

May 1922

Strength

The Magazine of Good Health

15¢



Walter
Camp

Diet or
Exercise?

The
Fastest Man
on the Diamond

ELAYTON
KNIGHT

Why Be a Weakling— When You Can Be a MAN Like This?

WHY be a weakling, when you can be a man like W. B. Hobert, Jr.? Why be only half alive, when you can thrill with the joy of living? Why be satisfied with a drab existence, when you can be gloriously alive, with sound nerves and firm muscles, and a healthy, vigorous body? Why be a weakling, when you can be a he-man?

Look Mr. Hobert over. Just look at the depth of his chest, the girth of his arms, his slender yet muscular waist, his sturdy legs, and the pleasing, symmetrical lines of his physique. And above all, the snappy, aggressive face. Isn't he your idea of what a he-man should be?

Here's a man to tie up to—a real go-getter. The sort of a man who is a comfort to his friends and a terror to his enemies. A splendid specimen of muscular manhood, with all the pep, energy and vitality that come with a perfectly developed body.

Wouldn't any man be foolish to remain weak and undeveloped when he could be like Mr. Hobert?

Just think what it would mean to you to be a man like this! To have the sound nerves and firm muscles of a super-man. To have good, red blood singing through your veins and to thrill with the joy of living. To have energy and vitality supreme. Is not all this well worth while?

Weakling or He-Man? It's Up to You

IT is up to you to decide whether you will go through life a weakling or whether you will be a real man in every sense of the word. It makes no difference how weak or undeveloped you are right now. If you want to better your physical condition, and are willing to spend a few minutes a day in pleasurable, health-giving exercise, we can show you how you can be a man like Mr. Hobert. He says:

"Personally, I do not believe that there is a system on the face of the earth that can compare with your system of exercise. In my estimation, there are two kinds of bar bells, Milo—and the others. I have had a chance to use many different makes of bells, but have never found any of them as convenient as the Milo bell. It is my sincere hope that I may be instrumental in inducing others to take advantage of your wonderful course of strength and body-building exercises."

Sincerely yours,

W. B. HOBERT, JR.,
Jackson, Miss.



W. B. Hobert, Jr., a Milo-Built Man.

These exercises bring into play each and every muscle of the body, strengthening and developing all parts equally. Every muscle, nerve, and organ is stimulated and refreshed. You enjoy the beneficial effects of the exercises immediately, and in a few short months you have a body of which you are justly proud.

Why be weak and sickly? Health and strength are yours for the asking.

Health and Strength—How to Obtain Them

TWENTY years ago we originated the Milo Method of Body Building—a method so simple and easy that even a child could follow it, but so effective that it has developed more perfect specimens of muscular manhood than all other "systems" combined.

The Milo Method saves your time and energy. Thru the expert knowledge we have gained during the past twenty years, we have discarded the conventional, time-worn methods that waste both time and energy, and have evolved a system that fits itself to your needs. No matter how weak or undeveloped you may be, we can give you exercises that will go right to the root of things and will give you sound nerves and firm muscles, and a perfectly functioning body, replete with energy and vitality.

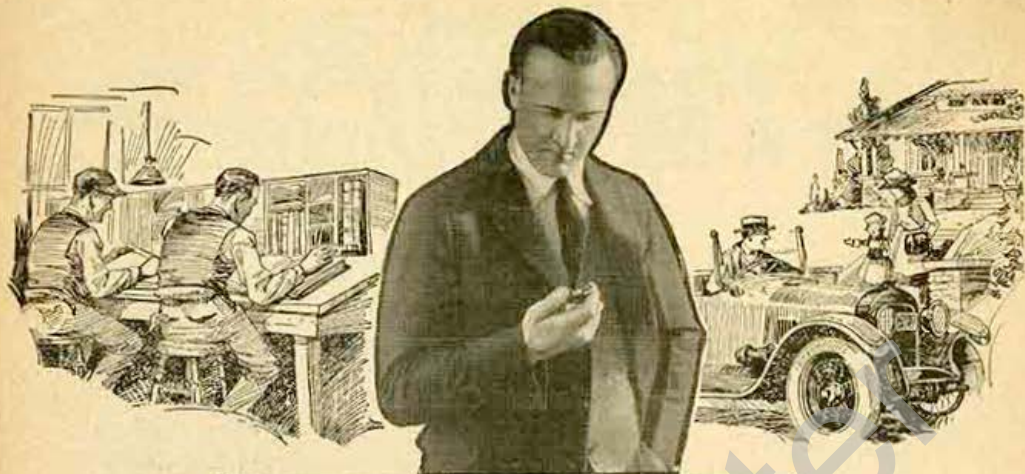
With no obligation on your part, we will send you a copy of our booklet, **HEALTH, STRENGTH AND DEVELOPMENT—HOW TO OBTAIN THEM.** It will show you how you can be made a man like Mr. Hobert. Send for it to-day.

The Milo Bar Bell Co.

Physical Culture Specialists and the largest manufacturers and distributors of Bar Bells, Dumbbells and Kettle Bells in the World.

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Philadelphia, Pa.



In every man's life there is one Big Moment when he makes the decision that either robs him of success—or leads on to fortune.

Your One Chance to Earn The Biggest Money of Your Life!

HAVE you ever considered why our richest men come from our poorest boys? Isn't it a strange thing that it is almost invariably a young fellow who starts life without a cent in the world, without education, without influential friends—in short, without one single solitary advantage—who accumulates millions of dollars? Isn't it a miracle that inside of a comparatively few years a man can rise from abject poverty to fabulous wealth?

The Secret That Makes Millionaires

Astonishing, certainly—but more important, it is wonderfully inspiring. For it means that no man need be held down by circumstances. Once he knows the "millionaires secret," he can put it into operation regardless of all obstacles that seem to block his path. He suddenly finds that everything he touches turns to gold—money flows in upon him—fortune showers him with its favors. Everything he wants seems to come to him just as surely and easily as day comes after night.

What is this amazing secret that can work such wonders? It is just this: The thing behind all big achievement is **Opportunity**.

To every man there comes one **BIG Opportunity**—the golden chance of his life. And in the moment he decides for or against that opportunity—whether he will seize it or let it pass—he decides the whole future course of his life.

Choose Between Low Pay and Magnificent Earnings

This very minute you may be face to face with your **BIG opportunity**—your one chance to earn the biggest money of your life! Right now your decision may mean the difference between a life of plodding, routine work at low pay and a career of inspiring success and magnificent earnings.

For now you are offered the very opportunity that has made other men rich, that has brought them more money than they ever dreamed of earning.

It is the same opportunity that lifted Warren Hartle of Chicago, out of a job in the railway mail service where in ten years he had never gotten beyond \$1,600 a year, and landed him in a \$10,000 a year job. It jumped Charles Berry of Winterset, Iowa, from \$60 a month as a farm-

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These men and hundreds more have found their **Big Opportunity** in the wonderful field of Salesmanship. They are all Master Salesmen now. They are earning the biggest money of their lives—more than they ever thought possible—they are engaged in the most fascinating work in the world—they are independent, come and go as they please—they meet big men—every minute of the day is filled with thrilling variety.

Your **Big Opportunity** may be here, too, in the wonderful field of Salesmanship. Perhaps you say you have never even thought of becoming a Salesman. But before you decide one way or the other, examine the facts for yourself. See what Salesmanship offers you—why it is the best paid of all vocations—why there is no limit to what you may earn. Read the amazing proof that no matter what you are doing now, you can quickly become a Master Salesman in your spare time at home—read how the National Salesmen's Training Association in its nation-wide search for men to fill the great need of Salesmen, has devised a wonderful system that reveals to you every Secret of Selling without interfering in the least with your present work. See how this famous organization helps you to a good position in the line of Selling you are best fitted for.

Facts That Will Amaze You—Sent FREE

Mail the coupon below. This will not cost you a penny—it places you under no obligation. It simply means that you will receive, entirely **FREE**, a wonderful, illustrated Book on Salesmanship and Proof that you can be a Master Salesman. You will receive, also, the personal stories of men throughout the country who to-day are enjoying magnificent success and earning five, ten and fifteen times as much money as ever before.

Send **NOW**—this minute may be the turning point in your life. Address, National Salesmen's Training Association, Dept. 21-E, Chicago, Ill.

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Name

Address

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

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

STRENGTH

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No. 9

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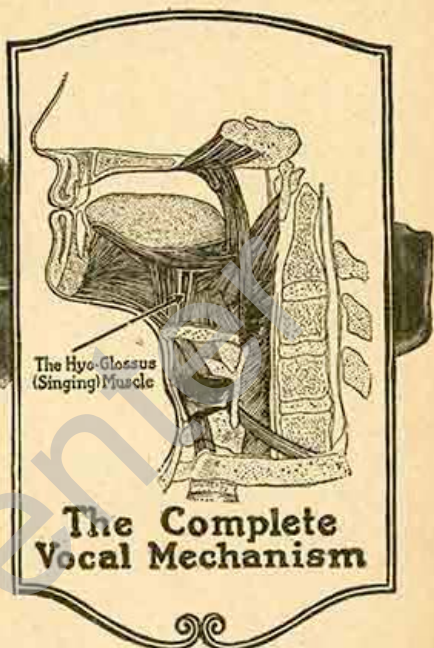
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The Secret of Caruso's Greatness



He Was a Musical Athlete

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



The Hyo-Glossus (Singing) Muscle

The Complete Vocal Mechanism

Your Voice Can Be Improved 100%

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

Good Voices Made Better Lost Voices Restored

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

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

A Real Money Back Guarantee

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

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

Who Professor Feuchtinger Is

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

Great Opera Stars Among His Students

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

Practice in Your Home

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

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

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

Send For FREE Illustrated Booklet Today

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

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

Singing Speaking Stammering Weak

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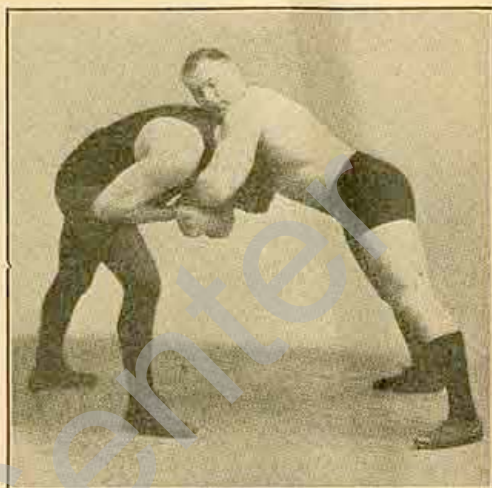
Learn from Former Champions

Complete Science of Wrestling by Hackenschmidt

Do you ever try wrestling with a friend? It's great sport, isn't it? You just wrestle for the fun of it, but you certainly have a lot more fun if you win than if the other fellow throws you. It sort of takes the "Joy out of life" if you are pinned to the mat by a fellow that you know is no stronger than you are.

Here's your chance to learn wrestling from an expert. Geo. Hackenschmidt in this book teaches you many of the most effective holds and counterholds that there are. Mr. Hackenschmidt also explains the theory of Attack and Defense, showing how your defensive moves should be used to secure an opening for a fall.

Sent Post-Paid for \$2.00



Double Chancery Hold

Scientific Boxing and Self-Defense

By Tommy Burns

Here is your chance to get a good boxing course at a reasonable price. Tommy Burns knows boxing from the fundamentals to the most subtle tricks of the ring champions. Here is your chance to learn boxing from a former heavyweight champion. By publishing this course in book-form we are able to offer a good boxing course for \$2.

A Complete Course

Tommy Burns teaches the simple blows—feinting, dodging, ducking, guarding. He explains the complicated ringcraft and strategy as only a

master ringman can. Here is your chance to learn boxing from an able teacher. No more depending on friends who really know little more than you do about the science of boxing.

\$2.00 Complete

For only \$2.00 you receive this course which you may practice in your own home. Then you are able to practice the blows and guards of a real ringman. After a little while you will find you have learned so much that you will be able to defeat many men bigger and stronger than you are. No longer will you be a dub at boxing.

SPECIAL OFFER

We have been able to make a special arrangement with the Publishers of this magazine, which permits us to make a special offer for our books when sold in connection with a year's subscription to Strength.

We are offering either one of these books which ordinarily sells for \$2.00 and one year's subscription to Strength, regular price \$1.50, for \$3.00. This is a net saving of \$0.50 to you. In addition to this you will have your magazine regularly delivered to your house and will no longer have to risk having your newsdealer sold out before you can purchase your copy of this magazine.

Take advantage of this offer now. Save time and Money.

Send Check, Cash or Money Order to

THE ATHLETIC BOOK COMPANY

2100 N. Third Street,

Philadelphia, Pa.

What Are the Necessary Qualifications of a REAL MAN?

People realize to-day that to be a real man requires more than just physical strength. A keen mind, ability to think quickly, self-confidence and courage, poise and alertness are necessary in addition to well-developed and trained muscles. There is a way open to every man and youth whereby he can become a real upstanding man as described above.

It Is Easy to Develop These Qualifications

That sounds like a pretty broad statement, doesn't it? But it's a fact. There is a system by which you can develop and school your muscles, and at the same time cultivate poise, alertness, quick thinking and self-confidence—right in your own home. Thousands have already

done it. It is a system that develops your entire body from tip to toe. Not one of the old worn-out plans that centered the development on arms, shoulders and chest and made a man muscle-bound and slowed him up physically and mentally. This new scientific method is the

MIKE GIBBONS' FAMOUS HOME COURSE IN SCIENTIFIC BOXING and HEALTH BUILDING



MIKE GIBBONS

is one of the most scientific boxers that ever lived.—Jack Dempsey.

Much has been written about boxing and how to do it, but Mike Gibbons could write a volume and fill it up with stuff that nobody ever heard about. It's all his own.—New York Globe.

Mike Gibbons is the master of them all.—Ed Smith in Chicago American.

The successful boxer will be built along the lines used by Gibbons.—New York Times.

I'll say he can teach it as well as he does it.—Johnny Kilbane.

Please do not confuse my course with other books or lessons in boxing. It is entirely different. Through its study you develop your mind as well as the body. The lessons show clearly and graphically how to perform every movement.

With a half hour's practice daily you will be surprised at your ability and condition within a few weeks. In it you get all the knowledge of boxing and physical training that I gained during my career as a professional boxer and as chief boxing instructor in the U. S. Army. It contains ten graphic lessons in boxing with over a hundred carefully posed photos of Tom Gibbons and myself.

Secret Tricks

It teaches you all my secret tricks, how to overcome fear and timidity, how to make your punches effective. The proper time and place to deliver jabs, hooks, uppercuts, etc. How to successfully defend yourself and handle bigger men. How to be aggressive without fighting blindly or wildly. In fact, everything from "How to Make a Fist" to "Ring Generalship."

Special Exercises

Also special exercises to develop all muscles, strengthen weak parts, straighten shoulders and back, raise the chest and correct general defects in physique. What to eat, how to eat, how to reduce or increase weight, how to overcome common ailments through natural methods.

I already have thousands of students in all parts of the world. Many of them have written me telling of the wonderful benefits derived from this course.

Big Price Reduction

I have sold thousands of these same courses at \$15.00. NOW I OFFER YOU A SPECIAL REDUCTION. I am willing to send you the entire course for \$5.35. I know I'll make thousands of new friends by doing this. AND REMEMBER YOU ARE DEALING WITH ME PERSONALLY—IF YOU are not entirely SATISFIED—MONEY BACK without a sign of an argument. Make money order payable to

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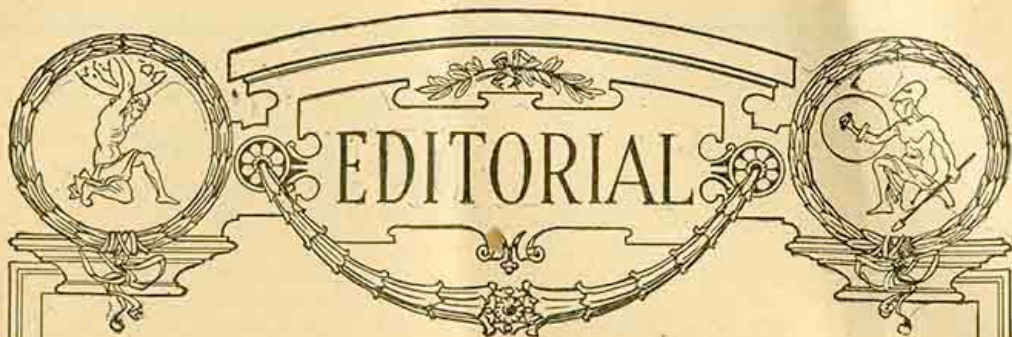
I am enclosing money order or check for \$5.35. Please send me complete course in Scientific Boxing and Health Building by return mail with the understanding that if I am not entirely satisfied you will refund my money immediately.

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The Inspirational Value of Books

TO read of the deeds of athletic heroes is to wish to emulate them. This has always been recognized. Everyone loves to read about the hero who, by virtue of his superior strength, speed and skill, conquers all opponents and difficulties.

In ancient Greece the bards recited the poems of Homer, and the Greek youth dreamed of some day equaling the feats of Achilles, Ajax and Hector. Later, among the Northmen, the chantings of the skald, always in praise of some great fighter or athlete, incited many a Viking raid.

In early European days a ruler sometimes held his job not only by his brains, but by his ability to vanquish any of his followers in personal combat; witness Richard the Lion Heart in Scott's "Ivanhoe."

Run over the list of ancient national heroes, and you will find they were all champion fighters.

St. George, single-handed, beat a dragon; and for hundreds of years thereafter, an English captain would wave his sword, and shout "St. George!" whenever he wanted to enthrone his men.

The Welsh bards sang of Launcelot. The French troubadours told of the invincible Roland, the Germans boasted of Siegfried, the Spaniards extolled The Cid, and so on down the list.

THE custom persists. The world still loves a winner. On our sporting pages Dempsey and Leonard pretty nearly monopolize the boxing column, and hundreds of boys decide to take up fighting.

When the newspapers published only the box-scores, baseball was hardly noticed; but when they commenced to boost the great players, from Al Spalding down to Babe Ruth, the game grew. *The stars make a sport popular.* The average man or boy tolerates an article dealing with the technical side of a game, but simply "eats up" any story which relates the personal prowess of a champion of that game.

In college stories and school boy stories, the central character must "make the team." Hundreds of boys dream of an athletic

career, modeled on the heroes of the school stories of Ralph E. Barbour and A. T. Dudley.

The boys of the passing generation all wanted to be Indian fighters, mainly because they had been thrilled by the mighty deeds of strength and speed performed by Dick Lewis, the trapper in Castleman's books.

Men are boys grown up. They react just as surely to the story of the athletic hero, whether it be in the columns of daily sporting pages, or in the pages of fiction.

Many novel writers seem to have a thorough understanding of the possibilities and limitations of the strength of the human frame. Other writers make the mistake of ascribing unbelievable powers to the god-like hero.

THERE are plenty of books by writers of the first class. Books by masters, and with heroes that are human but capable of inspiring you by their physical accomplishments.

"Lorna Doone," by R. D. Blackmore has retained its popularity for over a generation; not so much because of the lovely Lorna, as of the giant John Ridd, strongest man in England.

Canon Kingsley has immortalized two great "strong men;" Herward (in the book of that name), champion fighter of the Norman Conquest, and Amyas Leigh in "Westward Ho."

James Fenimore Cooper had one great strong man—Harry March, in "The Deerslayer." The late Marion Crawford endowed many of his male characters with great physical strength, notably the Marchese San Giacinto in the "Saracinesia" series; and Paul Griggs, who appears in many of his books, and whose pastime was tearing cards, breaking horseshoes and performing other startling feats. Crawford understood strong men—he was one himself.

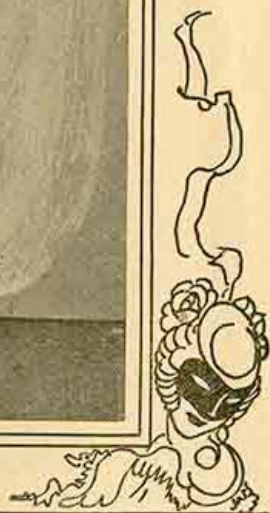
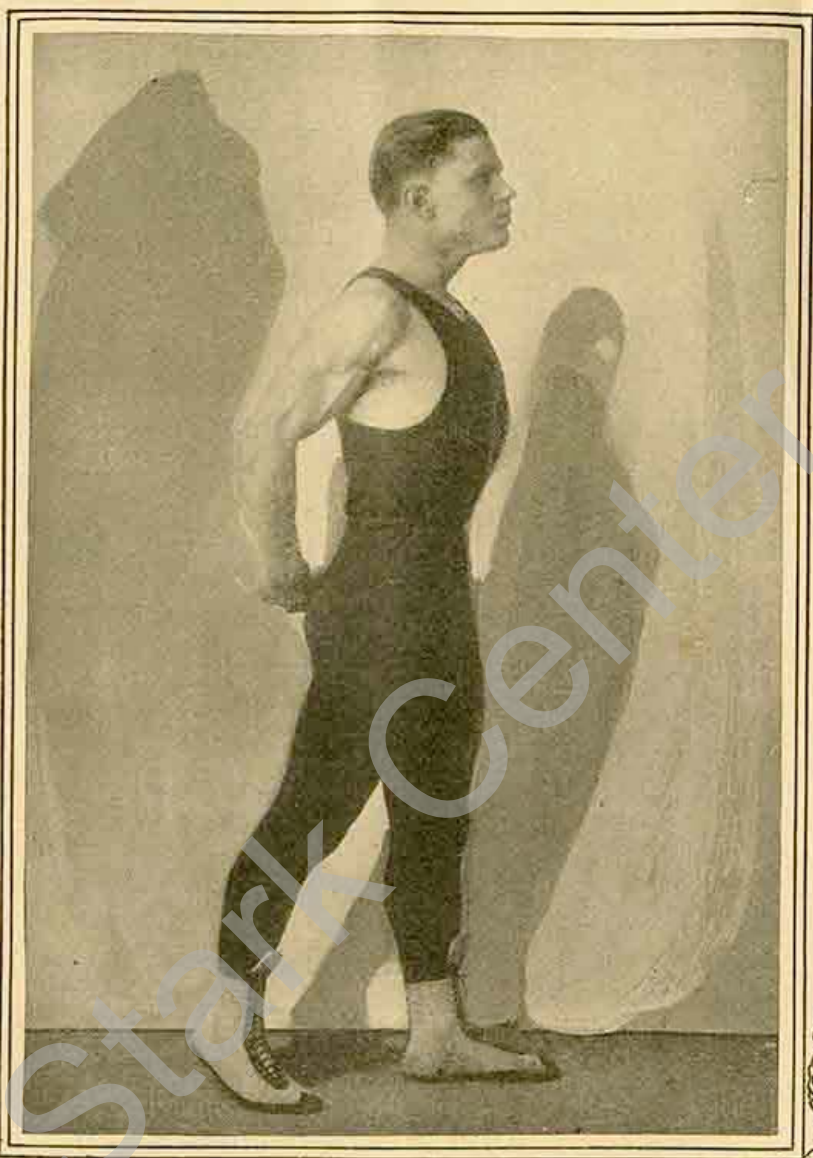
Among the moderns, here are a few books that every one of you should read:

Rider Haggard's "King Solomon's Mines"—with the herculean Sir Henry Curtis and the "Witch's Head," with the even stronger Jeremy Jones; Morley Robert's "David Bran;" Jack London's "Sea Wolf," where the hero is a holy terror, physically and every other way. Also London's "Abysmal Brute," a great prize-fighting story and an intelligent treatise on physical strength. Conan Doyle's "Rodney Stone," the classic of prize ring tales, fascinating as are all of his books, tells of the lovable fighting blacksmith, "Jack Harrison."

