

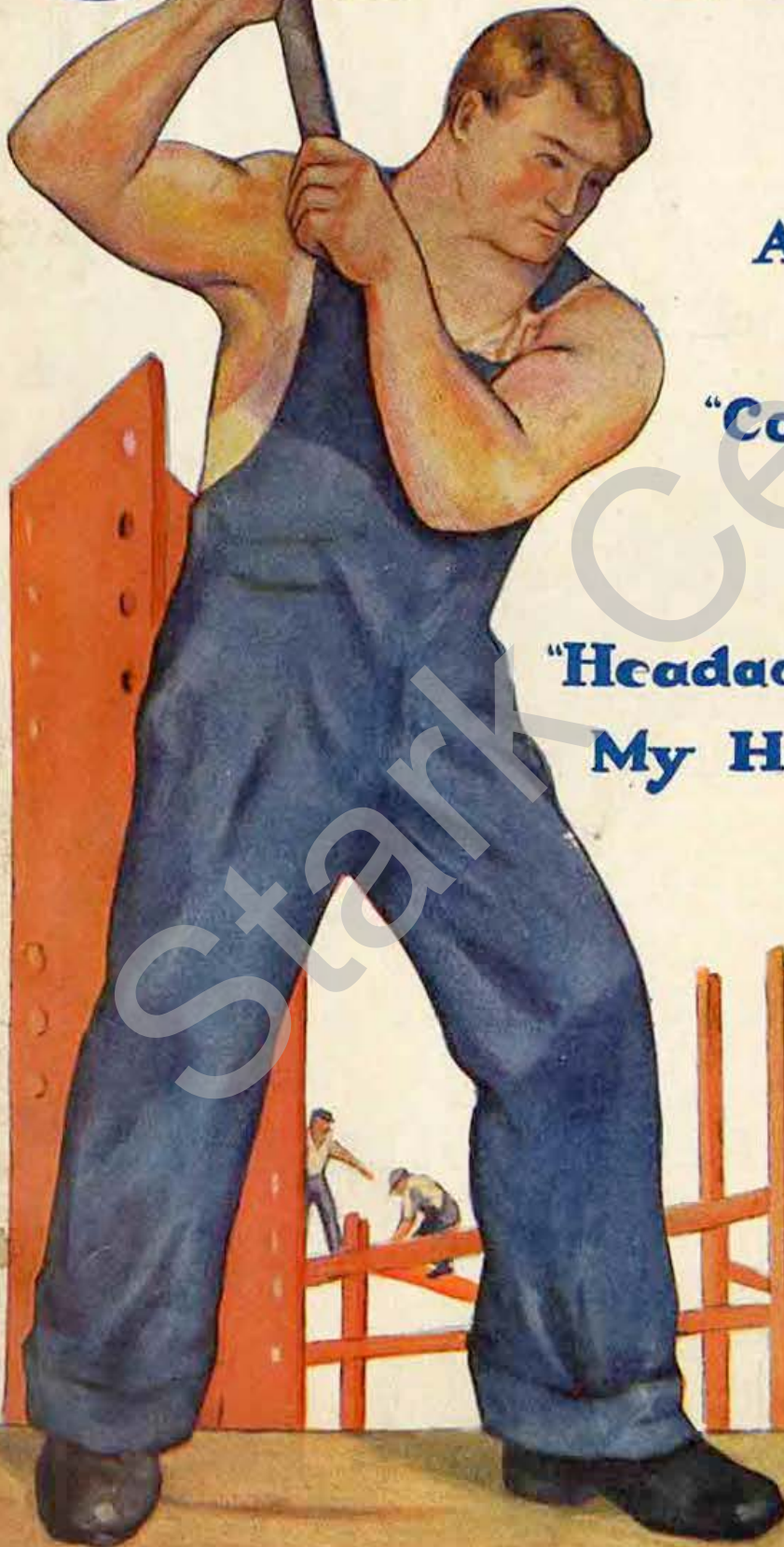
How Children Get Strong

Strength

AUGUST 25¢

"Could Hit 450"—
Says Wagner

"Headache—I Thought
My Head Would Split"





Added to the Stark Center collection through the
generosity of:

Cathy Henderson

YOU Can **DEPEND** on **MILO** for Unusual Physical Gains

When you start out to build a better body you want to be sure you will get two things. One is a physique and the strength that equals those you picture in your imagination. Anyone who doesn't come somewhere near equalling the proportions and degree of strength he desires does not get complete satisfaction.

The other thing you want to be sure of getting is a system that you can depend upon to make you look and be like your ideal—make your dreams come true, in other words. In these things the MILO SYSTEM will not disappoint you.

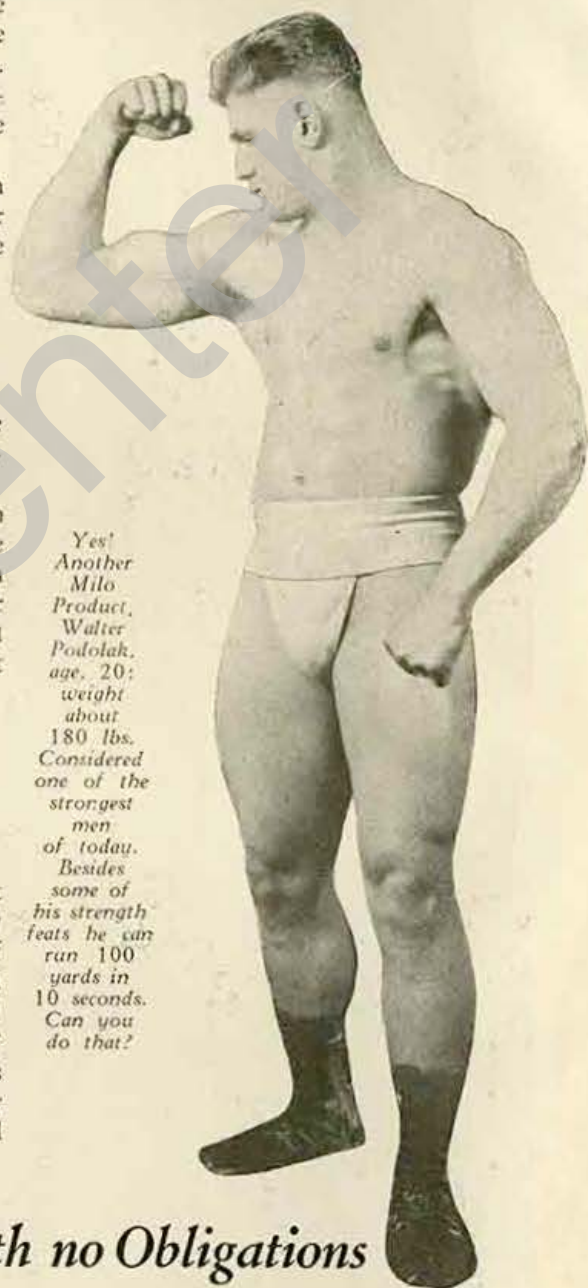
Dream of a 16-Inch Arm---

then give your dreams a chance to materialize by getting the MILO SYSTEM. Once you have taken those steps you are positive of unusual results—not meager results.

Picture, in your mind, yourself with a 42-inch chest, 16-inch neck; 24-inch thighs; 33-inch waist, etc. It's easy to picture yourself with a body like that, isn't it? Well, take it from thousands of MILO men it is not much harder to build your body to those proportions when you have the MILO SYSTEM to do it for you. You are not compelled to train with a doubt of the results in your mind when you use a MILO.

You'll Have Something Real to Show Them

In only 30 days' time after you receive your MILO outfit you will be able to show your friends some real muscles. They won't believe their eyes and will have to feel the firmness of your muscles before they will believe you made such rapid gains in muscle and strength. Their respect for your physical powers will jump a hundred per cent on the spot. Why? Because every one admires a well-muscled body and these friends of yours will be compelled to realize you are now their superior physically. And it's great to know that you are stronger and better built than your friends.



Yes!
Another
Milo
Product,
Walter
Podolak,
age, 20;
weight
about
180 lbs.
Considered
one of the
strongest
men
of today.
Besides
some of
his strength
feats he can
run 100
yards in
10 seconds.
Can you
do that?

The big Milo Booklet Is **FREE** with no Obligations

The Milo Bar Bell Co., Dept. 733
2739 N. Paléthorp St., Phila., Pa.
Gentlemen:

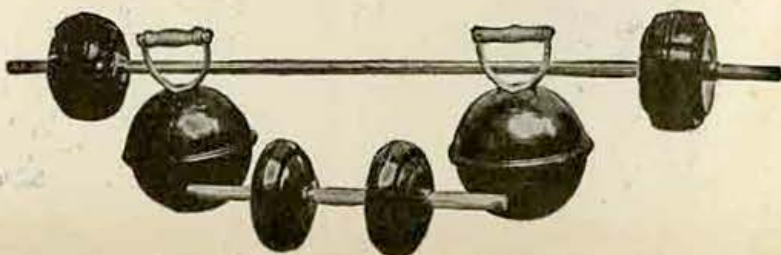
Send me, without charge or obligations, a copy of your Big Booklet which I understand contains pictures of your pupils and will show me how I can develop my own body to unusual proportions.

Name

Address

City State

If you want a thrill—an inspiration to help you along with your dreams of becoming a perfect man, don't hesitate an instant to send to us for one of these Big Booklets. The title of it is "Health, Strength and Development and How to Obtain Them." Let us send you one.



No "tired feeling"

to hold you back when summer sports beckon

It's the meanest feeling in the world—to see others enjoying your favorite sports and to lack the energy to throw yourself into the strenuous fun!

For so gradual is the let-down of winter and spring—brought about by abnormal conditions of hurry, poor diet, late hours, lack of exercise—that we often hardly realize we have lost our "pep" till we call on it—and it simply isn't there!

Nature never meant us to "wear out" or to "rust out" before our time. Even old age should be clear-eyed, alert, and thoroughly alive, rather than feeble and decrepit. Nature not only intended this to be the case—but actually provided the means of making it so. But until just recently only a limited number of the millions of human beings on the earth were able to avail themselves of nature's youth insurance.

Strength and health the rule where these fruits abound

In far distant parts of the globe live men and women of amazing strength, vitality and beauty—natives of tribes long known to explorers who have also discovered the rare, eagerly sought fruits which these tribes eat almost exclusively. Animals, too, in this part of the world, seem to understand by instinct the revivifying, invigorating effect of these oriental fruits—they travel great distances to find them and fight hungrily over their possession.

Only recently, however, have these fruits—nature's simple, effective, unailing agent for cleansing, purifying and invigorating every physical function—been made available to us all. In *Lukutate*, a preparation developed by scientists in modern European laboratories, we find these wonder-working fruits brought in all their efficacy to the tired, work-worn men and women of our artificial, speeded-up civilization.

The story of Lukutate is yours for the asking!

This is, in brief, the story of Lukutate—one too fascinating to be so much condensed. Read it in all its absorbing detail in the 32-page illustrated booklet which will gladly be sent you free at your request.

Read of the beauty and virility of these native tribes—of the amazing discoveries of European explorers and scientists. . . . Read what the leading physicians of Germany say about their thorough tests of Lukutate. . . . Read of the results experienced by thousands of tired, over-worked men and women, restored to normal sleep, appetite and bodily vigor simply by including this remarkable natural food in their every-day diet.

The booklet is free. A copy is ready for you. Send the coupon—or ask for it at your health food store, where you also should find Lukutate on sale. Attend to this today—you will never regret your interest in finding strength and youthful appearance the Lukutate way!



International News Photo

Lukutate is the first preparation to contain these "King Fruits of the Earth," as Alfred Wallace Russel, the famous explorer, once called them, which come from the Orient and are known to savants as the revitalizing element "par excellence."

Lukutate a "gland invigorating factor of the first magnitude,"

says a distinguished scientist whose analysis determines that Lukutate is (a) an intestinal and blood-cleansing factor, (b) a carrier of necessary basic minerals, and (c) the bearer of not only ordinary, helpful vitamins but also of a possible undetermined "revitalizing" vitamin long sought by scientists and dieticians.

One doctor found that youthful appearance followed the renewed health and vitality of a patient introduced to LUKUTATE:

"I have prescribed Lukutate with good success. In one case, when a woman patient 46 years old used up one kilo within three months, the success was so convincing that all acquaintances of this lady noticed her greatly improved appearance, while strangers estimated her age as from 30 to 35 years when informed as to her true age, refused to believe it." (Signed) Dr. Fritz Hempel, Rheydt i/Rhld., Germany.

Dr. Hempel, like other conscientious German physicians, thoroughly tested Lukutate before prescribing it, has been delighted by the results, and has continued to recommend it to men and women under his medical care.



FREE



Lukutate

LUKUTATE CORPORATION OF AMERICA

250 FOURTH AVENUE NEW YORK CITY

Distributors in Philadelphia
Martindale Health House

25 North 10th Street Philadelphia, Pa.

Distributors in Providence
The Health Shoppe

94 Dorrance Street Providence, R. I.

LUKUTATE CORPORATION OF AMERICA, Dept. S.,
250 Fourth Avenue, New York City.

Please send complete information concerning Lukutate.
(Print Plainly)

Full Name

Address

City State



Strength

AUGUST, 1929

Vol XIV

No. 6



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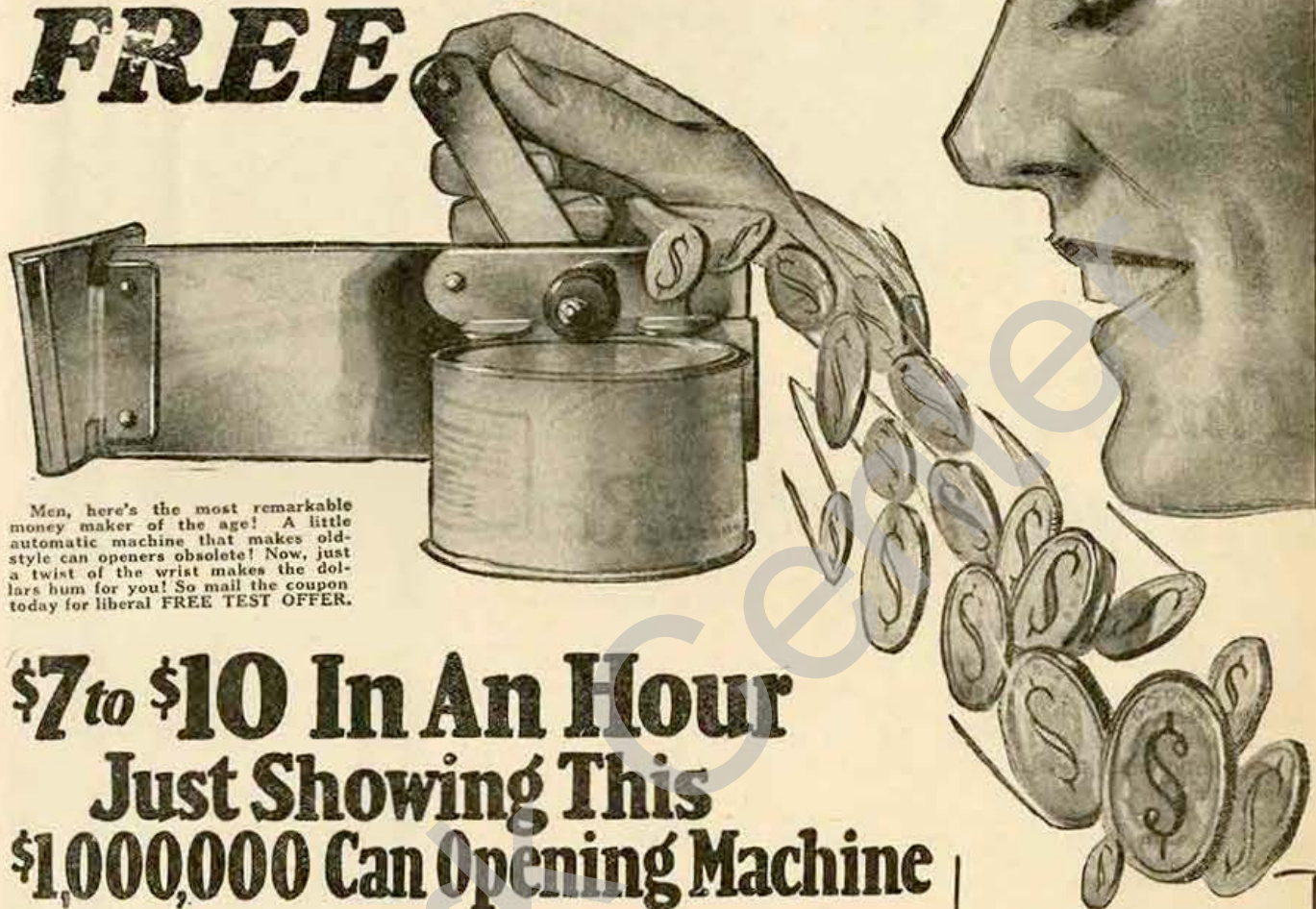
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Test This Amazing Money Making Invention

FREE



Men, here's the most remarkable money maker of the age! A little automatic machine that makes old-style can openers obsolete! Now, just a twist of the wrist makes the dollars hum for you! So mail the coupon today for liberal FREE TEST OFFER.

\$7 to \$10 In An Hour

Just Showing This

\$1,000,000 Can Opening Machine

NO MORE awkward stabbing and hacking with old-style can openers! No more danger of blood poisoning from gashed and lacerated fingers! For now a remarkable new invention banishes every old-style can opener to the scrap heap. Now a simple twist of the wrist opens any can in a couple of seconds. No wonder they all simply go wild over it. No wonder salesmen often sell to every house in the block and make from \$7 to \$10 an hour!

Works Like a Charm

This queer little device doesn't just chop a ragged hole in the top of the can. It cuts the entire top completely out, clean as a whistle! The machine holds the can—opens it—flips up the lid so you can grab it—and gives it back without any sharp edges to snag your fingers. You just put the can in the machine—turn the handle—and almost instantly the job is done!

Opens Any Can in a Jiffy

You just fasten the can in the holder and turn the handle. Nothing complicated nothing to get out of order. Opens any can, square, round or oval, in a few seconds. And, men, IT'S TRIPLE PATENTED, so there is no competition.



Sells Itself in 10 Seconds

Everyone knows how women detest the dangerous old-style can opener. Imagine then how they welcome this startling new method—this automatic way of doing their most distasteful task. Men, honestly, I'm not exaggerating one bit when I tell you that not ten words are necessary to sell any of them! All you do is hand your demonstrator to your prospect and let her try it! She sells herself in ten seconds by the clock—and you pocket a nice, fat profit! Yes, really, it's just that simple and easy! That's why \$75 to \$150 a week is easy anywhere.

Act Quick for Free Trial Offer

I don't care whether you're an "old timer" or just breaking in, the quickest, easiest money of your life is waiting for you now, right here! That's a mighty strong statement. But all I ask is a chance to prove it at my risk. I know this proposition will coin money for you so fast that it will make your head swim! Territories are closing fast. The Free Test costs you nothing! Just mail me the coupon and I'll shoot you the most sensational dollar-making plan you ever heard of. Mail it today! Right now!

Revolutionary New Sharpener

Works like magic. Puts a razor edge on any knife or tool in a few seconds. Anyone can use it. Sharpens scissors, too. The coupon brings full details.



Oh Boy!

How the Dollars Roll In

\$265 in a Week

"Here is my record for first 30 days with Speedo: June 13, 60 Speedos; June 20, 84 Speedos; June 30, 192 Speedos; July 6, 238 Speedos. Speedo sells to 9 out of 10 prospects." M. Orndorf, Va.

Delighted With Speedo

"Received my Speedo outfit and am very delighted with it. I demonstrated one hour today and took 8 orders." B. R. John, Ida.

14 Orders in 2 Hours

"I now realize the Speedo articles are the best ever—sold 14 orders in 2 hours at Grand Canyon." J. J. Corwin, Ariz.



Central States Manufacturing Co.
Dept. K-2612, 4500 Mary Ave.
St. Louis, Mo.

Rush me facts and details of your Free Test Offer.

Name _____

Address _____

Town _____

State _____

() Check here if interested only in one for your home.

Central States Manufacturing Co.

Dept. K-2612
4500 Mary Ave. St. Louis, Mo.

Have you the Courage to take it?



—This \$2,000,000 Guarantee of a Job and Raise

Of course you'd like to earn \$50 or \$75 or \$100 a week—you'd like to do more interesting work—you'd like to get into a line that offers a real future—but do you know how to go about getting these things?

If you have been thinking of "taking a course" but have held back because you were afraid you didn't have education enough to learn better-paid work—if you have hesitated to take the risk that it would actually land you in the better position and increase your salary—then here's the best news you ever heard in your life!

I want to tell you about DRAFTING, and show you that it offers you everything in pay and opportunity that you could hope for. I want to show you that a fine Drafting job is now easily within your reach. And I want to set before you an amazing plan which we have worked out with the co-operation of some of the biggest employers and engineers in America, to prepare you at home, in spare-time, get you the job and raise your pay—absolutely without risk of a penny on your part.

Come Into DRAFTING!

Thousands of men—not a bit smarter than you, with no more schooling or experience—have gone from poorly paid positions as clerks, mechanics, building trade workers and laborers into Drafting positions paying \$50 to \$100 a week, with our help. Now with a job and a raise waiting for you as soon as you are ready for it, all it takes is the COURAGE to go after it—now if you remain in the rut it's because you choose to, not because you have to.

3 Drafting Lessons Actually FREE to show you how interesting and simple Drafting is

Maybe you think Drafting is "over your head"—that it takes artistic talent or some ability you haven't got. In that case you have a pleasant surprise coming to you. For I'll be glad to send you the first three lessons from our home-training to show you that the drawing of plans is purely mechanical, easily learned and the most interesting kind of work you ever tackled. It takes little enough courage to look into this wonderful opportunity—just mail the coupon and see for yourself how you like Drafting and our guaranteed way to get into it.

The American School Dept. E-5203 Drexel Ave. and 58th St., Chicago, Ill.



Get this "No-Risk" Plan!

I wish I had the room here to tell you all about DRAFTING—how it has become the most important branch of every kind of manufacturing and building construction work—how fascinating the work is—the fine bunch of fellows you'll work with—the big salaries paid—the wonderful chances for advancement. How, while Drafting is white-collar office work, it is hooked up closely with big projects and big men, and offers the thrill that goes with making plans which govern every move of the men who do the work. All this inside dope takes a 36-page book to describe and I'll be glad to send you a copy free when you mail the coupon for my no-risk job and raise plan.

A. C. Miller
 Director Extension Work.



"Only one other man and I, of six taking California State Board examination for Architect, passed. Then I realized the thorough and practical training given by American School. In 18 months I have gone from tracer to Chief Draftsman, in charge of all architectural and engineering work in one of the oldest offices here."

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"When I started American School training in the Spring of 1915 I was working 14 hours a night, seven nights a week for \$1.83 a night. That Fall I got a job in the Engineering Dept. of a large firm near here. Today I work 3 1/2 days a week and my salary is larger than I ever dreamed of when I began that course in Mechanical Drafting."

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Name.....
 St. No.....
 City..... State.....
 Age..... Occupation.....

Weak Men are Vitalized WHEN STRONGFORT TAKES HOLD



LIONEL STRONGFORT

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

Do you flinch and cringe and blush when strong men or women look you straight in the eyes? Are you timid in company? Do you feel afraid to approach people—afraid to ask for a better job?—or for better pay? Are you shy about asking a girl to dance, or do you make up your mind the girl you want won't care for you? Do you pass up a lot of fun because you feel you are not wanted in a party or a crowd of fun-makers? If this is your state of mind, you're slipping badly—you're headed for oblivion—you'll go on down and down, deeper and deeper until you become a nervous wreck and a worthless recluse, denying yourself all the joys of life.

DON'T BE DESPISED

Don't be laughed at, gossiped about, sneered at, despised. You are to be pitied if you are discouraged and despondent and down with the blues, but who wants to be pitied? You don't. You want to be a manly man—a strong healthy chap it is a pleasure to meet and associate with—a fellow that men like to call by his first name—one whose company is craved—a regular fellow. And you can be just such a man no matter how far down the ladder you've slipped, no matter how you've neglected yourself, no matter what your excesses or your dissipations. You can be revitalized, regenerated, restored to the full flower of manhood—this I can promise you through Strongfortism.

STRONGFORTISM—WILL DO WONDERS FOR YOU

I have made powerful men out of mere weaklings. You can have good health and manly strength. You can have energy and vitality. You can have a clear, unflinching eye and a steady nerve. You want courage, "sand" and pep. All these will be your precious possessions by following in the paths in which I have directed thousands—You can be a real man. Above all you can rid yourself of disheartening weaknesses and blighting ailments such as constipation, indigestion, rheumatism, high blood pressure, nervousness, lassitude, insomnia, catarrh, chronic colds, etc. But remember this—mere development of external muscles on arms, legs and body does not bring health and permanent strength. Your INTERNAL muscles must have first consideration, for these muscles must be made the foundation of all health and strength—and here is where my course—STRONGFORTISM—differs from all others you have ever heard of. I develop the INTERNAL muscles and start your strength AT THE SOURCE. Through these muscles I eradicate disease and RESTORE POWERS that have been weakened through neglect or excesses.

I PUT MEN ON THEIR FEET

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

Send For My FREE BOOK

—"Life's Energy Through Strongfortism." No money would pay for this book. It is priceless. In it are the results of my 30 years of experience in the upbuilding and strengthening of men. In it are startling facts about the human body—secrets of nature that I have discovered through developing myself into the world's finest physical specimen and in the development of thousands of others. This book reveals how Strongfortism relieves you of distressing disorders, how through it you can build your body, strengthen all your vital organs and internal and external muscles; how to become fit physically and mentally for life's duties—fit for home life, for society, for business—a power among men, a fascinating personality to all. Wonderful as this may seem, the book will prove it all. Get it. Read it. Profit by it. Fill out the coupon today, send for it right away—it is free.

Clip and Send this Coupon Free Confidential Consultation

Mr. Lionel Strongfort, Strongfort Institute, Dept. 944, Newark, N. J.—Please send me absolutely free my copy of your book, "LIFE'S ENERGY THROUGH STRONGFORTISM" This does not place me under any obligation. I have marked (x) before the subjects in which I am most interested.

<input type="checkbox"/> Catarrh	<input type="checkbox"/> Constipation	<input type="checkbox"/> Weak Heart
<input type="checkbox"/> Colds	<input type="checkbox"/> Rheumatism	<input type="checkbox"/> Lung Troubles
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Name

Age

Occupation

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A Perfect Life and How to Live It. \$3.00. By Dr. Henry Hoffman, Box 814, Omaha, Neb. Information free.

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Get my Super-Strength Body-Building Oxidation Discovery, 50c. A. L. Bradley, Savannah, Ga.

STRENGTH — ENDURANCE. What is strength without endurance? What is endurance without strength? Have both. Get my 10 weeks' course. Tried and proven. Send \$2.00. Address: STRENGTH AND ENDURANCE, Box 239, Wyandotte, Mich.

