

vital activity, and to impart strength and vigour to various organs that may be too slow or inactive.

The patient should lie or sit in a lounge or shallow bath of a temperature from 90 to 100 degs. The positive pole should be attached to a sponge, and applied to the top of the spine, and the

negative pole applied to the feet; a connection from the positive pole should also be attached to a sponge or electric spoon, and applied to any part of the body where there is any pain or that is weak. Shock should be avoided, and at first it should be very gentle and pleasant to the patient, otherwise it will do more harm than good.

Strong Men on the Stage.



It goes without saying that many readers are interested in "Strong Men" and their doings, and no doubt the majority of them have viewed with interest the performances on the stage of some of our leading weight-lifters, and, perhaps, wondered how the different feats were performed.

It will be my aim in this article to explain how some of the best known and most astonishing feats are accomplished, for it must be evident to all that considerable preliminary practice and training is necessary before a difficult feat can be successfully accomplished with ease and grace.

There are a number of very taking performances before the public in which "human" weights are solely used.

It may be taken that the men who are lifted at each performance are specially selected in many cases, and by carefully placing themselves in certain positions at the right moment, according to the laws of gravity, make an apparently impossible feat fairly easy to perform.

The show which consists of dumbbell and barbell lifting only has become "stale." To succeed as a stage performer it is necessary, as in all other things, that originality should be shown, and the mind of the professional strong man is continually occupied endeavouring to sketch out some hitherto unattempted feat.

A well-known feat, which has been presented in a variety of forms, is the great supporting act, in which the performer has

a board placed on his chest, hands and feet on the floor, and a roundabout, piano and men, iron weights, or what not, placed thereon.

The board has to be carefully padded at shoulders and at that point which will rest on the knees.

Practice is now necessary with gradually increasing weights, and in practising this feat it may be mentioned that several strong young fellows have to be always on hand in case of accident. This feat is certainly dangerous, inasmuch as quite a number of accidents have happened with more or less serious results to the strong man underneath, whose strength is only sufficient to sustain the load whilst in certain positions. The slightest movement will bring the whole load down upon him.

The man who would succeed in exhibitions of this description must carefully keep before him the fact that to support a startling weight the *bones*, not the muscles, must be called upon to bear the strain.

In the chest-supporting feat, the weight runs down the leg from the knee, and a perfectly straight arm bears the weight at the other end of the board. As the arms are much weaker than the legs it will of course be an advantage to have most of the weight down towards the knees.

The use of pads in many cases is absolutely essential.

For instance, when men are swung round and round, suspended from a barbell placed on the shoulders of the strong men, a small pad is hardly noticeable, and allows more weight to be borne in comfort.

One strong man introduced some time ago a feat in which a sack of flour figures prominently. This sack weighs 280lbs.,

and has to be carried off the stage on the back.

To do this, the correct positions for getting the sack on the back by lying down beside it, then struggling to hands and knees, and finally to the feet, had to be carefully worked out.

This will prove that the strong man has to work with his head as well as with his muscles, but unfortunately this trick has been spoilt by a rival strong man coming forward with a far heavier sack and lifting it bodily from the ground and tossing it to his shoulders and walking off. After viewing the latter's exhibition, the first performer's falls rather flat. One levers the sack up by calling into play all the large and powerful muscles of the body, the other simply raises it while standing erect by pure arm power.

A number of feats, such as card-tearing, expander pressing, etc., can only be accomplished by gradually increasing the resistance of material used.

The intelligent reader will have decided by now that the real secret of the successful performer's surprising feats is that he carefully ascertained the very best position in which to work—the position in which he could put forth most power—and then assiduously practised the feat, gradually increasing the strain as his strength, or, rather, "knack" increases.

Of late, it has been found a great draw to have some feat in which the audience are asked to compete, with prizes for the best attempt made, and perhaps a substantial sum to the one who really does the feat.

If weights are to be lifted, extremely thick bars are used to which the performer is accustomed, but which are found to greatly handicap the would-be prize-winners.

Chain-breaking and coin-tearing seem to have become things of the past.

The amount of trickery resorted to in order to startle the public probably prevented such feats from appealing to the honest sport-loving British public, for the reader may rest assured that the chain which the strongest man could really break would look very slight when viewed from a distance.

SOME earnest enthusiasm of life is the effectual cure for all disquiet. There will always be minor cares and troubles for those who are at leisure to attend to them; nor can we be rescued from these except by interests and pursuits that take us out of their region.

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This most thoughtful writer not only portrays the symptoms and causes of disease, but applies such hygienic remedies as seldom fail; if sufferers faithfully carried out his advice, a restoration to health would be sure.—THE EDITOR, *Earth*.

Dear Sir,—I consider "Manhood" a masterpiece; it is written in such a style that those sunk in the sea of despair—who have lost hope—who have sought and spent, and spent and sought in vain—who have been coddled and fooled to believe vice does not exist—to these it is a well of hope—every page is clear and bracing—cheering and instructive. In it there is what every young man should know—there is new life in such writings.

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