Chas. Van Loan's "Squared Circle" is a collection of stories of fighters. Van Loan was a master of the short story. His tales of the scrapper are just as good as his baseball and golf stories.

Of course, "Mowgli" in Kipling's Jungle Books; and, if you can stand one chapter of fighting to a dozen of philosophy, you must not miss "Cashel Byron," by Geo. Bernard Shaw.

All the foregoing will inspire as well as entertain you.



Frank Virginia, representing **STRENGTH**, in the costume which won first prize in the Character Costume Contest at the Ball of employees of The American News Company, Inc., held in the Hotel Pennsylvania Ballroom on Thursday, February 23rd. He is 18 years old, is five feet seven inches in height and weighs 149 pounds, stripped. Always interested in body-building, he has developed himself by tramping and gunning in the vicinity of New York City, and by intelligent gymnasium work. He is a fairly good amateur boxer and an expert gymnast, having trained at and represented the Lutheran Gymnasium of Stapleton, S. I., in competition.

The Government of College Sport

By Walter Camp

THERE is a season every year when, from the time snow flies until the ground gets soft in the spring, college athletics receive their annual overhauling. The National Collegiate Association holds its annual meeting, and the great conference leaders West and South have their conventions. Many are the points at issue, and the resolutions passed are all for the benefit of the ethics of college sport. Some of the good effects continue—some, unfortunately, are lost sight of when actual play begins. The new Southern Intercollegiate Conference, at its meeting here this year, put this paragraph in its proposed constitution:

"It is the purpose and function of this conference to promote intercollegiate athletics in every form, to keep them in proper bounds by making them incidental and not the principal feature of the intercollegiate and university life, and to regulate them by wise and prudent measures in order that they may improve the physical condition, strengthen the moral fiber of the students and form a constituent part of that education for which universities and colleges were established and are maintained."

This is the new attitude. It has been advanced again and again. But, as an Englishman once said, "It is a fearful responsibility to be young, and none can bear it like their elders!" The association that can make a boy of eighteen love study better than sport has yet to come into existence. We must face things as they are.

Just after the war, "Daniel," in the *New York Sun*, December 13, 1918, wrote as follows:

"It looks very much as if the colleges will have to follow the advice of Dr. Angell, of Chicago, and resume sport slowly, in the meantime cutting out the bad features. This means that every college will have to be the master of its own athletic destinies. Training tables will go, and the seasonal professional coach will go, too. The temporary coach truly is a serious evil and must be displaced by the year-round man who combines the proper

moral, technical and other qualities to make him a fit teacher for young men. The colleges will make this versatile coach a member of the teaching staff, paid out of the college funds. In this respect Columbia must be given credit for having shown the way to other big institutions."

That is the way it looked at that day and with all the good resolutions hot upon us. But seasonal football coaches are still very much with us and doing the same excellent work in teaching the youths under them the principles of the gridiron field. So we grow skeptical about their elimination.

It appears we are to have a revival of the so-called "Summer-Ball" question which has perennially stirred the athletic committees of the colleges for over a decade. Until the matter takes on more definite shape it is futile to discuss what rules could be adopted that would permit of an amateur playing for money and still remaining an amateur. But there is one point brought out quite clearly, and that is that the athletic committees will have to answer charges that are being so freely made to the effect that they are making no effort to enforce their present rules.

Hugh S. Fullerton, the baseball scribe, says: "Every college man knows, or should know, that four-fifths of the college baseball players are professionals under any strict interpretation of the amateur rules. The director who denies this fact either is innocent to the point of imbecility or worse than the players." This in various forms is the pith of the charge laid at the door of the college athletic committees, not alone by the newspapers, but if one may judge by reports, by the collegians themselves. In fact, it forms by all odds the strongest argument in the case against the college ball-player for permitting him to augment his exchequer openly by playing for money. In other words, the charge is that those who makes the rules and in whom rests the duty of protecting the name of the university are asking no questions, but winking at this playing for money.

It seems impossible that men of the standing of the chairmen of our athletic com-

mittees at our institutions of learning are guilty of such laxity as is described. There have been and always will be cases that may escape any ordinary inquiry, and hence lay open to suspicion the good faith of the best men; but when the charge is that men are not even asked by the athletic committee to sign the usual papers or to make a statement that they have not played for money, that charge grows very grave and reflects upon the bona fides of the entire body of alumni of the university, and should be promptly and squarely met before any consideration of future rules or regulations. If the existing rules are ignored or allowed to stand as dead letters, with no effort at all to even ask their enforcement, what must be the views of the boys who live under them as to the integrity of their professors? Moreover, if present rules are not even put before the students, what assurance is there that any new rules would share a better fate; and why should there be any mere hypocritical placing of them upon the statute books of a university?

For many years it has been recognized that it is no disgrace at all to an athletic committee when it is found that some single individual has fooled that committee and has later been discovered to be a professional. In fact, the very point that he has later been discovered and that the committee has taken action which shows that they were deceived, is really taken as evidence that the committee is in earnest and that they do not shrink at disclosing their discomfiture at having been deceived. But these present charges are of quite another character and really amount to the indictment that these committees make no attempt to even require the signed statement of members of their teams, lest they should run into the snag of finding some one had played for money. If the rules are on the books, the athletic committee must at least use reasonable diligence in bringing them to the attention of the students and carrying them out; and it hardly seems possible that the charges emanating from within that these committees do nothing of this kind can be based upon fact. Until more evidence of such a state of affairs can be produced, the assumption must be that the desire to play for money has led to the use of this argument without reason.

Alonzo A. Stagg, Athletic Director of the

University of Chicago, has just come out with a decided stand on that matter which has just recently come up very strongly, namely, summer baseball. While this has been a bone of contention in the colleges for years—so much so, in fact, that Professor L. M. Dennis, the then chairman of the Athletic Board at Cornell, once told Colonel Pierce, the President of the National Collegiate Association, that if he would settle this question satisfactorily, Cornell would join the association—there has never been thorough and consistent uniformity on the matter. The question was brought to a head in the Middle West Conference just now, with a proposition that the rules governing athletics in the colleges of this conference should be so modified as to permit all athletes to play summer baseball for money without losing their amateur status, and without suffering disbarment from their 'varsity teams. The directors out there have taken various sides on the subject. Stagg comes out as unalterably opposed to any such proposition, and maintains that the distinction between the amateur and the professional must be upheld.

The question has been argued under cover in the East recently. There is no question but that queer complications would ensue were such a rule put through. Many college athletes enter Amateur Athletic Union contests, and the opening wide of the money-taking end would run up against snags of a decided nature in this quarter.

No such "amateur" is defined in any of the various associations, athletic, tennis, golf, rowing—in fact, all amateur organizations have as their keynote that a man may not receive money for the exercise of his athletic ability and still remain an amateur. Only a few years ago, just before the war, there was a great upheaval, and practically all the national amateur associations took very drastic action on this matter and reworded their rules to make them even more stringent against the paid athlete. In fact, they went so far in such cases as to bar out from amateur standing even the golf-course architect.

There are charges made that the athletic boards of control or committees in the colleges have of late been very lax in the enforcement of rules relating to the amateur

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Walking for Pleasure and Sport

Must I thus leave thee, Paradise?—thus leave
Thee, native soil, these happy walks and shades?

—John Milton.

By J. B. Pearman

Formerly one-mile indoor National Champion, seven-mile outdoor National Champion, and second-place winner in 10,000 meter walking race in the Olympic Games, 1920.

WITHOUT a doubt the most beneficial and most healthful of all outdoor exercises is road walking, for it not only develops practically every muscle in the body, but it adds to the alertness of the mind as well, especially when the hiking is done through country where the scenery may be admired. It is a universal pastime, too, because of being within the reach of the rich and the poor, young and old; yet it is not receiving the attention that it should, and people are not taking advantage of its many healthful qualities.

Most people who walk long distances more than enjoy it, and feel "that it is the safest, the most spontaneous, the most hygienic of all forms of exercise." It was Julian Hawthorne who said that "walking is an unmitigated blessing"; and Charles Dickens, who remarked that "by walking in the country you will work better for it all week"; and Caspar Whitney, of *Collier's*, who stated that "there are few exercises for the general run of men any better than walking; it is natural and healthful." Expressions of equal significance and similarity have been made by a countless number of prominent persons in the world of letters, but space would not allow for all of them.

Look around you right now and no

doubt you will agree with Edward Payson Weston, noted pedestrian of coast-to-coast fame, that "ninety per cent. of the people in the United States are suffering from some functional trouble—heart, lungs, kidney, liver, stomach—because they will not take the proper exercise. If they would only walk, walk until fired out bodily and mentally," remarked Mr. Weston, "then they would have a chance."

Weston has undertaken such physical feats as hiking from New York to San Francisco in 77 days, for no other reason than to popularize walking and to make people realize that it is one of the most, if not the most, useful forms of exercise. Although it is not generally known, Weston

as a child was weak and sickly and displayed no special powers of endurance until he was nearly twenty years old, at which time he turned to walking as a means of benefiting his health. At 22 he hiked from Boston to Washington, D.C., to attend the inauguration of President Lincoln in 1861, covering the 453 miles in 208 hours. This should prove that walking improves the strength.

The subject of walking has been given a great deal of attention by writers, athletes, educators and physicians during recent years, and its merits and benefits have been



J. B. Pearman, New York Athletic Club.

discussed from every possible angle. Those who describe it at length are always pronounced in their claims that many qualities so necessary to the healthy body are to be derived from this most natural exercise. It is true that such is the case; there is probably no other conditioner which is as beneficial to the human frame as a good old-fashioned walk in the country, away from the noise and the dust of the city.

How few people there are who take advantage of their pedal extremities for a jaunt on pleasure bent, and how very small is the number of enthusiasts who take up walking as a means of diversion and sport, just as athletes go in for running, jumping, hurdling and other track sports!

I had the pleasure of visiting Mr. Weston in his modest home tucked away in the hills of Ulster County, New York, near the village of Rifton, and he had much to say on the subject of walking during his eighty-odd years of unusually interesting life. When I asked Mr. Weston if he would do any more hiking he said: "No, I have walked in nearly every civilized country in the world, but I have not found any scenery which compares with this. I am going to stay here.

"I do wish I could impress it on everyone that there is no exercise more dignified, or less expensive, or more conducive to good health than road walking," added Mr. Weston. "It is possible for both men and women to accomplish feats requiring great strength and endurance, just as I have done, and yet it will not violate their constitutions.

"In a normal state, man is not physically weak. He breathes the pure air of heaven, he drinks the clear water that bubbles from the cool mountain spring; he feeds on the



AT THE OLYMPIC GAMES
J. B. Pearman, U. S., leading Parker,
Australia, in the 10,000-meter
walking race.

same air and on the same sunshine that give vitality and strength to the tree, and like the tree, he grows in vigor and physical beauty. He should use his feet to convey him from place to place, and he should avoid the conveniences of the street car when he could just as well walk. In a case of this kind, civilization becomes an opponent of the plain laws of nature instead of being a blessing."

Weston always laid great stress on the importance of shoes that fit the feet, as well as on the comfort of the feet. He gave me an old remedy and insisted that I recommend it to anyone suffering with tired or sweaty feet. Tender feet need to be hardened. The following is Weston's remedy: Get ten cents' worth of rock salt. Dissolve a handful of it in a quart of boiling water and add five or six quarts of cold water. Soak the feet every night for several minutes, and then souse the feet with witch hazel. The same water may be used for five or six applications.

"This treatment," insisted Mr. Weston, "will cool the feet and make them tough; it even cools your brain, your system feels better, and you get to sleep before you know it. Anyone who can go to sleep that way can do far better work and keep it up longer."

Weston has also been a prominent figure in England, having taken part in many cross-country walks, and his performances have been written down in history to be read in lasting memory. Another well-known distance-walker, but of less mature years, is James H. Hocking, a "youth" of 65 summers, who hiked that number of miles on his last birthday in slightly less than 14 hours. Hocking now holds many of Weston's shorter walking records, such

as those from New York to Boston in 58 hours, New York to Philadelphia in 19 hours, New York to Albany in 32 hours, New York to Buffalo in 90 hours. Other walkers who have made national reputations are Dan O'Leary, Peter Hegelman and John Ennis. Of course, every one could not be expected to possess the endurance of these long-distance walkers.

There are two distinct kinds of walking—ordinary road walking and speed walking, the latter usually done on a track. In training for speed walking, otherwise known as heel-and-toe walking, I have done a great deal of road walking as preparatory work, and Westchester County, New York, offers an excellent setting for these walks on every Sunday morning. Naturally, it would be somewhat monotonous to do this walking alone, and I have had the good fortune to be accompanied by J. H. Hocking, who lives nearby. A jaunt of fifteen or twenty miles, started at eight o'clock and lasting until noon, always works up an excellent appetite for dinner. If you are in doubt, try it some time! A hike of this distance would probably be more than an inexperienced walker could endure without suffering painful after-effects, so he should start with a shorter distance.

Even over the same roads I have found many new and interesting spots. A walker should never feel that once over the same route is sufficient. Heavy shoes should be worn, laced tight around the ankles, but not made to bind. Army shoes, whether russet or hob-nail shoes, are excellent for these hikes. I have been trying to wear out a pair of "hobs" for the past two years, and find that I am wearing out the roads instead! These same shoes carried me over the roads

in Belgium for many miles while serving in the 27th Division, A. E. F.

The pace for a beginner should not be too fast; four miles an hour is good time if kept up for three or four hours. Brisk walking will do the greatest good, but this does not mean speed walking. On warm days, when thirst is pronounced, there is a great temptation to stop at the first spring for water; this is dangerous, because the water might not be pure, and it is harmful to take cold water on a warm stomach. It is best to do no drinking until after the hike is completed. Always conclude the walk with a warm shower, followed by a sprinkling of cold water to prevent the muscles from tightening up or becoming sore.

While road walking has been rated as an inspiring exercise, that cannot be said of heel-and-toe walking with quite the same meaning, for the speed walker, as an English writer once said, "must have a taste for fast walking which is not acquired; for such an athlete is scarcely diverting to watch because of the noticeable tortures he must endure after he has covered considerable ground." It is true that heel-and-toe walking is violent and strenuous, and speed walkers generally have anything but pleasant expressions on their faces; but that might be said of any event which requires a hard grind for several minutes. Observe the athletes who finish any running event, or bicycle riders, or scullers. There is a fascination in speed walking, more so than in any other track event, and the spectators are usually thrilled and excited by the closeness of the struggle between time, and men's power of breathing and covering the ground. While running effects a strain on the heart, speed walking



Note the heel and toe action of these walkers, as shown in each successive step.

becomes a strain on the muscles, although it is seldom that one hears of a walker pulling a tendon. Because of its strenuousness, speed walking has often been criticised by many well-known athletic authorities, including Walter Camp, Bernarr Macfadden, John Moakley, Lawson Robertson and Dan Stern.

The strenuousness of heel-and-toe walking is no doubt one of the reasons why so few men specialize in the event, for it requires brute strength, if it might be called that. It is also peculiar that a walker in the championship class cannot indulge in any other athletic event, such as jumping or even running, because of the opposite sets of muscles which would necessarily be brought into play. These new muscles, if developed, would conflict with the walking muscles and would hinder the athlete in the walking events by throwing him out of form, and therefore decreasing his speed.

Competitions in speed walking are now being revived with somewhat of the same enthusiasm which they enjoyed more than a quarter of a century ago, when audiences like the baseball fans and bike-race followers of to-day used to fill Gilmore's Garden (now Madison Square Garden, New York) to capacity to witness the six-day walking races. Most of these races were for professionals, and the prizes, similar to the present-day remuneration, were large sums of money. While professional walking has long since passed out, there has come in its place a cleaner sport of amateur walking, with contestants who engage in the game solely for the pleasure



J. B. Pearman walking 100 yards in 17 seconds.

and sport which they derive from it.

There is hardly an athletic meet in New York or in any of the other large cities where there is not a walking race on the program. If the contest is a handicap race there are usually from twenty to thirty starters on the mark. These handicap races are arranged so that each man must do his best to win; he is so handicapped that he must make faster time than he did at his last performance. The handicaps are time handicaps and not distance handicaps, that is, arranged by seconds. For instance, when the scratch man is rated at 6 minutes and 40 seconds for the mile, a starter who is rated at 7 minutes will receive a start of 20 seconds, the scratch man being the last to leave his mark. These ratings are made by an official known as the handicapper, whose duty it is to know the best performances of every competitor. I won my first mile walk in 8 minutes in 1915, and since then have completed the distance in 6:30.

Indeed, at the largest and most important athletic meets, the walking race is very often looked upon as being one of the feature events, as was the case last year in the Millrose games at Madison Square Garden, the New York Athletic Club's games; and at the indoor National Championships, Chicago, St. Louis, New Orleans, Baltimore, Philadelphia and many other large cities are showing a keen interest in the revival of walking races.

In speed walking, just as in road walking, it is possible
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The sort of food you eat, and the kind of exercise you take, are recognized as being the two great factors in keeping fit. Will diet alone do it? Or exercise without any regard for what you eat?

Diet or Exercise?

By Jonathan Earle

A PHYSICAL-CULTURE expert, who used to be one of the world's strongest men and who is now engaged in the business of teaching others how to make the most of their bodies, told me in a conversation not long ago: "When clients come to me, I almost never say anything to them about what they are to eat or not to eat. Even if they are suffering from stomach trouble, general indigestion and constipation, I say nothing. I simply put them to work. My theory is so long as the body is working, and working hard, it will grind up any recognized food you care to put into it. If you want an instance of this, take the hundreds of men who went from sedentary occupations into military service a few years ago, and who were suffering at the time from various forms of digestive trouble. Many of them had learned by experience that they could not eat baked beans—a dish generally conceded to be a hard one to digest. But beans were set before them. It was beans or nothing. And they ate beans; and they liked beans; and most of them agreed with the beans—simply and solely because they were doing the hardest kind of physical work.

"It has been my experience that the same thing happens when a man who has hitherto been physically idle turns vigorously and persistently to exercise. He will no longer ask, 'What shall I eat?' He will forget that he can't eat anything and everything.

"I don't talk about diet, therefore, till I am through with my man. When he is in a fair way to go back to his former ways of living, then I tell him that the foods which agree with him while he is taking exercise will knock him into a cocked hat if he fails, after breaking training, to moderate his diet to meet the needs of his body. In the days when I was a professional strong-man

I used to eat several pounds of meat a day; I drank excessive quantities of wine; I used moderation in nothing. I don't defend the course I took. It was unwise. Nevertheless, so long as I spent my days using my body to the utmost, that diet apparently did me no harm. It was when I quit and began to take it easy that I suddenly woke up to the fact that something was killing me.

"As a result, I was so frightened that I swung to the other extreme, and abandoned meat, eggs, milk, beans and all other rich protein foods. In consequence of that I went down and down and down, and all but killed myself by my folly of going the limit in that direction. I became a strict vegetarian, and I paid for it.

"Then I chose the middle course. I took to a normally proportioned diet which I regulated by its effects on me. I enriched it when I was exercising abundantly, and I restricted it, as to richly protein foods, when I was not exercising; and I had no further trouble. That's the lesson I try now to convey to the people who come to me for help."

There is much practical value in that advice. It contains the common sense of the question for those who are perplexed as to what course they should follow, for instance, when they begin to work with weights. What it amounts to is simply this: The part of a man's diet which needs watching is the protein part of it—meat, milk, eggs, beans, cheese and the like. The part which needs the least watching is the vegetable part—spinach, carrots, turnips, potatoes, greens, beets and the like; together with every variety of fruit, fresh or cooked. And the regulation of the protein part of one's diet is a matter of watchfulness and judgment, taking into consideration the amount of exercise, personal idiosyncrasies, and the

actual effects of this or that article in greater or less quantities.

Constipation, for example, is an almost certain evidence of too much protein in the diet. And even when there is no apparent constipation, but the feces are nevertheless hard and black, the evidence is that there is too much protein. These effects are particularly likely to go with the excessive use of meat. Another barometer, of course, is the stomach. If the stomach is uneasy, or shows signs of acidity or of wind, the protein consumption is probably in excess of the demand. The thing to do in that case is to exercise, if you are not exercising; or else, if you just *won't* exercise, to cut down on protein. With most persons a combination of both courses would help.

Scientists have long since worked it out that the consumption of protein daily by the human body amounts to about two ounces. That would apply presumably in the case of persons who lead lives of ordinary activity, with no special effort at really adequate exercise. Now, two ounces of protein isn't much. There is that much protein, for instance, in three pork chops.

That means that if a man whose mode of life was such that he required only two ounces of protein a day, and if he ate three pork chops a day, he would obviously be going too strong on proteins; for he would be getting proteins in varying quantities from his other foods as well. Eggs, milk, cheese, beans, etc., if he ate of them in addition to his three chops, would also be rich in protein; and besides that, his vegetables and fruits would all of them yield proteins in greater or smaller amounts. The plain lesson of this is that *one* of those chops a day would be a *liberal* allowance of meat under ordinary conditions, and that to eat meat only two or three times a week, and in moderate quantities, would be by far the wiser course.