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Learn Acrobatic Dancing—Hand Spring, Split, Back Bend, etc., for only \$1.00. Simple and fascinating. Send dollar to Ivan Vosiloff, Room 1803-S8, 104-5th Avenue, New York City.

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Have you ever read the ARENA Magazine for the latest news on boxing and wrestling? Get a copy now. \$3 a year. Two issues a month. Canada, \$3.50; Foreign, \$4.00. Arena Publishing Company, 2741 N. Palethorp St., Philadelphia, Pa.

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WANTED large Mito Duplex. Lorente, Box 735, Ponce, Porto Rico.

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SONG POEM WRITERS—"Real" Proposition. Hibbeler, D43X, 2104 N. Keystone, Chicago.

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BE A DETECTIVE. Work home or travel. Make secret investigations. Fascinating work. Experience unnecessary. Particulars FREE. Write George Wagner, 2190 Broadway, N. Y.

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INVENTIONS WANTED—Patented, Unpatented. If you have an idea for sale, write Hartley, Box 928, Bangor, Maine.

Inventions Commercialized. Patented or unpatented. Write Adam Fisher Mfg. Co., 554 Enright St., St. Louis, Mo.

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LEARN VENTRILLOQUISM BY MAIL—small cost. 2c stamp brings particulars. GEO. W. SMITH, 125 North Jefferson, Room S-325, Peoria, Illinois.

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HYPNOTISM MASTERED BY ANYONE. Professional secrets revealed. Information free. Dr. Lonk, ST-2945 North Ridgeway, Chicago.

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Real Art Photo Albums 50-8x10. Thrilling male and female studies. Price \$3.00. Order today! Hemic, 12 East 37th Street, New York City.

Miss A. M. Lorentson, Classified Adv. Mgr. STRENGTH MAGAZINE, 104 Fifth Avenue, New York City

Dear Miss Lorentson:

Please insert the attached advertisement of _____ words in the classified columns of your next issue. Enclosed herewith is \$ _____ at 10c per word.

Name _____

Address _____

City _____ State _____

YOU'RE NEXT

Now Watch YOUR Muscles GROW!

ONE—two—three! Look at those pictures! They show the three stages in building muscles. They show how a puny weakling may be changed into a physical GIANT when muscles are developed progressively. It takes SCIENCE to build muscles like that. And that's why Titus Training has accomplished such amazing results for thousands of men. Titus Training develops every muscle in the body. It makes muscles GROW. Step by step it builds them up—makes them bigger and bigger—until your whole body is covered with mighty layers of live, solid strength.

Come on, friend, you're NEXT. I don't care how weak or how strong you are now—or whether you're 20 or 50. If you are organically sound, Titus Training will work its wonders for YOU.

I've taken fellows of every size, age and condition—some of them so run down and wasted that you'd think a stiff breeze would carry them away—and I've transformed them into perfect specimens of manhood! I've been doing it for years. I've earned my reputation as the father of Physical Culture by mail on RESULTS. "Miracles worked in Muscle"—that's what people call them. But don't forget that they are scientific miracles, because I've made a science of building men. There is only ONE system of Titus Training. If you want the same amazing benefits that thousands of others have realized, send for my free book and see why Titus Training stands in a class by itself.

I'll Increase Your Muscles By INCHES

Yes, sir, just give me a few minutes a day in the privacy of your own room. In that short time, I'll put layer after layer of muscle on your body. They'll stand out like iron bands. And they'll be panther muscles, friend—muscles as live as spring steel—with the speed of lightning and the power of a battering ram. Those are the kind of muscles that make champions, the kind of muscles that will make you laugh at men twice your size. Friend, you'll get the thrill of a lifetime.

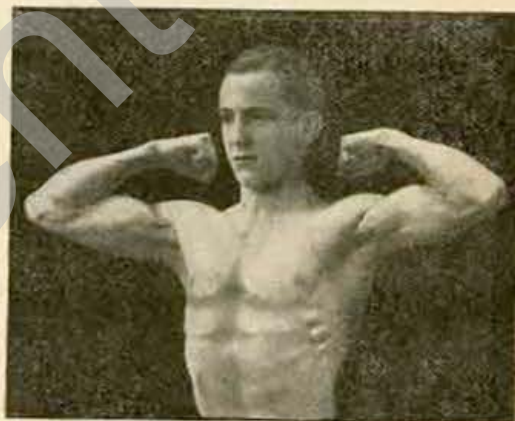


Wear This Medal

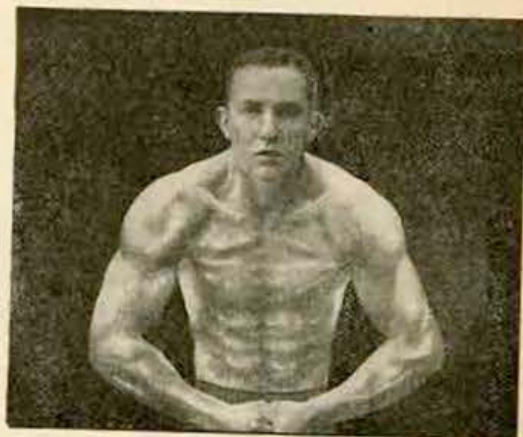
Strong men all over the world wear it. Made of solid statutory bronze and given to you free. Mail coupon for full details.



ONE!



TWO!



THREE!

NOTE: The pictures above are a diagrammatic visualization of the progressive development of the entire muscular system. They typify the results reported by thousands of Titus-trained men, who through the Titus system of progressive development have made their muscles GROW. By this method the most undeveloped of men can build muscles of constantly increasing perfection—the strong man can add extra layers of solid strength and develop that marvelous power of muscle concentration that makes CHAMPIONS.



FREE

My Amazing New Book "MIRACLES IN MUSCLE"

Tear off that coupon! Mail it today! It will bring you FREE the greatest book you've ever seen—a book filled with astounding photographs of men rebuilt—a book packed full of Titus's own secrets of making muscles GROW. No cost or obligation—just rush the coupon to Dept. X-141.

The One and Only **TITUS** 105 E. 13th St. New York City

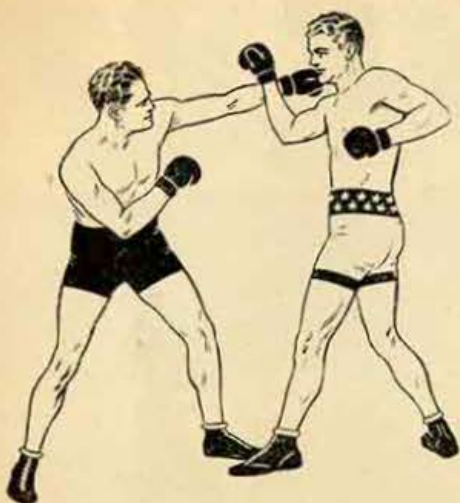
TITUS, Dept. X-141
105 E. 13th St., New York, N. Y.
Dear Titus: Sure, I'd like to have your big new book, "Miracles in Muscles." Send FREE.

Name _____

Address _____

Town _____ State _____

THE FUTURE "CHAMP" —IS YOU



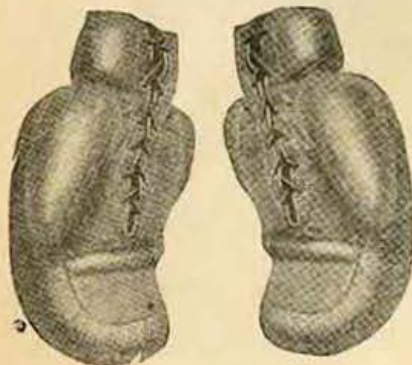
Boxing champions come and go rapidly. Who knows but what you have the goods to become one of the future champions. Boy, I teach you how with this great *boxing course* of mine. You won't take them on the chin often when you learn how to handle your mitts with this *course* as your instructor.

You will become the neighborhood champion fighter in a short time. You'll have it on the gang and they will respect you for it. Is it great to be able to handle your dukes and successfully protect yourself and others? I'll say it is, and so will you after getting the *MacMahon boxing course*.

The art of boxing is a big subject but in this *course* it is covered from A to Z. Nothing is missing.

See Coupon Below for Your Boxing Equipment

Note the low prices, especially in combinations with the \$3.00 *Boxing Course*. The *Instructors' Gloves* are very well padded with the high padded wrist band for the protection of the forearms. The



8-oz. *Boxing Gloves* for friendly bouts cannot be equalled at the price. Genuine hair padding is used in all my gloves. The 5-oz. *gloves* are the *fighting gloves* used in professional bouts in most states of the Union. Be sure to get your gloves from me because you'll save money and get the highest quality.



Striking Bags for Speed—Fighting Bags for Punch

If you want to improve the speed of your hands and eyes or want to become an expert bag puncher then you need one of my *striking bags* of which there are three grades (see coupon). All three bags are serviceable but the \$8.00 bag is a snappy looking affair and a perfectly true bouncer.



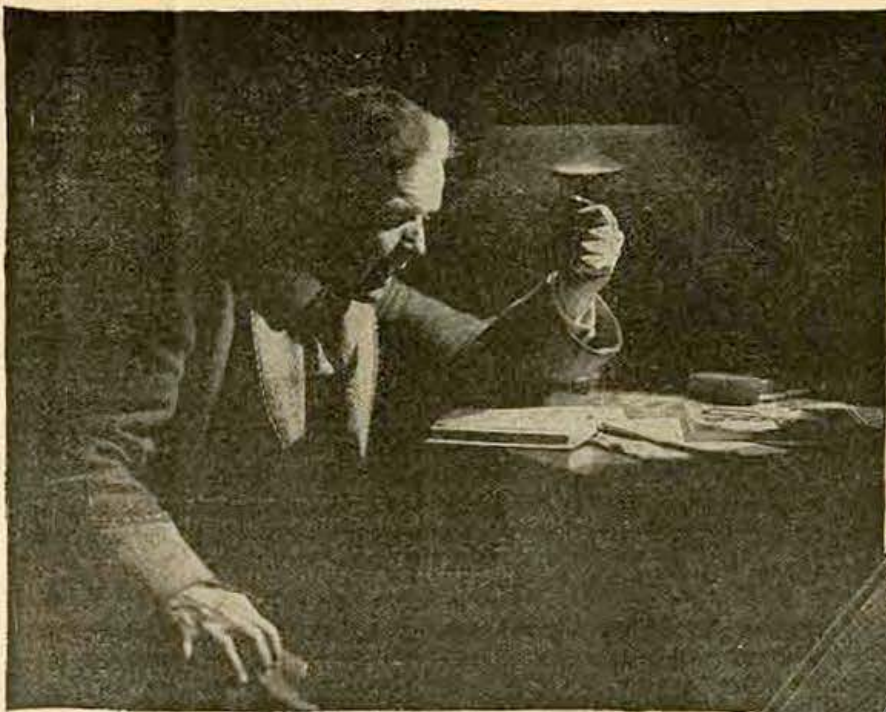
If you want to increase the amount of dynamite in those hands of yours then you want one of my *heavy fighting bags* shown at the lower right corner. You can have them *empty* or *filled*. They have a laced mouth at the bottom through which you can fill an empty one with sand, sawdust or any other suitable material that is available. These bags are strongly made to stand the severest drubbing you can give them. They make great trainers and are used by all fighters.

The *Fighting Bag Gloves* are for the purpose of protecting your knuckles from being skinned when using a *Striking Bag* or *Heavy Fighting Bag*.

**Let Me Fill
Your Order Now!**



CHARLES MACMAHON, S-8-29	
725-27 Walnut St., Phila., Pa.	
Dear Friend MacMahon:	
Enclosed find remittance for the items checked off below and send them promptly to the address below. I understand there are no other charges.	
<input type="checkbox"/>	14-oz. Instructor's Gloves (4) with Boxing Course \$15.00
<input type="checkbox"/>	14-oz. Instructor's Gloves (4) only 14.00
<input type="checkbox"/>	8-oz. Boxing Gloves (4) with Boxing Course 7.00
<input type="checkbox"/>	8-oz. Boxing Gloves (4) only 6.00
<input type="checkbox"/>	5-oz. Fighting Gloves (4) with Boxing Course 7.00
<input type="checkbox"/>	5-oz. Fighting Gloves (4) only 5.50
<input type="checkbox"/>	Large Empty Fighting (sand) Bag 6.00
<input type="checkbox"/>	Large Filled Fighting Bag (filled with packing) 12.00
<input type="checkbox"/>	Striking Bags (air bags)—\$5.00, \$6.50, \$8.00
<input type="checkbox"/>	Striking Bag Gloves 2.00
<input type="checkbox"/>	Boxing Course only 3.00



Accept this sample of EDGAR WALLACE with the publisher's compliments



THE book pictured above is the regular two dollar edition of one of the mystery romances that has made Edgar Wallace the most spectacular and sensational success in modern English letters. It is yours, free. It is yours for the purpose of introducing to you the creator of more thrills than any other one man has ever created.

Time Magazine says:

... Edgar Wallace stands alone for versatility and production volume. As purveyor of mass literature for King, commoner and shop girl, he is the master.

Will you accept this book? Will you let us send it to you? Will you try to read it? THEN; will you do us the favor of trying to stop reading it, half way through? The result of this experiment—if you will go through with it—will make you a Wallace fan. It will bring you hours of reading pleasure you can get in no other way. Like the business man in the illustration—you will ignore the clock, forget your tired body, forget your troubles and cares in the fascinating book before you.

Edgar Wallace will take you through amazing adventures, thrilling escapades and the loveliest of romances.

Mr. Wallace says of himself:

"I am a tale-teller, not a highbrow." And that is the secret of his unparalleled popularity. He has a story to tell in every one of his books. **THE DOOR WITH SEVEN LOCKS** is one of his best.

And that is what you want in a book after all. You want a story. "Problems," and religious questions and philosophy be-

long to a different kind of books. When you read for pleasure—when you want to forget who you are and where you are—you want a story. Every Edgar Wallace book is packed from cover to cover with strange adventure that rings true; with mystery that is not strained.

TRY *The Door With Seven Locks!* Test it according to your own ideas of what a good detective story or mystery should be. The coupon in the corner of this page brings you a fresh new copy for your own.



THRILL WRITER TO HIS MAJESTY THE KING

During his recent illness and through the period of recuperation, His Majesty King George of England kept his mind actively interested in matters that could have no ill effects upon his condition. Queen Mary, on a shopping tour bought four Edgar Wallace books for the King, which she herself read aloud to him.

Among illustrious Americans who have found mysteries the best form of entertainment for their few moments of leisure have been Woodrow Wilson, Theodore Roosevelt, Russell Page, Frank Bacon, John Drew and Andrew Carnegie.

Statesmen, executives, surgeons—leaders in every industry, science and profession are turning to MYSTERIES for relaxation. They allow their keen, trained minds to be swallowed up in the tempestuous action of these thrilling narratives. *They do their work the better for it!* In England, one out of every four books sold is a Wallace book. *Think of it!* Such popularity has never before been accorded any one man.

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Now YOU can test his merit in your leisure at home. Send only twenty-five cents to help defray the cost of handling and shipping the regular two-dollar edition of *The Door With Seven Locks*. This offer is being made only to introduce Edgar Wallace to America. The response is bound to be tremendous. To secure your copy before the edition is exhausted—mail the coupon with twenty-five cents before you sleep tonight.

Doubleday, Doran & Company, Inc.
Garden City Dept. Wal. 1148 New York

DOUBLEDAY, DORAN & CO., INC.
Dept. Wal. 1148 GARDEN CITY, N. Y.

You may send me a free copy of *The Door With Seven Locks*. I enclose twenty-five cents to help pay the cost of mailing. This does not obligate me in any way.

Name.....

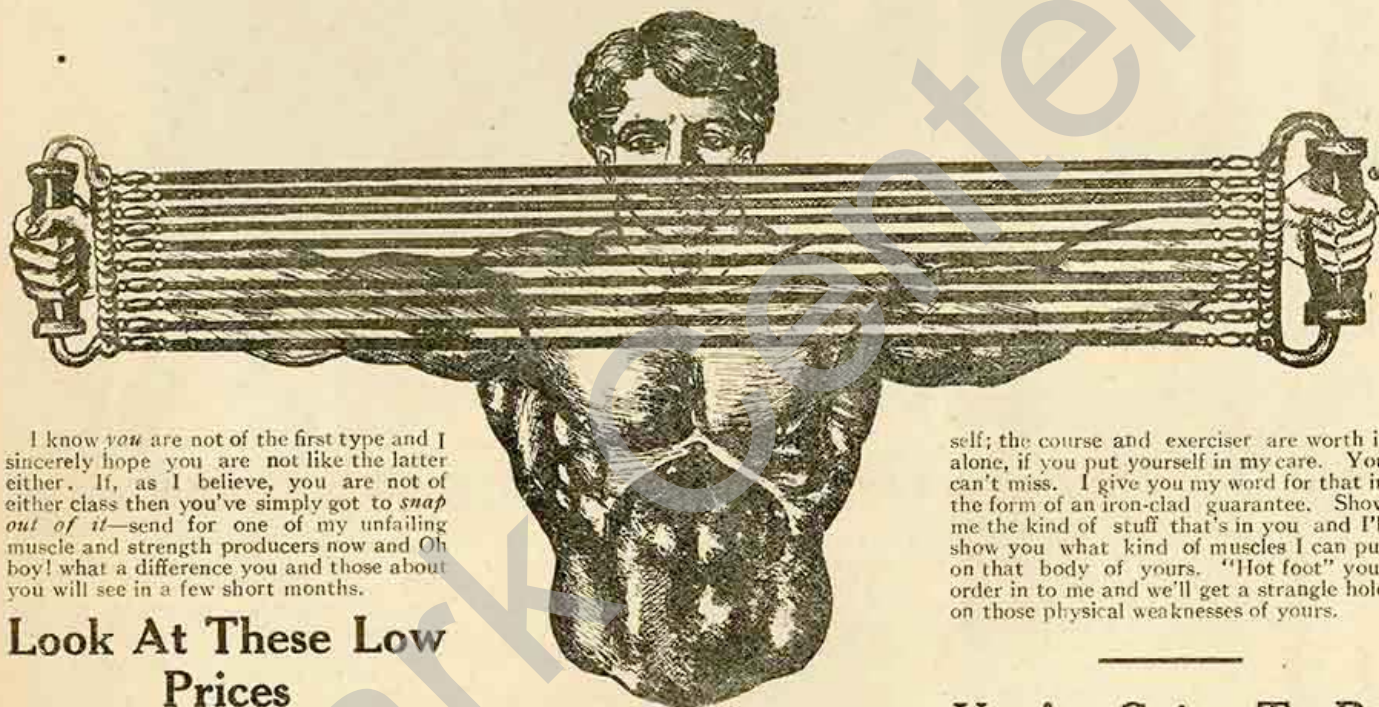
Address.....

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

How Will You Look a Short Time Hence?

Buddy, There Are Only Two Ways You Can Look!

A short time—a couple of months—from this minute you can look like a man or boy of muscular power or you can look just as weak or fat as you now are. It's up to you. You are a he-man, that is, you're a he-man at heart if not in physique and strength. I wouldn't give a rap for the fellow who was not a he-man at heart, that is to say, the fellow who never even wanted to be strong and muscular. A fellow like that is worse than the fellow who has the desire to be physically strong, but who never does anything about it.



I know *you* are not of the first type and I sincerely hope you are not like the latter either. If, as I believe, you are not of either class then you've simply got to *snap out of it*—send for one of my unfailing muscle and strength producers now and Oh boy! what a difference you and those about you will see in a few short months.

Look At These Low Prices

Don't try to tell me great physical power and fine physiques aren't worth these prices—yes, worth them many times. It will be worth it to have people comment on your

strong well-proportioned appearance; it will be worth it in the peppy way you will feel; it will be worth it to be satisfied with your-

self; the course and exerciser are worth it alone, if you put yourself in my care. You can't miss. I give you my word for that in the form of an iron-clad guarantee. Show me the kind of stuff that's in you and I'll show you what kind of muscles I can put on that body of yours. "Hot foot" your order in to me and we'll get a strangle hold on those physical weaknesses of yours.

You're Going To Be a Powerful Man

**You Can't
BEAT →
This Bargain**

5-Cable Outfit, 100 lbs. Resistance . . .	\$3.00
10-Cable Outfit, 200 lbs. Resistance . . .	5.00
15-Cable Outfit, 300 lbs. Resistance . . .	8.00
20-Cable Outfit, 400 lbs. Resistance . . .	11.00

I Advise You to get the largest exerciser you can afford. Why? Because the stronger your exerciser the stronger it will make you. That's not just idle sales talk. It's logic. Besides, by getting a 10-cable exerciser you get double the strength of a 5-cable exerciser at two-third extra cost. In plainer words, you save a dollar and get greater strength. However, if the 5-cable is the best you can do, get it by all means—the results will be highly satisfactory.

JACK SANDOW
Room S-8-29, Federal Life Building
Michigan Ave. and Randolph St. Chicago, Ill.

JACK SANDOW,
Room S-8-29, Federal Life Building,
Michigan Ave. and Randolph St., Chicago, Ill.
Dear Sir: Please find enclosed

- \$3.00 for your 5-Cable Exerciser and 12 Weeks' Course.
 \$5.00 for your 10-Cable Exerciser and 12 Weeks' Course.
 \$8.00 for your 15-Cable Exerciser and 12 Weeks' Course.
 \$11.00 for your 20-Cable Exerciser and 12 Weeks' Course.

Name

Address

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

WE BUILD UP REAL HE-MEN

This month we are submitting to readers of STRENGTH Magazine several extracts from reports of our pupils who have been built up to true manhood from physical and mental wrecks. Every month we have quoted from reports from different pupils to show you the actual progress made by our pupils and to demonstrate that the results of ignorance can be eradicated by Nature's own best means, that is, scientifically applied physical culture.

When there are nervous and vital drains and leakages the body cannot be truly fit and strong. Slow but sure breaking up of health and demoralization are inevitable.

There may develop all sorts of complications, dizziness, acne, muddy skin, maybe rheumatism, inability to concentrate attention, depression, irritability, unsociability, morbid desires, anxiety to be alone, fear and many other troubles.

The wise fellow is the one who takes himself in hand early. He has a brief fight and then he is clean and healthy and strong once more, able to be his true self among men, able to accomplish his ambitions. Those who are less wise, or those who are less fortunate in finding the true path back to cleanliness and true real he-manhood should, however, not give up hope. We have taken fellows in a very advanced condition and have been completely successful.

If you need our help we shall be glad to give it to you. Depend on us to be sympathetic and human in understanding. You can put your troubles on us. We will understand and show you the path back to true real manhood.

Many a fellow struggles on alone. He does not realize the importance of expert instruction and guidance for his condition. He knows what is wrong, he thinks, and he is certain that physical culture or exercise is the remedy. However, he is unskilled in what particular exercises are necessary for his case, as to what particular dietary is necessary to his case. Consequently he despairs and thinks he is on the wrong road. All that is necessary is that he needs a competent instructor.

If you want to develop your muscles rapidly your wisest plan is to get a good physical instructor who understands his business. If you want to excel in weightlifting, get a competent weightlifting instructor, and then you will make good progress; you will not do so without, although you may improve considerably on your lifting. If you want to excel in any form of athletics, you need proper coaching and training. How much more do you need proper coaching and training in your condition—in a condition that is so easily aggravated and irritated, for there are exercises which can make the condition worse, and others which improve it. There are dietaries which aggravate the condition, causing more waste of nervous and vital energy; there are dietaries which, in conjunction with exercise, scientifically and skilfully applied, may stop the nervous and vital leakages, build up a nervous and vital reserve as a consequence, and put a fellow back into such trim that he can then take up any form of physical culture or athletics that he desires, and all exercise will then benefit him. Of first and greatest importance, however, is the foundation upon which you build.

If you are suffering from any of these conditions rely on the PHYSICAL CULTURE CONSULTANTS to understand your condition, to deal with your case sympathetically and understandingly. They will not fail you, if you follow faithfully and conscientiously instructions which they will arrange for you.

Read the following extracts from reports from some of our pupils. Gather for yourself that we are competent to guide you safely through to real true manhood, where you are able to accomplish your ambitions, to look your fellows well in the eye, knowing that you are clean, healthy and strong, physically, mentally and morally.

Case No. 2439—Age 21 years, Single.

First letter, before treatment. I formed the habit when about twelve during a period when I was out of school for a year because of extreme nervousness. It was continued until I was about seventeen when promiscuity took its place. At present losses occur about once every two weeks. There are deep circles under my eyes. I am thin and scrawny. I have practically given up hope but what I have to win far outweighs what I can lose so it's a good gamble.—Yours sincerely, W—S—, Wis.

First Report. I have been trying hard for the last 10 days to carry out your instructions.

The results are a source of great hope for me. I really believe now that I will soon be normal. There are always two and sometimes three movements a day. The cold feeling in the region of the hips is seldom present. The parts do not shrivel up as they used to and seem to be growing larger. I feel a hundred per cent better already. All in all, the results are greater than I dared hope after such a short time.

I feel now as though someone was helping me in whom I have absolute faith and I am not afraid of the way this course will end.—I am, sincerely yours, W—S—, Wis.

Second Report. I am satisfied with the progress made the first four weeks. I am having two and three movements a day. The pains after and during urination no longer occur. I sleep better and feel better. Losses still occur about once every seven days but in my sleep I fight against them. My subconscious mind is opposed to such losses now, where before there was no effort to stop them.—Sincerely yours, W—S—, Wis.

Third Report. I am feeling fine. There have been no losses since I wrote you last and I am still improving and becoming more alert. Progress is still continuing as usual.—Sincerely yours, W—S—, Wis.

Fifth and Last Report. I don't know how to thank you for what you've done for me in the past three months. My weight is now 137 lbs. and I am filling out and gaining every day.

I shall always feel that I have a friend to depend on when my health is concerned and I shall endeavor to live up to the word of your advice.—Very sincerely yours, W—S—, Wis.

Case No. 2398—Age 19 years, Single.

First letter, before starting course. I am troubled with the habit, constipation, night losses, bad complexion, dandruff, rings under eyes, underweight, tired feeling and unable to concentrate. Hoping you can help me, I remain, Sincerely yours, E. P. B.—, K—, Ill.

First Report. Have followed your instructions as closely as possible. Seem to have a little more ambition and pep. For the past five years I have been troubled with pimples and blackheads and have tried all kinds of medicines to no avail.—E. P. B.—, K—, Ill.

Second Report. My mind is much clearer now than formerly. I do not have so many sexual thoughts and have not had the desire to practice the habit.—Sincerely, E. P. B.—, K—, Ill.

