, middle ear diseases, diseased tonsils, bad teeth, brain tumors, diseases of the sinuses, or bones of the nose and head. In cases arising from any of these conditions, the only logical course to pursue is correction of the underlying cause.

Functional causes would embrace derangements in the digestive and assimilative organs, diseases of the glands, and circulatory system. Under this heading would come indigestion, dyspepsia, constipation, chronic gall-bladder disease, sluggish liver, diabetes, hyper-thyroid and hyper-acidity. Heart disease, associated especially with high blood pressure and nephritis, or hardening of the arteries.

Then again, one must consider the various neurosis, such as excess worry, mental fatigue, and neurasthenia. Indiscretions, whether over-eating, over-drinking, or sexual excesses are frequently causes of headaches. Work hazards, such as inhalation of dust and poisonous gases, like carbon-monoxide and carbon dioxide, etc., may be the reason for trouble of this nature.

Some individuals will suffer attacks if they fail to partake of nourishment at a certain hour; while others rely on certain drinks, as tea or coffee, to ward off an attack. Of course, where the cause is suspected or known, elimination of that cause would be the first step to be taken to effect a cure; but where the exact nature of the ailment or its cause cannot be determined, then the procedure to be advised would be the following of a strict health regimen; retiring at a reasonable hour so as to get sufficient rest, with windows of bed-room open, regular meal hours, eliminating foods that might be hard to digest, such as greasy fried foods, pork

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Can You Guess This Man's Age?

See if You Can Tell Within 25 Years; the Author Couldn't; But He Stuck With Hobart Bradstreet Until He Revealed His Method of Staying Young

USED to pride myself on guessing people's ages. That was before I met Hobart Bradstreet, whose age I missed by a quarter-century. But before I tell you how old he really is, let me say this:

My meeting-up with Bradstreet I count the luckiest day of my life. For while we often hear how our minds and bodies are about 50% efficient—and at times feel it to be the truth—he knows *why*. Furthermore, he knows how to overcome it—in five minutes—and he showed me *how*.

This man offers no such bromides as setting-up exercises, deep-breathing, or any of those things you know at the outset you'll never do. He uses a principle that is the foundation of all chiropractic, naprapathy, mechano-therapy, and even osteopathy. Only he does not touch a hand to you; it isn't necessary.

The reader will grant Bradstreet's method of staying young worth knowing and using, when told that its originator (whose photograph reproduced here was taken a month ago) is sixty-five years old!

And here is the secret: *he keeps his spine a half-inch longer than it ordinarily would measure.*

Any man or woman who thinks just one-half inch elongation of the spinal column doesn't make a difference should try it! It is easy enough. I'll tell you how. First, though, you may be curious to learn why a full-length spine puts one in an entirely new class physically. The spinal column is a series of tiny bones, between which are pads or cushions of cartilage. Nothing in the ordinary activities of us humans stretches the spine. So it "settles" day by day, until those once soft and resilient pads become thin as a safety-razor blade—and just about as hard. One's spine (the most wonderfully designed shock-absorber known) is then an unyielding column that transmits every shock straight to the base of the brain.

Do you wonder folks have backaches and headaches? That one's nerves pound toward the end of a hard day? Or that a nervous system may periodically go to pieces? For every nerve in one's body connects with the spine, which is a sort of central switchboard. When the "insulation", or cartilage, wears-down and flattens-out, the nerves are exposed, or even impinged—and there is trouble on the line.

Now, for proof that subluxation of the spine causes most of the ills and ailments which spell "age" in men or women. Flex your spine—"shake it out"—and

they will disappear. You'll feel the difference in *ten minutes*. At least, I did. It's no trick to secure complete spinal laxation as Bradstreet does it. But like everything else, one must know how. No amount of violent exercise will do it; not even chopping wood. As for walking, or golfing, your spine settles down a bit firmer with each step.

Mr. Bradstreet has evolved from his 25-year experience with spinal mechanics a simple, boiled-down formula of just five movements. Neither takes more than one minute, so it means but five minutes a day. But those movements! I never experienced such compound exhilaration before. I was a good subject for the test, for I went into it with a dull headache. At the end of the second movement I thought I could actually feel my blood circulating. The third movement in this remarkable SPINE-MOTION series brought an amazing feeling of exhilaration. One motion seemed to open and shut my backbone like a jack-knife.