I have gone into this angle of the matter with some detail here because it illustrates perfectly how easy it is for anybody, even an athlete, to overshoot the mark on protein consumption. But it should be emphasized also that to undershoot the mark is just as great a folly. A diet which lacks protein is a sure road to trouble. Moreover, there are some persons who apparently do not thrive unless part of the protein they get be of animal rather than vegetable

origin. By which I mean that they find a certain amount of meat, eggs and milk necessary, and that vegetable protein, as found in beans, for instance, do not, in the case of such persons, take their place.

But what about the opinion quoted at the beginning of this article that the man who is exercising can grind up any kind of food? Is that sound? I hesitate to differ with the opinion of a man who spoke from a lifetime of experience. Nevertheless, the question does at once suggest itself: "Why subject the digestive apparatus and the whole system to a needless strain merely because it is able to bear it? Why, for instance, subject the liver and the kidneys to a strain of elimination which there is no need for putting on them?"

It would seem, would it not, that a wisely chosen diet—a diet as carefully regulated as if for conditions of ill health—would make the physical work that accompanied it so much the more effective and beneficial.

There is more comes into this matter than the mere question of proteins. Granting that a man who is exercising can consume more protein food than a man who is not, it still remains true that the need of such a one for certain mineral salts and solubles is also proportionately great. It would be nonsense to maintain that such a one needs relatively *more* proteins and relatively *less* mineral salts. But to get these mineral salts the man must increase his consumption of vegetables and fruits *in proportion* to his consumption of meats—a thing many athletes fail to do, for the reason that these foods have so much more bulk. It is easy to multiply one's consumption of concentrated foods by two, but it is not easy to do the same thing with bulk foods. And yet nothing could be clearer, it would seem, than that the relative proportion must tend to remain the same, and that every increase of protein consumption should be gauged by the relative amount of bulk foods concerned. For while mineral elements in the food are not *more* necessary than protein, they are *just as necessary*. Without their presence in abundance, the protein can't do its work. In fact, without their chemical action, the proteins can't even be assimilated by the body cells.

So far I have talked of proteins and min-
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The Fastest Man on the Diamond

By J. C. Kofoed

THERE is a big difference between sprint-running and the sort of speed that is required on the diamond. The cinder-path star gets "set," flashes off at the crack of the pistol, and hurls himself recklessly toward a tape at the end of his dash. The base-stealer starts by visual order from any position, and must gauge himself to stop and slide at the proper moment. The infielder has to regulate his speed to suit the hops and bounds of the grounders he must field.

That old veteran of sport, Bill Phelon, tells me that long, long ago, when Jimmy Callahan joined Pop Anson's team, he was placed at shortstop and failed because he was too fast! Fact. Jim would rush in on ground balls with such dazzling rapidity that he could not check himself, and consequently lost chances by the dozen.

Speed in baseball is generally gauged by a man's showing on the base paths, though this is not a criterion of sheer velocity. Max Carey, one of the best base-stealers in the National League, could be beaten, probably, by half a dozen men on his own circuit in a straightaway race. Carey said on the subject of base-stealing:

"Natural speed, while important, and, in fact, necessary, to any brilliant showing on the base paths, is of no great importance unless improved to the limit. Many ball players make a serious mistake in this. Because they are naturally fast they assume that speed will tell in their work with no particular study or exertion, whereas speed has to be developed."

Another angle of fleetness of foot comes in the race from the home-plate to first base. Ty Cobb's wonderful percentage would be twenty points lower than it is but for his ability in beating out infield hits. The Georgia Flash always has been a marvel on his feet. Certainly there have been few ball players who were his equal in speed.

Seventeen years of major league playing has cut a trifle off that lightninglike dash of his, and Ty the Great is no longer the fastest man in baseball.

Four years ago Davis Robertson was Cobb's only real rival in speeding. He has a perfect build for an athlete, standing six feet in height and weighing 175 pounds. At North Carolina Tech., and later at Lake Forest College, Robertson was one of the great college sprinters of the South. Once he did 100 yards in 10 seconds, and 10½ was his usual time. When he came into the National League, Carey was at his fastest, but great as he was, Max never equalled Robertson in swiftness. But Dave did not develop his wonderful talents to their zenith, and to-day there are a number of players faster than he.

Eliminating Cobb, Robertson and Carey as wonderful speedsters whose sun has set; eliminating, too, Eddie Collins, Clyde



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FRANK FRISCH
The fastest man in baseball.

Milan, Harry Hooper and others of the older clan, we can take Rogers Hornsby, Frank Frisch, Cy Williams, Greasy Neale, DeWitt Lebourveau, Bernie Niess, Sam Rice, Ed Rousch, Carson Bigbee and George Sisler as the real sprinters in fast company to-day.

Physically there is a wide variance between these men, starting with the lanky Williams and ending with the stubby Niess. Here is the list:

	Height	Weight
Cy Williams	6.2	182
Earl Neale	6	180
Rogers Hornsby	5.11½	183
Sam Rice	5.11	173
Edd Rousch	5.11	175
DeWitt Lebourveau	5.10½	168
Frank Frisch	5.10	165
George Sisler	5.10	160
Carson Bigbee	5.10	160
Bernie Niess	5.8	160

Of these ten players, five—Williams, Neale, Frisch, Sisler and Bigbee—are college men and learned something of speed in their alma maters. Williams was the Conference high-hurdle champion when he was at Notre Dame. He lowered several records, and was one of the finest sprint men ever turned out in the West. This speed of his is most apparent in the outfield. In no way can he be regarded as a great base-stealer, for he had neglected this phase of the game to a great extent. Williams has been playing professional baseball for a long while, but his speed is only slightly less than it was when he entered fast company. But he is not the speediest man in the league. It is even a question in my mind if Williams is the fastest one on the Philadelphia team.

DeWitt Lebourveau, who came up from the I. I. I. League several years ago, is probably the

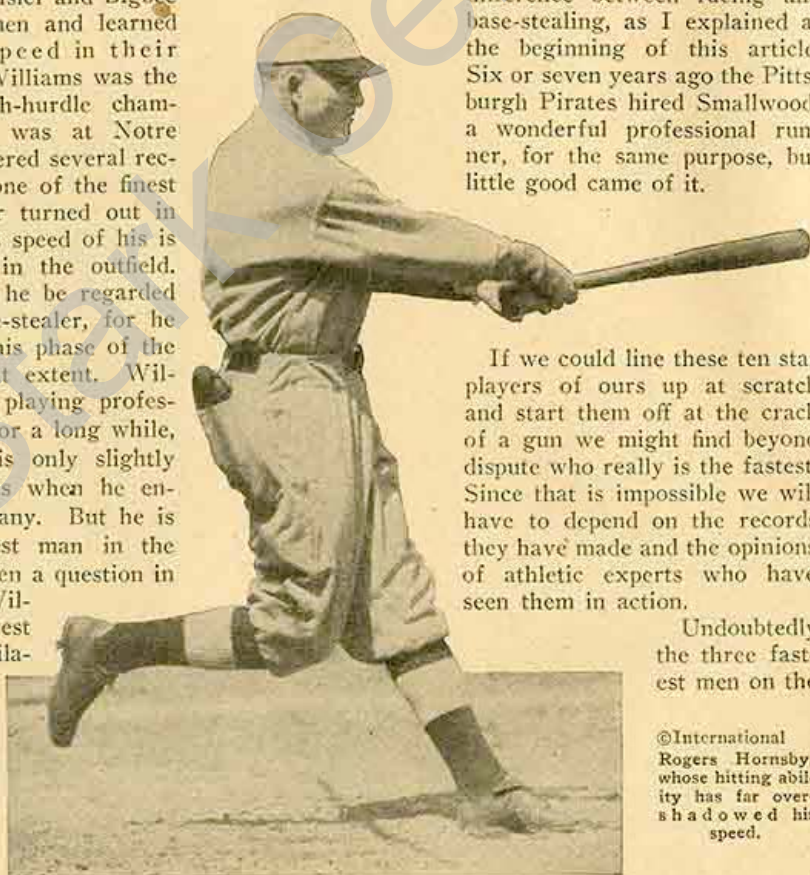
fastest man naturally on the Philadelphia club. In going down to first base he has few superiors, and probably could beat Cy in a straightaway race, though, so far as I know, they have never been put to that sort of a test.

"Greasy" Neale made his reputation as a speedster on the gridiron and on the diamond. He participated in track athletics, too, but never, so far as I know, hung up any records. His coaching activities at Washington and Jefferson College have overshadowed the fact that he is one of baseball's flyers.

We are speaking now of speed in its sheer elemental valuation, regardless of what special value it is in baseball. Years ago the Giants engaged Bernie Wefers, one of the greatest of all sprinters, to play the outfield and teach his team-mates how to run. McGraw soon learned that sprinting alone was not so valuable in baseball as he had thought, principally because of the vast difference between racing and base-stealing, as I explained at the beginning of this article. Six or seven years ago the Pittsburgh Pirates hired Smallwood, a wonderful professional runner, for the same purpose, but little good came of it.

If we could line these ten star players of ours up at scratch and start them off at the crack of a gun we might find beyond dispute who really is the fastest. Since that is impossible we will have to depend on the records they have made and the opinions of athletic experts who have seen them in action.

Undoubtedly the three fastest men on the



©International
Rogers Hornsby,
whose hitting ability has far overshadowed his speed.



George Sisler, the fastest man in the American League.

© International

diamond to-day are Frank Frisch, George Sisler and Rogers Hornsby. The other men whom I mentioned in my list—Rousch, Rice, Bigbee and Niess—are very speedy, too, but I would venture to say that any of them would be a fifth of a second slower in the 100-yards dash than the three leaders. I have also failed to mention Howard Berry, the Giants' utility infielder and Olympic pentathlon champion, who is no truck-horse on his feet by any means. I knew Berry in high school ten or a dozen years ago, and have watched him with interest since in his college and professional career. Though a fast man, Berry never was a really great sprinter and could hardly do better than 10 $\frac{3}{4}$ for the hundred.

George Sisler has no speed peer in the American League. Hughey Jennings said to me: "To-day George is just as fast as Ty Cobb was in his prime, and that is handing him all the credit is possible to give a man. Mind, I don't believe that Sisler will ever be the base-stealer Cobb was. Ty's phenomenal success in that line lay in his slide, which no other modern ball player has mastered. As a matter of fact, I've never seen anyone except Joe Kelly and Bad Bill Dahlen who could approach it. But speed? Yes, I'll grant that Sisler is just as fast as Ty ever was."

To anyone who has watched the Georgia Flash in his prime, that is the acme of praise, and it definitely lists the University of Michigan alumnus as the fastest man in the junior circuit to-day.

His real speed rivals are in the National League. Rogers Hornsby, who should be ranked with Frisch as the fastest man on

that circuit, has not been generally looked on as a speed marvel. This is true because his hitting has so far overshadowed his footwork. Besides, as James M. Gould points out, his running is the apotheosis of form. His arm motion is perfect, almost exactly that of Charley Paddock, Loren Murchison, Scholz, of Missouri, and kindred flyers. Keen Fitzpatrick and other world-famous coaches of running have dwelt so much on that proper motion of the arms that it is needless to go into details on that subject.

Mr. Gould, who was the first man to call my attention to Hornsby's magnificent form, also tells a story regarding the big Texan's speed. Hornsby and Bo' McMillan, of Centre College, are old friends and played on the same high school team some years ago. Besides being the most-widely advertised gridiron star in the country, McMillan is a crack sprinter. Last year, when the St. Louis Cardinals were playing in Cincinnati, McMillan ran up to see Hornsby and Centre's coach, Charley Moran, who was to umpire.

Before the game Jack Fournier spoke to McMillan about Hornsby's speed.

"Fast, is he?" chuckled Bo. "Well, I could always beat him when we were youngsters, and I can beat him right now."

So a course of 100 yards was measured off; McMillan was furnished with a uniform and a pair of baseball shoes, and the race was on. For the first fifty yards there was little to choose between them. Then the baseball player drew away and finished a good seven yards ahead, with his chin on

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Track and Field Sports for Women

By Mary Morgan

THERE is something in the spring and early summer weather that makes even the laziest of us want to get out of doors and exercise, though this exercise may be but a mild stroll. This effect of the weather is one of the main reasons why field days are such popular events at colleges, schools, clubs and similar organizations.

Now come two factors to give additional interest to women's track and field sports. First, a proposed telegraphic meet in May of this year, held between the Eastern and Western educational institutions under the auspices of the National Women's Track Athletic Committee; secondly, the application for admission of women track and field athletes to the Amateur Athletic Union with the hopes of their competing in the Olympic games of the near future.

Both these events will do a great deal toward advancing the interest in track and field work and toward bringing forward fair athletes of the greatest ability just as international competition has one in tennis, golf and swimming.

But pass over for a moment the girls who have attained the degree of efficiency to enter into sectional or even international contests, and just consider the average girl who has not the athletic twist to her abilities but who longingly says, "Oh, if I only could do something in athletics!" There is nothing that such a girl as this would enjoy more than the field days that often start as a picnic with just a few races and stunts to add to the general hilarity. Give a girl an opportunity to win a race and she will have just a little more confidence in herself when entering another race.

Even the lowly sack-race has its thrills, and who would think that there are such things as records for this mirth-provoking event? The way it is done, a la small boy, with enough wriggles along the ground to make a worm blush with envy, makes the average person forget that it is primarily a race, meant to be won in as little time as possible. For a thirty-five-yard race, the time given as the record is $5\frac{3}{8}$ seconds; for the forty-yard race, $6\frac{3}{8}$; for

the fifty-yards, 7 seconds; for seventy-five yards, $10\frac{1}{2}$ seconds and for the hundred, 15 seconds. These were all made by men, but they prove that even a track-race may be speedy. Then, too, to make the race more difficult, occasionally a number of hurdles about a foot high are put along the course.

The potato-race may be considered by many, who want to take athletics seriously, as not worth while and a waste of valuable field-day time. But this, with the three-legged and obstacle-races, are certainly an addition to the field-day games. It is certainly interesting to keep exact time on these races, for one never knows when an "athletic find" may be made, particularly among the girls; for frequently a girl does not realize that she has the makings of a real athlete in her.

The girl as a real athlete has come in for great controversy both on this side of the water and in England. But these arguments are being answered by the splendid condition of the girls themselves, who so far do not seem to show any ill effects from athletic hearts, etc.

In fact, a moderate amount of the right exercise has, just as most athletic experts claim, always helped the girl who is not particularly strong.

There is in this country a very distinct division in girls' athletics. If one plays hockey, basketball and tennis it is clearly recognized. There are girls who have had the benefit of athletic training from childhood, who are physically fit and developed. Then there are girls who have entered into athletics in their teens or even later. To those who are interested in the girl and athletics, this difference in the knack and fitness for sports is marked. The girl in many cases wants to play this or that, makes a slight effort and finds herself in competition with keen athletes. She tries at the very outset to keep pace with them or even outdo them. As the result, she feels the strain and is herself discouraged; or her family, seeing her tired out, conclude that any sort of exercise is bad for her.

Field days with races and other events

are really excellent training for a girl of this type, for the fun of the thing relieves some of the tension which would be felt in regulation track and field meets where the aim is to break every existing record.

Some of the best events of these meets are particularly suited to girls who are anxious to improve and win, but who are not in a position to be coached strenuously. A track and field meet for girls might be divided into four general classes: the running, which consists of sprints, hurdles and relay races; the jumping, which includes running and standing broad jump, the running and standing high jump, the hop, step and jump; the weight events; and the throwing, which gives a choice of four or five; basketball, baseball, hurlball, javelin and discus.

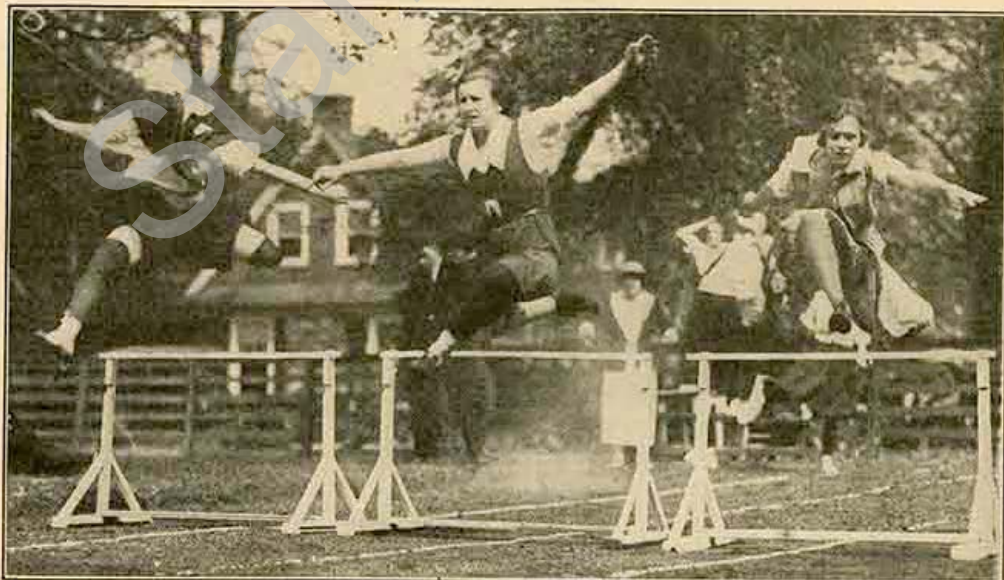
Sprinting has been mentioned in a previous article. Hurdling, in my opinion, is the hardest of all track work to master. It is necessary for the girl who is to be a successful hurdler to go through the most gruelling sort of practice. She must know every inch of the track; she must never falter in her stride; she must never waste an extra inch in clearing the hurdles; nor by any chance knock down a hurdle if she wants her time to be considered for record.

Some years ago girls were taught to hurdle as girls do, not as men do. In

taking the hurdle, there was a decided jump made, the arms were stretched out at the side, the body and head were erect and one leg (generally the right) was crossed in front of the body. This was graceful, but not speedy. But to-day the majority of girls have learned to take the hurdle in their stride and have learned to crouch low over the hurdle, getting the most benefit from the position of their arms, body and head.

Despite the fact that the hurdle is a hard race to work up, as it requires an iron nerve and a great amount of concentration, the American records are pretty fair in comparison with those of the men. The record for the hundred-yard hurdles, eight hurdles, two feet 6 inches high, is $15\frac{1}{2}$ seconds; while for the hundred yards, eight hurdles, two feet high, the record is $14\frac{1}{2}$ seconds. This record is held by Florida Batson, Rosemary Hall. Other hurdle records are sixty-five yards, six hurdles, two feet 6 inches high, 11 seconds, held by Mary Worrall, Sargent School of Physical Education; sixty-yard hurdles, four hurdles, two feet 6 inches high, 9 seconds, held by Florida Batson, Rosemary Hall; sixty yards, four hurdles, two feet high, $8\frac{3}{4}$ seconds, held by Amy Smith, Sweet Briar College.

One of the most interesting of all races is the relay race. It is thrilling to watch



© International.

Miss Florida Batson, at the right, setting a new mark for the sixty-yard hurdles.

and can always be counted on to be good fun. Two hundred and twenty yards is a standard race fixed by the National Women's Track Committee for girls to run. Four girls run this, making each one run fifty-five yards. The best time for this is $28\frac{3}{4}$ seconds, held by the Oaksmere School (Kathryn Agar, Hilda Suydam, Janet Snow, Louise Metzger).

Several other relay distances are the four-hundred-and-forty-yard, the two-hundred-yard and the three-hundred-yard. The record for the four-hundred-and-forty is $57\frac{3}{4}$ seconds, held by the University of California, Southern Branch (Violet Ball, Minerva Snow, Mildred Dupes, Zoe Emerson). This distance is sanctioned by the track committee. The best time for the two-hundred-yard relay is $30\frac{3}{4}$ seconds, held by the Lake Erie College; and for the three-hundred, $38\frac{3}{4}$ seconds, held by the class of 1915, Bryn Mawr College.

Jumping is another division of track and field work and interests a great many girls, though, in this department, they have been unfavorably compared with the men. Many people may say: "Who wants to compare their athletic achievements with those of the men?" But to those girls who take an active interest in varied sports it is becoming more and more recognized that their brothers, cousins and such can do more to help them improve than any amount of practicing without this help. And if American girl athletes hope to compete in the Olympic games they will need all the help they can get to make a good showing.

The running high jump is hard for many to master. Girls learn to jump at the skipping-rope age, but few learn to get enough spring to make high-jumpers of them. At present the American record is 4 feet 9



© International.
Miss Blanch Stiebeigh, of St. Margaret's School, about to leave the mark in the standing broad jump.

inches, held by D. Horer, St. Mary's Hall. The collegiate record is 4 feet $7\frac{1}{4}$ inches, held by D. Smith, Vassar College. The standing high jump is a favorite event among girls, though not so much used by the men. Three feet eight inches, distance made by Natalie Wilson, Sargent School Physical Education, is the American record for this event.

The English and French women, according to reports, are able to do much better in jumping events than Americans, as present records show; but it needs actual competition to settle the point definitely.

Not to be forgotten are the broad jump and the hop, step and jump. These jumps are as much fun to practice as the well-known round of golf, for you are always out to beat yourself; and there is an undying hope that you can always do a little better. These jumps are particularly good from the

point of view of exercise, for they call into play all the muscles of the body. But there is one important point that should never be overlooked, that the jumping pits should be in the best

condition so that there is absolutely no jar or shock in completing the jump. With this looked after, jumping to most girls will prove to be most interesting and successful. Present-day records for these are: running broad jump, eight feet ten inches, held by Esther Rountree, Hollins College; hop, step and jump, thirty feet six inches, Ellen V. Hayes, Sweet Briar College. Other jumps much liked by school girls are the three standing broad jumps; the best distance for this is twenty-two feet four inches, made by Edna Morris, Atlantic City High School.

There is an interesting story about the well-known tennis star, Suzanne Lenglen, that she practiced long and earnestly to gain perfect control over the ball. It is

(Continued on page 48)

All-round Physical Ability Thru Fun

By A. W. Marsh

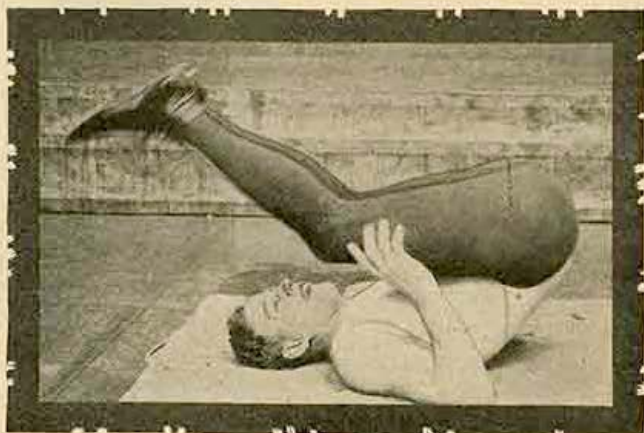
WHAT a pleasure it is to see a man who has control of all his movements; a man who moves about quickly, accurately and gracefully. Yet how much better it is to feel yourself that poise and control over the many muscles which are tuned to act quickly and in complete cooperation one with another. What is this state of control or continuous cooperation between muscle groups? How is it obtained?