What We Have Done For Others We Can Do For You

You are invited to consult us. The correspondence is kept private and confidential, and you are under no obligation by so doing. Make this a new era in your life. Be a real man, a he-man, a manly man. We will deal with your case in a sympathetic manner. You will find that we understand as you thought nobody ever could understand. Send your story to us, so that we may set you a special course. Send, as a preliminary, for the following book:

"Sex Weaknesses, Their Cause and Remedy"

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

CONTENTS

CHAPTER I. INTRODUCTION. Sex Problems. Sex Weakness a Pathological Condition. The Physical Basis of Sex Weakness.— Barbaric Habits of Our Forefathers.—The First Step to Perdition.	CHAPTER II. Inheritance From a Remote Ancestry. Heritages From Remote Days.—Sex Control. —Why Sex Excesses Cause Degeneration. —Human Life a Struggle Against Ancestral Passions.	CHAPTER III. Does Man Progress or Retrogress? —The Greatest Factors in Sex Knowledge. —How Perversions May Be Eradicated.— How Ignorance Leads to Sex Weakness.	CHAPTER IV. Physical and Educational Neglect. How Physical Neglect Induces Sex Weak- ness.—How Cases Become Chronic.—Crim- inal Neglect of an Important Subject.— Drive Away Ignorance.	CHAPTER V. The Nervous System and the Sex Impulse. The Sexual Centers of the Brain and the Spinal Cord.—The Nervous Workings of the Sex Impulse.—Disturbing the Nervous Structure Sexually.—How to Avert Un- wanted Sex Passions.	CHAPTER VI. The Heredity Factor. Shall We Sterilize the Unfit?—The Men- delian Law.—Predispositions to Sexual Ex- cesses May Follow Mendel's Law.—How Sex Excesses Cause Degeneration.	CHAPTER VII. The Psychology of Sex Weakness. Mental Functions and the Mental Appa- ratus.—The Importance of the Desire for Knowledge.—Mental Influences on Sex and Health.—Is the Sexual Instinct Due to Chemical Action?—The Mental Sexual Function.	CHAPTER VIII. A Word of Sympathy. Our Duty to Those in Distress.—Foot- prints of Vice.—Hope and Encouragement.	CHAPTER IX. Sex Weaknesses and Their Cure. Solitary Vice.—Involuntary Losses.—Pro- miscuity.—Sex Hallucinations.—Impotence.— Mental Sexual Obsession.—Prostatitis.— Sexual Neurasthenia.
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Ave., Sausalito, Calif.
Please send me "SEX WEAKNESSES, THEIR
CAUSE AND REMEDY" I enclose \$1.00.

Price \$1.00 Postpaid Beautifully Bound In Cloth, Gold Embossed
TO BE OBTAINED ONLY FROM THE

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The Most Important Thing in the World

IS THE WAY YOU FEEL

Your health means more than having just enough energy to get through your daily work. Life is hardly worth living if you haven't the energy to enjoy yourself as well as do a good day's work. Real health means the possession of considerable muscular strength and development combined with great powers of endurance. Good health means that your internal organs are in first-class working order—no missing cylinders, as it were. Good health means that you are immune from temporary sickness as well as from chronic disease, both of which are shortening lives daily by the millions.

The Next Most Important Thing

—IS THE WAY YOU LOOK

Your personal appearance counts for a lot in these times. It is nice to look well in a bathing suit, but it is far more important to be able to create an impression when in your street clothes. To have people exclaim, "My, what a finely built chap!" after one glance at the broad shoulders, deep chest, trim waist, and beautiful proportions which are noticeable even when you are fully dressed.

Your aim in training should be, not health, not appearance alone, not strength alone, but that combination of all three, which is the surest sign of real vigor.

I am looking for the man who wants those things and wants to save time getting them. I am looking for the man who knows that he needs to improve his physical make-up, who has very little time to exercise and who *must have results*.

I'll Give You a Physique That

Will "Knock Them Dead"

Yes, sir, you won't feel embarrassed under the public's gaze when I get through with you. And why? Because you will know that the public's opinion of your build is of the highest order—unconcealed admiration. Yours will be the type of physique that appeals to both sexes. You can't imagine the great satisfaction in possessing the type physique that I will develop for you. It's a grand and glorious feeling and no mistake about it.

I Build You *Big* and *Useful* Muscles

In other words, I build large powerful-looking muscles all over your body and limbs, but they will be muscles that will greatly help you succeed in any endeavor. You will have power and development and you will know how to use both to great advantage. No one will say of you, "He is strong all right, but he doesn't know how to use his strength." You'll be strong all right, but you *will* know how to use your strength which will double your muscular efficiency. Big muscles in themselves are fine to possess, but how much finer it is to be able to use them correctly also. In that combination success is found.

My 96-Page Booklet Is

Free!

There are in this book over 75 photos illustrating the muscles I develop for my pupils. There are also illustrations of my own muscular development. No matter how thin or weak you are now you must get this 96-page proof of how I have developed and strengthened the thin, weak and stout and how I can develop and strengthen you. Fellows—it's a booklet that will make you want to be extremely strong and well built and it will show you how. **SEND NOW!**

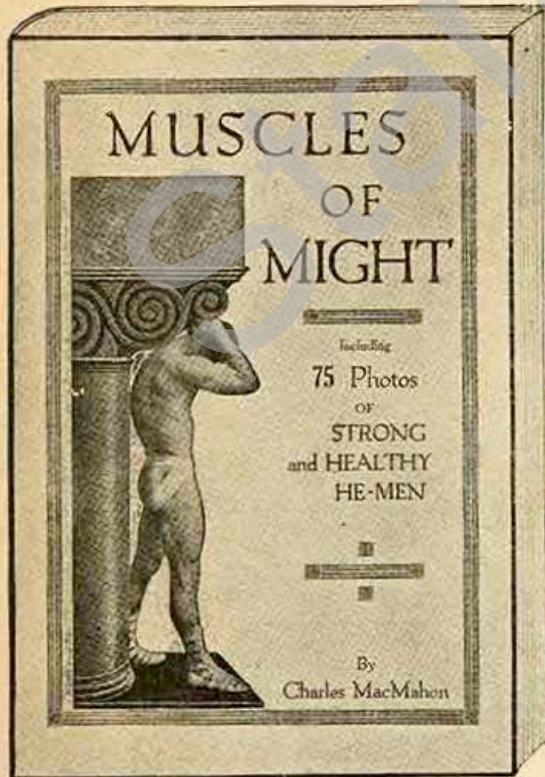
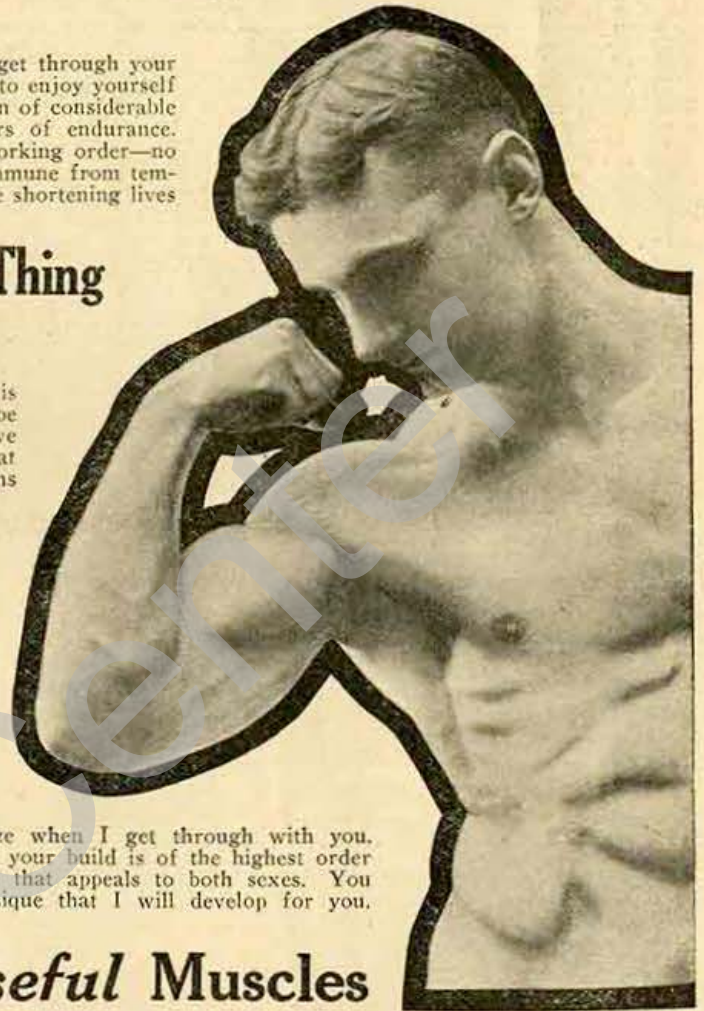
Yours Is Waiting

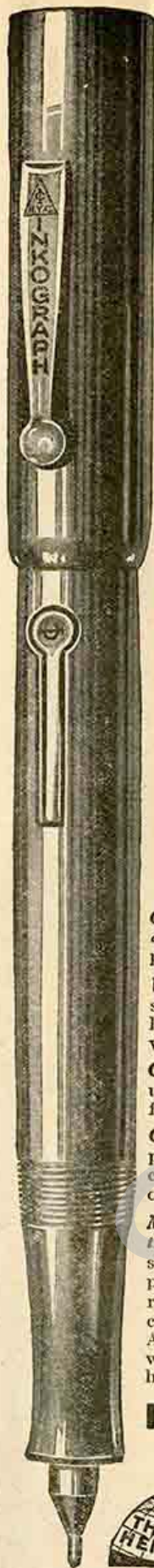
Charles MacMahon, Str.-8-29
725-27 Walnut Street, Philadelphia, Pa.

I am anxious to see one of your 96-page booklets containing pictures of muscular pupils and information concerning your methods. This does not obligate me in any way.

Name _____
Address _____
City _____ State _____

**DON'T
MISS IT!!**





ONLY \$1.50

Franklin Surety Co.

Assets over \$1,000,000

Guarantees fulfillment of all promises in this ad

NOW I'M SATISFIED



FREE 10 DAYS TRIAL

Patented. THE NEW IMPROVED Trade Mark Reg.

INKOGRAPH PENCIL POINTED PEN

The Perfect Writing Instrument

Combines the best features of pen and pencil, minus their weak points, plus improvements over both.

Writes freely and easily on rough or smooth paper without miss, skip or blur, actually improving your handwriting.

Cannot leak—never blots, balks, dries up or soils hands. One filling is sufficient to write thousands of words.

Clogging of point is prevented by patent automatic feed. No complicated mechanism to clean or get out of order.

Makes 3 to 4 carbon copies at one time with original in ink. Ideal for salesmen's orders, private correspondence, office, sales and billing records or anything requiring exceptionally clear carbon copies. Anyone can use your Inkograph without distorting it. No matter how hard you bear down, you cannot

injure or spread its 14 Kt. solid gold point.

Draws lines to a ruler without smear or smudge.

Beautifully made of finest quality, lustrous, black fountain pen material with 14 Kt. solid gold point and feed, safety screw cap, self-filling lever and clip, it is the equal of pens selling at a considerably higher price.

If dissatisfied with your fountain pen—try an Inkograph. If it does not prove entirely satisfactory, is not handier, superior and smoother writing than any fountain pen you ever used whether it cost \$5-\$6-\$7 or \$8, return it to us and we will refund your money.

Take advantage of our free 10 day trial offer and join the many thousands who tell us that regardless of price the Inkograph is the best writing instrument they have ever used.

A Few of the Thousands of Unsolicited Opinions of Satisfied INKOGRAPH OWNERS

Am a bank teller. Can pick up Inkograph any time in any position it writes immediately all words and numbers the same. Try and do it with any other pen. Can honestly say I never found a pen so easy and tireless to write with.—*C. R. Morely, Allentown, Pa.*

You don't have to prime it or get it to get it started. Works great.—*W. H. Brown, Tampa, Fla.*

Have improved 50% in my hand writing since using your Inkograph.—*J. R. Reed, Louisville, Ky.*

Wrote 18 to 22 letters and addressed that many envelopes besides other writings with one filling.—*H. L. Connelly, Evanston, Ill.*

Writes smoothly, like point was greased. Makes no difference what kind of paper. Fine for shipping tags.—*E. A. Simms, Jersey City, N.J.*

Am tickled skinny. It's a darling, can make carbon copies of orders and send original in ink to factory instead of penciled sheet.—*A. Watson, Elgin, Ill.*

I am determined to use no other pen in my work. If they only knew the comfort of writing with this pen, every author in the world would. I am sure, get one. "Cheerio."—*Count Louis Hamon, London, England.*

Eight years or more ago, I purchased an Inkograph, which has been in almost constant use during that time. This is rather remarkable, inasmuch as I had many fountain pens from cheap to expensive, but none compares with the Inkograph which is as good and ready to serve as when I purchased it.—*Harrie Baxter, Great Neck, L. I.*

We intend to use the Inkograph generally in the office. It makes a splendid carbon on 20 lb. paper.—*Bernard Gloekler Company, Pittsburgh, Pa.*

You can see the point in it for insurance men—for you can spread this news but not that point.—*George E. Miller, West Philadelphia, Pa.*

In my opinion there isn't a better pen on the market regardless of price.—*D. J. Bergeron, Lafayette, La.*

I must write and express my appreciation to thank you for giving me the opportunity to use so wonderful a writing instrument. In my own work, inventing, I must jot down my thoughts and ideas very quick and I find my Inkograph my first aid, which never fails.—*B. L. Henry (Lady Edison), New York*

I have been Money Order Clerk in the P. O. for twenty years and this is the best pen I have ever used.—*John O. Falenwider, Monroe, North Carolina.*

Your Inkograph is a delightful surprise. The touch is velvety the flow smooth and it's performance altogether satisfactory.—*Sydney Adams, Rock Hill, South Carolina.*

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That hard smooth ball-like 14 kt. gold point which makes possible writing in ink, over the coarsest paper, as rapidly as with softest lead pencil.

AGENTS

This big value which sells on sight. Big profits, quick sales, no investment, no competition, immediate commissions. Send for sample Inkograph or write for FREE sales plan booklet.

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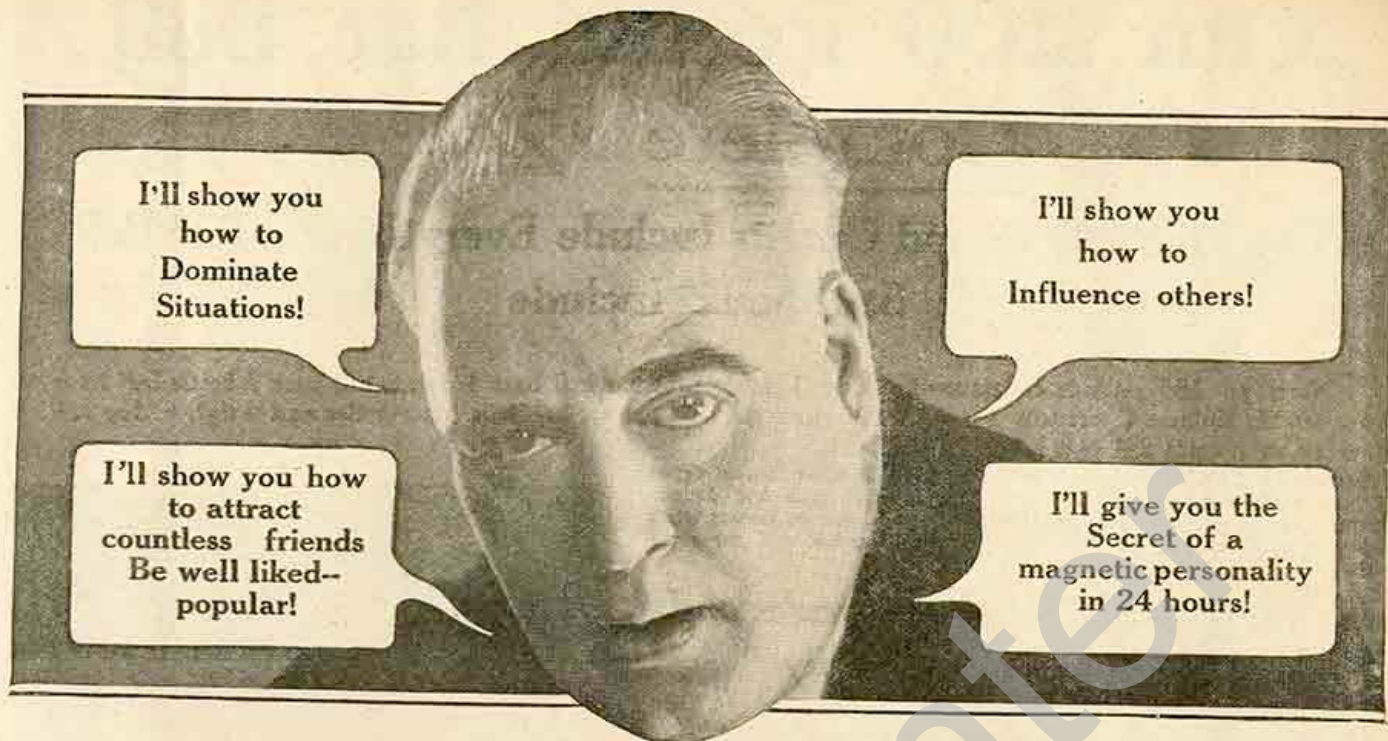
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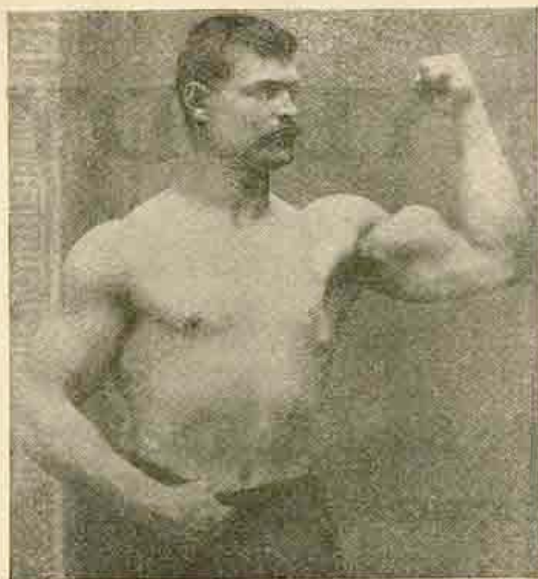
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We refer particularly to the three at the top of this page and the first two on the next page. One of the group should be easy for the majority of you, but we believe only one out of a thousand **STRENGTH** readers will be able to name the other four. The first athlete on the left is noted for arm development and strength. The second is an International mystery athlete, who caused a great controversy. The third is a colossus of strength, six feet, six inches in height. The fourth, a living double of the mythical Hercules. The fifth, the most famous strong man of all time.

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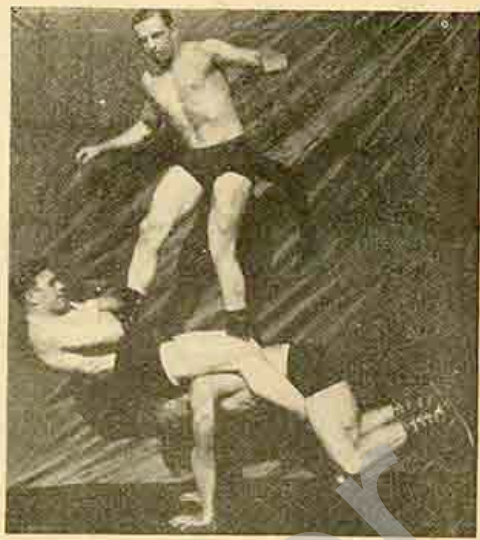
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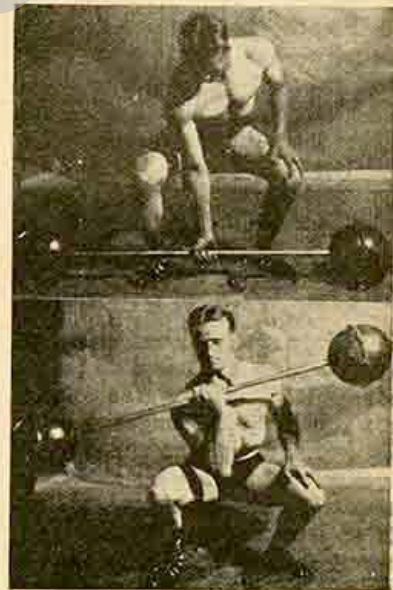
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Editorial

DOCTORS generally and municipal, state and federal health officials usually issue a list of "don'ts" to guide you through the hot summer months. They tell you what to eat and what not to eat, how much water to drink and when to drink it, what to wear and what not to wear.

Following these "don'ts" no doubt makes it easier for you to withstand the heat. The doctors who issue these "don'ts" do so only after a long study of the effects of the heat on you. They know what they are talking about.

For instance, they tell you not to exert yourself, to take things easy, especially during the afternoon, the few hottest hours of the day. It is good advise, advise that ought to be followed, but it is often misinterpreted.

Some people have the impression that not to exert oneself means not to do anything, just to loll around and become lazy. We know many persons who go in for exercises during the fall and winter months. They go in very strenuously for physical training, in fact overdo it. But the moment the hot summer months roll around they drop it all. They don't want to exert themselves, they say. They are following their doctor's advise, they tell us. We tell them that their doctor never told them to drop all their exercises, but to moderate it, but they are adamant.

No doctor ever advised any patient, we are speaking of a normal patient, of course, to drop all exercises. He might tell them to not overdo it, as many persons are wont to do.

To give up all exercises in the summer because of the heat undoes all the good you have accomplished for your body during the fall and winter. Your body recovers all the flabbiness that you discarded, you put on weight where you don't want extra weight, you lose that general agility which you "worked" so hard to acquire.

We do not see reason why you should stop doing your stunts during June, July and August. In fact, we think that these are the very months when you need the exercises, they are the very months when you need a healthy body. A healthy person can more easily withstand the heat than a weak one. He doesn't wilt so easily when hit by the sun.

Athletes do not give up their activities during the summer because they perspire when they run a little. Baseball players do not give up the game when it gets very hot. Boxers do not stop training during the summer—in fact, they go in for more training than ever because it is harder to keep in condition in the summer than in the winter.

Did you ever stop to think why track stars break more records in the summer than in the winter? Far more records are broken on outdoor tracks than on indoor ones. The heat seems to limber up the muscles of the stars, it removes all kinks and they are ripe for competition when they get on the field.

You don't hear of athletes falling exhausted because of their activity, you don't hear of baseball stars collapsing on the field during a hot day.

No, it is very foolish for you to give up all exercises during the summer for fear of exerting yourself. We do not advise you to go in for very extensive training, but we do not think it wise for you to give up all training. It isn't necessary for you to exert yourself. You can do your exercises, keep yourself in good condition and yet not suffer from the heat any more than your neighbor who goes in for no exercises whatever. In fact, by keeping yourself trim you will be better prepared for the heat than your neighbor.

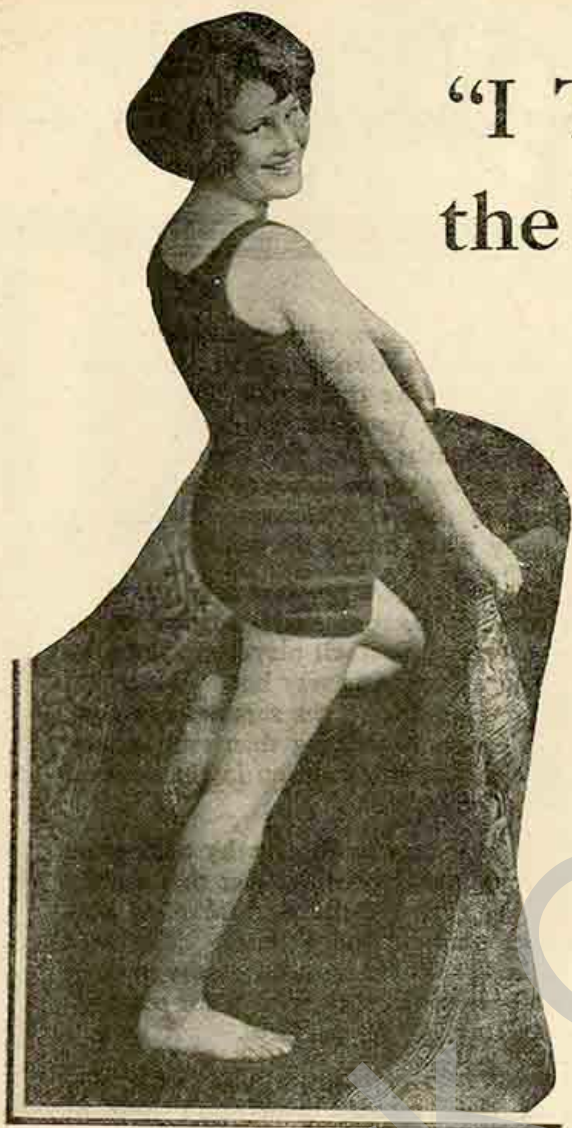
Follow your doctor's advise on what to eat, how much to drink and what to wear. Follow your doctor's advise not to overtax your physical abilities, but keep in mind all the time that that does not mean that you must give up all exercises.

Take your physical training in normal doses.

"I Thought I Stood on the Brink of My Grave"

AN INTERVIEW

By MARGARET SARGENT



tion. However, he went away for some time on a business trip and was unaware of my plight. Well, he knew I was not strong and that I always was visiting doctors, but I was not as bad when he was home as I became just after he left to go away on his business trip.

"There are scarcely enough words to describe my condition. I was nervous, thin, always had indigestion and a headache. I kept getting thinner and thinner. My appetite was gone entirely. I would sit by the hour staring into space and very often I

would get weeping spells. Things went along thus for quite some time. Doctors only shook their heads and told my mother they didn't understand what was wrong with me. Then, Mother began to pamper me, which made things worse.

"I will never forget the day my

FIGURE 1

"**T**HANK you for the compliment, Miss Sargent. I earned my beautiful figure, as you called it, through bitter experience.

"You would never think that I once stood on the brink of my grave, would you? Doctors gave up hope—they could not diagnose my case—and said medicine would not help me. That was after I took what seemed like bushels of medicines. Now look at me—do I look sickly, puny and miserable? Not on your life! I'm just full of health and pep and I'm enjoying life like I never did before.

"How did I get this way? Why I threw away all my pill boxes and medicine bottles and changed my unhealthy habits of living and took up honest-to-goodness exercise. That is how I got what I have today. And believe me, Miss Sargent, besides the glorious change it wrought in me, I enjoyed every minute I ever spent on exercise. Where did I get the exercises? Why I just read a few of your articles in *STRENGTH Magazine* and they taught me all I know today about exercise and good health and it is to you only that I owe everything.