I asked about constipation. He gave me another motion—a peculiar, writhing and twisting movement—and fifteen minutes later came a complete evacuation!

Hobart Bradstreet frankly gives the full credit for his conspicuous success to these simple secrets of SPINE-MOTION. He has traveled about for years, conditioning those whose means permitted a specialist at their beck and call. I met him at the Roycroft Inn, at East Aurora. Incidentally, the late Elbert Hubbard and he were great pals; he was often the "Fra's" guest in times past. But Bradstreet, young as he looks and feels, thinks he has chased around the country long enough. He has been prevailed upon to put his SPINE-MOTION method in form that makes it now generally available.

I know what these remarkable mechanics of the spine have done for me. I have checked up at least twenty-five other cases. With all sincerity I say nothing in the whole realm of medicine or specialism can quicker re-make, rejuvenate and restore one. I wish you could see Bradstreet himself. He is arrogantly healthy; he doesn't seem to have any nerves. Yet he puffs incessantly at a black cigar that would floor some men, drinks two cups of coffee at every meal, and I don't believe he averages seven hours sleep. It shows what a sound nerve-mechanism will do. He says a man's powers can and should be unabated up to the age of 60, in every sense, and I have had some astonishing testimony on that score.

Would you like to try this remarkable method of "coming back?" Or, if young, and apparently normal in your action and feelings, do you want to see your energies just about doubled? It is easy. No "apparatus" is required. Just Bradstreet's few, simple instructions, made doubly clear by his photographic poses of the five positions. Results come amazingly quick. In less than a week you'll have new health, new appetite, new desire, and new capacities; you'll feel years lifted off mind and body. This miracle-man's method can be tested without risk. If you feel enormously benefited, everything is yours to keep and you have paid for it all the enormous sum of \$3.00! Knowing something of the fees this man has been accustomed to receiving, I hope his naming \$3.00 to the general public will have full appreciation.

The \$3.00 which pays for everything is not sent in advance, nor do you make any deposit or payment on delivery. Try how it feels to have a full-length spine, and you'll henceforth pity men and women whose nerves are in a vise!

HOBART BRADSTREET, Suite 60C
630 S. Wabash Ave., Chicago, Ill.

I will try your Spine-Motion without risk if you will provide necessary instructions. Send everything postpaid, without any charge or obligation, and I will try it five days. If I find Spine-Motion highly beneficial I can remit just \$3 in full payment; otherwise I will return the material and will owe you nothing.

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HOBART BRADSTREET, THE MAN WHO DECLINES TO GROW OLD

Does a petting party stop with a kiss or does it go further? Is spooning dangerous? At last the question is answered. See "Safe Counsel" Page 199.



Are You Afraid To Love?

Has true love come into your life—or didn't you recognize it when it came? Are you afraid now of the baffling, perplexing mysteries of sex relationship? Are you discontented with the stupid lies and furtive ashamed answers the world gives you in place of the naked, fearless truth you desire? Do you want some safe, sane, unashamed advice on sex questions? Do you hesitate asking your doctor certain questions? Clip coupon below, send it today without any money and in a few days you will receive the most startling surprise of your life.

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At last a book has been published that digs into sex matters without fear or beating around the bush. This startling 512-page book, "Safe Counsel," written by Prof. B. G. Jefferies, M. D., Ph. D., and Prof. J. L. Nichols, A. M., contains just the information you want. You will be amazed at its frankness. Words are not minced. "Polite" phrases are forgotten—the right word is used in the right place. "Safe Counsel" contains nine startling sections: I. The Science of Eugenics; II. Love; III. Marriage; IV. Childbirth; V. Family Life; VI. Sexual Science; VII. Diseases and Disorders; VIII. Principles of Health and Hygiene; IX. The Story of Life; Here are just a few of the subjects discussed—Love, Anatomy and Physiology, A Word to Maidens, Bitterness, Parental Influences, Change of Life, Impotence, Fighting Modern Evil. You owe it to yourself, to your happiness and your health to read this wonderful book.