In short, it is the accumulated practice in the nervous system, which, when certain movements are desired by you, indicates the muscles which are to contract and those which are to relax, and tells also just when and how strong this contraction and relaxation must be. Most of the complicated acts are learned in this manner, and many mistakes are made before the best way is fixed. This best way is determined by both the speed and accuracy of the movement and the small amount of wear and tear on the parts of the body. We see it most clearly in the comparison between the cow, with very heavy muscles, and the deer, a most active and graceful animal.

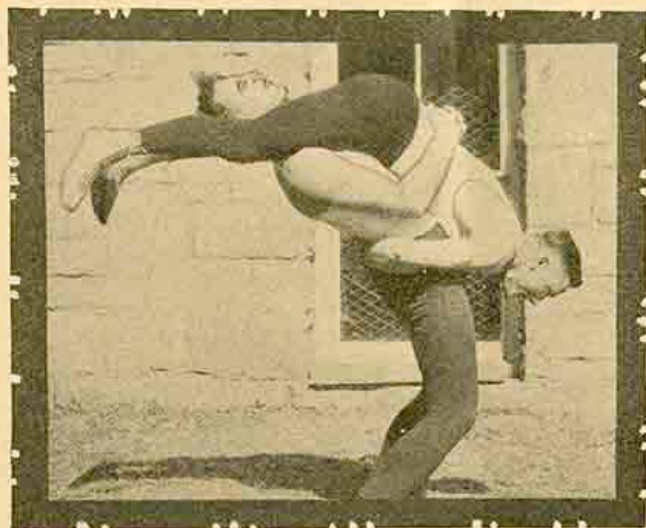
Most of our acts, which as adults are simple to us, were learned with great difficulty. The little child stumbles about trying to maintain his balance and travel rapidly, with great exertion. The trained athlete runs over hurdles, jumps a bar at six feet, dives and swims with both grace and speed, and, with practice, jumps from the grass, turns over in the air and alights on his feet. Most of these seem like feats impossible for most of us, but how many of us have tried to progress toward them reasonably? How many of us realize that we can start simply and, with a great deal of real fun, learn more difficult stunts which develop not only stronger and more active bodies but greater confidence and courage?

Many of us, however, practice simple separate arm and leg exercises which develop separate groups of muscles. This is good for the individual parts that are very weak. Or we develop large, heavy muscles by lifting weights. Then we are well equipped to lift weights only. We find that our muscles want to contract all at one time and we have no development for doing a variety of things, or things which require skill and agility. The muscles have become shortened and our arms and legs become more tightly bound. Then when we want to jump, dive, dance or throw, one group of muscles works against the muscles necessary to the act, and the useless effort soon makes us weary. With a variety of movements, however, each new stunt tried means new sensations—new impressions coming in and new expressions going out. With practice we add a whole new repertory of feelings and movements.

Then, too, it isn't fun to do gymnastics. It's medicine. It isn't fun to lift weights. It's work. When we try hard at anything, we want to see progress—feel progress. That gives it a zest. It's easier to try harder and longer, to make mistakes and get bumps when it's fun. When we try and fail and try again and again and succeed, we grow, we expand, we laugh, we live. When the mind is at ease and we play, our muscles work easier and longer and we don't feel



The Snap Up



The Tummy Roll.

fatigued and depressed when we might otherwise. And above all, we need recreation; we need to laugh, to expand, to express. Each time it's easier and more natural.

Well, then, how can we develop agility and courage in addition to strength? How can we measure progress? And how can we do all this while playing? First, get two or three together and practice tumbling. There is competition. You can laugh at the bumps of the others. You can help by assisting others. As in learning to walk, you can start with just a forward roll which requires no courage and only the ability to curl up and push over onto the back of the head and roll to the feet. But this is a good exercise. From this it is not far to the handspring, which is difficult. It demands some courage. It demands the ability to support the weight of the body off the ground, and requires the timing of a vigorous push by the arms while the rest of the body is held in the arched position.

Tumbling, then, is one of the best exercises for developing this all-round ability, in addition to strength and courage. Try some of the stunts and see what fun it is—feel the progress with practice and en-

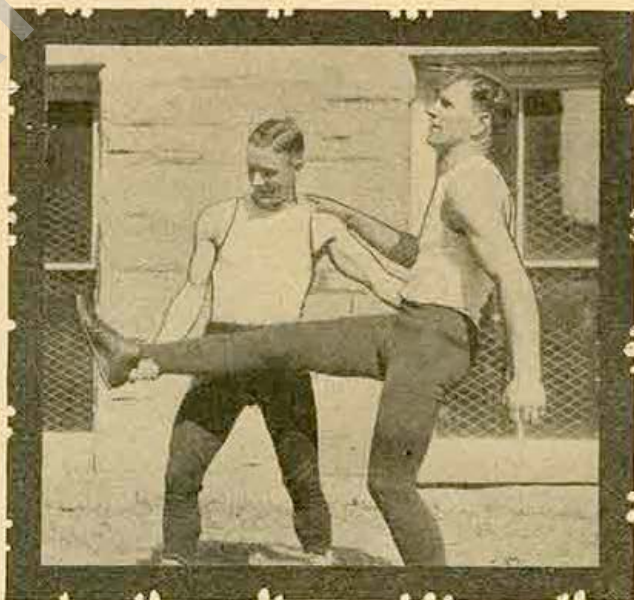
joy the friendly competition. Forget the bumps and keep at it. Notice how these stunts are well advanced over the easy roll overs and feel the increased confidence to try and the quicker responses of the muscles to your wishes.

Collect an old mattress or two—some grass, or hay, and practice!

1. *The Jumping Jackass.*—This tests the ability to control and balance the body on the hands, following a jump forward onto them from both feet, then pushing back from the hands to the feet and repeating. First stand leaning forward on both feet and jump forward onto both

hands, feet up and back arched. From this position push quickly back down with a snap to both feet. Then, without pausing, jump forward again onto both hands, feet high in the air. Repeat this several times very quickly. This is funny to watch and a fine exercise for the arms, back and legs.

2. *The Head Spring.*—Take a short run and skip from either the right or left foot and place the hands about one foot in front of the foot, with the head

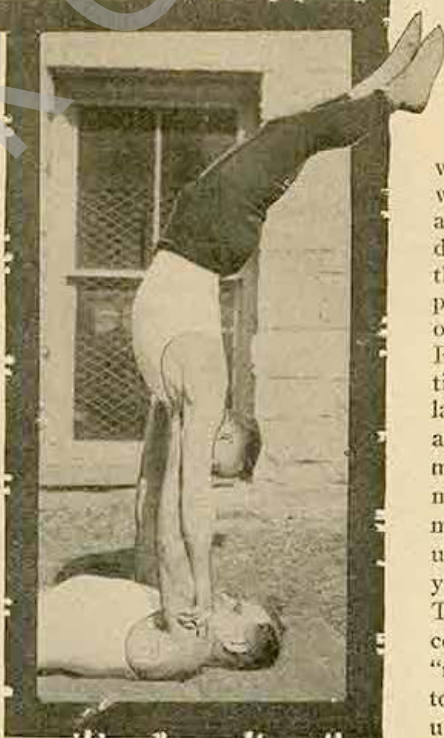


Leg Throws

forward ready to touch the mat about a foot ahead of the hands. Swing the feet high into the air, and just after they have passed the vertical push hard with the hands assisted by the head and turn over forward, landing on the feet. It is important to keep the head back and the back arched, and to remember to push hard just after the feet have passed forward of the vertical.

3. *The Hand Spring.*—This is done in the same manner as the Head Spring, except that the head is kept clear of the mat. Therefore, more snap and push is necessary. When one is learned, try several in a row. Both of these exercises are excellent tests of ability to support the body by the arms, and to contract the triceps on the back of the arms so that the head is pushed quickly upward as the legs begin to descend. All this is done while the back is held arched.

4. *The Snap Up.*—This is one of the best exercises known for the back and neck. Sit on the mat and roll backward onto the shoulder blades, neck and back of the head, with the feet above the face—the legs straight. Place the hands on the thighs and push the legs violently upward and slightly forward, as the trunk is lifted from the mat and the head thrown violently upward and forward by means of a vigorous push of the



The Arm Stand.

head and neck downward into the mat. Then arch the back, quickly placing the feet underneath the body to catch and balance the body in the crouched position. This you can see is a snap from the neck to the feet. This often takes much practice, but can be done in time by anyone of reasonable weight.

5. *The Front Somersault.*—One of the final tests of all-round agility, coupled with confidence and courage, is the learning of the forward or backward somersault. This is the turning of the body completely over in the air, starting from the feet and returning to the feet. It is necessary to have a soft landing-place for practice, and the "feeling" may be obtained by trying over water. First, take a short run and jump to sudden stop on both feet, with both fists raised high over the head. Leap quickly straight up into the air with head and body

tilted slightly forward. Double knees to chin and swing the arms violently forward and downward to hit the ankles. Stay doubled up until the turn is completely made onto both feet. For the first few times you may land on the heels and seat—but more confidence, more spring and more "double up" will bring you to your feet. This is an excellent test of "nerve," ability to jump, double up while off the ground and bal-



7. *Leg Throws*—A raises right leg forward, waist high. B stands by A's right side grasping A's right leg with his left hand, just below the calf. B places his left hand just back of A's seat. A may place his right hand on B's shoulder. For practice count "three," and on "three" B lifts A violently by pushing upward on his leg and forward and upward with the left hand at his seat. A should press his right leg down vigorously and keep it stiff, at the same time helping in the lift by pushing from his left leg and swinging his left arm. Then he should remain doubled up until he has turned over backwards and has alighted on his feet. Then try the same throw on the first count. Later, try it by having A walk up to B and place his leg in B's right hand and turn over at once without additional help. This

can be done with both legs. It is a fine test of courage and control. You must learn to keep the leg stiff and to stay doubled up.

8. *The Arm Stand*—A lies upon his back

Knee Balance.

ance in supporting the weight of the body in a new position.

When one does any one of these exercises well for the first time, no other reward is necessary than the feeling of pride and accomplishment.

Now we will turn to a few exercises which can be done by two or more. These are great fun on the sand at the shore, before and after the dip.

6. *The "Tummy" Roll*.—A pushes up onto his hands with feet in the air. B steps up close, "tummy" to "tummy," and grasps A tightly about the waist with A's legs over his shoulders, one on either side of his head. A grasps B tightly about the waist. B then arches back until A's feet touch the mat behind him. Then A leans back, hoisting B over until B's feet touch the mat. Both must remember to hold tightly and arch back without fear. This can be done quite rapidly and looks very funny. It is an excellent exercise for the back.

The Frolicking Lambs.



Knee Balance to Stand on Shoulders.

Making the Most of Yourself in Pictures

By Alan Calvert

WHEN a chap first starts to develop himself physically, his greatest interest is in the tape measure. He measures himself frequently and keeps close tab on his rapidly increasing dimensions.

Soon the point is reached where his friends comment admiringly on his muscular development, and then photographs are on the program.

Ordinary portrait photography is disillusioning enough. The majority of us are secretly convinced that the photographer could have done more justice to our good looks if he had really tried. When we have our faces taken, we leave everything concerning posing, lighting and expression to the photographer.

When you are after a "muscular portrait" you cannot leave it to the man behind the camera; if you do you will be woefully disappointed. The effect obtained is mainly up to you. There are theatrical photographers who take fine pictures, but there are only a few of them, and they are located in the larger cities.

Those men are successful because they have had experience with professional "strong-men"; they are familiar with the standard poses, know the effects desired and how to obtain them.

The ordinary photographer tries hard enough, but is handicapped through not knowing enough about muscular posing.

So before you pose for your picture you must:

First—Know exactly what the best positions are.

Second—Rehearse these positions until you can assume them naturally.

Third—Interest one of your friends in your work; have him watch you practice poses, and take him with you to the

studio, so that he can check you if you are posing carelessly.

Fourth—Pick a photographer who does good portrait work and insist that he use a plain, solid color background. Light gray is the best color. Doubtless you have friends who are camera fiends, and who would be glad to take your pictures, but my advice is always to go to a professional.

Indoor pictures by amateurs are usually worthless. In private houses very few rooms are sufficiently well lighted to permit of portrait work. Flashlight work kills all your shadows. Of course, if you are in street costume you can sit on a broad window-seat, and a clever amateur will get a pleasing, and often artistic, portrait; but you can't place yourself close to a window if you are doing your muscle poses in Adam's favorite costume.

The weakness of outdoor pictures by amateurs is that they rarely consider the background, and thus often spoil the lines of the subject's figure.

The Poses

Forty years ago there was only one pose. The athlete, stripped to the waist and facing the camera, folded his arms across his chest. With his fingers he slyly pushed his biceps



Fig. 1

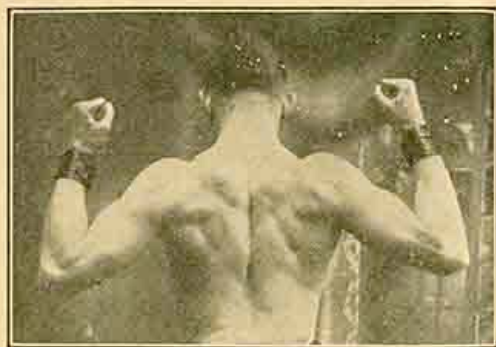


Fig. 2

muscles out into two awe-inspiring lumps, and then with a patronizing smile he stared the camera straight in the eye.

Variety in poses came about 1885, and real posing arrived with the debut of Sandow. This man did a monumental work in the physical culture world. He popularized weight-lifting, interested thousands in home exercise, gave the greatest vaudeville "Strong Acts" ever seen, and revolutionized muscle-posing.

His posing in the lighted cabinet was a revelation of the possibilities of muscular development. He possessed the most beautiful male human body of his time, and he knew exactly how to display it. It is no exaggeration to say that all modern muscle posing is based on Sandow's work in that line.

The late Enrico Caruso had a voice marvelous for volume, resonance and purity of tone. In addition to that he was a terrific worker, and by unceasing practice and study, made himself the greatest singer of his time.

Caruso had nothing on Sandow when it came to work. When Sandow started his stage work he had a wonderful shape and development, and he determined to make the most of it. They say that he spent two hours every day rehearsing his poses before a mirror, or rather inside a set of big triplicate mirrors. He would sometimes practice a new pose for weeks before he had it perfect, and only then would he include it in his program.

I saw his act at least a dozen times and became familiar with his routine of poses. Every pose was a marvel of balance, grace and harmonious muscular display. If he was showing one group of muscles he brought them out in sharp relief, but he

never strained for effect; and above all, he never forgot the rest of his body. When showing his biceps he always kept his body and legs properly in the picture, and he was so thoroughly rehearsed that if you saw a number of his performances from year to year you could not detect a hair's breadth variation in his bodily position.

Obviously, you, being an amateur, cannot go in for posing on this scale. But, after all, what is worth doing at all is worth doing well, and since you are going to have your pictures taken, a few hints may help.

The general effect of any muscular pose is dependent on having every detail of the bodily position correct, and unless you know the details you cannot get the effect.

So to make a start, let us take one position and study that, and try to learn from each other's successes and failures. Next to the old original pose, the greatest favorite is the back view with arms raised.

If you are so lucky as to have two big mirrors in your room, you are able to see your own back when you pose. Most young men are entirely dependent on the verdict of their friends. A friend says: "Gee! Bill, you certainly have some muscles on your back. Why don't you have your picture taken?"

You decide to have that picture taken; you take the friend along, and then when you pose the friend says: "I don't know why it is, Bill, but somehow you showed more muscle the other day." You probably have changed the pose without knowing it.

The Editor of STRENGTH has placed at my disposal several pictures sent him by readers of this magazine. I do not know the names of the gentlemen, and I am going to discuss each picture on its merits



Fig. 3

as a pose. I do not expect a slender chap to make so impressive a muscular display as a bigger man does. I am simply commenting on positions assumed and results obtained, and if I seem to criticise it is not because I want to knock, but because I wish to help.

In this position here are some of the details that must be watched:

First—Upper arms horizontal.

Second—Forearms vertical.

Third—Head erect—neither drooping, nor tipped backward, nor leaned sideways.

Fourth—Shoulders spread as far apart as you comfortably can; object, to make your body taper from armpits to waist.

Fifth—Every muscle in arms, shoulders and back tensed.

Most beginners make the mistake of thinking that knots and lumps of muscles are more important than general outline and balance. Hence two men out of three, when assuming this position, jam their shoulder blades together. This certainly flexes a pair of muscles known as the Trapezius (the muscles that run up each side of the upper half of the spine and then out towards the shoulders), but has the fault of making you look very narrow. Let us see how it works out.

Take Fig. 2.—Here is a young man of very fair figure, but who has not nearly reached the limit of his development. He will eventually be much bigger, but in this picture he is not doing his development justice. His head has drooped forward, which makes a big spot of high light on his neck and kills the shadows. Notice how his muscles seem to fade out. He has a nice display of muscles on his neck, but has jammed his shoulders together and sacrificed width. His fists are tightly clenched, and you can see that the muscles of the left forearm are tensed. He has concentrated on his forearms and back and forgotten his upper arms. Neither his biceps nor triceps are flexed at all, as is shown by the shape of the relaxed muscles. Anyway, he could not get a good upper arm display in that position, because his elbows are held too low. The photographer has helped kill the pose by using a so-called "artistic" background, which distracts attention from the figure. This lad can make an attractive picture if he poses right.

Fig. 3.—Apparently a tall man, with long

arms; good, but not heavy development, and extremely clear-cut and sharply-defined muscles. In posing he has not missed one muscle. He has them all tensed. His head is right, and his shoulders spread apart so as to give a good breadth of back. In this picture you see how the trapezius looks when shoulders are spread.

The general effect is spoiled by his arms, which are out of balance. Left arm is too low and is bent more than the right. The right thumb is pointed away from the camera. The wrist should *not* be bent. Bending the wrists makes the forearms look smaller from the rear view. The lighting is good, but the background is bad.

Fig. 4.—An outdoor amateur snapshot, so posed that the trees on the horizon cut into the lines of the arms. A young man with plenty of muscles, and everyone of them



Fig. 4

flexed to the limit. His arms are bent too much at elbows; so are his wrists. His hands are carelessly clenched. You must never let a thumb stick out in that way.

I'll give him credit for getting a very unusual display of back muscles. You can see the outer and upper edges of the latissimus dorsi. Notice the ropes of muscle starting at the armpits and running around lower edge of shoulder blade. Also the vertical shadows at sides of waist.

You don't often see those details, and I think he has brought them out by leaning backwards a bit from the waist. Unfortunately, this has foreshortened the whole back and brought his head nearer the camera, with the effect of making the head too large and the body small.

Properly posed, in a well-lighted studio, this man could get a simply wonderful pic-

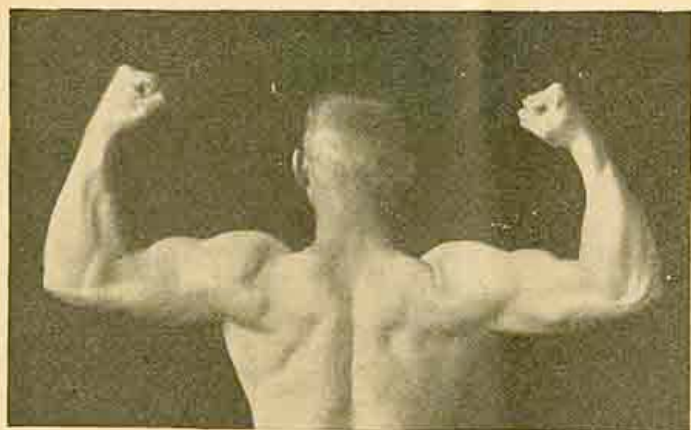


Fig. 5

however, should have made him roll down the top of the trunks until they covered the belt and thus avoid those ugly rolls of cloth.

Fig. 5. — Apparently a man of thirty-odd years. He has reached the limit of his development, and goodness knows he is big enough. Has the size and shape, knows how to pose and patronizes a good photographer. Knows how to make his arms big, just the same as number 1 did. Bends his right arm a

ture, as he has the ability to concentrate on a great many muscles.

Fig. 1.—A big-boned young man with great muscles and long arms. A well-balanced pose. Position of head, hands, fore-arms and upper arms well nigh perfect. He is not doing justice to his back. He has jammed the shoulder blades so tightly together that the vertical part of the trapezius, on the upper half of the spine, seems to merge with the erector spinae, along the lower half of the spine. Consequence 1—A deep valley along the spine which gives a good idea of the thickness of his back muscles. Consequence 2—His back looks much narrower than it really is, and is straight up and down instead of tapering to waist-line. He has not concentrated enough on the muscles across the broad of the back.

He knows something that the men in Figs. 2, 3 and 4 do not realize. And that is how to make the *whole arm* look huge. Notice the great size of the forearms. He gets this effect by holding arms bent *exactly* at right angles, hands with thumb side towards camera and all the muscles in the arm tensed. He concentrates on the muscle shown in picture at inside edge of forearm until it almost starts through the skin. He cannot bunch up his biceps in this position, but he can and does give the *whole arm* an appearance of tremendous size and power. The only trouble with this arm position is that the tension is so great that it makes the arm tremble and the picture must be taken very quickly. Notice that his left forearm has vibrated a little.

Altogether a fine pose. Well lighted and with a good background. The photographer,

trifle too much. Outside of that, see if you can find anything wrong. If you have read the article you will decide that you can just about use this man's pose as a model for yours.

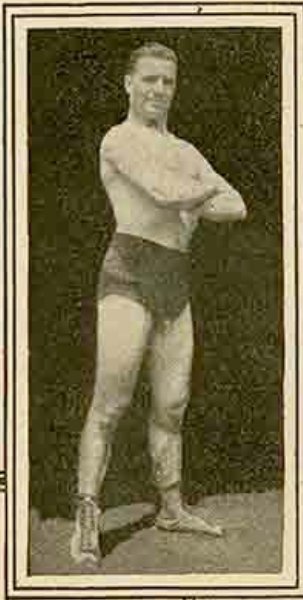
There you are. All this talk on one pose and there are dozens of them. It is quite a subject. I suggest you look into it. Study every picture you see in this and other magazines devoted to body-building. Get pictures of several athletes posed in about the same position. Compare them. Pick out the one you think is the best and try to figure out how the man gets the effect. Often you will find that a good poser with moderately big muscles makes a better pose than a heavily-developed man who has no idea of muscular display.