"However, first let me tell you how I happened to read your articles. My brother was a great health and exercise enthusiast and he used to get your magazine as regular as clock work. Of course, I never even glanced at it for I was not interested and I thought exercise and such stuff was for men only. He never had much use for me because I was always whinning about my condi-

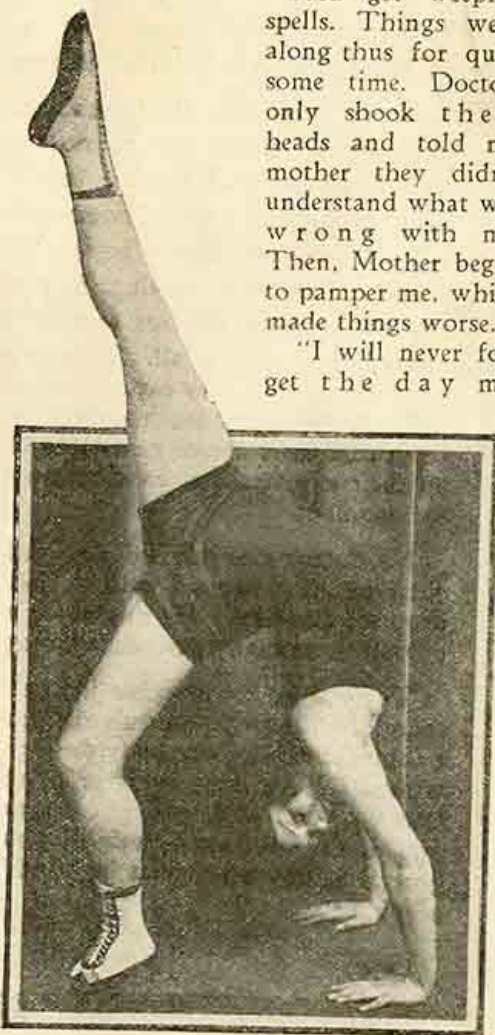




FIGURE 2

brother returned from his trip. My mother let him come up to my room (yes, I thought I was too sick to go downstairs) on the promise that he would do or say nothing that would be liable to excite me. He stood in the doorway and greeted me thus: 'Hello, sis, heard you were pretty sick. What's the trouble?'

"Well I took that opportunity to pour out my tale of woe to him and he listened to me until I was through. Then, rising from his chair he said, 'Listen sis, I'll tell you something. There is nothing at all wrong with you physically. You are just plain lazy. Your system and your body are crying for activity and fresh air. You won't get either cooped up in this unventilated room, while there is sunshine and Mother Nature beckoning to you out there. Snap out of it and use your head. You are not only worrying yourself to death but you are wearing out others. Look at me, I never had a sick day in my life. I'll let you in on something, too. I've been exercising every day of my life

and this is the reason I am as fit as I am today. When I get back to my room I'll bring you a magazine that has some good articles in it which you might be interested in, if you have any backbone at all left in you. Try to do some of the things it prescribes and see how soon you will snap out of this. Take it from me, you don't get any sympathy from me because your condition is entirely unnecessary and of your own making.'

"With these words he left me—partly hysterical, I believe. No one had ever spoken to me in such a manner. My mother threatened to disown him, but he only laughed and said I would wise up.

"That evening he opened the door of my room and threw a magazine in my lap.

"'Here you are sis! There's no time like the present to turn over a new leaf. You won't hurt yourself any by reading it.'

"I was so angry at him that I shoved the magazine in a drawer and would not even look at it. Instead I picked up the latest novel. However, a few days later, having finished my book and being tired of sleeping and from sheer lack of anything else to do I looked up the magazine and glanced through it. I came across an article written by you and it immediately attracted my attention. It was very interesting—about a girl who was thin and sickly and who built herself beauti-

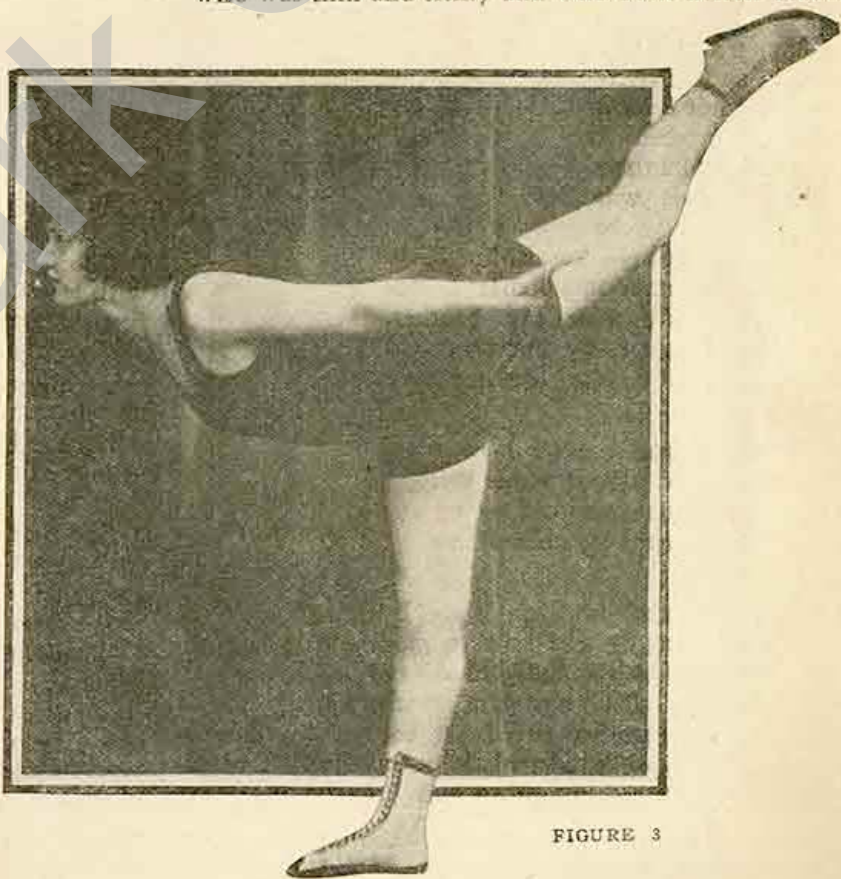


FIGURE 3

ful proportions and abundant health, through exercise.

"Well, I was skeptical at first, but my curiosity was aroused and I was shamed at the way my brother spoke to me, having a suspicious feeling that perhaps, after all, he was right and that I was wasting my life away; but I thought I would give your exercises and advice a trial. That evening, after making sure no one would disturb me, I locked my door, put on a much too big bathing suit and did some of the exercises. They tired me out considerably that first night, but after taking a cool shower and retiring, I felt much better. I continued this practice for a week, under cover, when I discovered that I was feeling 100 per cent better.

"By that time I let my brother in on my secret and he certainly was glad to hear that I had at last adopted a sane and effective method of improv-

ing my health and my body and he used to come to my room and help me out a great deal. Sometimes he would even go through the exercises with me and we would have a lot of fun.

"My parents, friends and neighbors could not believe their eyes when I came downstairs three weeks later—it was part of our plan to spring this surprise—donned in a bathing suit and announced that I was going swimming with my brother. They said I was crazy but they had to admit that I was looking very much better.

"Well all that summer I exercised, swam and played tennis and believe me no one who did see me all that summer recognized me the next fall.

"I took a new lease on life. I learned how to smile and be happy and how to make others happy. Gone were headaches, indigestion and all sorts of imaginary ills. I'll never give exercise up. It saved my life. My brother and I are the greatest chums now and we have wonderful times together. I never felt better or looked better in all my life.

"So you can tell your readers, Miss Sargent, that there is something in exercise and healthy living habits after all. The girl who is too thin, nervous or who is too stout and fatigued, is foolish not to give

exercise a fair trial. There is nothing else like it. I have already interested many of my friends in exercise and they are very thankful to me for the wonderful results they have obtained. Three cheers for exercise!"

I only wish that my readers could have seen that young person, sitting opposite me, delivering this lecture so seriously. You would never believe that she was like she said she was before she took up exercise. She was just brimming over with health and she certainly did have a wonderful figure.

I wish also that my readers, who are not just like they know they should be, would take this young lady's advice—they certainly won't go wrong.

Of course I do not expect the thin, nervous girl to go right ahead and do the exercises illustrated in these pages to perfection. It will take her some time to perfect them; she will have to gradually work herself into them.

To do the exercise, illustrated by Fig. 1, she should practice the back bend, then when she is able to get all the way down, she should try to raise her leg higher each day, until she attains the position shown. This will be very difficult and will take quite a while to master, but it will do her a world of good.

Fig. 2 illustrates another very good exercise. Start with leg raising to sides, then gradually pull the leg up further until you attain position Fig. 2.

Fig. 3 is also an all round exercise and is performed thus: Stand erect, hands on hips, now bend the body forward, swing the arms back and at the same time swing the left leg back, as shown in illustration. The next time you do the movement alternate with the right leg.

Stand erect, hands on hips, with right foot turned out sideward. Now raise the left leg forward and swing the arms out to the sides as shown in Fig. 4. You can feel the workout this exercise gives you.

There are numerous exercises which appear in these pages from month to month, and also in Miss Heathcote's department, that the thin girl can adopt and add to her daily program to attain for herself a perfect body and abundant health.

There is happiness and health and beauty for everyone, if they will just peep around the corner. Make the best of life girls! Enjoy every minute of it—and you certainly cannot if you are not fully alive and fresh.



FIGURE 4

Attaining Muscular Proportions

Numerous Training Programs of Perfect Men Discussed, and Rules Laid Down For The Average Enthusiast

By MARK H. BERRY

OF next importance to the feeling of well being or health, the majority of strength enthusiasts are primarily interested in the way they shape up in the eyes of others—or, as we might put it, the relative proportions of each part of the body to the physique as a whole. In the same sense, quality has an equal standing with quantity, referring entirely to muscular proportions; as you desire proportionate strength of the muscles to your entire physique as much as you desire proportionate muscular development. They go hand in hand, and we expect the well built man to possess strength in proportion to his development. We cannot very well disassociate strength from well proportioned muscles. Certainly, it is understood that all perfectly developed men are not equally strong; neither do we find that every man of a certain size possesses the same degree of strength. The reason may not be obvious to the novice in physical culture, any more than it is to the average man in the street who knows nothing of such matters; but to the experienced student of the subject, many important reasons are recognized as contributing factors.

So, when referring to the strength we expect to be evident in the finely developed man, we are speaking relatively of the athlete compared to the average individual. Athletes of different classes possess differing degrees of strength, it being generally recognized that certain branches of athletic sport call for a higher degree of the manly quality than others. The approximate strength of each class or individual can be gauged by the eye of the trained observer, relying entirely on the physical proportions of muscular development compared to bone size. We say

approximate strength, as it is impossible for even the most clever physical expert to judge the exact strength of anyone, simply by means of the eye. You may

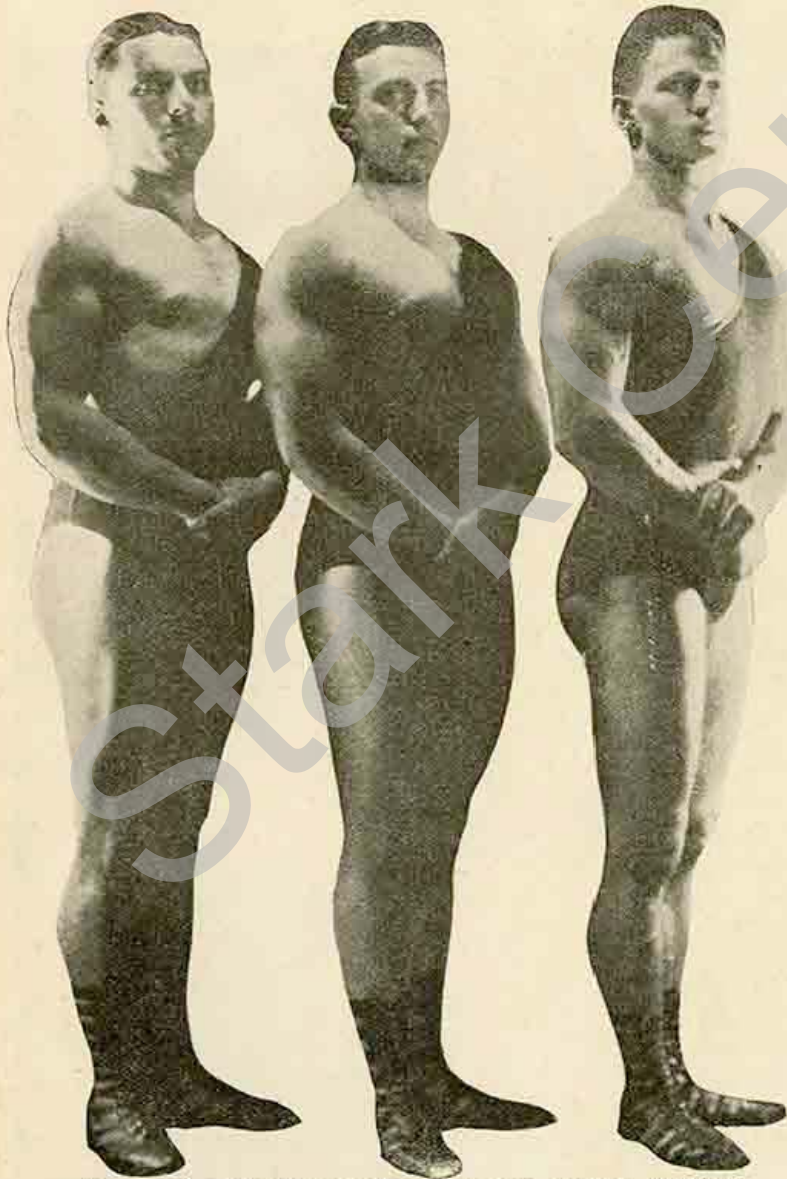


A new pose of Sigmund Klein, which proves he continues to improve in developmental proportions.

train yourself to be fairly clever and accurate at guessing the weights of people, but it will always be guess work and you will slip once in a while. I have yet to meet the man who can guess the bodyweights of large numbers of people without failing, though some men are pretty good at it. You can invariably judge the age of average individuals, although once in a while you meet someone who does not look their age. You know whether or not a man is old, middle aged, or young, and even the poorest guesser knows whether or not a man weighs 125 or 200 pounds. It is just the same when attempting to judge the exact strength of anyone. Even the novice can judge whether or not a man is palpably weak or quite strong; the expert can judge more accurately, but his judgement is not precise to the last degree.

Considering athletes in groups, according to the branch of sport they follow, their approximate physical strength can be judged by their muscular proportions, just as we are accustomed to quickly

Herculean in aspect, yet evenly proportioned in every detail. A high class study of the ultimate in proportionate muscularity.



Three enthusiastic fellows who may be seen regularly at Klein's Studio. The man in the rear is Max Marlin, a theatrical organist; in the center, John Brucken and Dan Landau; the latter two are young business men. All capable and though of different bodyweights, properly proportioned for their bony framework.

estimating in our minds the probable strength of different bar bell men. Such judgement must be made solely on the basis of their proportionate muscular development; plus an idea of their size. One cannot always tell by means of a photograph the size of a man, as proportionately he may be so balanced as to cause a deception. Refer to the pose of George Dembinski; we believe very few of you would be able to judge his correct size and bodyweight if you knew nothing of him (he weighs one hundred and forty pounds); now refer to the pose of Alexander Raies, a six footer, weighing two hundred and fifteen pounds. Due to the size of his head and the style of wearing his hair, you get a wrong idea of his proportions, which in reality are truly massive. It is, likewise, hard to realize, judging from this photo of him, that his upper arm measures around seven-

teen inches. The size and shape of a man's head and the compactness of his waist and joints has a lot to do with his effect of shapeliness and muscularity.

I am pretty well aware of the probable reaction of many of my readers after seeing the accompanying photographs. They will stand in front of a mirror and do their best to get the same effect in posing. Then it will be noticed how much is lacking in the proportionate size of one or more parts of their bodies, and they will contemplate a plan of action to overcome the disparity. The really ambitious physical culturists seem to be more worried about trying to bring some part of the body up to the standard of the entire physique than about any other question—which might also mean that the majority of those who exercise for some length of time fail to acquire a wholly symmetrical build. Special means are required in practically every case to develop a physique of real symmetry. This is as true of the "perfect men" illustrating this article as it is of the majority of my readers. The men whom I am using as models this month have attained perfect symmetry of all parts of the body, simply as the result of the

Another splendid pose by Tony Sansone, one of the most perfectly proportioned men the world has ever known. The two photos on this page were taken a few years ago.

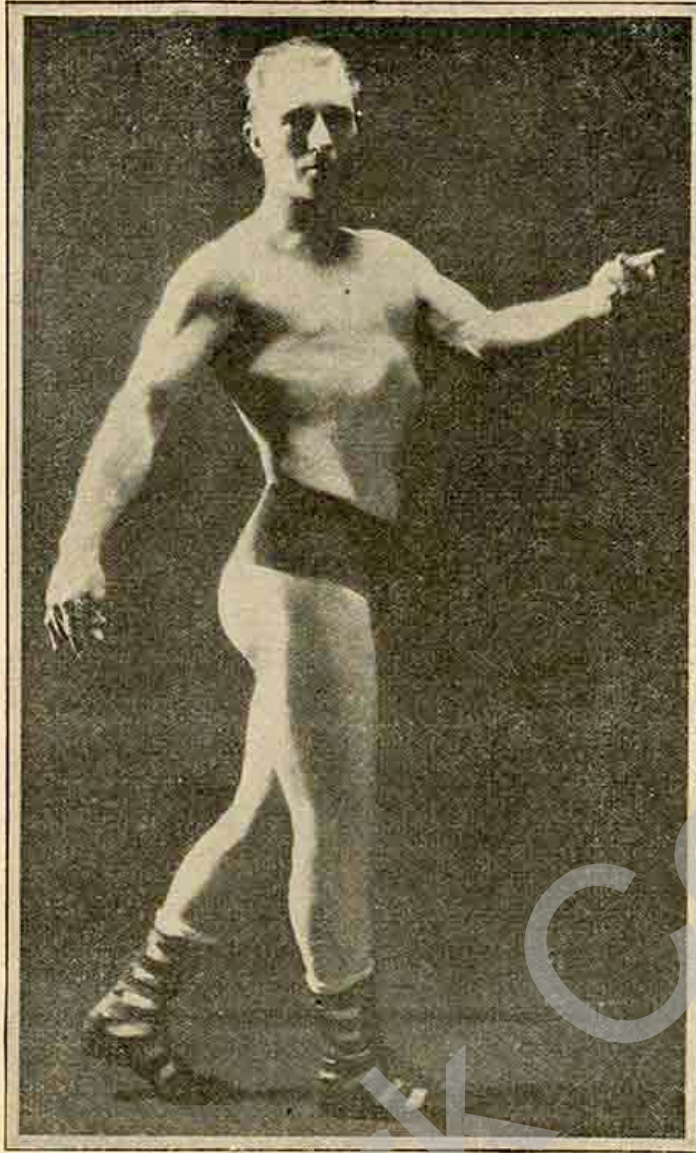


most regular sort of concentration and persistent application of correct exercise principles.

There may be one man in this group who is satisfied with himself and feels he is a finished product, though we are greatly inclined to doubt it. To the average fellow, all of these men are finished products of exercise. However, the better you become, the higher your ideals of perfection will soar.

Various indeed are the methods advocated for bringing out the last inch on a stubborn part of the body, or for attaining symmetry where it is lacking. There is an extreme method practiced by numerous strength athletes who have plenty of time to spare, plus an excess of energy due to not having to work hard, either physically or mentally: the system consists of exercising the part of the body on which they wish to specialize many times during the day, practically every day. A great amount of sleep would be beneficial and, in fact, almost essential, to assure the success of such a program. A fellow with an unlimited amount of time on his hands, who could sleep late in the morning and rest all he cared to, should possess an excess of energy to devote to the upbuilding of his body. The plan of exercising the stubborn part of his body every little while can prove beneficial to the fellow of this class. This suggestion is not intended to be taken as a hint to quit working or become unduly lazy or shiftless, when you must get out and earn a living. We are merely telling of a method of training practiced by a number of culturists and the producer of results in some cases.

Tony Sansone, now attaining fame on the stage. His cleverly artistic poses never fail to evoke flattering comment. Although this is a recent photo, it is nevertheless, without doubt, the best.



Roy T. Hurcombe, of Adelaide, S. A., third place winner in the STRENGTH Silver Cup Posing Contest. His proportions and shapeliness are of high quality.

The busy fellow may put this same advice into practice, although the resting part will have to be observed on a modified scale. He might exercise a little before the evening meal, then at intervals during the evening, with a few extra periods on Saturday and Sunday. It would be wise to pick out one day in the week for rest, on which day no exercise would be indulged. Understand, now, we are referring to specialized exercises for one or two parts of the body and not to a general training program for the entire body. This point of difference must be observed: otherwise you may overtrain and in the end only defeat the purpose for which you are striving. On the other hand, some professionals and a few amateurs have, for an indefinite length of time, trained the entire body by exercising off and on during the day. To realize results you should first be long accustomed to strenuous training, and then your time must be your own with extra time for sleeping and resting.

The majority of "perfect men" and "muscular marvels" have not been produced on this system of training, for the important reason that the majority of them have had to earn a living and could not be included in the leisure class.

Presuming you are interested in a plan such as we have just suggested, and the same position as the average man who finds it necessary to get out in the morning to work, we will suggest a program or two which you might follow. Immediately on arriving home in the late afternoon from work, strip, and then first perform a few exercises for the part of the body on which you are specializing; next do some exercise for the



George Dembinski, a young professional instructor, of Albany, N. Y. An example of the lightweight physique proportioned along the lines of a six-footer.

entire body so as to thoroughly stimulate the circulation; once more practice the movements of a specialized nature; a general exercise again, and then wind up with a few more of the special developing exercises. Take a quick shower and eat your

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Alexander Raies, of Detroit, one of the huskiest examples of young manhood in America. He is so evenly proportioned as to give no idea of his true size.

Headache—I Thought My Head Would Split!

Headaches are Telephone Messages That Some Other Part of the Body is Not Functioning Properly. I Did Not Realize This Until—

By W. T. DAVIS

HEADACHES and I were not strangers. No indeed! Why some days my head would ache me so badly that I thought it would split any minute. I used to have a continuous headache from one day to the other, and on the rare days that I was relieved I thought surely that I was in heaven.

No one, but those that suffer or at some time have suffered from headache can realize the misery I went through. I was constantly irritable and nervous. People used to shun me as a crank and my own children were afraid even to speak to me.

When I was in the house everyone had to walk on tiptoes and whisper. You can imagine what an enjoyable life they had to lead. If the children accidentally dropped something or slammed a door, I would fairly jump all over them.

I occasionally took medicine to relieve myself—drugs—but they soon lost their effect.

I could not do my work at the office justice and I realized that I would soon be an all round failure if I did not do something quick. My employer had already made several complaints about my work and I knew he would be perfectly justified in not tolerating such a thing. I was the most unpopular fellow in the office and was given all sorts of nick-names. I knew what the fault was. Headaches! However, I could not afford to lose my job at that time. My family's happiness depended on me. Then this new fear seized me and my headaches grew worse.

Finally I decided to visit a certain doctor here in our town who had a very good reputation. I had already consulted other doctors but they did not give me any information nor did they help me to permanently rid myself of headaches. One doctor in particular told me that I needed glasses, but I knew this was not so because my vision was very good and I had my eyes tested and found them to be okay.

This doctor that I finally went to see, however, listened to my story—then, leaning back in his chair, he explained everything to me, something that no one had ever done before. I will try to tell you just what he told me.

"Many people, when they get a headache, never think further than their heads. Their sole idea is

to get rid of that headache, by what means they don't care, that is all, and when they do they promptly forget it, until the next time. Now, when you have a headache, that is a means of telling you that some other part of your body is not functioning properly.

"Headache is purely a symptom and cannot be considered as a disease in itself. Of course, in rare cases it may directly be caused by faulty vision, but these cases, as I said before, are rare. You yourself have had your eyes tested and they have been found perfect.

"Then it is not possible for your head to just ache. If your head ached continually and no other part of your body was out of order there would be something wrong with the brain and this is very rare also.

"I have found that in almost all cases of headache it is caused by defective digestion or assimilation and by constipation. The average person, however, does not think that far.

"People need never have a headache if their alimentary canal is in proper working condition and if they would get rid of constipation, which is a very common ailment. Now I can safely say that headaches invariably are caused from poor digestion and assimilation or excretion.

"Worry will also cause headaches. If you can free your mind from fear and worry you will be freeing yourself from agonizing suffering."

He then proceeded to question me and sure enough when he came to the question, "Bowels regular?" I had to admit that they were not—unless I used severe cathartics. In my ignorance I never gave a thought that my headaches could be caused from constipation.

"That is the root of the trouble," the doctor said, "we need go no further into your case."

Then he went on to explain how I could eliminate my constipated condition and thereby rid myself of headaches forever.

For the benefit of the readers of this magazine who have suffered from headaches, and for the benefit and happiness of their families, I will impart the information given me by this doctor and maybe they, too, will find happiness and contentment, for I am telling

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Sports Served Short

By CHARLES BERMAN

SUBSIDIZED athletics is the big issue in the Western Conference, the Big Ten, and for a time the question threatened to involve several of the colleges connected with the conference.

As a climax to one of its most turbulent years since its organization in 1896, the Big Ten has suspended the University of Iowa from its membership on a charge of violating the rule against subsidizing athletes.

The drastic action, which stunned the entire conference group by its suddenness, was taken by the Faculty Committee on Intercollegiate Athletics and was surrounded by much secrecy. Although the suspension was not to go into effect until January 1, 1930, thus enabling Iowa to complete its football schedule this fall, a cry of protest was immediately raised by the Iowa student and faculty bodies.

The suspension followed the forced resignation of Paul E. Belting as director of athletics at Iowa and his name was immediately linked with the charges that resulted in the drastic ruling by the Big Ten. At the time of his resignation Belting was alleged to have sent a telegram to each of the schools holding membership in the Big Ten which said, "Am losing fight for clean athletics at Iowa City."

Belting was said to have referred to alleged activities on the part of Iowa alumni; particularly those at Des Moines, in bringing about his dismissal because of his opposition to the recruiting practices of the graduate groups.

It was further said that the alumni were antagonistic to the Belting because they believed his opposition to recruit athletes was detrimental to Iowa's athletic prospects.

We do not know whether Belting's charges, if he really was responsible for the suspension of Iowa, are true or not. In fact, we do not care. But we insist that Iowa was dealt with harshly; that it was singled out for condemnation for a practice that is very common in the colleges of the country. There is hardly a college today—in fact, we would like to hear of one—that does not make bids to leading high school

and preparatory school athletes. Of course, they aren't direct bids, being made through graduates or students.

We know many athletes who would never have been able to go to college if they hadn't received athletic scholarships. Therefore, the singling out of Iowa strikes us as most unjust. Iowa has asked for a hearing in an effort to straighten out the controversy and we hope that everything will be adjusted before the date set for the suspension to go into effect.

The first sign of ill feeling between Iowa and the other members of the Big Ten came to light at the close of the 1928 football campaign, when the Iowa star fullback, Mays W. McLain, the full blooded Cherokee Indian, was barred from further activity on the gridiron. He was declared ineligible under the three-year rule as he had played two seasons with Haskell Institute.

Previous rulings of the Big Ten had declared Haskell to be merely a preparatory school, but officials at a meeting in December reversed this opinion on the ground that Haskell had competed against other colleges of importance and should, therefore, be classed as a college.

When McLain was informed that his football days, at least as far as the Big Ten is concerned, were over, Iowa alumni protested vigorously against this ruling, but could do nothing to change the mind of the Big Ten committees. Iowa was aroused, as it had expected that McLain would play two more years for it.