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and veal, highly seasoned foods, pastries, tea and coffee; following a system of regular exercises of a nature that will induce perspiration and make you breathe plenty of air to tone up the body and stimulate functional activity, followed by tepid baths, avoiding the movies and excessive reading until you discover the nature of your ailment. Once this has been determined, specific treatment would depend on the individual case.

Where eye strain is suspected, attention to proper lighting at all times, refraining from reading late at night, reading of newspapers or books in moving conveyances, such as trains and trolleys, proper selection of seats at the movies; and where the eyesight is at fault, a visit to a competent specialist in eye troubles who will be able to prescribe proper glasses to relieve the strain. Many persons have found it wise precaution to wear colored goggles when at the seashore, the glare of the sun on the sand and water causing many to suffer from headache and eye strain.

Frequently pressure on nerves by filling in the teeth and other unsuspected tooth troubles will be the cause of headaches without the sufferer being fully aware of the exact nature of their affliction.

Neurasthenic headaches appear in hypersensitive and nervously unstable individuals, and the headaches vary as to intensity and in the frequency or regularity of occurrence. They are usually precipitated by strains or excesses, either of mental, physical or emotional nature, but otherwise the patient is unable to assign any reason for their occurrence.

This type of sufferer is generally very impressionable to suggestion, and many cures have been effected by the influence of a strong will power and easing of the patient's mind. Plenty of rest is most beneficial, as well as change of climate, environment and employment, besides the following of a general plan of healthful living, regular hours of sleep, exercise, out-of-door life, attention to diet, and daily bathing, the tepid water bath being preferable for its quieting effect on the nerves.

Since a vast majority of the American population suffers from constipation, it is safe to say that a very high percentage of headache sufferers are badly constipated. Many do not recognize constipation when they are badly in that condition. To be absolutely normal, the bowels should move daily the same number of times as you eat; if you

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Sex Communion.

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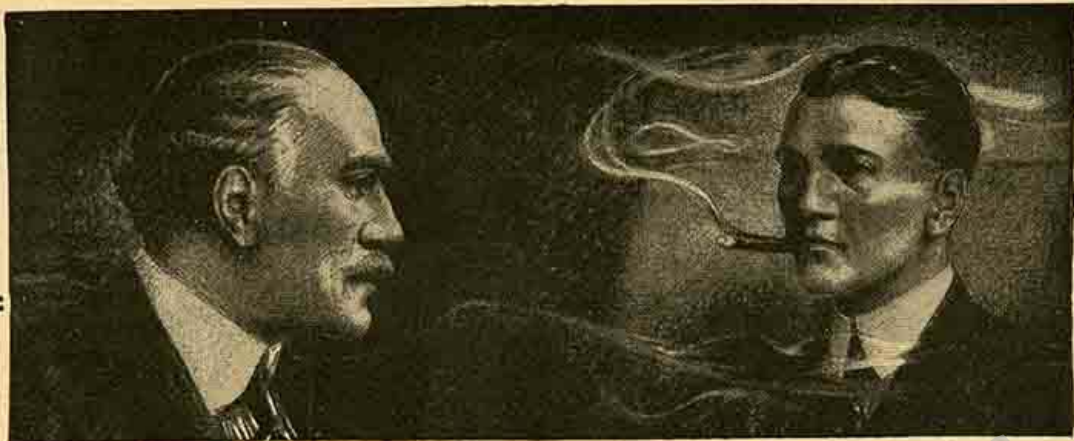
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eat three meals daily, you should have three movements to keep in a healthy condition. Your bowels may move regularly once or possibly twice daily and still you are in a constipated condition, as there is a continual retention of the fecal matter, causing fermentation. Immediate means of correction may be the use of the enema, mineral oil, agar agar, petrol agar, and allied preparations, which are quite harmless. As a regular thing, it is best to establish normal movements by means of eating plenty of fruits and greens containing much roughage, as well as bran, whole wheat and graham bread; also eating considerable fats for their effect on the bowels.

The regular eating of stewed prunes and apricots, as well as big helpings of spinach, will do much to correct this condition.

Regular exercise of a sufficiently vigorous nature is indispensable, while copious drinking of water is a necessity.

A great many persons suffer from migraine headaches, characterized by their familial incidence, that is, running in certain families, by their periodic occurrence, by the absence of symptoms

between attacks, and by the frequency of gastro-intestinal disorders.