Remember that in full-length poses balance and the general outline of the figure count more than the display of any one or two muscles. Never spoil the general effect by forgetting everything but your biceps.

WHAT makes a sprinter? Natural Ability, Development, or Condition? Natural ability is perhaps the most essential, but it doesn't get very far without training; and without condition both are lost.

In the June issue of *STRENGTH*, Charles W. Paddock, world famous as a super-sprinter, tells what really does make a sprinter. From the start to the break of the tape, Paddock tells of the problems confronting the sprinter, and explains how to overcome them.

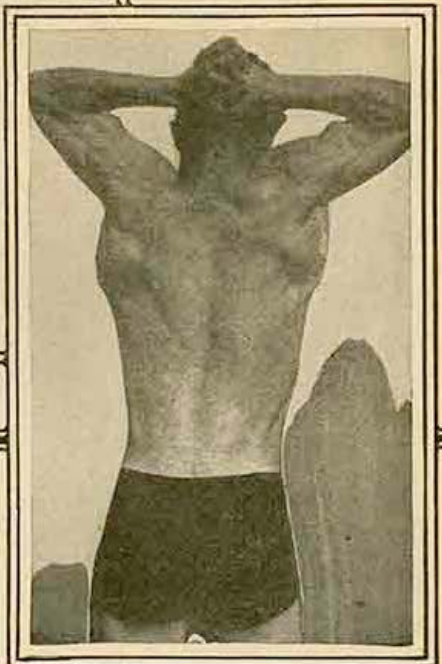
Paddock not only knows how to run, but also knows how to teach it to others. Don't miss his article.



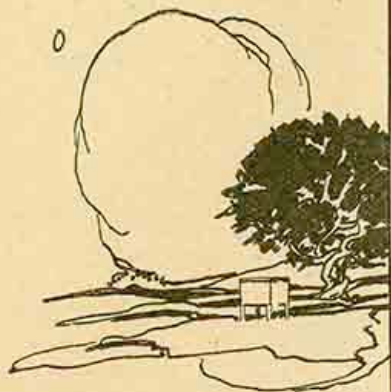
F. GOLDWAITHE
Gymnastic Club, New Orleans



Center
LEO WISNIEWSKI
Moundsville, W. Va.



JOSEPH MELIA
New York City



© International
For ten years Jim Barnes has been trying to win the national open golf championship. On the course of the Columbia Country Club, Chevy Chase, Md., July 22, 1921, his ten years' effort was crowned with success.

© International
Mrs. Molla Bjurstedt Mallory, world's woman tennis champion, demonstrating one of her sensational returns.

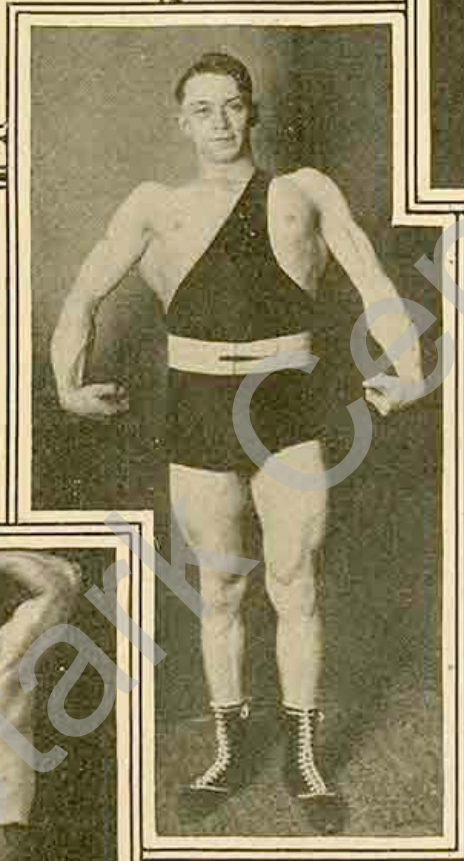


JOCK HUTCHINSON,
the peer of American
professional golfers.
© International



**MISS MARY K.
BROWNE**
of California, former
woman national tennis
champion.
© International

PAUL L. KRIDLER
E. Palestine, Ohio
Showing remarkable development
for a twenty-year-old boy



A. J. ERWIN
Detroit, Mich.



E. ZOKENBACK
St. Louis, Mo.

Lifts--and Their Popularity

By George F. Jowett

THE popularity of certain lifts, of course, varies between this country and foreign countries. So let it be understood that this article pertains only to lifting in America. There are several conditions that make lifts either popular or unpopular. Looking at the question from the standpoint of the individual lifter, you will find that it is a matter of which lifts he can raise the most weight in, as compared with the records; in other words, the lifts in which he can do the best are the popular ones with him. But I don't intend to make this an article about individuals, because I'm afraid it would end right here. The reason is this, that every one knows more about why they like a certain lift than I do, so I must make it an article about lifters and lifts, taking them as a whole.

One of the most important things about a lift that makes it a favorite is the amount of weight that can be lifted. For the more you can lift the more interested you become in it. Another important fact is the ease with which the lift can be performed, or, in other words, is it more or less of a torture to accomplish? No one loves to hurt himself, so, therefore, this is a blow to some lifts, providing they haven't enough virtues to overcome the disagreeable features.

Two good examples of this are the wrestler's-bridge lift and dead-weight lifting. By dead-weight lifting I mean particularly the harness and hand and knee lifts (or hand and thigh, as it really is). These two last mentioned are torturous because of the incredible amount of weight that can be lifted in these lifts. The hand and thigh lift is especially so, because it actually rubs the skin off the thigh (there being a steep slant, the great weight used makes the crossbar slide down in spite of the fact that you are pulling up with both hands). But with all of this against them, these lifts would be popular because so much can be lifted. The trouble is the equipment is too expensive for private use. Now the bridge lift is, I dare say, one of, if not the most, torturous of lifts. It is no doubt a good neck developer, and the only redeeming feature about it is the fact that

if you can do it to a fair extent you will find few who can beat you at it, because few men care to stand the so-called torture.

The lift of lying on the back and pulling a dumbbell straight arm over the head from the floor is also a lift that hurts. When getting near your limit it will cause sharp pains in the shoulder and make it sore for days. Personally I like this lift, but I don't think it would ever become very popular because so little can be lifted in this way. All weight lifters at some time or other have had this question put to them by one or more people who are ignorant of lifting. They will say "You're a weight-lifter, tell me how much you can lift." If I were thinking of the pull-over lift just mentioned at the time, I might say, "Oh, 60 or 70 pounds." And with lowering respect he would say, "Zat all?" But if I were thinking of the dead-weight lifts I might say, "Oh, about 14 or 15 hundred", and if my questioner was not a "Doubting Thomas" he would go his way respecting me forever. I state this because it shows why the lifts that are popular are liked by lifters as a rule. But as far as achievement is concerned, it is every bit as great a feat to raise 70 pounds in the one lift as it is to lift 1500 in the dead-weight style, probably more so.

To name all the lifts in the order of their popularity is not an easy thing to do, because it is a matter of opinion and sure to cause an argument. Nevertheless, I am going to take a stab at it, and as no arguments will be accepted, I guess I'll be safe. I am positive, if everyone puts aside his own personal feelings and looks at the matter in a general way, that I am getting off to a good start by naming the bent-press as the most popular. Now we will see why, and I think we will find that all its faults are good ones and the rest are virtues. The fact that so much can be lifted with one hand is its best bet. It is unbelievable that one should be able to put above his head with one arm a weight greater than he can press with both arms. For this reason every one wants to accomplish it.

Also there is no particular pain attached to it. The fact that it is the most scientific lift of the bunch makes it more interesting

to perform. But the best part of it is the speed with which one gains after the knack has been mastered. In no other lift is weight gained so quickly and continued so long. These facts, and the fact that everyone else seems to be doing it, makes the new lifter want to do it also. These things all make it, as I said before, the most popular lift.

Next, I believe, comes the two-hand jerk. This lift being one of the heavy lifts, and the fact that more can be lifted above the head in this way than in any of the standard lifts, makes it a close favorite to the bent-press. It is also a very natural lift. A man who has never seen a bell before will lift in this manner when told to put it over his head; of course, it won't be true to form and usually is a cross between the jerk and press, but the natural inclination to do it that way is there just the same. Next, being a natural lift, there is no pain whatever connected to it. Then, being a quick lift, it takes, in my opinion, less vitality. These things combine to make it a sure second.

The regular two-hand press being similar to the two-hand jerk naturally gives it third place. Like the jerk, it is a natural lift, but there are two things which put it below the jerk. These are less weight lifted and more straining. This, as I said before, is what the majority of so-called lifters don't like. Too much like work, you know.

The one-arm jerk is a close fourth. It is a very good lift, but being a lighter one and not as natural as the two preceding lifts, I don't think it is used quite as much. These reasons are sufficient to hold it to this class.

The one-arm snatch, being a still lighter lift, is fifth. It also is a slow gainer; by that I mean it takes lots of practice to gain very little weight. It always struck me in a way that is hard to explain. That is, all

the energy must be put into the very first effort, and this seems to give the lifter a certain amount of nervousness or anxiety which he doesn't experience in lifts where he gets the feel of the weight by actual lifting to the shoulder. It is (as I would call it) a hit-or-miss lift.

The one-arm military press, I believe, comes next. It is liked by many because it is a pure test of strength in which no trick or skill can enter. On the other hand, because of the strict rules and the fact that a lot of lifters have nothing but skill to rely on, it is not so popular. The amount of weight that can be lifted in this way is very small, compared with the one-arm bent press.

The two-arm military press is so like the two-arm regular press that they are confused or thought to be one lift. The difference is that the regular press is done on the principle of the bent press (that is, bending back in order to get the arms straight); and the two-arm military is done with the observance of strict rules as in the one-arm military. The fact that these two lifts are so closely related makes the one in which the most weight can be lifted the most popular.



George F. Jowett

The one-arm swing is not very popular, as I see it. The main reason, I think, is because it really takes a heavy man to accomplish much with it. The reason is plain when you stop to realize that every lift except this one is accomplished by the fact that the floor or ground is backing you up. In other words, you lift the weight by pushing between the weight and the floor. With nothing to push against the lift would be impossible. Now, to a certain extent, this is the trouble with the swing. You stand on the floor all right, but the lift, instead of being straight up, is more of a back and forward motion, which tends to throw you off your balance.

(Continued on page 61)

Head Locks and Chancery Holds

By William J. Herrmann

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



Stanislaus Zbyszko

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

Dear Herrmann:—

June 3rd, 1921.

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

STANISLAUS ZBYSZKO,

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

(Continued from last month)

Head and Arm Chancery Hold Over Its Holder's Arm

A HEAD and Far-Arm Chancery over the Arm is a Head and Arm-Chancery Hold in which the far arm as well as the head of its victim are both trapped and held imprisoned in a Head and Arm-Chancery Hold over its holder's Arm as illustrated by Fig. 94.

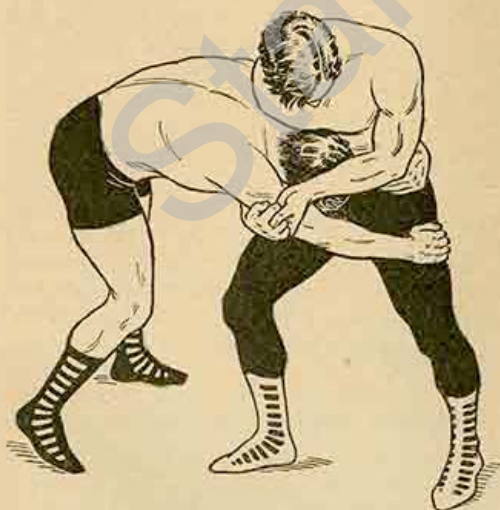


Fig. 94

Head and Far Arm Chancery Over the Arms

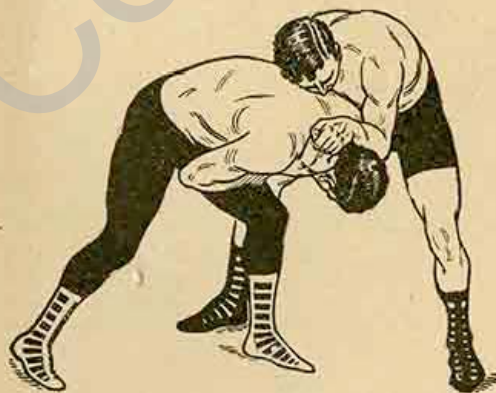


Fig. 95

The Original Standing Head Lock

A Head and Near-Arm Chancery Hold over the Arm is a Head and Arm-Chancery Hold in which the near arm as well as the head of its victim are both trapped and held imprisoned in a Head and Arm-Chancery Hold over the holder's Arm as illustrated by Figures 95, 96 and 97.

This particular form of Head and Near-Arm Chancery Hold over the holder's arm is usually referred to by professionals as a Head Lock. Figures 95, 96 and 97, illustrate this effective Head and Near-Arm

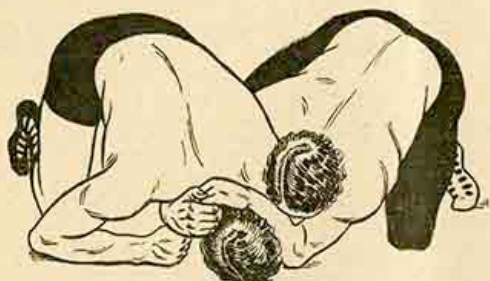


Fig. 96

The Original Head Lock

Chancery over the Arm, commonly termed a Head Lock by professionals. This hold has previously been fully described under the caption of Head Locks.

For all practical purposes the above analytical description of the more common forms of Head and Arm-Chancery Holds should suffice to explain all other forms of Head and Arm-Chancery Holds that may possibly develop during the progress of a bout.

Head and Far Arm may also be imprisoned in a Reverse-Chancery Hold over the Arm as well as a Reverse Chancery over the Shoulder, in fact all other forms of Reverse-Chancery Holds. However, they are what wrestlers term "impossible holds" not likely to present themselves in competition with wrestlers your equal. Besides, for practical purposes it is not wise to particularly play for a Reverse Head and Arm Chancery over the Shoulder unless combat conditions momentarily present exception-

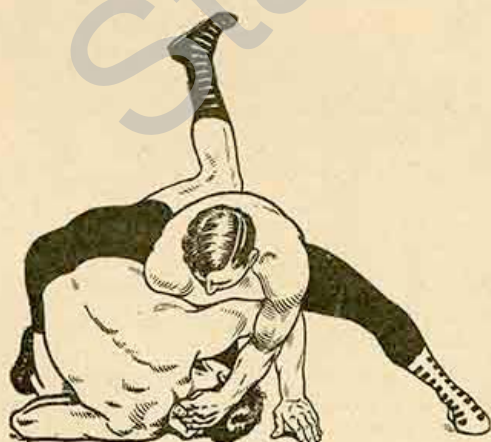


Fig. 97

Another View of the Original Head Lock

ally good opportunities to secure such a hold to your advantage.

Head and Arm Reverse Chancery Holds

A Head and Far-Arm Reverse-Front Chancery is a Head and Arm-Chancery Hold in which the far arm as well as the head of its victim are both trapped and held imprisoned in a Head and Arm-Reverse Front-Chancery Hold as illustrated by Fig. 98.

A Head and Near-Arm Reverse-Front Chancery is a Head and Arm-Chancery Hold in which the near arm as well as the head of its victim are both trapped and held imprisoned in a Head and Arm-Reverse Front-Chancery Hold as illustrated by Fig. 99.

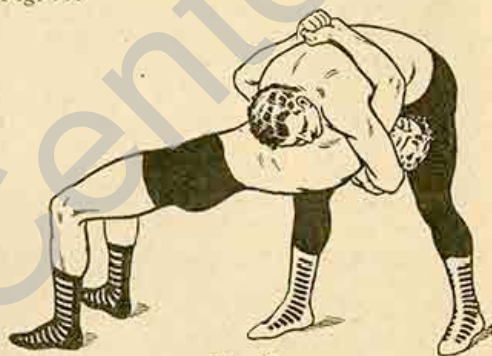


Fig. 98

Reverse Head and Far Arm Front Chancery Hold

A Head and Far-Arm Reverse-Side Chancery is a Head and Arm-Chancery Hold in which the far arm as well as the head of its victim are both trapped and held imprisoned in a Head and Arm-Reverse Side-Chancery Hold as illustrated by Fig. 100.

A Head and Near-Arm Reverse-Side Chancery is a Head and Arm-Chancery Hold in which the near arm as well as the head of its victim are both trapped and held imprisoned in a Head and Arm-Reverse Side-Chancery Hold as illustrated by Fig. 101.

Head and Double Arm Chancery Holds

A Head and Double-Arm Chancery Hold is, as previously explained, a hold in which both arms as well as the head of your opponent are securely held and imprisoned in a Chancery Hold under your arm-pit. At

times, it is possible to simultaneously trap head as well as both arms of opponent in a Head and Double-Arm Chancery Hold. These holds, however, are again what professionals term "impossible holds," a term wrestlers use in referring to impractical holds or combinations of holds not likely to be successfully secured on a man anywhere near your equal, and also because of the few chances of securing such holds under actual combat conditions. Of course, it is physically possible for a taller and longer-reached man to secure an effective Head and Double-Arm Chancery on a smaller and inferior opponent, but even so, there are just as many and even far better chances to secure some other equally effective hold or holds instead.

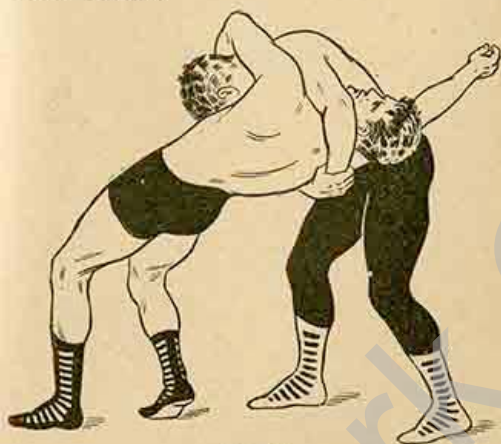


Fig. 99

Reverse Head and Near Arm Front Chancery Hold

In consequence, don't let good chances to secure some other equally effective hold pass by while sparring for a chance to secure impractical and "impossible holds" that may never present themselves during a contest. Nevertheless, it is up to you to be posted on all forms of Chancery Holds in case the impossible should happen or more surprisingly still, should you unfortunately be trapped in a so-called "impossible hold."

The weakness of a Head and Double-Arm Chancery is the fact that your opponent can easily slip this hold due to the position of his head between his two arms. In fact, a Head and Arm Chancery is a far stronger, more effective and easier to be secured hold than a Head and Double-Arm Chancery Hold.



Fig. 100

Head and Far Arm Reverse Side Chancery Hold

Head and Double-Arm Chanceries as well as Head and Arm-Chancery Holds can be secured and applied either when wrestling up-standing on the mat or while working down on the wrestling-carpet with your man on "all fours." If secured when up-standing on the feet, you can, as in the Head and Arm-Chancery Hold, use a Back Heel in effective combination with it in order to more readily bring your man down to the mat for a fall. However, good chances to secure a Head and Double-Arm Chancery as well as a Head and Arm Chancery, in fact most all forms of Chancery Holds, are more likely to present themselves while working down on the wrestling-carpet than when contestants are wrestling up-standing on the mat.

(Continued on page 48)

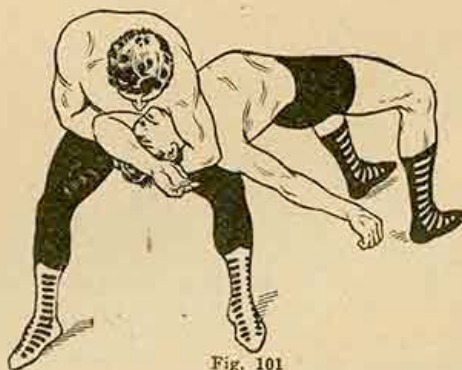


Fig. 101

Head and Near Arm Reverse Side Chancery Hold

Dwarfs and Giants

By Charles Nevers Holmes

OUR world has always possessed dwarfs and giants. Indeed, it will in all probability always possess them as long as human beings exist. Each one of us has a little different idea about them. This idea varies, of course, with our individual heights. A dwarf would appear more like a dwarf to a man who is six feet tall, and less like a dwarf to a man who is under five feet in height. A giant would look more like a giant to a person under five feet in height, and less like a giant to a person over six feet tall. Nevertheless, if a human being is below or above certain standards of height, he is either a dwarf or a giant. A human being who is less than three feet six inches in height is a dwarf; a human being who is more than seven feet tall is a giant.

Our world possesses dwarf races and giant races, as well as individual dwarfs and giants. The dwarf races are those whose average height does not exceed four feet nine inches. For example, the average height of the African Akkas race was about four feet. Certain dwarf skeletons which were found in Switzerland averaged about three feet six inches. And, compared with these pygmy races, there are the Scots of Galloway, who average 70½ inches (about 5 feet 11 inches); the Livonians, 69 inches; the Irish, 68½ inches; and the English, who average 67½ inches. It is probable that the average height of the human race approximates 66 inches, that is, 5 feet 6 inches. It will be noted that this average height is about 5 inches less than the average height of the Scots of Galloway and about 18 inches more than that of the African Akkas race.

With respect to individual dwarfs, there was the feminine pygmy, Hilany Agyba, of Sinai, who was about 15 inches tall. That is, she was 1 foot 3 inches in height. Then there was Bébé, of Poland, but that dwarf was a giant compared with Hilany, for Bébé was 35 inches tall. Jeffery Hudson, who was presented to Queen Henrietta in a pie, was only 22 inches in height. Caropas, another human pygmy, was about 2 inches taller than Jeffery Hudson. Of course, all of us have heard about Charles S. Stratton, who was better known as "Tom Thumb," a dwarf 31 inches tall. And there was still another dwarf, Francis Flynn, also called "General Mite," who attained a height of 21 inches.