We again take issue with the Big Ten on the question of Haskell. We say that it is nothing more than a preparatory school, despite the fact that its football teams have played successfully against the biggest colleges of the country. Haskell has been fortunate in turning out good teams and this alone enabled it to play against the colleges. In learning, by which a college should be classed, Haskell is not above a prep school. The "punishment" of Haskell graduates, because the school has good football teams, is unfair, to say the least. This practice is bad, as it places a penalty on good players and "plays up to" inferior ones. We strongly urge the Big Ten to change its stand.

Iowa has demanded a chance to prove that it is not reef with professionalism and it most likely will get that chance. We hope it will convince the Western Conference officials that it is no worse than any other

college and that it will be reinstated. There is no room for friction in college athletes.

In this connection we hope that the Army and Navy also will settle their differences and that their annual grid classics will be resumed.

* * * *

Horton Smith is one of our very best golfers today and Bobby Jones will have to watch this Missouri youth if he is to retain his world's supremacy. Smith is without a doubt the golfing sensation of the year. He has captured a score of titles and has won a neat fortune for himself in the last year by his golfing abilities. Today he is one of the outstanding contenders for the U. S. Professional title.

Thus far the most outstanding exploit of the young Missourian was the capture of the French pro title from a good field. He won the title with the excellent score of 273 for 72 holes of medal play. The next American was Gene Sarazen and the best he was able to do was to get 285, twelve behind the leader. Walter Hagen could do no better than 293.

The way Smith won the title goes to show that even if he is not the best golfer in the world at present, he is likely to reach that peak before long if he keeps up his sensational playing.

Again we say: Bobby Jones watch out for your laurels!

* * * *

Although our men tennis players failed to come through in the French hard court championships, our Helen Wills was able to smash through to victory. She won the French crown by defeating Mme. Rene Mathieu, the ranking French player, in straight sets, 6-3-6-4.

Helen is, without question, the best woman player in the world and because of her youth she promises to continue her reign for several more years. We even think that the Helen of today could take the measure of the Suzanne Lenglen of 1926, when the French woman star was at her height. However, that is a question that will never be settled and your opinion is as good as ours.

* * * *

The National League club owners followed the example of the American league bosses and voted to abolish the most valuable player award. Two or three owners are said to have opposed this step, but agreed to make it unanimous on the motion submitted by John A. Heydler, president of the league.

While abolishing the award the owners went on record in favor of the lively ball, the magnates even declaring that the sphere could stand some enlivening.

We differ with them. We think the ball used now is just right and oppose any further attempts to enliven it. A livelier ball would make the game a joke.

Don't do it!!!

* * * *

Nurmi has gone home.

The flying Finn is suffering from an injured leg and has decided to have it treated in his native land.

He may return late this summer and he may never return. It all depends on how his leg responds to treatment.

We would like to see him return, but we do not think he will ever again be as good as he used to be. Once a runner of Nurmi's type begins to suffer with his legs then it is time to ring the curtain down on his athletic career.

* * * *

The A. A. U. is at it again. This time it has suspended Miss Martha Norelius, sensational winner of the 400-meter free-style at Amsterdam last summer, and Miss Helen Meany, Olympic low-board diving title holder.

The two suspended swimming stars were found guilty of committing a grave offense. We shudder to mention it. Yes, they competed in unauthorized exhibitions with professionals.

We think the A. A. U. is going too far in its suspensions. It is harming the amateur game. Its rulings are so strict that many prominent athletes curtail their activities because of the fear of doing something to offend the A. A. U. solons.

The A. A. U. ought to become human. The girls are not professionals and we say that they should be reinstated immediately, especially as it was never charged that they received any rewards for competing with the professional.

* * * *

Ohio State will abandon its traditional scarlet shirts. After this season the track men of the Ohio institution will appear in shirts with "OHIO" in scarlet letters on a light grey shirt, white trunks and perhaps a scarlet sash.

Other institutions have adopted the scarlet shirt, notably Indiana, Nebraska, Wisconsin—and Ohio wants to be distinctive. We don't blame it, but we wonder how soon other institutions will copy its new design. We wonder!

* * * *

George Lott, of Chicago, is the tennis singles champion of the Big Ten. He won the title by defeating his teammate, Scott Rexinger, 6-1, 6-4, 6-3.

Lott, teamed with Rexinger, took the doubles championship by defeating Eddie Hammer and Horace Barton, of Michigan, 6-4, 7-5, 5-7, 3-6, 8-6.

The new champion of the Big Ten will probably be the leading tennis player of the world in a few years. He is one of the men on whom the United States will rely in the next few years in its Davis Cup competition. Already, Davis Cup play is nothing new to him despite his youth.

* * * *

Fielding N. Yost, director of athletics at Michigan University, has finally retired as football coach.

"I will never coach again under any condition. I

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Popularity spells success with a lecturer, and "Mike" Dorizas is popular with the boys wherever he lectures. Here he is supporting 833 1/4 pounds of them.

A Citizen of the World!

*Prof. "Mike" Dorizas, of Penn, Has Touched
Almost Every Corner of the World in His
Travels. Wins Pupils with "Fight"*

BY JAMES LAWTON

"WHY, yes," he replied to my

telephoned request for an interview. "It will be a pleasure to tell your readers something of my

travels and experience. But you must come out in the immediate future—you see, I am leaving again in a few days!"

That is the best introduction I can give you to Prof. Michail M. Dorizas, better known to men in all corners of the world as "Mike" Dorizas, for it gives you instantly an insight into his personality—kind, gracious, obliging, and courteous—and the keynote of his life's activity.

"Leaving again" he is, and the date is June 26th, his destinations being Russia, Siberia, Australia, and the South Sea Islands. A traveler indeed is "Mike," and of all the vast nooks and corners of this old world only the South sea, Australia, and a bit of Africa remain unsurveyed by his clear, all-seeing eyes. And now, behold, the first two mentioned sections are to be added to his domain of lands explored.

"How long have I been traveling? Well," he replied, smiling as if thrilled by suddenly recalled memories of years gone by, "I suppose I must say 'always.' You see, I was born away from my own country. My father was First Secretary of the Greek Legation in Constantinople, and there I was born.

"My people were natives of the Island of Cephalonia, one of the Ionian Islands belonging to Greece, and on that island I spent my younger days. But I was no stay-at-home, and soon I found myself back in Constantinople, there to attend

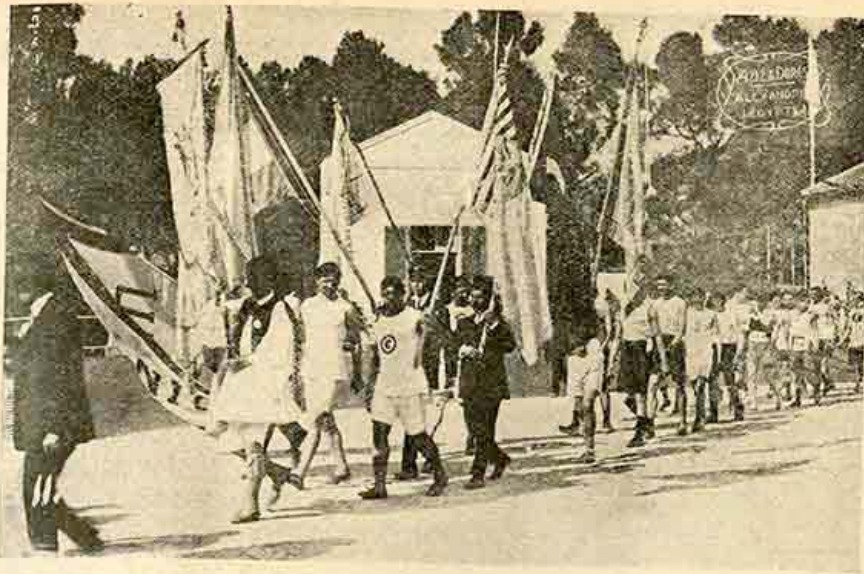
Robert College and first to come in contact with and under the influence of American customs."

Graduating at the age of eighteen with the degree of A. B., he immediately became a member of the faculty of his Alma Mater. That kept him "anchored" during the winter months, but with the arrival of summer and vacation the call of the distant lands which must have been born in him would lure him away from familiar scenes to make his way here and there over the neighboring countries.

The more he traveled the more he liked traveling, it appears, and from that early beginning this illustrious son of Greece has made his way on foot, by boat, rail and automobile, on horse-back and on camel-back,



A photograph of Penn's wrestling team of 1916. Second from the left is Sherman, third is Wooly, fifth is Prof. Dorizas, and seventh is Milliken.



A good many years ago in Alexandria, Egypt—at the International Games of Egypt, Young Michail M. Dorizas is shown in the center, carrying the colors of his club.

boy! Three years straight he was inter-collegiate champion, and the matches necessary to win the title these three times occupied in all only four minutes and twenty seconds. Six men thrown in an average of forty-three seconds each!

"Football? Yes, I played that, too—left guard—my last two years in the University, 1915-16. But it took up so much time I didn't really enjoy it."

But, although he did not mention it, he won his letter two years in the sport as well as three years in track and wrestling. Not so bad, eh?

In those days "Mike" tipped the beam at 227 pounds for his 5 feet 9 inches of height. Now he weighs about fifteen pounds more, all of

which proves that he has taken good care of his body during the past thirteen years in spite of all his running around from continent to continent. As for exercises, he says that wrestling is his favorite. And, of course, he comes in for no little hiking and climbing on his various journeys. Also, he is a very capable swimmer.

Another great exercise-play-business is "free-for-all scrapping" in which he often indulges with the

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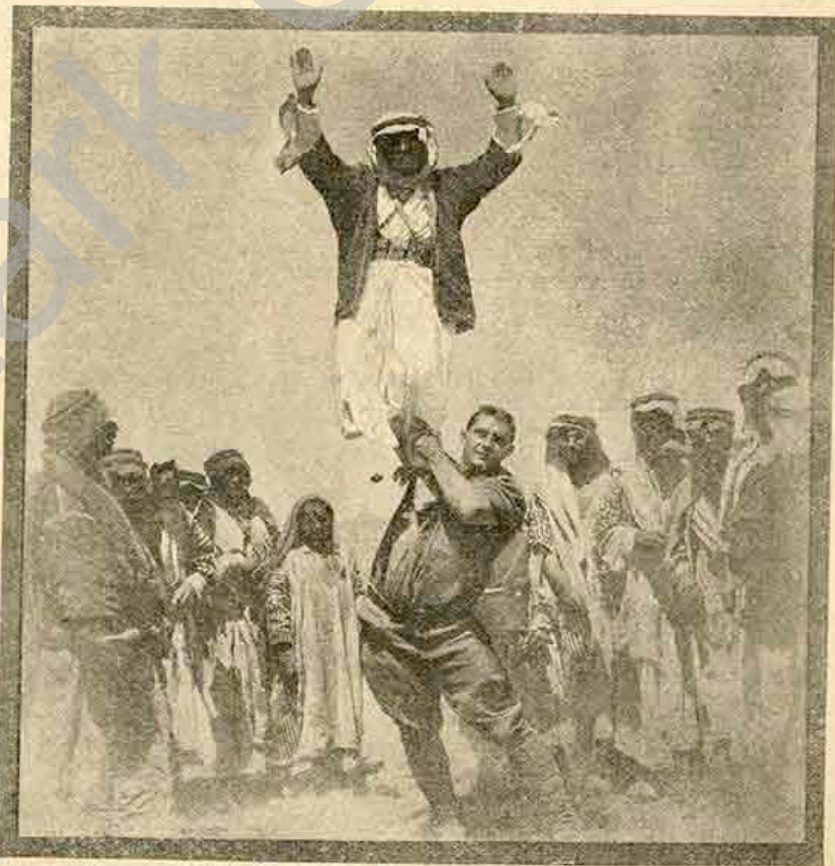
and by every other mode of transportation until now he can say, "Yes, and when I was there...." regarding almost every spot under the sun.

America! First young Dorizas had learned something of the wonder of the land from his associates in Robert College. But not content to take his information second-hand he made a trip to this side in 1909 to make a study of our industries. The country and people, it seems, pleased him, and a few years later we find him transferring his "headquarters" to Philadelphia where he enrolled in the University of Pennsylvania to study for the degree of Ph. D.

Like everything else toward which "Mike" Dorizas sets his face, he reached the goal, becoming "Doctor of Philosophy" in 1916. Yes, that is his degree, but to his friends he is still "Mike" Dorizas.

It was while a student at the University that he first attracted the attention of America to his prowess as an athlete. Already, in Greece, he had established a world's record in the javelin throw and had also taken part in three Olympic games, representing his native land. Then, at the University, he rose like a light in the sky by hanging up the marvelous record of 1776 points against the previous best mark of 1460 in the annual strength testing examination. Later he increased his own mark to 1890, and finally, in 1916, to 2200, a figure never before even dreamed of by college men.

He holds the strength record of all American universities, and at Penn he held the records in the shot, javelin and discus for something like eight years. And at wrestling, oh,



In the far away Surian desert Prof. Dorizas entertains the natives and gets a workout by lifting their chief high in the air with one hand.

Brother Races Brother on Turf

Watters Twins Like Two Strangers While Riding in the Sport of Kings

By CASPAR H. NANNES

AROUND the last turn entering into the final stretch the large group of straining horses rushed. As they straightened out the crowded stands began to roar their encouragement like the booming of the surf on the sandy beach. "Come on, Pal." "Hit'er up, Big Boy." "Just one little more stride, Baby, just one little more stride."

Slowly but surely two of the long, lean thoroughbreds drew away from the pack. Toward the finish they flew, their necks stretched forward as though to more quickly meet the line, their eyes staring and their nostrils wide, and the sweat pouring down their sleek black skin. Hunched over the very neck of each horse a small, bent little figure clung. Like the horses these creatures, at that moment so much a part of the animal they rode, were straining every nerve and muscle to reach the near, and yet so distant, goal.

Inch by inch the two horses drew nearer the end. The two jockeys, watching each other out of the corner of their eye, tried every bit of turf strategy to gain the coveted edge. As they swept by the stands and thundered on to the finish a man standing next to me took a large cigar out of his mouth and said in a voice of admiration, "That was one of the cleverest races I have ever seen fought on the turf."

The race over, I went to the paddock to meet the winner of this stirring duel. Surely the two jockeys who fought that race must be rivals of long standing, men who take the keenest delight in beat-



Eddie Watters, one of the sensational racing twins of the turf. Eddie and his brother, Clarence, are great pals but once they get on the track they forget their kinship and give their all to beat the other.

ing one another. At the jockey's quarters I asked to see the two jockeys who finished so close together in the last race. In a few minutes the door opened and two young men came out and toward me.

Have you ever had the delightful experience of trying to distinguish between two greenpeas of exactly the same weight, size, color, and age. That was my predicament. Both young men before me were short, both were light, both had the same shaped nose, the same color hair and eyes, the same nice grin.

"You wished to speak to us?" they both said together.

"Sure," I answered, "but first tell me which is which, and how?"

They both laughed, and the one on the left spoke. "That's easy, you can tell Eddie by the wart on his hand." And Clarence pointed to the back of his brother's hand.

"Fine," I thought to myself. "Now all I have to do to find out who I am talking to is to grab hold of the man's hand and look at it. That makes things very easy—not."

"Well, Mr. Watters," I asked, looking carefully between the two of them, "where did you first learn to ride?"

"We—" said the one on the left, who I was positive was Eddie because he had a wart on his hand.

"We—" said the one on the right at the same time, who I was positive was not Eddie because he did not have a wart on his hand. They both stopped and looked at each other. I turned my head to save them any embarrassment, and



The Sport of Kings! Two horses are seen neck and neck with a third rival edging upon them. Thousands of fans are cheering the mounts on.

when I looked around again only one of them was there—and he had his hands in his pockets.

"My brother," he said, "thought I had better talk to you alone and make it easier. We were both born," he continued right on, "in Youngstown, Ohio, where we went to the regular public school and a Catholic school as far as the seventh grade. Dad owned a farm and we, of course, were always around the horses. Both Eddie and Clarence," he said, dropping into the third person, as he did often during our little talk, "rode the farm horses as far back as they could remember. We did not think of using any such things as saddles, but would just jump on and off the animals as the whim would seize us."

"What made you take to the racing game?"

"We didn't take to the racing game, it took to us. Roy Waldron, who is a cousin and a trainer at the Greentree stables, came to see us several times and liked the way in which we rode. He spoke to the folks, and got their permission to take us east. We were then only fourteen years old, and it was quite an adventure. That was four years ago."

"Roy started us off at the Xalpha Farm stable. Here we worked around the ponies for a while, and then on yearlings,—but did no riding. Most people have the mistaken idea that all one has to do to be a jockey is to get on a horse and just ride. But there is a whole lot more to the game than that. To be a good jockey one has to know horses. You have to understand their whims, their fancies, and their characteristics. Some horses are quiet and easy going, others are flighty. To get the best out of each

kind you have to know how to appeal to them.

"Both Eddie and Clarence," I looked again at his hands but they were still in his pockets. "worked at Havre de Grace all that winter and then around the New York tracks all that spring without once getting the chance to take a mount."

"When did you ride your first race?" That, I thought, should make him answer so that I would know who it was.

"Well, Clarence rode his first race at the Saratoga meeting that summer. The horse was Wonderful One. Clarence was

not so very nervous when he first took the horse to the starting line, although I can't say that he was exactly cool and collected. However, it was quite a thrill, one that comes but once in a lifetime, to win the first race he ever was in. Eddie rode his first race the following winter in New Orleans and also had the good luck to win. That was pretty lucky for us.

"The next biggest thrill Clarence got was when he won one of the big races last year on Chetford. That was some close and thrilling race, and it was all the more gratifying to win since it was the first time he had ever ridden the horse. Horse racing is funny that way, it is hard to handle a horse the first time you are on him. Horses are like some people, you have to get well acquainted with them before they will do anything for you. Then, if you treat them right, they will surpass themselves for you."

"How do you like the game?"

"We like it well enough now, but neither of us were so very anxious to get into it when we first started. When Ray first came down to Youngstown to take us with him, mother did not want us to go on the track because it meant that we would have to be away from home most of the time, and both Eddie and Clarence felt that same way about it. When we first got to the east and started to work around the stables doing everything but riding horses the idea of staying around became even more repugnant than ever. Believe me, Ray had quite a job making us stay the first few weeks, but once we began to ride the horses regularly we changed our minds somewhat. There

(Continued on Page 63)

Health—Strength—Beauty

(Our Girls' Circle)

CONDUCTED BY MARJORIE HEATHCOTE

DURING these hot summer days one is liable to neglect her body and just loll around, blaming everything on the heat. Your body needs exercise every day of the year—and just because it is hot is no reason why you should sit around doing nothing. Now is the time of the year for swimming. Do not wait until your vacation to swim. The working girl or housewife can surely find time to spend a few nights each week at the swimming pool. Too much cannot be said for swimming as a means of building health and strength.

Make the acquaintance of friends who go in for sports and exercise. And I can safely say that once you become accustomed to giving your body a daily work-out of some sort—either swimming, tennis, golf, or home exercise—you will not feel like the same person when you neglect it.

Another mistake many girls make is to consume too much ice cream and too many cold drinks in the warm weather. When you feel like drinking something refreshing, try a glass of cold milk. Oh, yes, this also applies to the stout girl.

I had a girl write in to me not so long ago who complained of a bad complexion. She stated in her letter that she was "a lover of tea" and consumed a pot of tea daily. Many times one particular part of a person's diet causes a bad complexion. Sometimes it is fried foods, over-consumption of sweets, or too much meat. In the young lady's case above the cause was "too much tea." I advised her to drink a glass of milk instead of the tea. In fact, she eliminated tea from her diet altogether, and I recently discovered that her skin is practically cleared. It has a clearer appearance than it ever did before.

So you see it really pays in the long run



to give your body a little daily attention. How many ills could be eliminated if one only followed the simple rules of health!

Dear Miss Heathcote:

I am a constant reader of your articles and I find them both interesting and beneficial.

I have been troubled with constipation for some time and I am taking this opportunity of asking you if there is any exercise you could prescribe for me that would aid digestion.

Could you prescribe an exercise to reduce the thighs and upper part of the thighs? I would also appreciate a diet list to reduce generally.

I am 4 feet 5 inches high and weigh 120 pounds. I am 21 years of age and am married. My husband follows exercise and has suggested that I write you for a set of exercises to aid me.

Thanking you for any advice you may give me and hoping you will answer soon, I am
Trenton, N. J. Mrs. J. O.

ANSWER:

An excellent exercise to aid digestion is the sit-up. Lie flat on your back, legs together, and hands down at sides. Now rise to a sitting position and touch the fingertips to your toes. Return to prone position and repeat.

For your constipated condition I would advise you to eat plenty of fresh fruits and vegetables, not so much meat, whole wheat bread, and some whole grain cereal. Drink plenty of water between meals and make a practice of drinking about two glasses twenty minutes before each meal. Get outdoors as much as you conveniently can, and be sure to get some daily exercise. This is very important—especially if you are troubled with constipation.

If your thighs are made up of muscle you will not have an easy task to reduce them. If the flesh, however, is soft and flabby I would advise you to try the following exercise.

The first one is the squat. Rise high on toes, keeping the hands on hips. Now lower the body until you are in a squatting position. Repeat about ten times.

The common exercise of rising high on toes is also very good. The quickest and most effective way, however, is rope skipping. I would advise you to try rope skipping for about fifteen minutes each day.

Eliminate from your diet all rich, starchy foods, fried foods, white bread, ice creams and candies, and substitute plenty of fresh fruits and vegetables and whole wheat bread.

DEAR MISS HEATHCOTE:

Will you please send me some good exercises for an underdeveloped person? I am a young girl of 16 and my desire is to be a physical education teacher, but I must and want to build up my body. Will you give me some exercises for developing



What girl wouldn't envy these delightful curves? If she would try the exercise and stunt shown on the opposite page, she, too, could possess beauty and grace as depicted above.

the calves of the legs. I will appreciate whatever you do for me.

Thanking you, I am:

Letonia, Ohio

T. E. S.

ANSWER:

First of all I would advise you to adopt good foods to eat. Also try to create a good appetite, and exercise is very necessary in helping to create this appetite.

I have been swamped with requests lately from thin girls who desire a menu for gaining weight. I am, therefore, publishing herewith a menu for the benefit of everyone.

RULES FOR DIET TO GAIN WEIGHT

Provide plenty of bulk and mineral salts to keep the bowels open. They should move freely and naturally twice each day, morning and night. Eat

(Continued on Page 80)

Clothes Don't Make The Man

Do You Want a Good Figure? A Little Light Exercise Each Day Will Go Far to Improve Your Physique

BY CHARLES MACMAHON

ON the street the average male physique attracts little attention one way or another, and if it wasn't for a suit of clothes, the average figure would attract much unfavorable attention and comment. You have only to use your eyes at a bathing beach to get an idea of what grotesque forms are hidden on the street by a suit of clothes.

The happy part of it is that clothes do hide, to some extent at least, a poor male figure, and the unhappy part of it is that they do the same to a well-formed and developed figure. A good figure is not entirely hidden to the practiced eye though, and neither is a poor figure! but clothes do cut down the vast difference that is easily seen on the beach.

I have heard favorable comments about certain clothed male figures made by the average person who knows little about a male figure when unclothed. These so-called fine builds that produced the favorable comments would make the owner of a practiced eye smile.

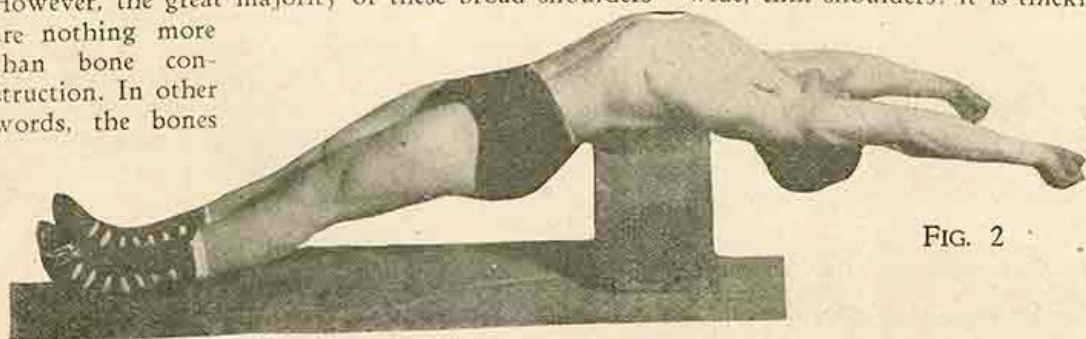
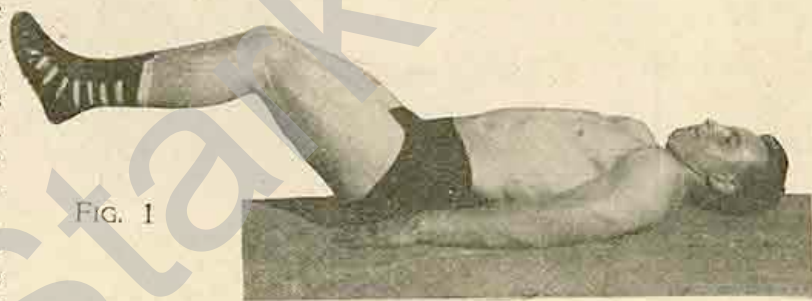
For instance, there are many men who have broad shoulders. This naturally is noticed in street clothes. However, the great majority of these broad shoulders are nothing more than bone construction. In other words, the bones

of the shoulders, mainly the collar bones, are naturally long. A closer inspection will disclose that they are nothing more than skin and bones. You will find no thickness to go with the great length of shoulder bones on the average man. You will find lady-like deltoids—soft and under-developed. You'll fail to find a trapezius muscle that is fully developed, but you will find plenty of hollows around the region of the collar bone, along the fronts of the shoulders.

Another way in which the unpracticed eye is fooled by broad shoulders in a street coat is by the size of the neck. The type of shoulders we are discussing invariably possess a very thin neck. Now a thin neck exaggerates the width of the shoulders and makes them look wider than they really are. This is because the inexperienced eye usually gauges the shoulders from the coat collar to the outside edge of the coat shoulders, where the sleeve begins. The expert eye gauges shoulders from the top of one coat sleeve on one side to the other edge either from the front or back, and consequently is not fooled by the thinness of the neck. Any object

that is thin looks longer than a thick object, so that the average person is fooled in the case of thin shoulders by what might be termed an optical illusion. Furthermore, there is really nothing to be desired in wide, thin shoulders: it is thickness and muscular development that really counts on broad shoulders.

An illustration of this comes to my mind at this time. I was at a wrestling show not long ago. When the two



wrestlers got on the mat for their match I, naturally, looked over their respective builds with a critical eye before they began to wrestle. One had wide shoulders, but they were thin and under-developed for a wrestler. His shoulders looked broad, but I could see there was nothing to back them up. The other wrestler had shoulders that were just as broad but to the eye of the average fan at the ringside, they did not appear as broad, because the neck was very heavy and the shoulders thick and very well developed.

Of course, I was impressed by the thick shoulders, for it was easy to see that they had power and would be much more difficult to pin to the mat than the former pair of broad, but thin, shoulders. It is not necessary for me to tell you which pair of shoulders went to the mat.