As out of a clear sky, after a period of extreme well being, the attack comes on in a progressive manner, commonly by a disturbance of the vision. The headache commences and increases in intensity, and in a few hours the prostration may be so complete that the patient must lie immovable. This is accompanied by extreme nervous irritability, and photophobia or dread of light, lack of appetite, followed by vomiting. The stomach contents are quickly gotten rid of, and finally bile is brought up.

This may end the attack or it may persist for days with milder renewals. The siege being over, the appetite is likely to be unusually vigorous, and the patient enjoys good health and spirits till the cycle is repeated, which may be once or twice in a week, or once in several months. Women are likely to suffer from this form of headache during the menstrual period.

There is evidence that migraine attacks may be brought about by the eating of certain articles of food rich in either protein or carbohydrates.

Due to the intensity of pain and suffering, it is usually necessary to gain

relief by the use of some sort of bromide or analgesic. To ward off such attacks or to overcome the malady, the procedure would be elimination from the diet of protein and carbohydrate foods and correction of constipation, along with general hygienic health practices as outlined in another part of this article.

As a means of temporary relief from headaches, we recommend that you try simple natural methods, such as packing wet cloths, wrung in cold or ice water, about the head, and the use of various massage movements, moving the fingertips in a circular motion over the temples and forehead, beginning at the nose and working out to the temples. Also it will prove very soothing to knead the entire head and scalp, followed by gentle tapping with the fingertips.

Vibration may be applied by placing the hands firmly upon the head and making an even vibration or trembling with the hands.

Many types of mechanical vibrators may be procured, and any one of these will prove of lasting benefit in relieving headaches. You will find greater chances of gaining permanent relief

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Venusform Method

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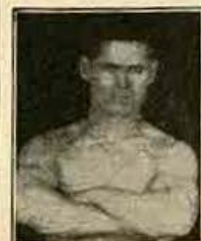
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TOBACCO HABIT

YES—you're loading up with Nicotine—a Deadly Poison. You know if you don't quit your heart will be weakened, your vigor reduced; lungs and throat irritated; short wind; nervous; can't sleep. Well, here's good news. There is a simple, easy way to get IT'S EASY TO QUIT along fine without cigarettes, pipe, cigar, chewing or snuff. A new book tells how, and over 200,000 men and women, following this easy method, have GAINED PEP and ENERGY, saved HEALTH and MONEY. BANISH TOBACCO HABIT without discomfort and FOR GOOD. Now you can get the facts about Nicotine Poison and the Correct Remedy.

FREE SIMPLY SEND NAME—no cost—no obligation. This new book, "How To Quit Tobacco," contains vital, startling facts and should be read by every tobacco user. IT IS FREE—send name and address today—postpaid will do. THE NIX-O-TINE CO., 63 -W Street, Hastings, Neb.

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**I POSITIVELY
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to increase your arms one-half inch in size, chest one full inch; strength 25 per cent., health 100 per cent. in one week's time, by following my instructions and using my exerciser 10 minutes mornings and at night. Send \$3.00 for complete entire body-building course and exercisers. Satisfaction guaranteed or money back.

Prof. J. A. DRYER
Box 1850 Chicago, Ill.

from wet packs, massage and vibration than from resorting to the use of drugs of any sort, however mild they may be.

However, where it appears absolutely necessary to resort to some potion for temporary relief, it is advisable to use the mildest effective medication procurable, trying first such creams for external use, as Baume Bengue, Musterole, Campherole and allied preparations. The first mentioned is very efficacious in relieving headaches. Should these measures fail to produce results, a simple powder may be mixed by a pharmacist:

Sodium salicylate 6.0
Potassium bromid 12.0
Sodium bicarbonate 12.0

Mix and divide into six blue powder papers.

Tartaric acid 10.8
Divide into six white powder papers.

Mix contents of a white and blue paper in half a glass of water. Repeat dose hourly if required.

It should be remembered that this last formula is given as an emergency measure. Where it is necessary to resort to any sedative or bromid, one should consult a physician, who can prescribe with absolute safety. Any promiscuous use of bromids or drugs is liable to have a deleterious effect on the heart and nervous system, besides the risk of establishing a crippling narcotic drug habit.