According to traditions, there existed some super-giants many centuries ago. Even super-giants who were as tall as 180 inches! However, it is probable that, during the times of recorded history, men have attained the height of 120 inches. Indeed, there existed a giant and a giantess at Rome, both of whom were said to be over 10 feet tall. Then there was the Emperor Maximin, who was almost 9 feet in height. During more recent years there existed Bishop Berkeley's Magrath (92 inches), Patrick Cotter (99 inches), Charles Byrne (100 inches), Winhelmaier's Austrian (103 inches) and Topnard's Finlander (112 inches, or 9 feet 4 inches). And also, there was Anna Swan, of Nova Scotia, over 8 feet tall, who married Captain Bates, of Kentucky, who was himself more than 8 feet in height. And most of us have heard of Chang-wu-gon, the Chinese giant, the top of whose head was 7 feet 9 inches above the soles of his feet.

Prize Contest Announcement

ONE thing that the prize contest is proving is that you can't please all of the people all of the time.

There was not a single article in the March issue that did not receive votes for being both the best and the worst article in that issue.

The least popular article was the "Self-Stoked Human Engine," by Dr. J. Madison Taylor; "Head Locks and Chancery Holds," by Wm. J. Herrmann; and "How to Use the Gymnasium," by the Rev. B. H. B. Lange, came next in tie.

Alan Calvert's article, "Simple Strength

NERVOUSNESS

Are You Master of Your Nerves or Are Your Nerves Master of You?

By PAUL von BOECKMANN

NERVOUSNESS—We hear about it everywhere. A doctor tells his patients, "It's your nerves." Sensitive and high-strung women complain of their "nerves." We see evidence of "nerves" everywhere—in the streets, in the cars, in the theatres, in your business, and especially in your own home—right in your own family.

Nervousness is not a disease; it is a condition. A doctor may pronounce you as sound as a dollar organically and yet you may be on the verge of a nervous collapse. What does it all mean? What is meant by nervousness? Briefly, Nervousness is a symptom of Nerve Exhaustion.

The Nervous System generates a mysterious energy termed "Nerve Force." It is the power that controls every organ, every muscle and even the Mind. If you over-tax or abuse your Nerves through worry, fear, grief, shock, or disease, your flow of Nerve Force becomes feeble and you then have Neurasthenia, which means 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," especially in the back and knees.

SECOND STAGE: Nervousness; 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; backache; headache; 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 your NERVES have reached any of the three stages of depletion, you ought to take immediate steps to determine the cause and to learn what to do to build up your Nerve Force, for Nerve Force means Life Force—Brain Force—Vital Force—Organic Force—Dynamic Force—Personal Magnetism—Manliness and Womanliness.

No man WITH Nerve Force has ever stood in a bread line.

No man WITH Nerve Force has ever been down and out.

No man WITH Nerve Force has ever acknowledged himself "licked."

No man WITH Nerve Force has ever failed to attain success.



Paul von Boeckmann

Author of *Nerve Force* and scores of other books on Health, Psychology, Breathing, Hygiene and Kindred subjects. Over a million of his various books have been sold during the last 25 years.

He is the scientist who explained the nature of the mysterious Psycho-physic Force involved in the Coulton-Abbott Feats, a problem that had baffled the leading scientists of America and Europe for more than thirty years, and a full account of which has been published in recent issues of *Physical Culture Magazine*.

And, on the other hand, WITHOUT Nerve Force, no person of either sex in any walk of life has ever reached

the top, has ever achieved success, or has ever gotten the fullest enjoyment from life itself. WITHOUT an abundant supply of Nerve Force our lives are wrongly adjusted, we fail to utilize our full powers, and we cheat ourselves of our birthright of health and vigor.

"A sound mind in a sound body" depends upon sound nerves. And to be a WINNER, even in a small way, demands, first of all—NERVE FORCE.

This, of course, applies to women as well as men. 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 30,000). My instruction is given by mail only. No drugs or drastic treatment of any kind are employed. My method is remarkably simple, thoroughly scientific, and always effective.

I shall agree to send you further information regarding my system of treatment FREE and without any obligation on your part. Everything is confidential and sent sealed in a plain envelope.

You should read my 64-page book, "NERVE FORCE." The cost of this book is only 25 cents (coin or stamps). The book 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 for the first time.

Read the book at my risk, that is, if it does not meet with your fullest expectations, I shall refund your money PLUS your outlay for postage. My advertisements have been appearing in this and other standard magazines for more than 20 years. This is ample evidence of my integrity and responsibility.

The following extracts are quoted from letters written by people who have read the book:

"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."

"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."

"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 reread your book at least ten times."

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

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

A physician says: "Your book shows you have scientific and profound knowledge of the nerves and nervous people. I am recommending your book to my patients."

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

PAUL von BOECKMANN
110 W. 40th St., Studio 465, New York, N. Y.

Dear Sir: I desire to investigate your method, without obligation of any kind. (Print name and address plainly.)

Name

Address

Enclose 25c if you wish the book.

Tests," received the most votes as the best article in STRENGTH, and it was closely followed by a triple tie between the articles of Mary Morgan, John Stone and Dr. J. Madison Taylor.

The contest is bringing out the fact that the readers of STRENGTH can be roughly grouped in two classes, those that wish to see it expand and gradually cover a larger field, and those that wish it to confine itself to a comparatively small field and put in all its efforts along one or two lines at most.

Between us, the editors are slightly inclined toward the first view-point, although you can rest assured that STRENGTH will always remain true to its name and purpose.

STRENGTH has been growing in size as well as scope, and we are confident that our old readers find just as much of interest now as they ever found in the sixteen-page STRENGTH that we used to publish.

The two articles which really caused the most discussion were the articles by Mary Morgan and John Stone.

"Basketball To-day and To-morrow" was praised by both men and women. One writer sent in the following letter:

"I do not think one can overestimate the power of such articles, because the value of athletics for girls, and especially basketball, is so great. I cannot think of anything in my school life that helped me so much as basketball."

Another contestant wrote:

"Although many men might disapprove of this article, it seems to me to be the ideally situated one in STRENGTH. All of us have wives, sisters, mothers, and know that they should be interested in health-building, even if they are not interested now. We can use STRENGTH to interest them and so serve a very useful purpose. If they are already interested it makes STRENGTH of particular interest to them as well as to us."

Then in direct contradiction of these two letters we get quite a few letters saying that STRENGTH is, was and always should be, a man's magazine. There is no place in STRENGTH for articles by women or about them.

In reference to John Stone's article, a contestant wrote us:

"For six years I was troubled with a bad stomach. Exercising seemed to make it worse. I started following the directions given in the diet articles in STRENGTH. In about two months I got well."

The opponents of our diet articles say that all diet articles are more or less alike, that everyone knows what they contain and no one ever reads them.

We are certainly pleased to get either letters in condemnation or letters in praise, both of STRENGTH as a whole, and of any articles that appear in it.

The prize for the letter in criticism of the best article published in STRENGTH was awarded to Mr. E. J. Lansing, of Evansville, Ind. His letter is printed herewith:

"I think that the most valuable article is the one which does the most good, and proves the most interesting, to the greatest number of persons; therefore, I choose Alan Calvert's 'Simple Strength Tests' as the best in the March issue of STRENGTH.

"I believe that the great majority of STRENGTH readers are men and young men between the ages of 17 and 35, and that they are interested primarily in *development*—as I am. Given well-developed muscles, the natural desire is to use them, preferably in direct competition. Mr. Calvert supplies this principle of direct competition without a great outlay of time and apparatus, and therefore fills a long-felt need, at least in the case of myself and friends, and I presume our tastes are only average.

"Also, no matter how good, how important an article is, if it is not *interesting* the chances are it will not even be read.

"'Simple Strength Tests' is well written, in a clear, concise, enjoyable manner (unlike one or two other articles in the March issue, which were absolutely dry), and for that reason alone, almost, deserves first place.

"So, by all means, give us more of Mr. Calvert's articles."

The prize for the least interesting article was awarded to Geo. W. Thompson, of Harriman, N. Y. His letter is, we think, quite fair from his point of view, but we are absolutely confident that a great many of the readers of STRENGTH have found much that was of interest in the series of articles on "How to Use the Gymnasium."

His letter is printed herewith.

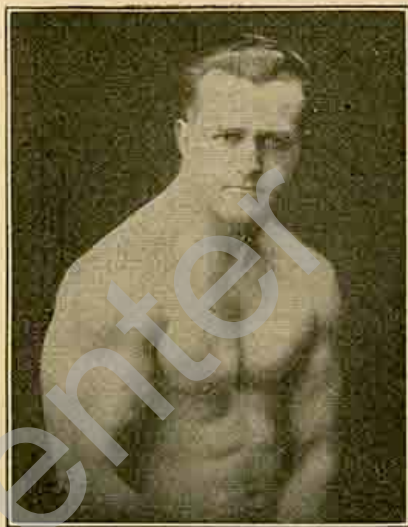
"There is no life or pep about this article. It just tells of the use of bars, ladders and the like, but gives no thrill to a person as the out-of-doors article does. It is just the same thing over again, undoubtedly interesting to those who have not the chance to get out of doors, but I don't care for such.

If you were dying to-night

and I offered you something that would give you ten years more to live, would you take it? You'd grab it. Well fellows, I've got it, but don't wait till you're dying or it won't do you a bit of good. It will then be too late. Right now is the time. To-morrow, or any day, some disease will get you and if you have not equipped yourself to fight it off, you're gone. I don't claim to cure disease. I am not a medical doctor, but I'll put you in such condition that the doctor will starve to death waiting for you to take sick. Can you imagine a mosquito trying to bite a brick wall? A fine chance.

A Re-built Man

I like to get the weak ones. I delight in getting hold of a man who has been turned down as hopeless by others. It's easy enough to finish a task that's more than half done. But give me the weak, sickly chap and watch him grow stronger. That's what I like. It's fun to me because I know I can do it and I like to give the other fellow the laugh. I don't just give you a veneer of muscle that looks good to others. I work on you both inside and out. I not only put big, massive arms and legs on you, but I build up those inner muscles that surround your vital organs. The kind that give you real pep and energy, the kind that fire you with ambition and the courage to tackle anything set before you.



Latest photograph of Earle E. Liederman taken February, 1922.

All I Ask Is Ninety Days

Who says it takes years to get in shape? Show me the man who makes any such claims and I'll make him eat his words. I'll put one full inch on your arm in just 30 days. Yes, and two full inches on your chest in the same length of time. Meanwhile, I'm putting life and pep into your old back-bone. And from then on, just watch 'em grow. At the end of thirty days you won't know yourself. Your whole body will take on an entirely different appearance. But you're only started. Now comes the real work. I've only built my foundation. I want just 60 days more (90 in all) and you'll make those friends of yours who think they're strong look like something the cat dragged in.

A Real Man

When I'm through with you, you're a real man. The kind that can prove it. You will be able to do things that you had thought impossible. And the beauty of it is you keep on going. Your deep full chest breathes in rich pure air, stimulating your blood and making you just bubble over with vim and vitality. Your huge, square shoulders and your massive muscular arms have that craving for the exercise of a regular he man. You have the flash to your eye and the pep to your step that will make you admired and sought after in both the business and social world.

This is no idle prattle, fellows. If you doubt me, make me prove it. Go ahead. I like it. I have already done this for thousands of others and my records are unchallenged. What I have done for them, I will do for you. Come then, for time flies and every day counts. Let this very day be the beginning of new life to you.

Send for my book

"MUSCULAR DEVELOPMENT"

It is chock full of large size photographs of both myself and my numerous pupils. Also contains a treatise on the human body and what can be done with it. This book is bound to interest you and thrill you.

It will be an impetus—an inspiration to every red-blooded man. I could easily collect a big price for a book of this kind, just as others are now doing, but I want every man and boy who is interested to just send the attached coupon and the book is his absolutely free. All I ask you to cover is the price of wrapping and postage—10 cents. Remember this does not obligate you in any way. I want you to have it. So it's yours to keep. Now don't delay one minute—this may be the turning point in your life to-day. So tear off the coupon and mail at once while it is on your mind.

EARLE E. LIEDERMAN
Dept. 705, 305 Broadway, New York

EARLE E. LIEDERMAN
Dept. 705, 305 Broadway, N. Y. City

Dear Sir—I enclose herewith 10 cents for which you are to send me, without any obligation on my part whatever, a copy of your latest book, "Muscular Development." (Please write or print plainly.)

Name

Address

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

I like to read articles telling of great doings, but the gymnasium to me is just a walled-in room, with lots of swings, bars and rings hanging from the walls and ceiling. These things have no life to them, but just ornaments stuck up for somebody to use. Maybe something like the punching-bag would have interest to me, but otherwise there is nothing in the gymnasium."

BEGINNING with the February issue we are awarding each month two prizes of Five Dollars (\$5.00) each for the best criticisms, in under 200 words:

1. Of the article in this issue which you believe to be the best and most worth while.
2. Of the article in this issue which you find least interesting and informative.

The Best and the Worst

The kind of articles you would like to see more of, and the kind you would like eliminated, and why. There are no conditions and no requirements. Simply write your criticism and send it to us.

The contest will close on the 20th of each month. The prizes will be awarded on the 25th, and the winning criticisms will be published in the second month following. That is, the contest for the May issue will close on May 20th; the prizes will be awarded on May 25th, and the prize-winning criticisms will appear in the July issue.

It is not necessary to be a writer to win one of these prizes. Literary merit is not the first essential. The reasons why you like or do not like a certain article are of more importance than the way you express your likes or dislikes.

Everyone wins in this contest—there are no losers. Even if you should not win one of the cash prizes, you will be amply repaid by seeing in *STRENGTH* the articles you want and feel the need of.

Let's hear why you like or dislike the articles, and the reasons for your preference.

The contest will be held each month, but remember, the May contest will close on May 20th. Address: Contest Editor, 301 Diamond Street, Philadelphia, Pa.

Readers' Service Department

IF you want any baseball, football, golf, tennis, soccer, basketball, skating, track or other sporting equipment and do not know either where to obtain it or how much it will cost, get in touch with us and we will send you full information at the earliest possible moment.

If you would like a sweater, jersey, leotard, pair of Roman sandals, trunks or any similar athletic clothing, we can obtain prices and full information for you.

If you want Indian clubs, chest-weights, rings, parallel bars or any gymnastic equipment, let us know.

We can put you in touch with the publishers of all types of sporting, out-door, health and adventure books.

If you want to know where to obtain either fiction or technical books on anything that pertains to health, strength or athletics, write the Service Department.

Now that the bass and trout seasons are coming in we have been getting a great

number of questions as to where to obtain fishing tackle, where to fish and how to go about getting the best results.

We have, of course, answered all these queries directly and are printing in the Question Box two which we thought would be of interest to our general readers.

We are always ready and willing to give prompt answers direct to the inquirers through the Service Department.

Do not hesitate to ask us for advice before getting equipment for camping, canoeing, automobiling or out-door trips of any type. We can tell you where to go, when to go, the equipment to take and the best way to get satisfactory results.

We will get the information you desire quickly and let you know at the earliest possible moment full details as to size, price, specification and manufacturer's name. Write to: Readers' Service Department, Milo Publishing Co., 301 Diamond Street, Philadelphia, Pa.

Question Box

M. J. N. The normal chest should measure more than the hips, the difference

being governed by the measurements of the other parts of the body.

Boxing taught

80 Lessons \$3.85

Lessons in fundamentals—
(1) Hitting, (2) Guarding,
(3) Ducking, (4) Feinting,
(5) Clinching.

Advance Boxing—(1) Psychology of the ring, (2) Breaking ground, (3) The Crouch, (4) Feinting, (5) Judging distance and timing, (6) Advanced ducking, (7) Advanced clinching, (8) Right-hand boxing, (9) In-fighting, (10) Side-stepping and back-stepping, (11) Boxing a taller opponent, (12) Generalship.

Blows and Guards—(13) Left-hand lead for body, (14) Guard for same, (15) Right-hand body blow, (16) Guard for same, (17) Cross-parry, (18) Guard for same, (19) Straight left-hand blow for head, (20) Guard for same, (21) Right-hand cross counter for head, (22) Guard for same, (23) Left-hand counter for head with guard, (24) Stopping a straight counter for head, (25) Swinging left-hand blow for head, (26) Guard for same, (27) Swinging left-hand blow for jaw and guard, (28) Swinging left-hand blow for body and guard, (29) Stop for all blows, (30) The left-hand uppercut and guard, (31) Right-hand uppercut and guard, (32) Pivot blow, (33) Corbett swing, (34) Jack Dempsey Triple, (35) Benny Leonard Triple, (36) Fitzsimmons Shift, (37) Kid McCoy Curkscrow Blow, (38) Dal Hawkin's Hook, (39) Stanley Ketchel One-Two Blow, (40) Donovan Leverage Guard.

Shadow Boxing—(41) Round 1—5 blows, (42) Round 2—7 blows, (43) Round 3—7 blows.

Training—(44) Training, (45) Bridging, (46) Dipping, (47) Clinching, (48) Foot exercise, (49) Leg exercise, (50) Colon exercise, (51) Synthetic breathing.

Mass Boxing—(52) Straight blows, (53) Swinging blows, (54) Guarding, (55) Ducking, (56) Foot Work, (57) Upper-cutting, (58) Drill.

Jiu-Jitsu and Wrestling—(59) Arm Twist, (60) The hand grip, (61) Arm lock, (62) Gun releases, (63) Defense against dagger, (64) Wrist release, (65) Throat release, (66) To stop a kick, (67) Releasing neck hold, (68) Releasing a waist hold, (69) Throwing an opponent over your head, (70) Head and cross buttock, (71) Arm and cross buttock, (72) Rolling with the arm of opponent, (73) Crotch hold, (74) Head in chancery hold, (75) Throwing an opponent grasping from behind, (76) The Back Heel Hold, (77) Standing chancery hold, (78) Standing crotch hold, (79) The toe hold, (80) Scissor hold.

5¢ a lesson!

Thousands of red-blooded men all over the United States will take advantage of this stupendous offer—a new "short-cut" method of learning boxing and self-defense *right in your own home*—at only 5 cents a lesson.

In a few weeks you'll master the fundamentals of scientific hitting, guarding, feinting, ducking, clinching, countering, etc.

Next you will learn the blows and guards used by the top-notchers of the ring—the Benny Leonard Triple Blow, the Fitzsimmons Shift, the Jack Dempsey Triple, the Mike Donovan Leverage Guard, footwork, generalship, etc.

Marshall Stillman, friend and pupil of Mike Donovan, teaches you by a brand new method—the *Mental Suggestion Method*, based on the system of instruction used by famous Professor Mike Donovan, undefeated Middleweight Champion of the World, and former instructor of Boxing at the New York Athletic Club.

You don't have to know a thing about boxing to begin with. Fifteen minutes a day of this professional course will make you a good boxer in a short time, able to outbox bigger and stronger opponents.

You start with simple movements you are already familiar with, such as holding out your hand for a coin, the breast stroke in swimming, etc. Then step by step Marshall Stillman leads you into similar movements in boxing—hitting, ducking, guarding, side-stepping, etc., until you go through these motions almost without thinking about them. You are not pounded, confused or bewildered by an opponent more experienced than yourself, as is the case in the old method of teaching boxing.

After you've mastered the fundamentals you're taught all the good

blows and guards used in the ring and three lively rounds of shadow boxing—it's just as though you had a real opponent before.

To complete your training in self-defense, you're taught 15 jiu-jitsu and bone-breaking holds, and releases, and 14 of the best wrestling holds—the Gotch Toe Hold, Stecher Scissor Hold, the Head Lock, etc.

And to improve you physically you're given a complete set of health and muscle-building exercises.

There are 80 lessons altogether, 381 pages, 246 illustrations. When Marshall Stillman first produced the course it sold for \$10.

As sales increased, we cut the cost to \$5. And now we offer it to you on approval at less than 5 cents a lesson—\$3.85 for the complete course.

Free History of Boxers—Every one who accepts this liberal offer will receive without extra charge a History of Famous Boxers, with their pictures—Jack Dempsey, John L. Sullivan, Benny Leonard, Carpenter, etc., with inside stories seldom heard outside professional circles.

SEND NO MONEY

We'll send you the complete course of 80 lessons, including the History of Famous Boxers, for 10-day examination. When you receive the course, hand the postman a temporary deposit of \$1. Try the course out for 10 days. At the end of that time, send us \$2.85 more or return the books, and we'll send your dollar back. We take all the risk. Mail the coupon now to Marshall Stillman Ass'n Dept. 1722-E, 42nd St. and Madison Ave., New York.

MARSHALL STILLMAN ASSOCIATION,
Dept. 1722-E, 42nd St. and Madison
Ave., New York.

You may send me on approval the complete Marshall Stillman Course, price of which is \$3.85. Upon its receipt, I agree to pay the postman \$1 as deposit. It is understood that I am to pay the balance (\$2.85) or return the course within 10 days after I receive it. If I return it you are to refund my dollar.

Note: Canadian or foreign orders must be accompanied by cash (\$3.85) subject to money back if not satisfactory.

Name

Address



Every blow and guard posed for by two experts

If you are 6 feet tall, and have a 40-inch chest and 45-inch hips, this would seem to indicate that your chest measurement is subnormal and your hips abnormal; the normal chest should measure a couple of inches more than the hips.

W. S. To develop the trapezius muscle: Stand erect, with a moderate-weight bar bell grasped in both hands with the over-grip. Shrug your shoulders, raising the bell as high as possible, keeping the arms straight. Repeat twenty times, add two repetitions every third day, until you reach forty. Then drop back to twenty repetitions, and increase the weight ten pounds.

P. S. A man weighing 168 pounds, and doing a full mount on the Roman Rings, with 43 pounds of weight attached to his feet, is not doing the equivalent of a military press at the same weight. You will find that you would have difficulty in making a Military Press of your own weight.

N. P. Stanislaus Zybszko is, without a doubt, the greatest wrestler in the history of the sport. In weight-lifting the honors belong to Louis Cyr, known as the "Daddy of Them All."

J. H. The size of your wrist, and the length of your arm, are determined by the size of your bones. If your bones have not stopped growing it is possible to increase the size of these parts by practicing a variety of exercises that bring them into play. There are no special exercises for this purpose. See answer to W. J. for developing the muscles of the neck.

W. J. The best exercise for developing the muscles of the neck is the Wrestler's Bridge, in which you support the weight of your body on the head and heels. Lift a light-weight bar bell across the face to the chest, and press it to arm's length, repeating five or six times.

You will find the answer to your question as to food values in "Diet or Exercise" in this issue.

H. T. At the present time there is no recognized middle-weight wrestling champion, as no professional championship matches are held below the heavy-weight

class. There are several contenders for the middle-weight title, among whom are Johnny Myers, of Chicago; Joe Turner, of Washington, D. C.; and Paul Prehm, Illinois Athletic Club.