The broad, thin, shoulders of the average man in street clothes always remind me of a coat hanging on a coat hanger. The appearance is much the same—broad coat shoulders with nothing in them.

Then we come to the chest of the average man on the street which, in most cases, is not a chest at all but simply a straight line that connects the front of the neck to the abdomen; the ribs do not protrude noticeably and there usually are no pectoral muscles at all.

I find, by actual measurements, that the average chest is only four or five inches larger than the waist. On a well-developed body the difference is around ten inches.

The average person is not so easily fooled by a coat on a flat chest as he is by broad, thin shoulders. However, the average person on the street becomes so accustomed to seeing flat chests in street clothes that he unconsciously accepts it as normally developed chests. If he could see them on the street in a bathing suit, then he would likely become very much conscious of their flatness.

There is proba-

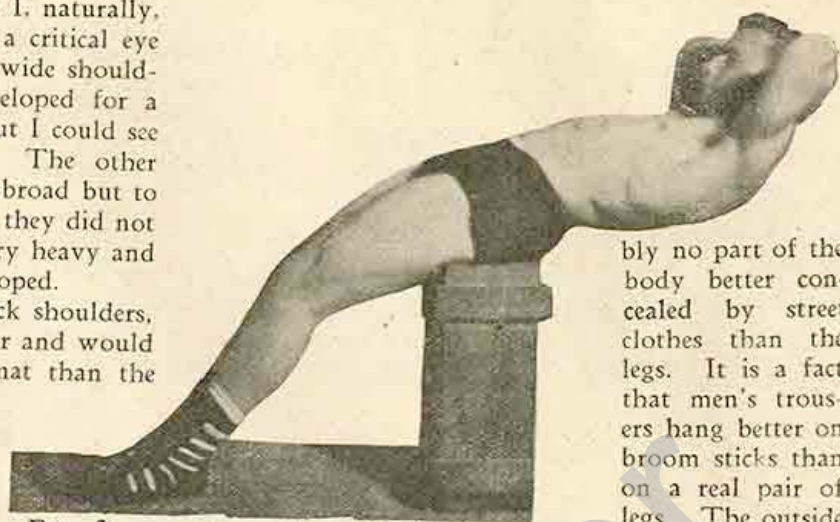


FIG. 3

ably no part of the body better concealed by street clothes than the legs. It is a fact that men's trousers hang better on broom sticks than on a real pair of legs. The outside calves of a well developed pair of limbs bulge the trousers on the side and, therefore, often give an appearance of bow-legs. However, when the same two pair of legs get into a bathing suit, what a difference!

A thin pair of legs can actually be bowed and not show in the wide legs of the present day style of men's clothing.

Some fellows might say, "Oh well, why have a fine development when your clothes hide a poor one so well." I wonder how those same fellows feel when they step on a beach without their camouflage.

And who, but the spineless, wants to be a sham? I, for one, would rather look poorly in street clothes and know that I had the goods underneath them, than look well on the street and know that after all I was only a walking clothes tree.

I am not admitting that a finely developed man looks worse in street clothes than the other type, but if it is so in the accepted sense of wearing clothes well, it is mainly because the well-developed man is compelled to get into suits that are made for the average man without development or he-man shape. Even if he goes to a tailor, he has a difficult time getting the tailor to make a suit different from the customary

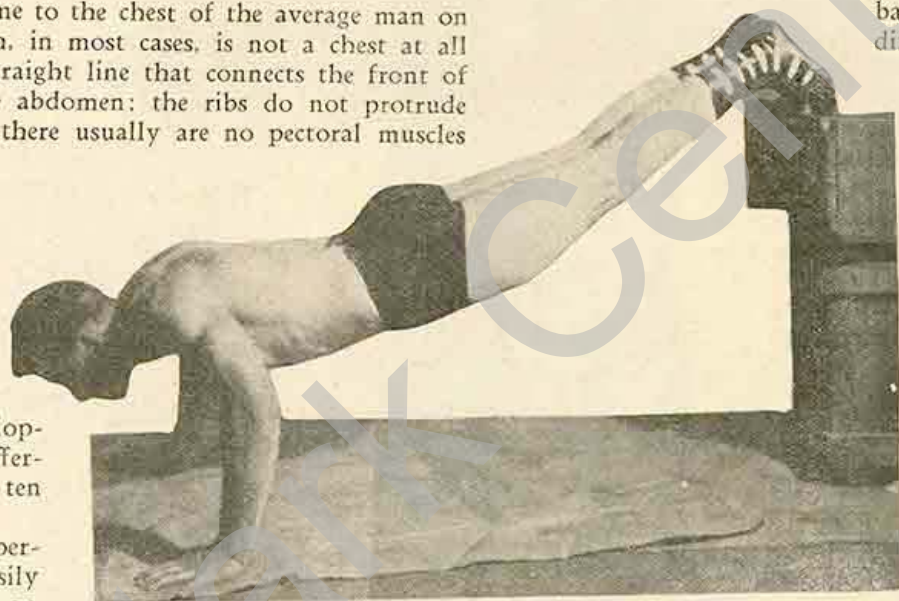
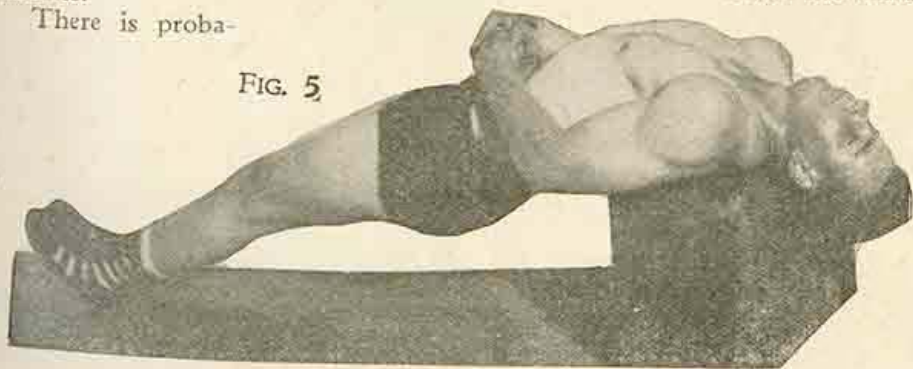


FIG. 4

FIG. 5



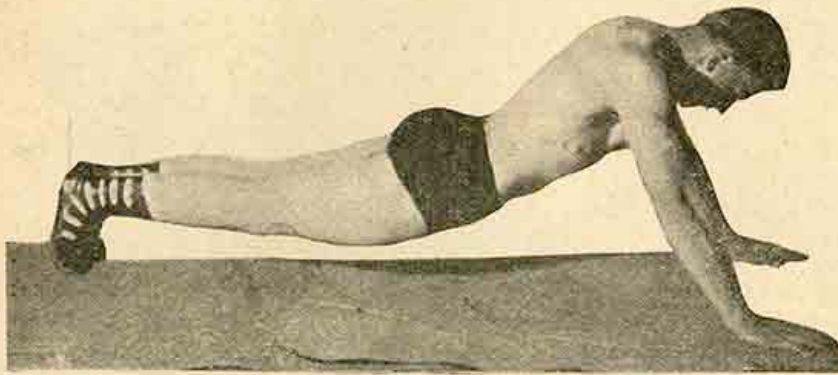


FIG. 6

pattern. They will give you plenty of belly room in the vest, but it takes a good deal of coaxing to get them to give you chest room so that you can breath freely, without straining the button fastening and button holes.

I want to show you how you can get out of the average class physically speaking. If you are one of this vast crowd, you surely must want to get above it. If you want to, you can. The average man wears a 14-inch to a 15-inch size collar, the super-man wears a 16½-inch to 17½-inch collar. It is not the size of the collar that matters much, but the size of your neck that does mean a great deal.

Why not decide to climb out of the average class right now? It's easy and well worth the effort. I don't claim that the following exercises will make a super-man of you but they will start you up the ladder. A good start is all most fellows need.

Among a host of other physical things the average fellow lacks is a good front-of-the-thigh development. Most men of the thin type have thighs that form a straight line from the knee cap to the pelvis bones (hip bones). There is no fine outward curve or bulge.

The following exercise, illustrated by Fig. 1, is for the purpose of developing that outward curve on the front of the thighs.

Lie on your back as shown and raise the knees about half way up to the vertical position. Keep the thighs in this position throughout the exercise. Do not lower or raise them if you can help it.

Now move the feet up and down by bending the legs only at the knees. When you raise the feet, bring them up high enough so that the legs will be rigidly straight, then lower the feet and repeat.

You ought to feel this one on the front of the



FIG. 7

thighs after a few repetitions. Don't repeat it too many times at first but gradually increase the number at each exercising period.

The next exercise is meant to correct the flat chest so characteristic of the average physique.

Lie on a box or stool so that the upper part of the back is over the edge. Then throw the head and arms back and down towards the floor. This naturally makes the chest stick out as you will see by illustration No. 2. You can further increase the protrusion of the chest by filling it with air as the head and arms go back.

Next, relax by bringing the head and arms up a little and expelling the air from the chest. Then repeat the movement several times.

Fig. 3 shows a common but effective abdominal exercise. Use the same box or stool and place the toes under some heavy object when seated on the stool. Then slowly lower the upper body down towards the floor and go back as far as possible. Then assume the sitting position again.

This one may be difficult at first but if you keep your arms extended in front of your chest as you go back and come up, you will find it much easier. When your abdominal muscles become stronger you can do it with the arms folded on the chest. A little care is advisable in performing this exercise at first so the undue strain is not put on weak abdominal muscles.

The fourth illustration shows a strenuous exercise for the arms, especially the triceps of the upper arms. It

(Continued on Page 62)

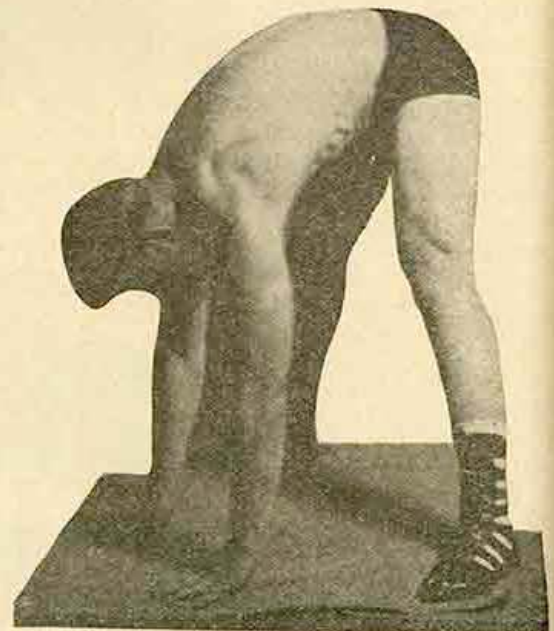


FIG. 8

How Children Grow Strong!

Don't Force Your Child to Exercise. Let Them Do the Exercises Which Appeal to Their Love of Pleasure, Competition, Imitation

By ROBERT L. JONES

EXERCISE is and has always been the greatest factor in the development of children into healthy, happy youths and adults. Nature, herself, provides the growing infant and the growing child with a spirit of restlessness which keeps them constantly active, thereby avoiding the danger of unsymmetrical development of the various parts of the body. But this natural inclination toward exercise must sometimes be curbed, cultivated or directed in various ways, and it is then that a problem arises. For the peculiar fact is that unless this exercise is in such a form as to be pleasant to the individual child, it is slighted as much as possible and the benefits which it should produce are lessened to a greater or lesser degree. Pleasure, let it be remembered,

is the keynote of childhood activity, and nothing which is pleasant to a youngster is difficult, while on the other hand any task, no matter how easy, is performed reluctantly when the element of play is lacking. This last fact is nowhere so glaringly apparent as it is in the case of a child whose parents require that he perform certain "exercises" or routines of exercise during the course of his daily activity.

Perhaps you yourself were raised in one such family, in which the regular daily exercise of some sort or other was made a feature of your daily life, in which case the call of "Johnny, have you done your exercises?" brings forth

recollections which may be none too pleasant. Until recent years the idea of "exercise" for children in the home almost always meant nothing more or less than an assortment of calisthenics or some kind of monotonous drill. "Touch your fingers to your toes ten times, then bend to each side ten times" is all right for an adult who knows and understands the reasons for such manoeuvres, but to the youth whose sole interests are eating and playing, such movements are nothing more than a meaningless task, without purpose and without a desired result.

"Taking exercise" is about as pleasant for the average youth to contemplate as is "empty the ashes" or "shine your shoes" or "take this medicine." Truly, exercise of this enforced variety produces some favor-



When it comes to playing in water the principal difference between children and fish is that fish can't laugh. (Photo courtesy Boulevard Pool Philadelphia)



In the days of other generations it was thought that all children needed in the way of exercise was "exercise", and, especially in Europe, some of them got plenty of it. Here is a group of girls doing calisthenic movements.

able physical results, but how much better it would be if these same results could be brought about in a manner more pleasant to all concerned, in a way which would remove the "laborer-taskmaster" atmosphere existing between the child and the parent in nearly every case of enforced exercise.

Yes, the desire for pleasure is the primary motive behind everything a youngster does, but there is another element which enters strongly into his make-up, and that is the spirit of competition. Johnny wants to excel Willie, and Willie in turn wants to beat Johnny. This spirit, then, can often be brought into play to add an attractive side to the exercise problem by staging "contests" between two or more boys at such sports as will result in the desired exercise being taken.

Running, boxing, wrestling are such sports, in which the spirit of competition combines with the element of pleasure to make the exercises, strenuous as they are, attractive and alluring to the juvenile eye. Baseball, too, is in this category, as are practically all outside games. Wrestling and boxing may be done either inside the house or in the open, and there are no exercises which appeal more to the youngsters or result more beneficially to them than these two branches of sport. Incidentally, the results are mental as well as physical—the young athletes learn sportsmanship and the rules of fair play, all of which are of countless value in later years.

Swimming—children everywhere take as readi-

ly to water as do ducks themselves, and rarely do they need any encouragement whatsoever to keep them busy swimming a great deal of their time. Nor is a better exercise than swimming easy to find, especially for the youthful citizen.

First of all, he learns to have confidence in himself in almost any situation. That is a mental benefit of swimming. On the physical side, other than the ability to be independent and able to save himself in an accident on water, the swimmer develops a powerful lung and heart action, becomes thoroughly supply and flexible throughout his entire body, learns much of the value of relaxation, and puts a great deal of tone in his internal organs. All this—and more—plus plenty of physical exertion, make up the sport called swimming; yet rare, indeed, is the young citizen who can ever get enough of it!

Swimming, in addition, is just as attractive and just as beneficial to girls as to boys, and is about the only sport in which the former can compete on an approximately equal footing with the opposite sex. And, incidentally, swimming is beyond a doubt the cleanest sport of all.

But all these sports—exercises—mentioned, save boxing and wrestling, are outdoor activities, and there must be something for the cold days, the bad days, when the younger members of the household must remain indoors. Boxing and wrestling will do for the boys, but not every girl is tomboy enough to like such sports. Furthermore, even boys do not like to



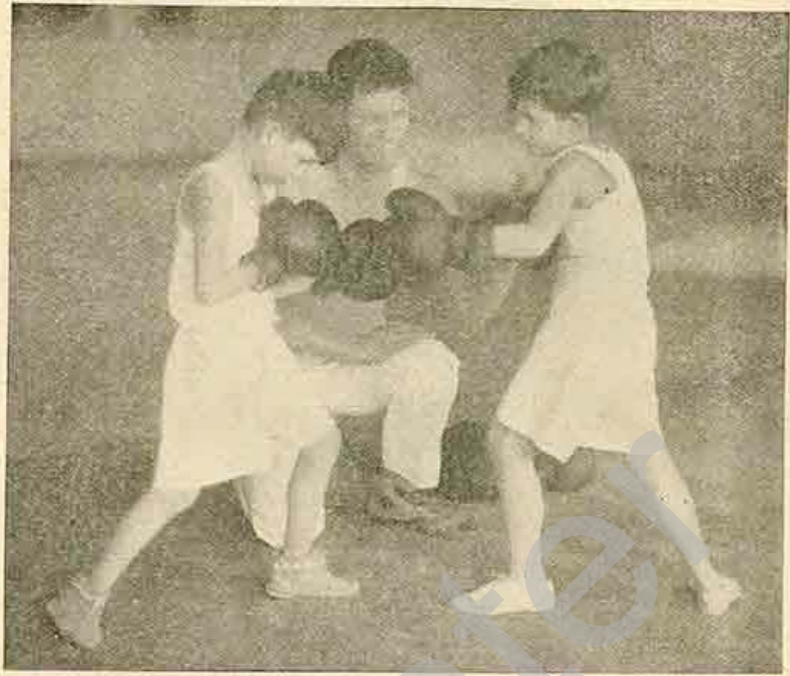
But, thirty years ago as well as today, play was the element which made exercise attractive instead of a task. Here are a group of girls doing the Highland Fling. Compare their expressions with those of the above group, and decide which group is being most benefited by their exercise.

be "fighting" all the time. Something else must be unearthed to keep all hands busy and happy after other things lose their appeal. There is one answer to this problem—tumbling. Outdoors, on the grass, is great, but when necessity brings the youthful enthusiasts into the cellar or attic to do their stuff on a mat or some sort of makeshift pad, not one bit of their enthusiasm is lost.

Just turn two or more youngsters loose together and watch them go. They need no particular encouragement having seen the circus, the vaudeville and the movie acrobats and tumblers; they are already fully primed for action and ready to try anything from the simple rolls ("somer-sets," as some people like to call them) to handsprings and even more advanced feats. They want no "advice" from their elders, nor do they particularly need any. There is very little danger of them hurting themselves seriously, and too much "advice" might easily serve to convert the play of the sport into a laborious task. Remember, the young mind is "funny that way."

A chinning bar can be put up, and a pair of rings or a trapeze suspended from the rafters will add many happy hours of very beneficial exercise to the young lives of the home. Oh, yes, there will be falls, but young bones are not brittle, and young joints are very flexible, and young heads are very hard, so but little actual damage ever results. And it will be more than compensated for by the wonderful benefits to be derived from participation in these pastimes.

This recommendation of tumbling as an answer to a parent's prayer is no plea for a crop of professional acrobats and tumblers in future years—far from it—but it is a plea for healthier, happier, more capable—both in body and mind—young men and young women. Tumbling and swimming form the



Boys will be boys—they like boxing from their earliest days. These youngsters are pupils of Otto Hughes, former Marine champion.

two most ideal and satisfactory "play exercises" there are for children. They instill a feeling of self confidence and self control both on land and in the water, they develop all-round bodily strength and agility, suppleness and flexibility; and the competitive spirit both sports afford an opportunity for instilling in the young mind all that is desired in the way of sportsmanship and clean play.

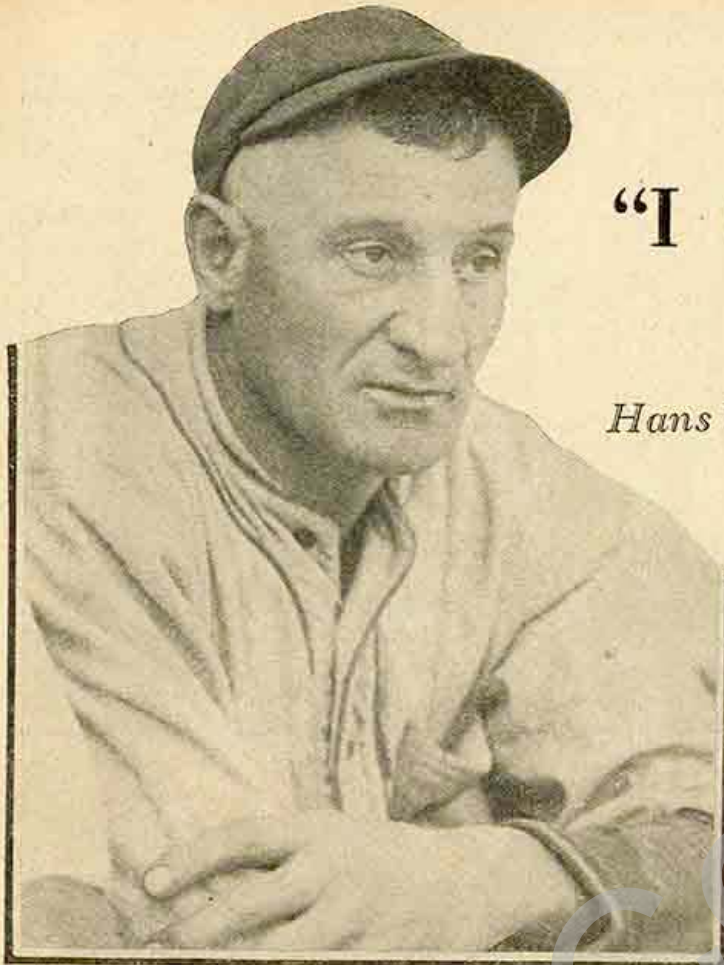
Furthermore, from the practical standpoint, no special instructions are needed in either sport unless one hopes to become an expert. The participants who never have instructions have just as much fun and derive just as much benefit as do those who come up under the watchful and capable eyes of expert instructors.

This, then, is an easy solution to a difficult

problem. Give the youngsters practically a free rein in their activities—encourage them a bit if necessary, and do not hesitate to prepare for them a "gym" with a bar, rings, and a mat of sorts, and they will get enough exercise to amply fill their needs and use up their surplus energy. Remember, as has been written in a previous issue, *Cont. on Page 61*



The modern trend is to give children exercises which appeal to their love of pleasure, competition, and imitation. Here is a group of girl tumbling students, ranging from five to sixteen, in Herrmann's Acrobatic School, Philadelphia.



"I Could Hit .450 A Year"

*Hans Wagner Says Pitchers of Today
Are Not Equal of Old Timers*

BY ROLFE GARRETT

Dreaming of the things that were! Hans Wagner, the greatest of them all, just thinking and thinking. Oh, what's the use! His baseball days are long over.

ALTHOUGH Hans Wagner's sun has set in baseball, yet he still retains close contact with the game and with sports in general through his sporting goods store in Pittsburgh.

That the game still holds a great lure for him was proven by an incident, or rather a series of incidents, that occurred recently. Wagner, besides running his store, dabbles in politics. At the opening of the last session of the Pennsylvania legislature he was appointed a sergeant-at-arms. He was sworn in and took up his post.

After the first session something happened. Wagner was not to be seen. He failed to show up for his duties. A move was made to "fire" him from his political job. His sponsor wondered what was keeping the Flying Dutchman away and started an inquiry. Wagner told him that he was too busy with his private business to hold on to the job.

What was this private business that made him forsake his state job? Was it his store? He said it was, but we wonder. Wasn't it the coming of spring and the crack of the bat on the sandlots of Pittsburgh? Wasn't it, Honus? We think it was. He simply could not resist the lure of the game with which he was affiliated so many years.

Wagner is sorry that he didn't get into baseball 20 years later than he did. It isn't the bigger salaries received by baseball stars now that attracts him, he hastened to explain. It is only that he thinks he would outshine the stars of today more than he did

the stars of yesteryear. He thinks that players today are not the equal of those who covered the diamonds when he played.

It seems that all stars of the past—in fighting, football and all other sports in addition to boxing—think that they were superior to those that reign today. Recently we spoke to Jack McAuliffe, the first retired un-

defeated lightweight champion of the world, and he expressed the same regrets that Wagner voices.

Wagner, like McAuliffe, is bitter over the big salaries now. Both think that the sportsmanship has been taken out of their "game." Their "games" have become businesses now. The players play for the money only and don't take pride in their achievements except that it may bring them more money.

Wagner believes that if he were playing today he would hit .450 regularly. The pitchers aren't as good, the fielders don't field as well, and, above all, the ball is different; it is lively. It goes much further.

In a recent interview Wagner said:

"If I were twenty years younger I would hit .450 a year, the way balls are thrown nowadays."

We wonder whether Wagner, despite his great record as a batter, despite the fact that he is considered the greatest ball player of all times could hit .450 against the masterful twirling of Bob Grove of the Athletics, Waite Hoyt and Herb Pennock of the Yankees, Rube Benton of the Giants or Sherdel of the St. Louis Browns.

"When I say I could hit .450 I'm not boasting," the great star of yesteryear continued. "I am basing that assertion on the fact that I hit above .300 against the best pitchers the National League ever produced.

"Go back to those days from 1902 to 1910. Look at the pitchers. There were Jess Tannehill, Jack Chesbro, Babe Adams and Doheny with us—the Pirates; Poole, Suggs and Phillips with the Reds;

Mordecai Brown, "King" Cole, Orié Overall and Ed Reulbach with the Cubs; "Big George" McQuillan, Frank Sparks, "Fiddler" Corridon and Ed Moore with the Phillies.

"Then the New York Giants. Now that was a pitching staff. Otis Crandall, "Hooks" Wiltse, "Red" Ames, "Bug" Raymond, Drucke, and the greatest pitcher that ever lived, Christy Mathewson.

"Try to hit .300 or better against a line-up of pitchers like that. Just try it.

"Mathewson knew more in five minutes about batters than the modern pitcher does a whole season. He had a fast ball, a slow ball, a great curve, the 'fadeaway,' and the best control I ever saw.

"The only other pitcher I ever faced who had the control Mathewson had was Grover Cleveland Alexander, when he was at the height of his career with the Phillies.

"Alexander, even as a kid, could play the corners to the width of a gnat's eyelash. I think he's the one pitcher who has ever come close to Matty.

"None of the players of these days know how to run bases. All they do is swing. Half of them swing with their eyes shut. If they can reach first—fine. If they reach second—that's O. K., too.

"But stretching hits is a lost art, and all they know about stealing bases is what they learn by reading of how it was done by fellows like Max Carey and Eddie Collins.

"I used to know the foot movement and arm movement of every pitcher in my league. And every pitcher knew my actions when I was on base. Stealing a base in those days was a battle of wits between the pitcher and base runner.

"Many people think that the catcher played a large role in keeping down stolen bases. They would see Jimmy Archer or Johnny Kling throw accurately and quickly to a base. Then the fans would say 'I'd like to see Wagner or Carey steal on that guy.'

"Why, the catcher doesn't play any greater part in preventing a stolen base than does the baseman who receives the throw. It all depends on the pitcher. With Matty it was the hardest task in the ball game to steal. He used the same motion for every delivery but one.

"I caught on to his faulty delivery when he first came into the league. And he never changed that style of pitching. When he was throwing his 'fadeaway' fast ball, curve or floater, he used an easy overarm motion, swinging his arm a little to the side as he was at the top of the pitch.

"But with the drop ball he used a full overarm motion, bringing his arm close to the body and twisting on his right foot a little to get the necessary twist for a drop. The loss of a tenth of a second in the

midst of his delivery was all I needed.

"I stole as many bases from Matty as I did from any of the other pitchers, I guess, except maybe the Philadelphia pitchers, for they were easy. It was not until years after that that John McGraw ever knew how I did it."

"When I told him he was a mighty surprised man. He thought that trick motion was known only to Matty, the Giant catchers and himself."

Asked what he thought of the Yankees, Wagner said that the whole team was Miller Huggins the manager. To Huggins he attributed the great success of the Yankees team, belittling the part played by Babe Ruth, Lou Gehrig and the other homer hammers of the New York aggregation. Huggins, he believes, wins the games from the bench and the players merely carry out his orders.