To sum up, first use the mildest possible forms of alleviating the pain, as suggested above. Then attempt to discover the cause of the headache. Having determined this, the cure would lie in eradication of the underlying trouble, coupled with a strict attention to your ways of living. Sufficient rest, sensible diet, regular bathing and exercise of a fairly vigorous nature, spending as much time as possible in the open, will all tend to effect a cure and prevent the likelihood of headaches recurring.

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Includes 40 Cleveland Cartoon Stunts, "How to Give a Performance," "How to Originate Ideas." Anyone can do it. Be popular—clever—an artist. Send \$1.00 NOW for COMPLETE COURSE. Samples 10c.
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which contains a time-saving element found in no other course of training. The principal muscles are exercised in groups. There are but few exercises in each lesson and after you have mastered these exercises, you drop them and substitute the more advanced exercises in the next lesson. Under my tuition, you never have to practice more than a few minutes a day. The effect is so sure and rapid that:

1st. Weak beginners who can't even chin themselves with both arms soon find that they can easily chin the bar with one arm.

2nd. The stout beginners who cannot even reach their ankles can soon learn to bend over and put the palms of their hands on the ground without bending their knees (and incidentally reducing their waist girth by eight to ten inches).

3rd. That scrawny beginners soon find themselves gaining weight and shapeliness as a result of their increased digestive powers.

4th. The undeveloped beginners soon find themselves taking pride in their unusually large and clean-cut muscles.

5th. That non-athletic beginners soon find that they are in possession of the speed and strength that makes them winners in sports and games.

The Most Important Thing In the World

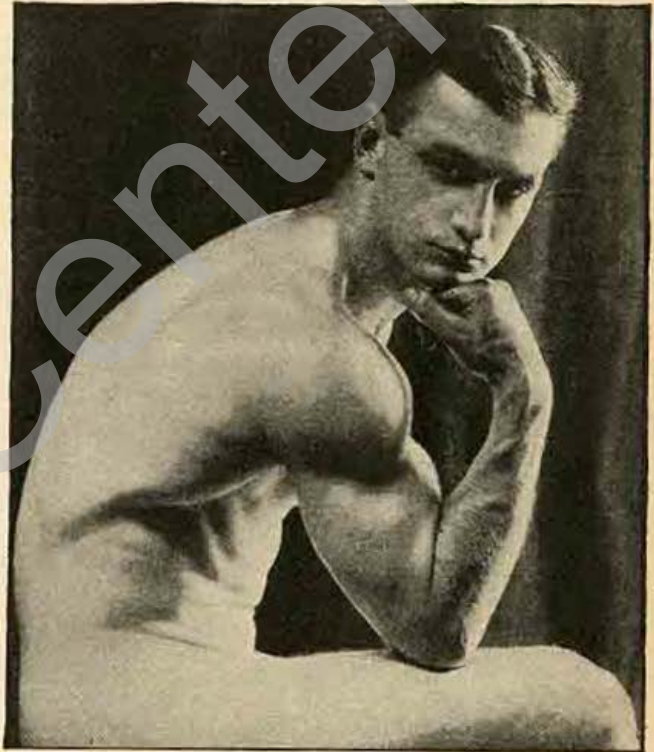
IS THE WAY YOU FEEL. Health means more than having just enough energy to get through your daily work. Real health means the possession of considerable muscular strength combined with great powers of endurance. It means that your internal organs are in first-class working order. It means that you are immune from temporary sickness and chronic disease which shortens life.

The Next Most Important Thing

IS THE WAY YOU LOOK. Your personal appearance counts for a lot in these times. It is nice to look well in a bathing suit; but it is far more important to be able to create an impression when in your street clothes. To have people exclaim, "My what a *finely built chap!*" after one glance at the broad shoulders, deep chest, trim waist, and beautiful proportions which are noticeable even when you are fully dressed.

Your aim in training should be **NOT HEALTH ALONE, NOT APPEARANCE ALONE, NOT STRENGTH ALONE**, but that combination of all three which is the surest sign of real vigor.

I am looking for the man who wants to save time. The man who knows that he needs to improve his physical make-up, who has very little time to exercise, and who *must have results*.