Other contenders are Pinkey Gardner, Schenectady, N. Y.; Gus Disles, St. Louis, and Henry Eislinger, Atlantic City, N. J.

To the Editor:

Can you put me in touch with a Portuguese wrestler weighing about 200 pounds or so? If not a Portuguese, a Spaniard or South American will do, providing he can speak Portuguese; and what he lacks in wrestling ability we will teach him here.

I can offer plenty of work and money to the man who can shape up right; he must be possessed of strength and be able to make a great display of strength, be young and a willing worker.

I will appreciate this information greatly.

Yours very truly,

CHARLES E. RODGERS,
P. O. Box 321,
Fall River, Mass.

Those interested in Mr. Rodgers' offer can communicate with him direct.

W. H. B. During the early part of the bass season almost any kind of bait will suffice. Minnows or worms are excellent. The worms should be of the large, tough, colorful variety. For flies, I would suggest the Grizzly King or the Rube Wood. Try a variety, but these are among the best of the early killers. Study any insect life that happens to be in the vicinity of the stream on which you are fishing, and try to approximate it as much as possible, for the fish are wise. It is foolish to try brightly-colored flies at a season of the year when the bright-hued flies of nature are not out. The fish will literally laugh at you. The secret of fly-fishing is getting as close as possible in your baits to the things nature offers for food.

A. H. R. It has been our experience during a great deal of hiking that snug-fitting boots or shoes are far better than those which are too loose. Of course, tight ones are entirely out of the question, but you do want shoes for out-door work that do not slip up and down on the foot. In addition

YOU Can Live a Supreme Life

Radiant Health, Great Strength and 100% Mental Efficiency Can Be obtained Thru Taking Advantage of This Wonderful Offer.

PRACTICE

Muscle Control and Be the Man You Should Be! Admiration

always follows the robust, graceful and alert man. Pity trails behind the weakling, because his failing energy is not sufficient to carry him over the obstacles that obstruct every man's path to progress. Do you belong to the REAL MAN set—the dominant class of successful people; or are you among the sickly, flat-chested, weak-legged, nervous and always ailing—the insignificant class, that, instead of living just merely manage to breathe and exist? You are being given a wonderful chance to get more satisfaction out of yourself and the world by this

Amazing Opportunity for Greater Strength

offered by Prof. Matysek, the man who, years ago, having resolved to become healthy and highly developed, has experimented and trained himself until he is ranked among the strongest men in the world. He, in order to accomplish this, has been secretly practicing on this

"Body Beautiful" Maker

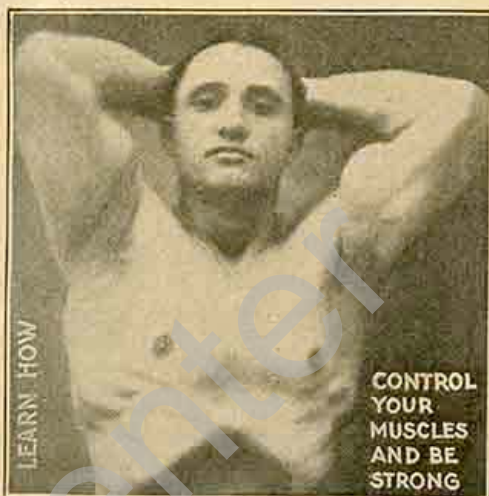
Thousands of men who have tested his "Muscle Control Course" say that it is the SUREST AND QUICKEST "MUSCLE BULGING OUT" STIMULANT, A CURATIVE SYSTEM OF EXERCISES THAT PRODUCE REALLY ATHLETIC MEN WITH GRACEFUL OUTLINES FULL OF STRONG PERSONALITY.

Matysek's Muscle Control Course Consists of

Two handsomely finished charts containing twenty-one beautifully produced pictures showing every detail as to how to perform the movements with absolute correctness. The instructions are "straight from the shoulder" such as only an expert who went through the mill himself could ever possibly produce. The following is but a part of what is embraced in the course:

- How To—quickly make respond the inactive bowels.
- How To—easily correct the rounded shoulders.
- How To—expel bothering gas out of the stomach.
- How To—promptly chase away the staleness of the body.
- How To—strengthen the nerves and internal organs.
- How To—control every muscle of your body.
- How To—store up energy for feats of strength.
- How To—completely relax and contract.
- How To—breathe effectively.
- How To—arouse your inactive nerves.
- How To—create better blood circulation.
- How To—increase your chest circumference.
- How To—learn the famous shoulder blade control.
- How To—thicken the shoulders.
- How To—make your shoulders supple.
- How To—broaden your back.
- How To—depress the abdominal muscles and wall.
- How To—control the chest muscles, biceps, triceps, thighs, calf and all other muscles.
- How To—assist in training the abdominal regions to be immune from rupture.
- How To—master correct posture.
- How To—overcome insomnia.

and many other vital pointers you need every day, too numerous to mention. The exercises in this course cause no strain on the heart and do not create nervousness.



ANTONE MATYSEK

the muscular phenomenon, the man who is offering to place you on the energetic strong man map. When you find your place on this map you will always be full of pep, ambition and joy. You will be a REAL MAN.

Only ten minutes a day, in the privacy of your own room, solves any case. From my own experience, as well as the very large number of pupils I have successfully aided, I know that in less than five days your efforts will be realized to a most surprising extent. If you are already training on some good "system" these Muscle Control exercises will force your progress to be 100% faster!

I Want to Assist YOU to Get Healthy and Strong

For this reason this Muscle Control Course is being offered you at such a trifling price that YOU CAN WELL AFFORD IT. COSTS BUT \$2.00. I guarantee quick results and absolute satisfaction or money back. In addition to this course you have the privilege to ask any questions pertaining to your physical training. To these I will gladly reply, giving you personal attention. This favor alone is worth the \$2.00 I ask. Better avail yourself of this splendid offer right now for in the future the charges may be doubled. GET STARTED RIGHT NOW!

Prof. Matysek

Muscle Control Dept. 220

523 North Charles Street, Baltimore, Md.

Detach and mail NOW while it is on your mind.
PROF. MATYSEK, Muscle Control, Dept. 220,
523 N. Charles Street, Baltimore, Md.

I want bulging muscles and yet I want them to have fine outlines. I desire to increase my strength, my internal activity, my energy. I want to be more than I am now and I want to achieve my "chief aim" in a short and efficient manner. For these reasons send me your wonderful Muscle Control Course, illustrated with 21 high-grade pictures of yourself. If after 5 days of honest practice I am not completely satisfied, my money will be promptly refunded if course is returned at expiration of that time.

Name

Address

City..... State..... Strength, 5-22
(Canadian and Foreign Orders \$2.20.)

to the blister danger, they lack support for the bones of the foot. Snug just about tells it. And be careful of the socks or stockings. They should be rather heavy but not coarse. In fact, any heavy ribs will have a tendency to make the feet sore. A finely-woven or knitted sock of heavy texture is the most

effective type. If you really expect to get any pleasure out of hiking, you cannot be too careful of the condition your feet are in and the equipment you have for them. For mountains or hiking in rocky country, be sure the soles are heavy. This is a big factor in preventing stone bruises.

Head Locks and Chancery Holds

(Continued from page 39)

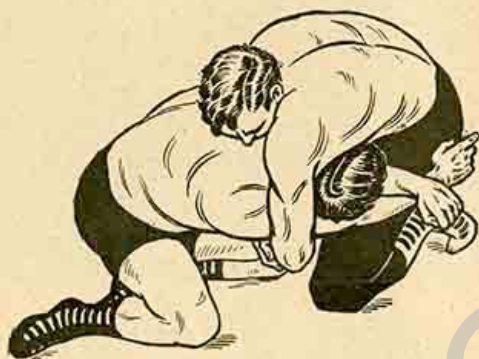


Fig. 102

Head and Double Arm Front Chancery Hold

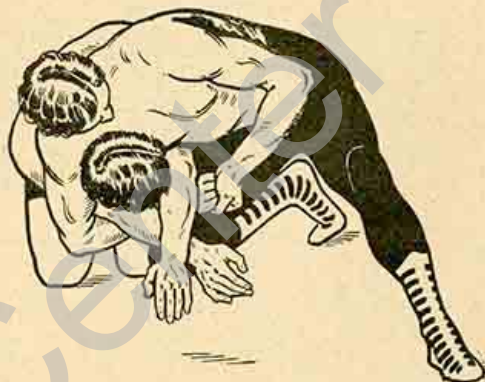


Fig. 103

Head and Double Arm Side Chancery

Head and Double-Arm Chanceries are far more difficult to secure than to describe as the opportunities to secure them do not readily present themselves. Nevertheless, these holds are fully explained in order to instruct the novice in these more unusual forms of Chancery Holds, in order that he can avail himself of an opportunity to secure one of these more or less so-called "im-

possible holds" should a favorable opportunity present itself during the progress of a bout.

Fig. 102 illustrates a Head and Double-Arm Front Chancery while Fig. 103 illustrates a Head and Double-Arm Side-Chancery Hold.

(To be continued in the June issue)

Track and Field Sports for Women

(Continued from page 22)

said that she had a tennis court all marked out in small blocks, thereby giving a check-board appearance. Here she practiced until she learned to place the ball into any of those blocks from any position.

Just such patience as this is needed by the girls who hope to achieve success in the weight and throwing events. For the first thing to learn is control, and then the real work for distance begins. Take the javelin, for instance; beginners are often discour-

aged by their first poor showing, not realizing the skill that must be acquired slowly. To my mind, the javelin, the baseball and the basketball throw provide more opportunities to girls who are anxious to enter into athletic activities. If facilities are not at hand for many of the games, just a baseball and a little open space are all that are needed for practice. Then it is up to the girl to work hard and carefully. Who knows what opportunities the Olympics may open to women in sports!

Strengthen and Beautify Your Hair

Why Become Bald or Gray?

NEARLY thirty years ago my hair began to come out in bunches.

I suffered the tortures of the damned. Baldness stared me in the face. Hours and hours I would lie awake at night trying to fathom a way out of my difficulties.

I even tried a hair tonic, but soon threw it out of the window.

After a period devoted to intelligent consideration of the reason for loss of hair, together with sensible, dependable methods for building hair health, I found a way out.

Here I am, thirty years later, with a head of hair as shown in the accompanying picture.

I want to pass on this invaluable information to every owner of a head of hair. It is worth just as much to you as your hair is worth.

Barbers rarely know anything about remedying dandruff or falling hair. Hair culture is a sealed book to them. Doctors are as much in the dark as the barbers. So-called experts are often little better than "quacks."

Now my book is not technical. Anyone can understand the clear instruc-



Bernard Macfadden. Note his thick, luxuriant, healthy hair.

These chapter titles will give you an idea of the tremendous scope and value of this remarkable book. Hair as an Attribute to Beauty. Facts Everyone Should Know About the Hair.

Care of Healthy Hair
How to Care for Baby's Scalp
Facts About Soaps and Shampoos
The Cause of Hair Troubles
Dandruff
Parasitic Diseases of the Scalp
Falling Hair
Baldness
Gray Hair
Superfluous Hair
Hair Tonics
Eyebrows and Eyelashes
Hair Dressing

tions presented therein. You can thicken and strengthen the hair you already possess. You can make it more healthy and lustrous in appearance.

You will find therein a remedy for falling hair, dandruff and all other scalp and hair difficulties. You will learn how to give your hair its original lustre and luxuriance and color.

Send No Money

I want everyone to possess a copy of this book. I am so sure of the value of the contents that I am willing to run the risk.

Send for the book, even if you do not want to pay for it. Secure the information contained therein, and if it isn't worth a hundred times Two Dollars to you, you can return it.

Simply fill out the coupon attached hereto and mail it to us. When the Postman delivers your copy you pay him \$2.00, the price of the book, but if you return the book within five days your money will be immediately refunded, without question.

PHYSICAL CULTURE CORPORATION, Dept. S5, 119 W. 40th St., N. Y. City

CUT THIS OUT NOW

Physical Culture Health Book Index

We have made it a point of honor to see that all books going out under our name shall in every way maintain the high standard set by PHYSICAL CULTURE MAGAZINE. Every book in PHYSICAL CULTURE HEALTH LIBRARY was written to fill a particular and well-defined need; each is the very finest work procurable upon the subject involved.

Place check marks against the names of any books in which you are interested and mail this index to us. All books ordered will be sent by return mail. Pay the postman upon receipt of books but with the full understanding that if for any reason you do not wish to keep them you can return them within 5 days after receipt for prompt refund of your money.

- | | | | | | |
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All-round Physical Ability Thru Fun

(Continued from page 26)

with both arms raised at right angles to the body and grasps B's arms above the elbows. B faces him and places his arms on A's chest. B then pushes up to an arm stand, holding the body rigid, with back arched. A then balances B in the inverted position. Later B can transfer his hands from A's chest to his arms, where the balancing is more difficult. To finish, B can return to the stand, or first roll over backward on his neck, then to his feet behind A. This is a pretty exercise and demands excellent control of all the muscles to maintain the balance as well as strength of arms and shoulders.

9. *Knee Balance to Stand on Shoulders*—A lies on back, arms and knees up. B stands behind A and grasps his hands, then jumps through to stand on A's knees, supported by A's hands. Then B leans forward, bracing on A's knees, which should be held rigid, and slowly pulls A up toward a squatting position. Just before both fall forward, A steps forward quickly and pushes his head between B's legs. B then is in a sitting position on A's neck and shoulders. From this position, at a given signal, B pushes quickly up to stand on A's shoulders, most of the assistance coming from the strong push upward on the part of A. B then stiffens and A braces his ankles against his own head. To finish, B can jump from A and the two can roll forward in unison. This is an excellent test of co-operation between different parts of the

body and between two different persons. One part must be held rigid while other parts are moving. Both men must cooperate to assist each other at all times.

10. *The Frolicking Lambs*—This is great sport. Three can perform it best. A, B and C get down on hands and knees, facing in the same direction and about two feet apart. B, in the center, stretches out flat and rolls sideward toward C. C then leaps over the rolling B onto his hands and knees, and then rolls quickly toward A. A then leaps over C and rolls toward B, who has rolled first under C and come to hands and knees ready to leap over A. This leaping and rolling is then continuous and can be done faster and faster until one misses and the contestants are congested. This is one for the best tests of agility, for one has to leap, stretch, roll and come up quickly without a moment's delay.

Many of these exercises just described are advanced. This is particularly true of the single exercises, but when one has mastered parts of these or the whole exercise, he has tested himself very thoroughly as to the mastery of a great variety of movements, increased courage and unquestionable agility. For the completion of the test of the desired goal of health, strength and all-round physical ability, we have left only to practice and examine ourselves in speed and endurance. These we will develop by running and jumping and can test by means of tape and stop watch.

Diet or Exercise

(Continued from page 16)

eral salts and have said nothing about the other two things in our diet—carbohydrates and fats. Carbohydrates include all forms of starch and sugar; and, of course, everybody knows what fats are. Both of these elements furnish heat. They are, so to speak, the home of the Calory. Sugar is a form of carbon; and carbon, of course, is the same stuff that gives off the heat we get from coal. Starch is a step further removed from carbon. The digestive juices

change it into sugar, and it is then in a burnable form, so that the system can use it. Fats, as is implied in the old saying about the fat being in the fire, are also burnable. Fat has the further advantage of being storable, as many a fat man knows to his cost. More than that, it is a good lubricant, both for the tissues and joints and for the disposition. Fat people are notoriously good-natured, though I have known

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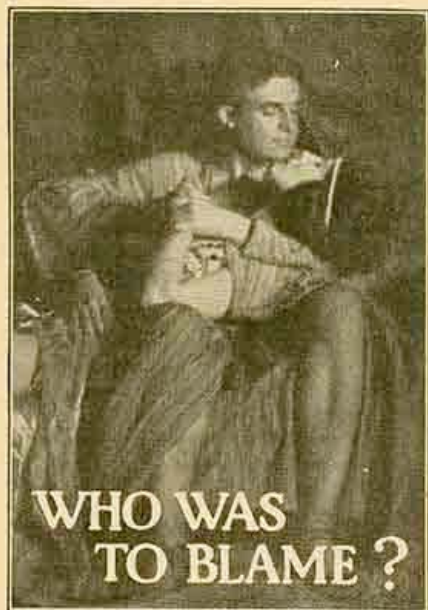
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some whose lubricating system didn't seem to work.

Here, then, in carbohydrates and fats, you have your body fuel; just as in proteins you have your muscle-builders; while in mineral salts you have a variety of functions that range all the way from bone building to certain chemical reactions which make of them a kind of natural medicine. There is a big difference, for example, between the iron you get from spinach and the iron you buy in a bottle at the drugstore. The spinach iron is a real medicine; the drugstore iron isn't, because it isn't in a form which your system can assimilate.

Now let's see how it lines up: The proteins have to be balanced by enough of the right kind of mineral salts because the digestive process turns proteins into end products which are acid, and which therefore must be neutralized by alkaline salts. Well, the end products of starches, sugars and fats are also acid. So you see where the mineral salts come in there, too; and how an excess, say, of starch in the diet, if not offset by a corresponding supply of mineral salts, might play hob with a man's health, just as too much acid-producing protein might.

There is a very common idea that the way to balance a diet is to have on the one hand meat, eggs and other protein foods, and on the other plenty of starchy foods. Take, for instance, the common combination of meat and boiled potato, or fish and boiled potato. Most persons consider that a sane combination. But it isn't. It's a padded-cell combination. The meat is an acid producer. The potato, which has been boiled instead of baked, and which has therefore had all the alkaline salts boiled out of it and thrown down the drain, is mostly starch, and is therefore an acid producer. Two acid producers and no neutralizer! Where do you get your sanity and balance in such a combination as that? Where are the acid-killing, alkaline salts? Where is the iron, the potassium, the iodine, the calcium, the magnesium, the phosphorus and all the rest? They are not there. What is the result of such a diet? Why, acidosis!

Get that right. I don't mean an acid stomach. I mean acid-soaked tissues. I mean acid in the blood and acids in the body cells. Remember that if you try to grow a plant in an acid soil it won't thrive. Remember that to try to grow a body cell in an acid medium is to prevent that cell

from attaining healthy development. Remember that if *all* your body cells are growing in such a medium they won't thrive; and that in the course of time disease results—degenerative disease. Here is the key to the increase of heart trouble, of kidney trouble, of liver trouble, of tuberculosis, of anemia, of cancer and the whole deadly list.

Against these diseases and all others there are two safeguards. First, the right diet; second, a right use and exercise of the body. It is as simple as that.

Diet is a simple matter—not complicated at all. Meat in moderation a few times a week, milk and eggs daily in moderation, vegetables of many kinds daily in relative abundance and served with their mineral-bearing juices; fruits, fresh or cooked, also served with their juices; cereals made from whole grain, even if you have to buy a hand-mill and grind it yourself—whole wheat, whole corn, whole buckwheat, brown rice, unpearled barley and the like; for all these are rich in mineral salts that offset the starch and proteins they contain. And whatever you do, insist on whole-wheat bread. This means that you will probably have to make it yourself. Most bakers claim to make it, but don't let these little trades deceive you. The thing most bakers know the least about is making bread.

Exercise is equally simple, when you once get to it. Most persons don't exercise because they haven't time, or think they haven't. The form of exercise which seems to me to give the greatest results in terms of muscular tone and a sense of well being is the *bar bell*. I say this from experience and because I mean it. My experience with the bar bell has been comparatively brief, and I speak in the flush of my enthusiasm at discovering *the one kind of formal and set exercise which has ever had the power to hold and fascinate me*. With other forms I have always broken away. I got tired of it and quit. But not with this.

Moreover, one of the greatest things about it, to my mind, is the small amount of time it takes. A half hour every other day at the outside covers the time investment; and the results run, as nearly as I can make out, to about a thousand per cent. in dividends.

This combination of right diet and right exercise, preferably with the bar bell, I commend, not at all on theory, but on the practice of the last few months. It has brought

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Every Physical Culturist should have pictures taken of himself so that he may be able to see what gains he has made in his development. Pictures are necessary, not only to enable you to judge what progress you are making, but also to show whether you are over-developing one part of the body. Muscle-binding does not result from large and strong muscles, but if one part of the body is neglected while other parts are developed, muscle-binding is bound to follow. Poor pictures are of no use to you. Unless you know how to pose correctly for your photographs, the time and money you spend on them are wasted. No matter how well developed a person may be, unless he understands how to pose, his pictures will never do justice to his development.

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No picture will ever be satisfactory unless the pose is one which will show the physical development of the poseur. This cannot be accomplished unless the person posing for the photograph has a full understanding of his subject. If no consideration is given to perspective, results which are nearly grotesque may be obtained. To obtain the best results, both the person taking the pictures and the subject must understand how to pose. Before wasting more money on bad photographs, learn how to pose.

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me from the status of a nervous wreck to that of a healthy man, capable of turning out twice as much work with half as much effort as hitherto. And with such a fact as that, a simple statement of the result is all that is needed.

I had always known the truth, in theory. Now I know it in practice; and what I can't understand is why I didn't get to the practice-stage sooner. It is easy after you begin. But most of us are fools about beginning. We just won't, till we have to.

The Fastest Man on the Diamond

(Continued from page 19)

his shoulder, urging McMillan to come on.

Sprinting like that is rare, and the men who are capable of it few and far between.

It is impossible to pick the fastest man in big league baseball without taking Frank Frisch, the Giants' infielder, into consideration. When he was at Fordham College, Frisch was the most-highly touted athlete in America. He played baseball, football, basketball, ran on the track team. He has been timed for the 100 yards in ten seconds flat, and Coach Jack Moakley, of Cornell—than whom there is no better judge of a runner—said: "I could make that fellow the greatest sprinter in America, bar none. He is the best natural runner I have ever seen."

The first impression you get of Frisch on the field is his uncanny quickness. He is not so effortlessly quick as Hornsby, perhaps, but in sheer speed I believe that he is a step faster than the big Texan or George Sisler.

Those old field days that the big leaguers used to have occasionally, when base circling, throwing and other records would be sought, seems to have gone out of date. I would like to see Frisch, Hornsby and Sisler go after the base-circling record. Though this is not like a straightaway sprint, it is the closest thing to it that baseball offers.

One of the greatest men at this particular trick was Hans Lobert, one of Frisch's predecessors at third base on the New York infield. Hans was the antithesis of the young collegian in physical appearance. He was stocky and badly bowlegged, but how he could run! When the Giants and White Sox made their famous trip around the world they played in various towns while

heading for San Francisco. Lobert's speed, of course, was a byword, and everyone knew of it.