"I think the whole team is Miller Huggins," he said. "I knew Miller when he played second base for the Cincinnati Reds. He never was a great player but he was a wise and crafty player, perhaps one of the craftiest men in the history of the game. There wasn't a trick in baseball that he didn't know.

"He was an adept at hiding a ball after the runner reached second. One false step and Miller had the ball on the runner.

"In those days McGraw was an active field manager and I think in games between the Giants and Cincinnati, McGraw spent half of his time watching Huggins. He never knew what the little fellow was going to do next and was always on edge. Huggins took delight in worrying McGraw and when he got tired of worrying him on the field, playing, he'd give 'Mac' fits

by talking to him when he passed by.

"But even with Huggins as manager I don't think the Yankees are anywhere near the team we had in Pittsburgh in 1902. We were in second place, hot after the pennant. Fred Clarke, our manager, was taken ill and was out of the game for about two months. The first week he was out we won six ball games in a row, each with a shutout. From then on we worked together and before Clarke came back we had the pennant in our bat bag.

"Our team was made up of Jess Tannehill, Sam Leever, 'Deacon' Phillippi, Jack Chesbro and Doheny as pitchers; Eddie Phelps and Zimmer as catchers; 'Kitty' Bransfield was on first; Ritchey on second, and Tommy Leach on third base.

"I played shortstop, and the outfield was Sebring in right, Beaumont in centre and Burke was the substitute for Clarke in left.

"They talk about Johnny Evers and Joe Tinker and Eddie Collins and Jack Barry as great second base combinations. I wish you could have seen Ritchey

(Continued on Page 62)

John J. McGraw, veteran manager of the New York Giants, ranks Hans Wagner, famous shortstop of the Pittsburgh Pirates, as the greatest major league player of the past twenty-five years. Ty Cobb is ranked second, Willie Keeler third, Eddie Collins fourth, and Babe Ruth fifth.

Christy Mathewson, the "Old Master," who was McGraw's best pitcher, is rated sixteenth. McGraw's full list is as follows:

1—Hans Wagner	11—George Sisler
2—Ty Cobb	12—Lou Gehrig
3—Willie Keeler	13—Roger Bresnahan
4—Eddie Collins	14—Al Simmons
5—Babe Ruth	15—Frank Frisch
6—Tris Speaker	16—Christy Mathewson
7—Rogers Hornsby	17—Walter Johnson
8—Larry Lajoie	18—Grover Cleveland Alexander
9—Fred Lindstrom	19—Rube Waddell
10—Paul Waner	20—Dazzy Vance

The Mat

Analytical Comments on Subjects Connected With Body-Building Muscular Development, etc.

Correct Style for One Hand Jerking. Loosening and Widening the Shoulders. Should Policemen Be Physically Fit? Other Items of Interest to Boay Builders.

By MARK H. BERRY

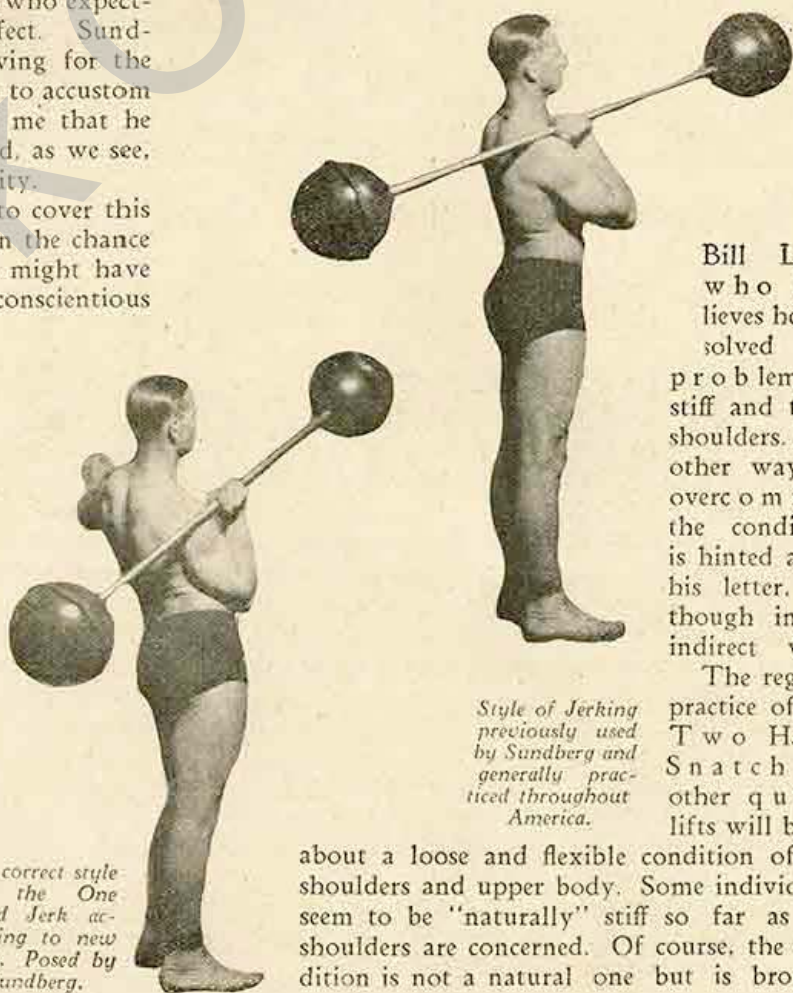
WE presume Mat fans will be thoroughly interested in knowing something of the technicality that ruined the One Hand Jerk of Arnie Sundberg in the National A. A. U. Championships. The rules as adopted by the A. A. U. are indefinite on this point, as no mention is made of the fact that it is prohibited to rest the bar on the shoulder; in fact, the rules state that the bar may be in contact with the shoulder. However, after the writer had visited the German Americans in New York and learned of their enforcement of the International rules in this respect, he advised each of the A. B. B. M. fellows who expected to take part in the Nationals to that effect. Sundberg received such notice just before leaving for the East, so there was no opportunity for him to accustom himself to a change in style. He wrote me that he expected his total would suffer greatly, and, as we see, he was defeated as a result of the technicality.

The rules certainly should be changed to cover this point. Had Sundberg been willing to run the chance of resting the bar against his deltoid, he might have made out far better, but he is such a conscientious fellow that he held the bar clean off the shoulder. The accompanying photographs will give you an idea of the difference in resting the bar "on the shoulder" and in resting it on top of the shoulder, as Sundberg had been accustomed to doing.

We took a pose of the style employed by Max Rohrer; the photo didn't turn out so well. This will be explained a little later. International rules permit the bar to rest against the side of the deltoid, so by allowing the bar to run diagonally down across the deltoid and by inclining the body to a certain degree, you gain about as much support as though the bar rested on top of the shoulder. It is mostly a matter of getting used to a certain style. You will observe the necessity of holding the arm at a different angle and the

elbow closer to the body. You may rest the hand against the front of the deltoid to gain some support. Max Rohrer allows the lifting hand to rest on the pectoral muscle with the bar running at an angle across the front of his body and resting on the side of his deltoid. In this manner he gains splendid support from his chest. The body must be inclined to properly center the weight. The fellow who is accustomed to resting the elbow on his hip would be all right and would run into no difficulty.

We received the following letter from our friend,



Bill Lilly, who believes he has solved the problem of stiff and tight shoulders. One other way of overcoming the condition is hinted at in his letter, although in an indirect way.

The regular practice of the Two Hands Snatch and other quick lifts will bring

about a loose and flexible condition of the shoulders and upper body. Some individuals seem to be "naturally" stiff so far as the shoulders are concerned. Of course, the condition is not a natural one but is brought

The correct style for the One Hand Jerk according to new rules. Posed by Sundberg.

Style of Jerking previously used by Sundberg and generally practiced throughout America.

about through lack of proper exercise for the shoulders. Many persons seldom have any reason for raising the arms overhead in a vigorous manner during the ordinary course of life. The fellow who practices an all around bar bell program runs no danger of being bothered with stiff or tight shoulders, and the lifter who spends considerable time on all the overhead quick lifts will have extreme freedom of shoulder action.

If you practiced nothing but chinning and dipping for arm and shoulder development you might contract shoulder stiffness, and specialization on slow dumb-bell exercises might limit your range of arm and shoulder movements in anything demanding quickness.

We believe the following exercises will prove of greatest value to beginners who have a seemingly "natural" stiffness of the shoulders.

* * * *

Editor of the Mat:

I have in mind a subject which might prove of much interest and benefit to the readers of "The Mat." It concerns stiffness or lack of flexibility in the shoulder and chest muscles and its consequent hindrance upon such lifts as the Two Hands Snatch, Two Hands Military Press, and the Press Behind Neck. If the bar bell man, having this handicap, will realize fully the extent to which this condition hinders his progress and practices faithfully the exercises ex-



Shoulder loosening exercises described in letter of Bill Lilly who posed for these exercises.

Exaggerated position of Press Behind Neck as described by Lilly.



explained herein, he will derive immense benefits.

The first exercise I consider the best, and may be practiced every day. Procure a belt or a rope, double it and connect the ends, grasp the latter with the palms facing outwards, or sideways.

With arms straight, stretch upward to overhead position, then back-

wards and down to the buttocks, back overhead again and down to the starting position which is the front of the thighs. In this exercise one must start with a rope long enough to permit the hands to be held far apart, which makes it easier, and allows for progression.

Counting one for the backward movement and one for the forward movement, do thirty repetitions the first day, increasing ten repetitions each day until two hundred are reached. Every three days shorten



Hanging on a bar for shoulder and chest muscles.

the rope or belt about one inch.

The second exercise is a variation of the Press Behind Neck. Stand with the feet apart and the bar resting across the shoulders. Now, instead of pressing directly upward, press backward and upward at the same time, endeavoring to bend the body forward, thereby accentuating the stretching of the muscles surrounding the shoulders and chest. Start this exercise with a very light weight, increasing the poundage by two an one half pounds every other day.

The third exercise is very simple, consisting of hanging from a horizontal bar as long as possible with the hands held close together and arms straight.

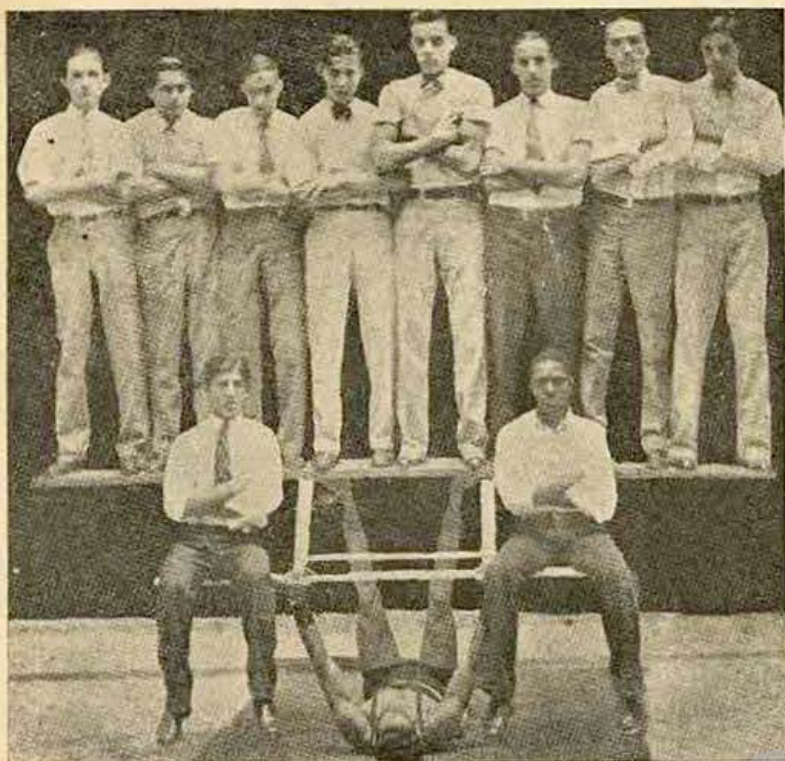
I sincerely hope this information will prove of just as much benefit to the readers of "The Mat" as it has to me.

Lynwood Lilly.

Mr. Berry, Editor of the Mat:

For some time there has been a question in my mind that I would like you to answer. The question is this:

I am five feet, five inches tall, and weigh (stripped) about 155 pounds which is about 10 pounds more than I want to weigh for my height. I have been



A 124 pound man holding up a good sized weight, which is claimed to be 1,500 pounds but is probably around 1,200. The athlete is L. Santos, better known in Cuba as Young Liederman. (Photo courtesy of Cultura Fisica Y Mental, of Havana, Cuba.)

working with my outfit religiously for some time, and I don't seem to be losing any weight. I can jerk my whole outfit with both hands. It weighs 225 pounds. I can bent press 170 pounds, and military 95 pounds.

I've noticed that underneath my skin there seem to be thick fatty tissues, although my muscles are hard and I am fairly strong. I'm just 20 years old, and I figure I have plenty of time to alter my physical proportions. But here is the whole idea. If I weighed 145 instead of 155 pounds, you can readily see that my lifts would be much better for a light man than for a heavy one. In other words, I would be stronger pound for pound if I weighed 10 pounds less. What would you advise me to do to get rid of this excess fat? Would road work and wrestling do the trick if I did them along with my regular bar-bell work?

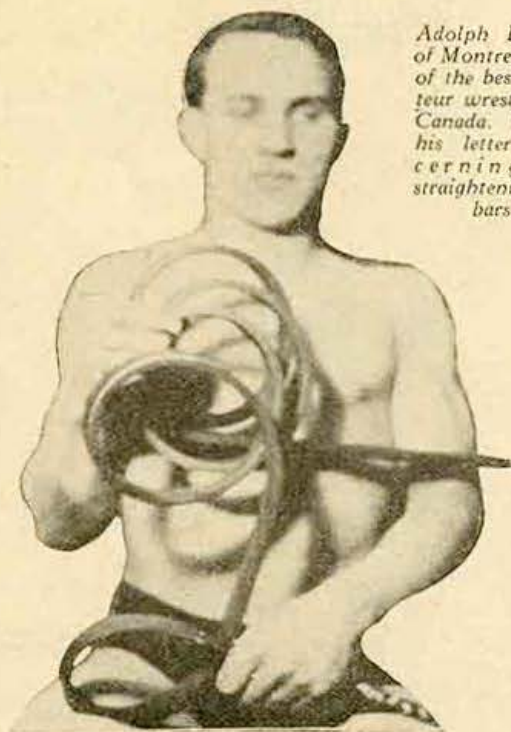
Thanking you for any information, I am
Respectfully yours,

Signed.

This fellow weighed 125 pounds when he started bar bell exercise. He also gained three inches in height. A short time ago he had another problem, which was stated as follows: "I have worked religiously on my course of exercises as well as on the lifts. I wanted a perfect physique, and I'm thoroughly satisfied with the results I got with the exception of my chest and shoulder width. My main reason for starting bar bell exercise was to broaden my shoulders. My measurements now are: neck, 15½ inches; chest, 39 inches; biceps, 14 inches; forearm, 12¼ inches; wrist, 7 inches; waist, 31 inches; hips, 36 inches; thighs, 22½ inches; calves, 16 inches; ankle, 9 inches. According to charts of ideal pro-

portions for a bar-bell man, I am built well enough from the waist down, but from there up my chest doesn't even compare favorably. I stopped working on my arms and neck intentionally, having no desire to have big arms and neck with narrow shoulders. Now here's the way things are—I've very unusually short collar bones, and I've just about come to the conclusion that fellows with short collar bones are hopeless as far as getting broad shoulders are concerned. I'm heavily muscled through the back, chest and shoulders, but my rib box isn't large enough in comparison. After I noticed I wasn't getting broad shouldered, I stopped most of my other work and started specializing on such stuff as roman ring work, horizontal bars, two arm pull over, lying down crucific on stool, pressing kettle bells or dumb-bells alternately over head, reaching high as possible, and three other chest exercises with dumb-bells. I know that I perform them correctly because I practice before a mirror so as I can study the position in which to get into and I have learned enough about muscular anatomy to know where my muscles are and how they function. I have a fairly good taper from arm pits to waist. My upper back muscles are heavy and it is from them I got most of my gain in chest measurement. I know that I cannot alter the length of my collar bones, but I believe I can stretch the cartilage in my shoulders, which would help a little though not much. I believe the reason my diaphragm doesn't widen is because my shoulders or collar bones are so short. I've

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Adolph Lemke, of Montreal, one of the best amateur wrestlers in Canada. Read his letter concerning the straightening of bars.

East Bows To West Again—

Team Work Wins Third I. C. A. A. A. Title for Stanford as East Captures Majority of Individual Championships

By GEORGE RYAN

THEY came, they saw, they conquered. Out from the Golden West with lightning in their heels and the strength of Ajax in their shoulders did they come, and once again showed the way to the East. No longer does the East hold its grip tightly on the team honors for the coast has wrenched the sceptre away and holds it for its very own.

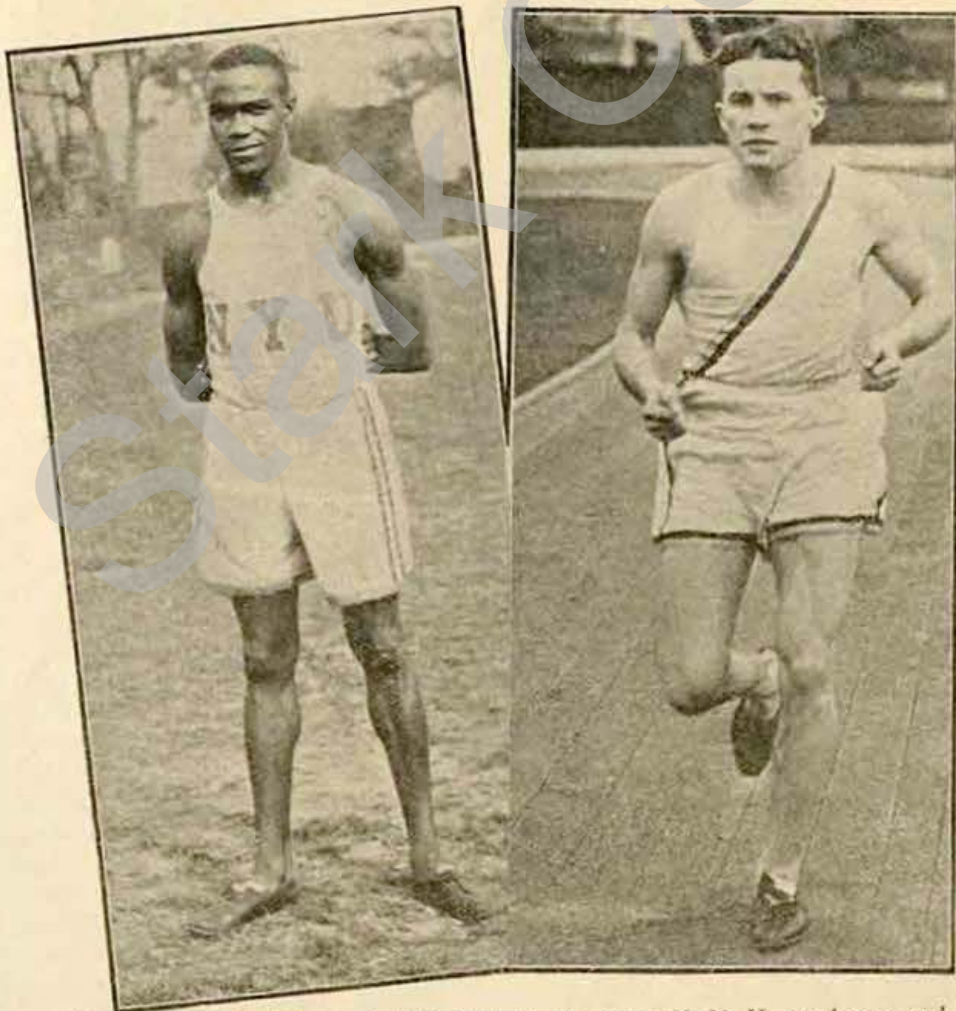
What is there in the air, the surroundings, the climate of the coast that makes these young men act like race horses on the track and young Hercules on the field? Since 1919 the young giants from the coast have had a monopoly on the I. C. A. A. A. championships. Only in 1922 was the East able to break through the barrier set up by the coast, and that was for the short space of one year when Yale burst through with an heroic effort. But since then Stanford,

Southern California, and California have spread-eagled the field year by year.

In the interval from 1919 to 1929 Southern California, California and Stanford have each won the championships three times. Stanford has made the feat even more impressive by annexing the crown for three years in a row, starting with 1927 and ending with this year's meet. Not only that, but to add insult to injury the coast college has increased the margin each year. Last year Stanford achieved what

was then considered to be the top point score by garnering forty-three points. This year the men from the west decided to make the fifty-third annual I. C. A. A. A. a little different and, therefore, added on two and three-eighths points to last year's score for a total of forty-five counters. May we humbly ask, Coach Robert L. Templeton, just what is it that you feed these young men that makes them act that way?

But though

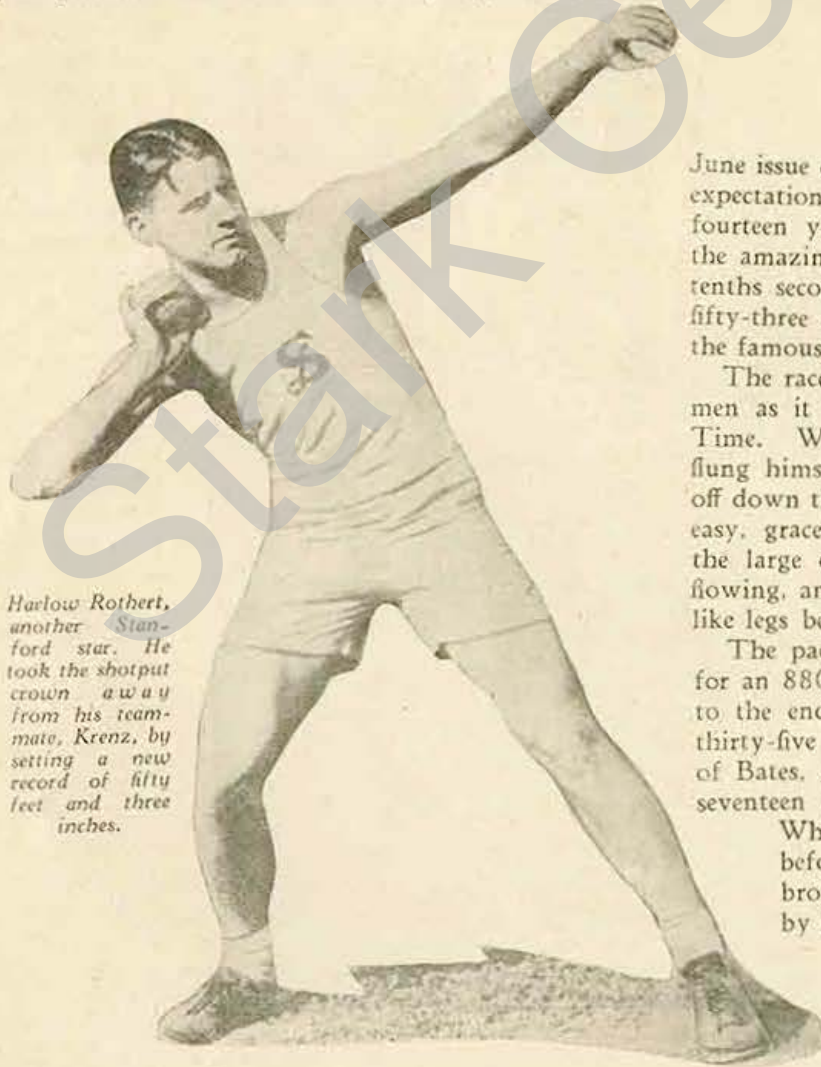


Two stars of the cinder path, Phil Edwards, the Negro N. Y. U. speed man, and Karl Wildermuth, of Georgetown.

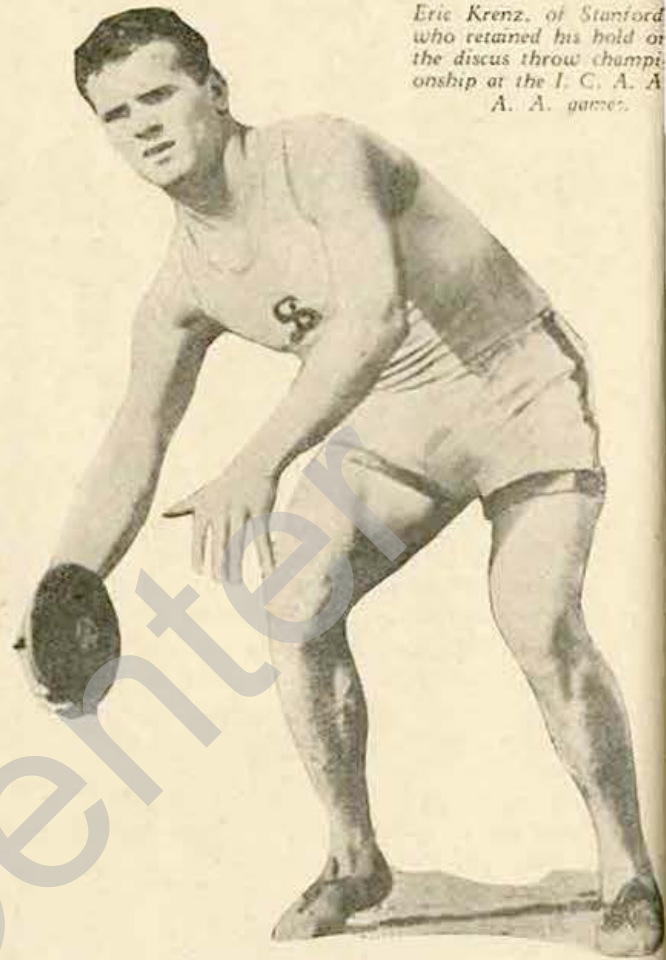
the coast athletes ran away with the team score, there is some consolation for the East in the individual championship holdings. Of the eight track events we find that the East has captured them all, while of the seven field events the West has only taken five. We may, therefore, take some degree of consolation in the thought that though we were outclassed so far as teams were concerned, still the Atlantic seaboard more than held its own in individual honors. Of the fifteen new titleholders for 1929 it is quite comforting to find that ten of them hail from our section of the country.

Getting back for the minute to the team scores, the astounding thing is that the three California schools totaled more than one-third of the entire point score. Stanford, of course, led the field by gathering $45\frac{3}{8}$ points to her credit, the University of Southern California was next with 21 markers, while California only added 11 points to the total. The highest scorer for the East was Pennsylvania, who managed to place enough men to chalk up $17\frac{7}{8}$ counters, while New York University came next with 14 and Yale a close fifth with $13\frac{5}{8}$.

The meeting abounded in great individual performances, but perhaps the most impressive and outstanding performance of them all was turned in by Phil Edwards, the colored N. Y. U. star. This young man, whose athletic history appeared in the



Haelow Rothert, another Stanford star. He took the shotput crown away from his teammate, Krenz, by setting a new record of fifty feet and three inches.