CHARLES MacMAHON



Charles MacMahon
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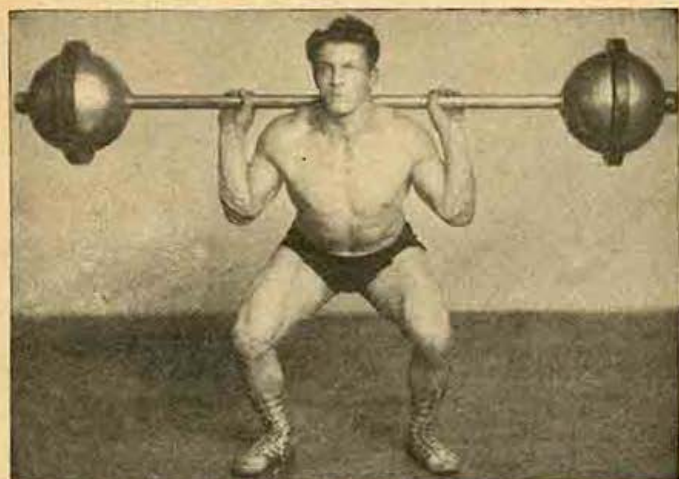
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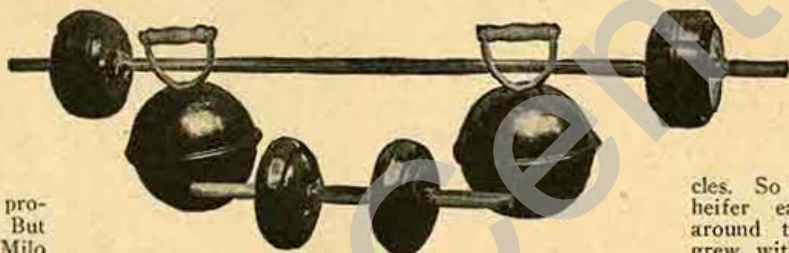
The Present Day Milo, Henry Steinborn Milo

is here seen with an exhibition bar bell in practically the same position as Milo of old carried his heifer bar bell. Milo, of Greece, was compelled to wait upon the gradual and slow growth of his live bar bell, whereas Milo of the present day, you or anyone else using a Milo Bar Bell, simply slip a plate or two of the desired weight increase upon the bar. In this way you get rapidly-increased strength and development.

There is no method of body and strength building more progressive than bar bells. You can progress by leaps and bounds or in a small and gradual way. That's why the Milo Bells and Instructions fit every one's individual case. And it is also one of many reasons why you should begin and complete your training with a Milo Bar Bell.

Who Was MILO of Greece?

Milo, of Greece, was the strongest man of ancient times. He gained this distinction by following a sound principle of progressive body and strength building. Milo unknowingly originated progressive weight lifting. But it remained for the Milo Bar Bell Co. of the present day to develop Milo's sound principle into the efficient body and strength building apparatus that Milo Bar Bells are noted for being.



This is Milo Duplex—the Best Looking Sets Made

Milo of old, because there was nothing like a bar bell in those days, found a growing heifer the most convenient means of developing his strength and muscles. So by shouldering this same heifer each day and walking around the arena, his strength grew with the increasing weight of the heifer. While the heifer was most convenient for Milo, the Milo Bar Bells are most convenient for you and far more efficient, although the original principle still remains.

Listed Below Are a Few of the Reasons Why Bar Bells Are the Best Developers

Can be made light enough for the weakest beginner.
Can be made heavy enough for the strongest strong man.
The oldest and best form of body and strength developers.
Used the world over by the world's strongest men.
No real strong men use any other apparatus.
Is the only true way to gauge one's strength.
Is the handiest and safest method.

You are not fooled as you are by other apparatuses which become weaker from usage.

You always know just how much your strength is increasing when you use a Milo Bar Bell.

You will have to have a bar bell eventually in order to complete your training, so why not get a Milo set now?

With a Milo Bar Bell every muscle you possess is thoroughly and quickly developed.

Milo Bells produce a symmetrical physique, as well as great strength and large proportions.

You should use a Milo set because there are 3 highly efficient courses of instructions given with it.

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

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MILO OF GREECE