The team stopped at a town where the fastest cow-pony in the Southwest was quartered. It was an adept in making quick turns, and his master challenged Lobert to race the animal around the diamond. The husky third-sacker was nothing if not game. He raced the pony.

"It was a ticklish thing to do," said Lobert afterward. "I heard that damned thud-thud-thud right at my heels, and to save my soul I could not help turning my head to see if the animal was going to step on me. That cost me time. I led him to first, rounded second ahead of him, and came down the homestretch with the pony's nose just about touching my shoulder. I've got a pretty big nose myself, but the horse had a bigger one, and he just about beat me by that much."

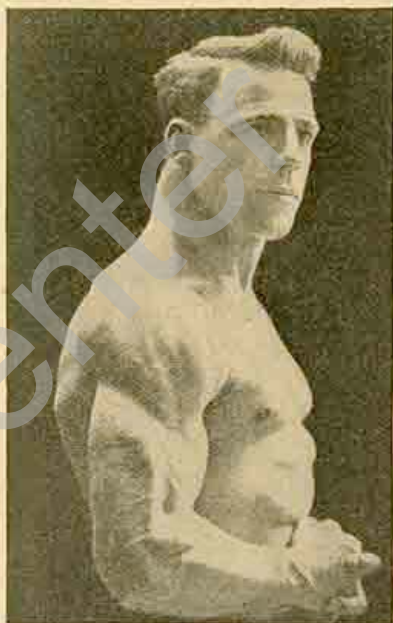
Skipping back through the dark ages of baseball we find lots of great speedsters—Harry Stovey, Billy Sunday, Billy Hamilton, Bill Lange. The latter was a giant, who weighed close to 230 pounds, but the best of them could not walk away from him. Unfortunately, none of these men were timed in regular races. Myths have grown up concerning their phenomenal speed, but there are no authentic records to verify it; just as we have only scattered records to check up on the ball players now appearing before the public.

But, great as these old-timers were, they were not faster than Cobb in his day, and Sisler, Hornsby and Frisch of the present. If they were they would be in the class of such super-stars as Charley Paddock and Murchison. Frisch has it in him to equal any sprint record that was ever made if he would settle down to a course of training with that single object in view. But baseball offers too much to encourage him in such a futile business.

Hornsby, with his perfect form, gets every ounce out of himself that is possible. Sisler, too, is a fairly effortless runner, but neither of them, I think, could beat Frisch. If the latter were given a year's training by Jack Moakley, Keene Fitzpatrick or Lawson Robertson, he would be in a class by himself.

As he stands now, without that training, I believe that Frank Frisch is the fastest man on the diamond to-day.

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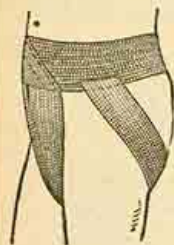
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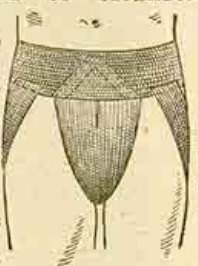
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Walking for Pleasure and Sport

(Continued from page 14)

to count on the fingers of one hand all of the men whose performances stand out above the average. The world's amateur champion speed walker is George Goulding, of Toronto, Canada, who retired several years ago after an interesting career during which he established records for distances from one to seven miles. His record for the one-mile walk indoors is 6 minutes and 28 seconds; while his time for 2 miles is 13 minutes and 37 seconds; 3 miles, 20 minutes and 49 seconds; 5 miles, 36 minutes and 10 seconds; 7 miles, 50 minutes and 40 seconds.

The five walkers who represented the United States in the Olympic Games in 1920 are considered the fastest heel-and-toe men that this country has ever produced, although their performances in Antwerp can hardly be accepted as an illustration of their superiority, because of unfavorable conditions which had to be endured. The climate, the chief inconvenience to all of America's athletes, was a most severe handicap to their training. Of the American walkers, I scored a second place in the 10,000-meters race (6¼ miles), being beaten by the Italian walker, Figerio. Richard Remer, of the American Walkers' Association, another American contestant, finished third in the 3,000-meters race (less than 2 miles). William Plant, Morningside Athletic Club, because of an injury sustained on the steamer, could not do his best. Win Rolker, New York Athletic Club, and Tom Maroney, St. Ansem's Club, placed in the heats but not in the finals.

In the final try-outs for the Olympic Games, held at the Harvard Stadium a few weeks before sailing to Antwerp, numerous contestants from the South and West took part in the finals of the walking race, but representatives from New York captured all five places on the team.

A comparison of the times for running and walking races reveals the fact that a man can walk about three-fourths as fast as a man can run, and to prove this is the following example: the world's record for the mile-run is 4 minutes and 12 seconds, while the record for the mile-walk outdoors is 6 minutes and 30 seconds. In the dis-

tances for one hour the records are: walking 8 miles, running 10 miles and $\frac{3}{4}$. That comparison is a fact that few people realize, yet according to the records such is possible.

There have only been five men in the world who have walked a mile in 6 minutes and 30 seconds or better, according to the most reliable almanacs, and they are George Goulding (Canadian), in 6:28; F. P. Murray, in 6:29; C. E. Larner (English), in 6:28; Richard Remer, in 6:29, and myself in 6:30. Such fast performances might be classed with those of Joie Ray, National Champion in the half and one-mile running races. Ray hails from Chicago and has run more miles in 4:16 than any other runner, which time is less than three seconds slower than the second.

I have taken considerable interest during my six years competition in most of the important athletic meets in the United States, in meeting the various champions and studying their modes of training. At the same time I have compared the form and style of locomotion of each, and especially among the walkers I have never been able to find two who use quite the same method of covering the ground. Yet each one of the walkers is compelled to abide strictly to the rules of the games, which are as follows:

"Walking is a succession of steps, and some portion of one foot must always keep contact with the ground. The heel of the foremost foot must touch the ground before the toe of the other foot leaves the ground, otherwise the "walker" is running. The knee must be straight when the heel touches the ground. The body must be kept erect. The arms may be held in any way the walker desires, but it is best to carry them well up in front."

At each walking race there are several officials known as judges of walking, who have been old walkers themselves. They determine the fairness or unfairness of the style of the contestants. A competitor may be cautioned for unfair walking twice, and at the third time will be ordered off the track, and a walker may be disqualified on the last 220 yards if his style is faulty.

For those who have never seen a walking race, it is as difficult to describe as a new dance step. It might simplify matters somewhat to say that heel-and-toe walking is merely a fast walk on the heels, and to gain an illustration of how it is done the accom-

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Back	368 lbs.	1,382 lbs.	874 lbs.
Shoulders and Arms	336 lbs.	641 lbs.	305 lbs.
Neck	185 lbs.	375 lbs.	190 lbs.
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panying illustrations should be carefully studied. A strip of motion-picture film was made of me, showing each successive motion. The film illustrates conclusively that my style of walking is absolutely fair and that I abide with every rule of the game. My easy mode of locomotion is clearly visible in these pictures. This film was sent to Japan with several others showing athletes running, vaulting, hurdling and jumping, so that the young generation in the Far East can learn from these pictures some of the fine points of track and field athletics as practiced in America.

While it is not possible to get an idea of the speed with which I am traveling in these pictures, it might be interesting to readers to know that in the pictures made at Columbia University last spring I was walking at the rate of 100 yards in 17 seconds. The man beside me is running to keep up with the fast pace. The pictures showing two and three walkers in action were made during the final of the 10,000-meters walking race at the Olympic Games, and in these I am leading the field, followed by Parker, of Australia, and Grum, of England. I held the first position until the last two miles and then, because of climatic and other conditions, was forced to slacken my pace. These pictures show the walkers doing each mile in a fraction less than 8 minutes.

Not every one, because of his physical build and strength, can become a heel-and-toe walker of championship class, but every man between the ages of 20 and 50 can indulge in the sport and thereby improve his health and strength. E. J. Webb, of Scotland, began his career at 35 and at 44 made records which are still on the books. His case is phenomenal, but this and other instances prove that speed walking, contrary to running, is an event for older competitors. Goulding made his records when over 32 years of age, Remer did the mile in 6:29 when 39 years old, and numerous heel-and-toe walkers well over 30 have performed noteworthy feats.

A man of normal strength and endurance, after training for six weeks, should be able to walk a mile in less than nine minutes and do about six miles inside of one hour. From then on his endurance and speed will improve in proportion to his manner of living and eating. No matter what age, and regardless of sex, long-distance walking is a sure body-builder. It strengthens the mus-

cles, increases lung capacity and gives, as does no other exercise, a spring to the step. Naturally, it will not highly develop the arms and chest as will the use of dumb-bells and wall-pulleys and other gymnasium apparatus, but it will bring in excellent proportions an increase of solid flesh and sinews and at the same time improve the appetite and induce a good night's sleep. Take advantage of this most natural means of exercise and you will see for yourself its fine results.

The Government of College Sport

(Continued from page 10)

standing of their men. The charge is made that the men are not even asked to commit themselves on the subject of whether they have ever played for money. Some newspaper writers have gone so far as to say that the college baseball player who has not taken money for his talent is a *rara avis*. Whether this is true or not, the impression generally prevails that many of the men who have just finished college seasons will be helping out their exchequers this summer and have done it in the past and may still be seen on college diamonds another year. If this is true, then under the present rules the athletic committees are grievously at fault, for the rule stands in most college books that a man may not in any way receive money, directly or indirectly, for the display of his athletic ability and still remain eligible for a college nine or team.

The question is as old as the hills and has existed ever since amateur rules were made. As a matter of fact, way back in the olden times the first Oxford-Cambridge track games were for money prizes. In the early days of baseball in this country, before the salaries of professional players began to take on large figures, and before the game became so prominent as a spectacle, there was little trouble. But of late years, the temptations offered have been very strong, particularly in the line of the summer hotel or in various local semi-professional organizations, where a good college baseball player was an asset.

This has led to all sorts of methods of procuring desired talent, and it is probably true that many have succumbed. One element to be reckoned with is the general

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pride of youth in his athletic prowess which makes it really seem a compliment to him to be offered money for the skill which he has acquired. It renders that skill directly valuable, and the money that he may acquire from it is decidedly serviceable to him. Even if he has plenty of money and does not need the funds, he can hardly help feeling complimented that this skill of his should be so great that someone is willing to pay for it.

Many a schoolboy has been led into professionalism, not so much because he needed the money as because he was complimented upon his skill. That phase of it is one which is always operative and is by no means to be ignored in dealing with the problem. There are plenty of specious arguments for permitting a boy to exercise his talent and receive pay therefor, the most popular one being that if other men may receive money for the exercise of their talent in other than athletic directions, and still remain amateurs and eligible, why should not the boy, whose money-making talents lie in the athletic direction, receive pay for these?

Those who argue upon this basis are prone to lose sight of the fact that the distinction lies quite within their own argument. Whatever a man receives money for doing makes him a professional in that line. If he received money for his athletic ability he ceases to be an amateur athlete, but he could enter an amateur contest in acting. On the other hand, if he were a paid actor he could not enter an amateur contest in acting.

Whatever the pros and cons of it, the college athletic authorities can make up their minds that the issue has arisen once more, and that it will be pushed, and that it cannot be quietly tossed aside, especially after the charges had been made that the rules as they stand now on the college books are a dead letter, and the athletic committees do not enforce them.

Out in the West last fall I sat in a hotel room with three of our most noted sporting writers who had come out to see an important football game. Two of them were very much exercised over the baseball scandal of the previous summer, and the feeling that there was a distinct menace looming in college football. Recently Walter R. Okeson, a former Lehigh athlete and foot-

ball official, said at a meeting of Lafayette Alumni:

"The demand for victory at no matter what cost has led to well-meaning alumni offering inducements to promising athletes to attend their particular college. This has been an almost universal practice during the past few years, and we are beginning to feel the evils that follow in its train. It is but a step from securing schoolboy stars to hiring professional athletes. Promises of the most exaggerated kind are made in order to offset the lure offered by rival colleges. Often these promises are not fulfilled and the athlete becomes disgruntled and feels himself misused. Once in that attitude of mind, with his ideals lowered by the fact that sport and money returns have been made synonymous by the inducements offered him, he is in danger of becoming the prey of professional gamblers. If we don't want the scandals of baseball repeated in football, we must do our part to restore college sport to a real amateur basis."

It is hard to believe that the gambler may get a hold among the collegians, but the opinions of these sporting writers and a man like Okeson cannot be lightly set aside, and colleges should be on their guard. It is not the development of professional football and football in industrial plants that will make the trouble. In fact, the clean-cut professional is all right. It is the man masquerading under amateur colors but receiving money on the sly who is the real menace and has always been.

Lifts and Their Popularity

(Continued from page 36)

Such lifts as the two-arm snatch, one-arm clean to the shoulder and the two-arm pull-over lying on the back, are very seldom used except by men who happen to have a special reason, whether it be a special physical adaptness or, as mentioned before, because of the fact that no one practices it, which makes said person a record holder for this lift. While it doesn't seem fair on the face of it to take advantage of lifters who have not trained for this particular lift, it is nevertheless fair when you think of it in this manner, that to the victor belongs the spoils, whether anyone else has fought for it or not.

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As I said in the beginning, some of my readers will question some parts of this article but I am sure of one thing and that is, no one will argue that the bent press is not king of them all.

PUBLISHER'S STATEMENT

Statement of the Ownership, Management, Circulation, etc., required by the Act of Congress of August 24, 1912, of Strength, published monthly at Philadelphia for October 1, 1921.

State of Pennsylvania, County of Philadelphia.

Before me, a notary public in and for the State and county aforesaid, personally appeared D. G. Redmond, who, having been duly sworn according to law, deposes and says he is the owner of Strength and that the following is, to the best of his knowledge and belief, a true statement of the ownership, management (and if a daily paper, the circulation), etc., of the aforesaid publication, for the date shown in the above caption required by the Act of August 24, 1912, embodied in section 443, Postal Laws and Regulations, printed on the reverse of this form, to wit:

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2. That the owners are: (Give names and addresses of individual owners, or if a corporation, give its name and the names and addresses of Stockholders owning or holding 1 per cent. or more of the total amount of stock.) D. G. Redmond, 301 Diamond St.
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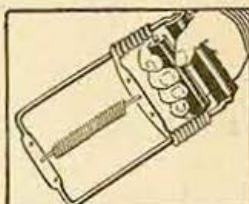
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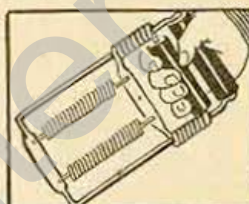
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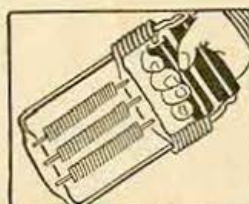
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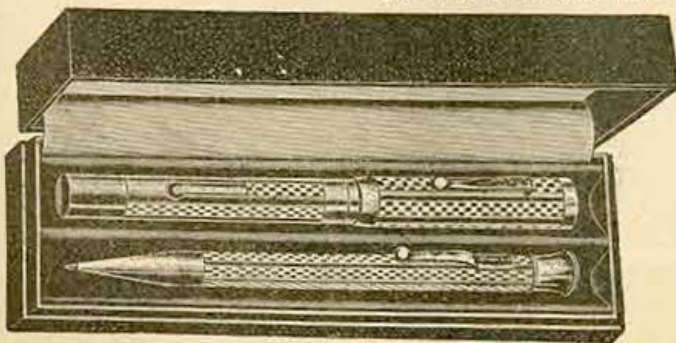
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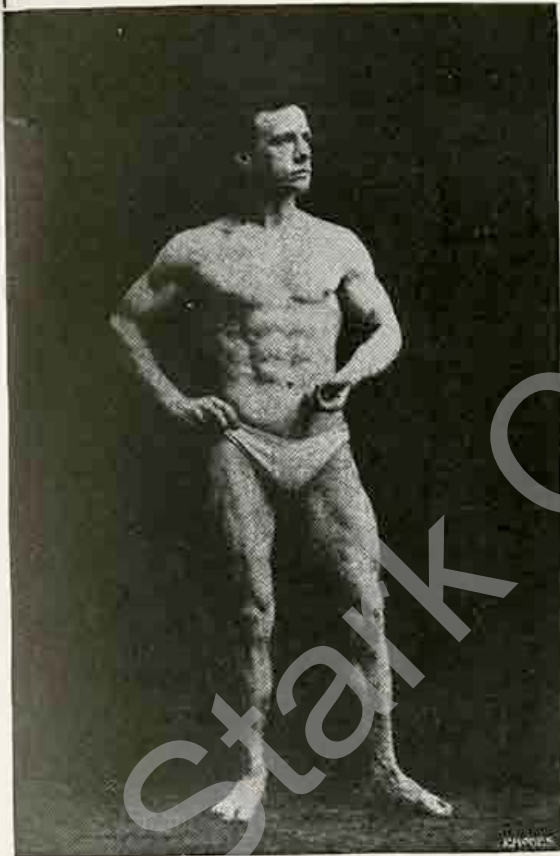
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He never had to "exercise" because everything he did was an exercise. "Why," he asked, "should I 'squat' fifty times a day to develop my thighs? Every day I have to climb three or four flights of stairs. By force of habit I climb those stairs in such a way that I get the best kind of exercise for my legs and back and lungs. If I pick a pin from the floor I do it in such a way that it keeps my joints and muscles in condition."

Nobody ever saw Checkley exercising for exercise's sake. He didn't have to. His habits kept his muscles flexible. He claimed that muscles should be firm, but inclined more to softness than hardness. He could, if occasion demanded, lift and carry hundreds of pounds of live or dead weight, and could snap steel chains as though they were pack-thread.

At the age of seventy-five he retained all his youthful vitality and strength. He valued his strength, principally as a proof of the truth of his theories. He took more pride in perfecting the physique of one pupil than in his own marvelous physical powers. And yet for rugged health, ease of movement, prodigious strength and limitless endurance, Checkley was unequalled.



Edwin Checkley—The Man

HAVE YOU READ CHECKLEY'S BOOK?

of which Dr. Jas. Rhodes Buchanan, writing in the *Anthropologist*, said:

"His methods and discoveries differ so widely from everything that has been done in that direction heretofore, and are indeed so marvelous, as to suggest that something more than the common reasoning power of man may have guided him as by intuition to doctrines so novel, of which there has never been a hint in any production of physicians, artists, hygienists or philosophers heretofore."

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How One Girl Brought Joy and Happiness Into the Lives of Others

The True Story of How Helen Overcame Natural Shyness and Soon Became the Most Popular Girl in Her Town

I USED to dread meeting new people for fear that they would not like me; consequently, instead of overcoming my shyness, it grew upon me, and I reached young ladyhood firmly convinced that I would always be unpopular.

I had the mistaken impression that one must be the "wittiest of the witty," possess an inexhaustible fund of general knowledge—in short, dominate every gathering and impress others with one's importance!

But, oh, what a wrong impression I had and how fortunately for me that I soon realized my mistaken view-point and discovered the road to popularity and happiness—both for myself and others.

How I Discovered My Secret of Popularity

First I asked myself who were the most popular people in our town, then I figured out just "why" they were popular. There was Tom Randall, one of the most popular boys in our set. His outstanding claim to social success was his ability to play the piano remarkably well. But Tom had spent much money and many years of tedious practice to attain his present state of accomplishment. So for me popularity by the piano route was out of the question. Next in order came Hazel Dawning, whose talent came in vocal accomplishment. Besides a charming, sweet disposition, she had a very clear medium voice, sang in the church choir and was well liked and invited everywhere. But there again entered the elements of expense and time which made success along these lines prohibitive for me.

Then there was Dick Bradley and Emily Nash, the best dancers in town. At every dance they were the most conspicuous figures, but otherwise not overly popular.

Last came Blanche Smith, a clever story-teller whose specialty was elocution. But here again entered the element of money and long study. I then realized that these boys and girls

Each Did One Thing Well

Also that they contributed to the pleasure and happiness of others.

Therefore, I determined to look around and find something that I could do well and quickly that would contribute to the pleasure of others while bringing happiness to me. At the same time I could not but be impressed with the fact that some form of music was the medium through which four out of five members of our set had attained popularity, and that of these Tom Randall, who played the piano, was the most popular. I laid this to the fact that Tom actually contributed more to the happiness of others, because he played for their entertainment, played for some to sing and played for others to dance.

Then one day I was reading True Story Magazine, when, on turning the page, there right before my very eyes, appeared the words that were nearest to my heart—"How to Become Popular."

And I eagerly read, "If you expect to be sought after, invited to parties, to be a leader in your particular set, the answer is very simple. Your popularity and leadership will be in exact proportion to what you yourself can contribute to the general entertainment."

"Have you ever noticed that popular girls and fellows are popular because they are good entertainers, because they are good company, and that therefore their companionship is sought?"

"Be popular. It's easy. Learn to play a Ukulele, the enchanting musical instrument that originated first on the sunny Hawaiian Islands and is now captivating people all over the world."

"Through our Home Study Course you can easily and quickly learn to play the enchanting chords and sweet strains of the Hawaiian Ukulele in a few simple lessons."

Then I learned that the entire course was very inexpensive and that they would give me a genuine Ukulele FREE, and, best of all, that I could pay for it on convenient terms, only four dollars down and two dollars a month thereafter until paid.

I sent my first payment at once and could hardly wait for my Ukulele to arrive. Soon it came, and what a beauty it was. And the lessons! How perfectly simple and easy to learn. Just think of it. By the time I had received my third lesson I was able to play tunes, chords and accompaniments. Then I quickly learned all the new popular airs, the old heart songs, and how to "rag" dance music.

Almost Immediately I became more popular

My friends began to invite me out more and more. I was kept busy attending dinner and card parties, church socials, dances, canoe trips, jolly picnics and outings, and always came the request, "Be sure and bring your Hawaiian Ukulele," and I always did.

Going around so much, I constantly met new and interesting people, and was often the honored guest at exclusive parties to which formerly I would not have been invited.

Also, where before I had been an embarrassed "wall-flower" and forced to spend lonely evenings at home, all my time is now greatly in demand.

And the remarkable fact to me is that previously I hardly knew one tune from another, did not have an "ear" for music, while now in only a few short weeks I have a new accomplishment and, unbelievable as it seems to me, I am called the most popular girl in our town.

Hawaiian Institute of Music

Dept. 38-Y 300 West 34th St., New York, N.Y.

Please send me at once, without obligation to me, your booklet telling all about the charm of Hawaiian Music, also full particulars about your course and how I can obtain a genuine Hawaiian Ukulele, FREE.

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