Eric Krenz, of Stanford who retained his hold on the discus throw championship at the I. C. A. A. A. A. games.

June issue of STRENGTH, more than equalled the high expectations held for him when he shattered the fourteen year old intercollegiate half-mile record in the amazing time of one minute, fifty-two and two-tenths seconds. The previous record of one minute, fifty-three seconds had been held by Ted Meredith, the famous Eli runner, in 1916.

The race itself was not so much of a race between men as it was a race between Edwards and Father Time. With the crack of the gun the young Negro flung himself away from the starting line and shot off down the field like a startled race horse. His long, easy, graceful stride soon captured the attention of the large crowd that filled Franklin Field to overflowing, and everybody silently watched his machine-like legs beating up and down upon the cinder path.

The pace that Phil set was more for a 220 than for an 880, but instead of faltering he kept right on to the end. At one time Edwards was more than thirty-five yards ahead of his nearest rival, Chapman of Bates, although that stretch was cut down to seventeen yards by the latter's fine finishing sprint.

When Edwards crossed the line everybody knew before the time was announced that he had broken the record, and it was only a question by how much had the former mark been beaten.

His race was an inspiring one in that Edwards showed the value of utilizing

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What's Wrong With the Yanks?

Last Season's Race Reversed With "A's" Holding A Commanding Lead Over the Once Powerful New York Team

BY JIM BARRETT

IT'S a long lane that has no turning. Once more that old maxim appears about to be proven.

The Philadelphia Athletics of the American League is the ball team that promises to prove the truth of that saying this season. Ball fans for years, since the breaking up of that old championship Athletic team of Bender, Plank, Combs, Baker, Collins, and others in 1914, have looked for the A's to win the league championship again. Year after year, for 14 seasons, Connie Mack has strived to put it over but year after year, as you know, he failed. However, a turn in the long lane of defeats looms ahead of Mack this season.

Last season the Athletics started slowly and enabled the Yankees to get a big lead early in the season. This season the positions in the league standing are reversed with A's leading the Yankees.

We must not forget, however, that even at that the Athletics came within a game or two of beating out the Yanks. The Yanks may do the same this season. They may even go far enough to get ahead of the A's before the closing date. Nevertheless, a lead of eight or nine games is a comfortable one, especially as the A's are a younger team this year than last year. A younger team is not so liable to slump as an older team when the pace and weather begins to tell.

It has not been entirely the good playing of the Philadelphia team that has put it so far ahead. The Yankees have flopped terribly. The 1928 champions don't look like champions

at all. What is wrong? Have they lost the old confidence? It looks as though the lack of good pitching this season has even played havoc with the great hitting ability the Yanks have enjoyed for so many years.

Perhaps the trouble lies in another place. I have often heard fans say that Babe Ruth was the whole team. Now that doesn't necessarily mean that the other members of the team are inferior ball players, but it does mean that Ruth with his mighty club instils confidence into the rest of his teammates.

Ruth has failed to get going as well as usual this season and at the time of this writing he is out of the line-up and on the sick list. No one can say just yet when he will return. With the great Ruth's absence after so many years



Not murdering 'em — we mean the baseballs—as usual, but still a factor in the Yankee's fight to overtake the fast stepping A's. It's none other than lanky Bob Meusel picking out a bat.



Limbering up for new home-run assaults on rival pitchers. Al Simmons, the hard-hitting outfielder of Connie Mack's trappy nine.

of regular play, the other Yankees must feel lost, especially the pitchers.

The thing that struck me as very funny was the report recently made that Huggins would bench all of his stars including Ruth if necessary, in order to wake them up. Shortly after that several of the regulars were benched and Ruth was taken sick. Did the fact that he was threatened with a spell of bench warming make this great star sick or was his illness just a way to save him the humiliation?

Now it is reported that the Sultan of Swat is becoming worried about his home run record and wants to get back to the game as soon as he can. If the Babe is really as ill as he is supposed to be—with a heart strain—it will not do him any good to get back before he has completely recovered.

Right now the average of the A's is thirteen points higher than the team had at any time during last season's pennant race. The Yankees are sixty-three points behind their June percentage. In looking over the records, I find an odd coincidence. The Athletics are exactly the same number of points ahead of New York as New York was ahead of the A's this time last season. The number of points in both cases is 167.

With that coincidence in mind and recalling the close shave the Athletics gave New York at the end of the last season, Philadelphia supporters should not feel too sure of the final result. However, 167 points were enough to pull the Yankees through to the pennant and it also ought to be enough to pull the A's through.

Where the Athletics must watch themselves is in their remaining games with the Yankees. If the Yanks can beat them as consistently as last year the Yankees will soon pare down the lead. If the A's can continue to beat the other teams consistently and break even in their re-

Dreams of fat year after 14 lean years. Connie Mack, the veteran manager of the Athletics, who has visions of another pennant as his team sets the pace in the American league.

maining games with the Yanks then it is not likely that the Yankees will overtake the Athletics.

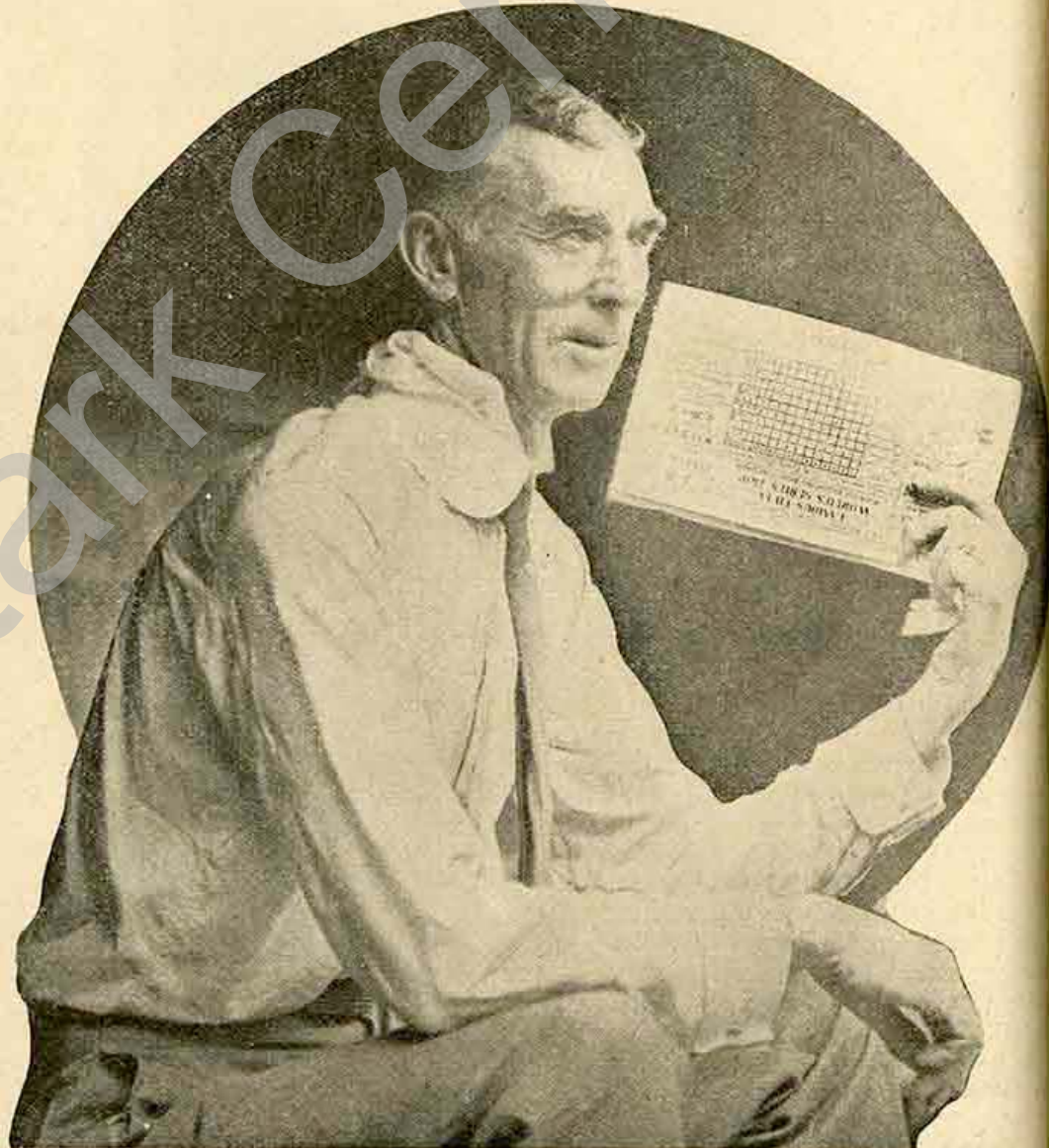
The three Athletic hitters who are among the first five batsmen at this time are Fox, Cochrane and Simmons.

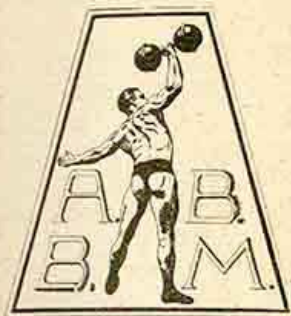
The average of Fox is 87 points higher than the one he finished with last season. Cochrane has a 9 point lead on his last season record and Simmons shows a gain of 9 points. If Simmons can stay in there the entire season it will mean much to the Athletics. However, his legs aren't so good and he has become somewhat of a risk. Lazzeri is the only Yank among the first five batsmen at this time. Last year Ruth and Gehrig were both up there. I wonder if Gehrig misses his home run pal.

As far as the fielding abilities of both these pennant contenders are concerned there is little to choose between them. Last season New York had a 15.5 point better team fielding average than the A's. Fifteen points in a whole season's fielding average really doesn't mean much, especially in these days of hard hitting.

If the Yankees lose out this year they will have missed a chance to break the tie existing between

(Continued on Page 72)





Association Notes

Posing Contest Winners. National A. A. U. Championships. Shows Also in Detroit, Bronx, DuBois, Allentown, Grand Rapids, Omaha, Reamstown, Oakland, Hagerstown, and Quebec. Records shattered by the Score.

BY MIKE DRUMMOND

THE Silver Cup Posing Contest has at last been decided. This was, by far, the most successful posing contest conducted by STRENGTH Magazine and the number of entries nearly doubled the number received in the last contest, and exceeded any previous contest by a wide margin. We only hope the next one will succeed in doubling up on the number who entered this time. It was no easy task to decide the winner and we were glad to have been left out of the judging. We simply couldn't have picked a winner among so many hundreds of fine poses. Evidently the seven judges felt the same way about it, as the winners were not selected by unanimous vote. The manner of judging was to let each judge look

the photographs over individually and privately; each photograph had a number; each judge selected twelve poses, wrote the numbers on a slip of paper, put it in an envelope which was sealed and put away for the final decision. With seven judges, there was a possibility of eighty-four numbers being chosen if the judges did not agree in their selections. Although it was not quite that bad, this is the way it summed up: one pose received four votes, six received three votes, eleven got two votes, and forty with one vote each; that is, fifty-eight photos were chosen out of a possible eighty-four.

Walter Podolak, of Syracuse, N. Y., received the four winning votes for one pose, and three votes for



Group at the National A. A. U. Championships. First night of lifting, when the lighter classes contested. I. Albert Shilling, II. Siegmund Klein, III. Arnie E. Sundberg (sitting), IV. Dick Bachtell, V. Robert Knolle (in rear), VI. Max Rohrer (standing in center), VII. A. Gaukler (sitting), VIII. Gus Tamminen, IX. Dietrich Wortmann, X. Robert Snyder, XI. Mark H. Berry.

(Photo by Oscar Sicher, of New York City)



A. Gaukler, featherweight winner at the A. A. U. National Championships.
(Oscar Sicher, Photographer)

another very similar pose. There remained no way of judging the other prize winners, so another judging was necessary on the respective order of the others who had received the three votes.

Richard Bachtell, of Hagerstown, Md., came in second to win a gold medal; Roy T. Hurcombe, of Adelaide, S. Australia, won a silver medal for third place; Arnie Sundberg, of Mayger, Oregon, fourth, and Cheah Chin Poh, of Penang, Straits Settlements, fifth; both of the last two receiving bronze medals. All others who received one or more votes will be awarded gold seal diplomas for honorable mention. There are a total of thirty men who will receive diplomas, some of them having received honorable mention for more than one pose.

If, in your estimation, the ranking of the winners is poor, just recall that the judges did not agree so well.

Those who made the selections are: Mr. D. G. Redmond, editor of *STRENGTH*; Jeanne Zigmund, *STRENGTH* cover artist; O. H. Kosyk, Charles MacMahon, Robert L. Jones, Lynwood Lilly, and Mark H. Berry. Should you consider the winning poses lacking in class, we would suggest that you show your ability in the next contest of this nature. There will surely be one in a year or so.

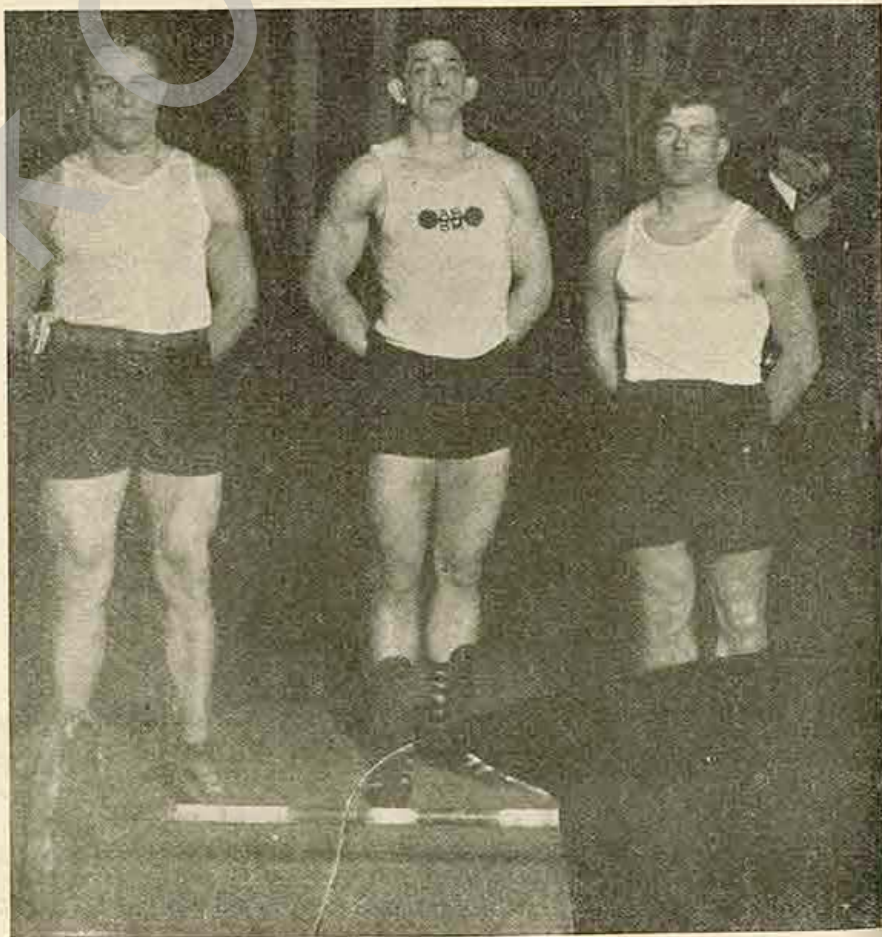
Never before in the history of weight lifting in America have so many shows been held in a short space of time. Within several

weeks' time we received reports of fifteen shows, one of which was held in Canada, the rest throughout the United States.

Probably the greatest carnival of weight lifting in the history of the game, in America, took place in New York City on the evenings of Friday and Saturday, May 3rd and 4th. It was the occasion for deciding the National Amateur Athletic Union championships. It turned out to be chiefly an inter-state contest between Maryland and New York. Albert Manger was up from Baltimore, and Robert Knodle and Richard Bachtell journeyed up from Hagerstown. Arnie Sundberg was also on hand from Oregon, representing the Multnomah Amateur Athletic Club, of Portland. On Friday night, the bantam, feather, light, and welter classes contested; on Saturday, the three heavier classes — the middle, light heavy, and heavyweight titles were decided.

Arthur Levan, of Reading, Pa., the A. B. B. M. featherweight champion, failed to put in an appearance. Afterwards we found out that he was unable to get away from work; even though he had been working at the place ten years, the boss wouldn't leave him off to win a national athletic title. As things turned out, he would have had a walk-away, as Knodle exceeded the total of the featherweight winner and the little Hagerstown boy surely isn't as good as Levan.

The surprise of the first night was the defeat of

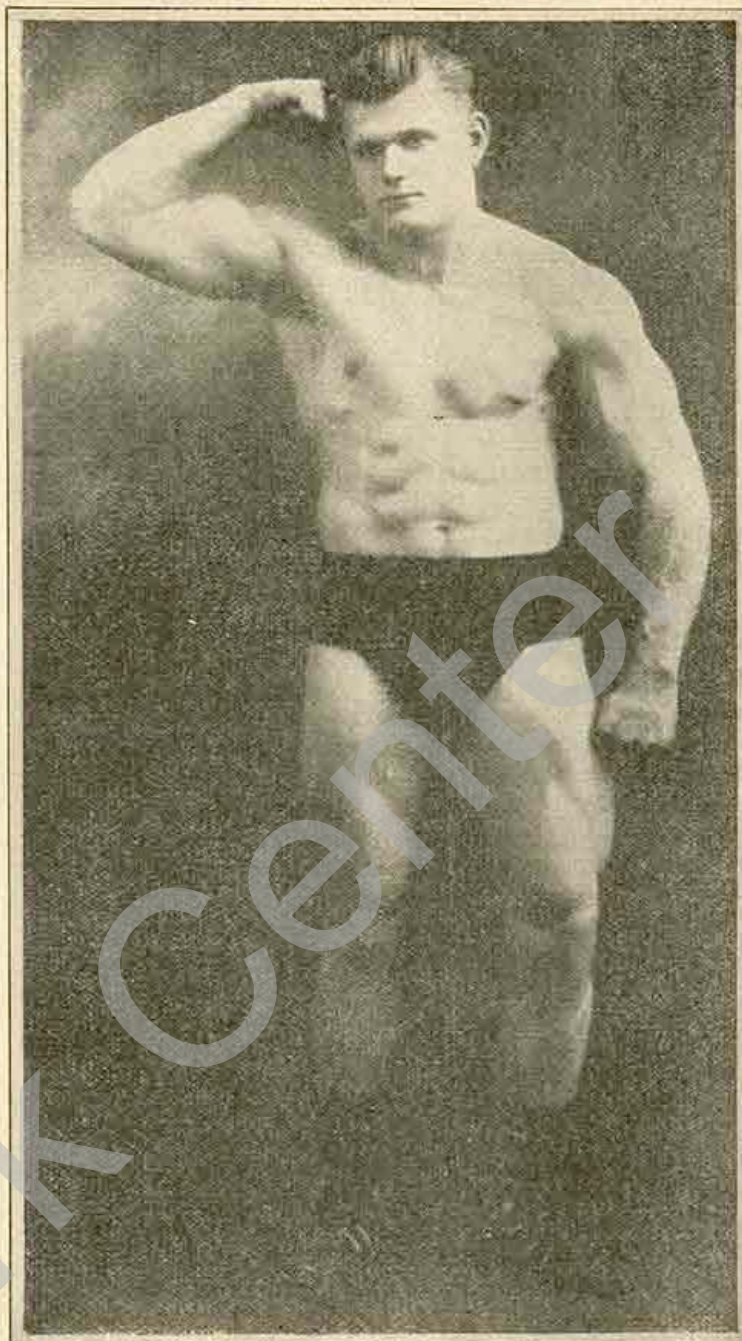


The three heavy class champions; left to right, Willie Rohrer, heavyweight; Albert Manger, light heavyweight; A. Faas, middleweight. Plate was broken by photographer.

Sundberg by Max Rohrer, of Cooper A. C. A technicality on the one hand clean and jerk defeated him, but he was satisfied that a good man beat him. On the second night the surprise was the comparatively poor showing of Manger who, although he successfully defended his title as American light heavy champion, was trained down to make the weight. Refer to the photo of him to see what we mean. Just before the contest he was measured by Siegmund Klein and it was found that he had lost an inch or two off most of his measurements. Manger should keep on the weight and fight it out in the heavier class in the future.

George Horn, who placed second in the middleweight class, only weighed around 143 pounds, and should have been in the welter contest on the previous night. But he had other ambitions.

The referee for both nights was Mark H. Berry, the judges, Siegmund Klein and Albert Schilling. Mr. Dietrich Wortmann, chairman of the Metropolitan W. L. committee of the A. A. U., and the man responsible for holding the recent series of championships in New York City, was master of ceremonies. The German-Americans, who previously had more or less doubted anything in connection with American lifting, were greatly impressed with the quality of the lifting displayed by the A. B. B. M. fellows. This championship was a great boost for lifting in America, and we must take off our hats to Mr. Wortmann for all the trouble he has gone to in getting things properly started in the A. A. U. The German boys, Faas and the two Rohrer brothers, are splendid young lifters. It is a treat to watch them work. When Willie Rohrer put the 286-pound bell overhead, he lowered it to the chest and sent it back up again. A fitting



Winner of the Silver Cup Posing Contest, Walter Podolak, of Syracuse, N. Y.



Richard Bachtell, of Hagerstown, winner of gold medal for second place in Silver Cup Posing Contest. Third place winner will be found in the MAT. Fourth and Fifth place poses will be published next month.

climax, amid lusty cheers and merited applause, to some wonderful lifting during the two evenings.

If the German boys join the A. B. B. M. (in fact, some of them have already done so) you can expect a hard battle for the native sons in the coming A. B. B. M. championships this fall.

We almost forgot to state that Willie Rohrer made a one hand clean and jerk of 203½ pounds on the fourth attempt, which cannot be included in the total.

(Continued on Page 67)

Water a Direct Path to Health

By H. H. RUBIN, M. D.

ARE you one of those who drink quantities of water with your meals, and none at all at any other time? If you are, it is well for you to bear in mind the fact that the body is composed of 66 per cent of water, and that without this important fluid constituent, you could not exist a single minute, for if you were deprived of all fluids, or if you were to have all the fluid in the body drained away, it would mean your death within a very short time.

Food is of no use in the body unless it has been macerated, pulverized and then placed in solution, for it would be of absolutely no value to you unless it were solvent and mixed with fluid so that the digestive enzymes could come in contact with all its particles, and so that its passage through the food tube could be made easy.

The water that enters the body and is utilized by the body to dissolve the food-stuffs comes from the water you drink or the fluid you may take with meals or between meals. Some of it, however, comes from the food itself, as, for instance, from milk, of the cream taken, the juices of fruits and meats, or the succulent extracts from fresh vegetables.

In addition, the food value of water, for you can readily see that while it has no calory or nutrient value it nevertheless has a definite food value as it renders all other foods digestible, is not the last of its commendable properties. For the only method by which the waste materials can be carried out of the body is through the fluids that are taken into the body.

Also, the only method by which nutrient material can be taken into the blood stream is by being absorbed through the intestinal villi, the small canals in the upper intestine that lead through the intestinal wall in the lymph channels and carry the nutrient lymph into the lymph stream and from thence into the blood stream.

When the mouths of these little villi are closed by a mass of drying fecal matter, or by the skibili that form from dried fecal matter on the walls of the intestinal canal, it is obvious that the food cannot be drawn or absorbed through these villi into the lymph channels. This is the chief reason and the physiological explanation as to why liberal water drinking or fluid drinking tends to bring about a better absorption of nutrient material and build up the weight of an emaciated person.

It would be impossible for the kidneys to function if there were not enough water taken into the system to dissolve the poisons, hold them in solution and

flush them through the kidneys. Similarly, it would be impossible for the bowels to develop activity, unless the masses in the intestinal tract were softened by the admixture of water. Indeed, as is well known, the more water that is mixed with the feces, the more readily will these escape from the bowels.

It must also be remembered that the effect of cold water taken into the stomach is to cause a reaction that will bring about a better flow of blood to the organs, stimulating thereby an increased flow of gastric juice.

Many people fear to take cold water, believing that the effect of cold water on an empty stomach is depressing. While this may be true with many delicate people, the contrary is true of the vast majority of individuals on whom cold water has exactly the other effect.

You will recall that one of the best methods of overcoming frostbite or chilblain is to rub the hands or ears or nose or whatever member may be frozen, either with snow or with the coldest water you can secure. The stomach of ordinarily healthy persons responds in the same way to the cold as would the hands or the nose to the application of cold water or snow, so that the cold water is really a very excellent stomach tonic.

You, no doubt, have often heard that "water is fattening." It is fattening in this sense: If a person is thin and under-nourished, he is very frequently so because of the fact that his system is incapable of absorbing the nutrient material digested in the alimentary canal. One chief reason that the system is incapable of taking up this nutrient material is because the individual does not drink a sufficient quantity of fluids during the twenty-four hours to render these foods soluble and easy of assimilation. Therefore, one of the surest and best means for the emaciated person to gain in weight is to drink more liberal quantities of fluids.

On the other hand, however, one of the chief reasons for obesity is the fact that elimination is imperfect in the obese. This is very often due to the fact that they drink an insufficient amount of water, as they fear the drinking of water will tend to increase their obesity.

While it may seem to contradict what I have said concerning the increase in weight, on the part of the thin person who drinks more liberal quantities of fluids, yet this is a fact, nevertheless, that the tendency to put on fat is due more frequently to a

(Continued on Page 61)

When he speaks, they Jump

Did you notice how he cracked out that command? And did you see how quickly it was obeyed? You don't have to ask why, either.

Just take a look at those immense broad shoulders: that great chest; those shapely hips and slim, muscled waist. Get the swift, ready poise of those legs—the quick, vibrant power of those wrists. Here's a man you know can do things, not just talk about them. He's a human dynamo. Health, strength, speed, clear thinking are his. He's a leader in everything he does.

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He wasn't born with that superb body. Only 3 short months ago he was about as pitiful a specimen of manhood as ever walked the earth. He "couldn't lift a feather," and at the end of the day he was almost too tired to drag himself home. The men in his office used to laugh at his poor attempts to keep pace with them. But he learned the secret of scientific muscle-building—of gaining tremendous strength in a hurry—and look at him now. He's just one of the 100,000 men I have built in the last 19 years.

You Can Be Like Him

Folks call me the Muscle-Builder. For years I've been taking weak, worn-out men from all over the world and making them into forceful, aggressive leaders. Bankers, lawyers, plumbers or clerks—more than a hundred thousand of them have been turned out of my muscle factory with new health and strength to fight this world's battles.

15 Minutes a Day Is All I Ask

My system is simple and easy, but it certainly gets results. Just 15 minutes with me each day, and you'll begin to notice the difference in a week. And in just 30 days I guarantee to put one whole inch of real muscle on each of your arms, and two full inches across your chest. Remember, I guarantee it, not just promise it. You follow directions, that muscle is bound to be there.

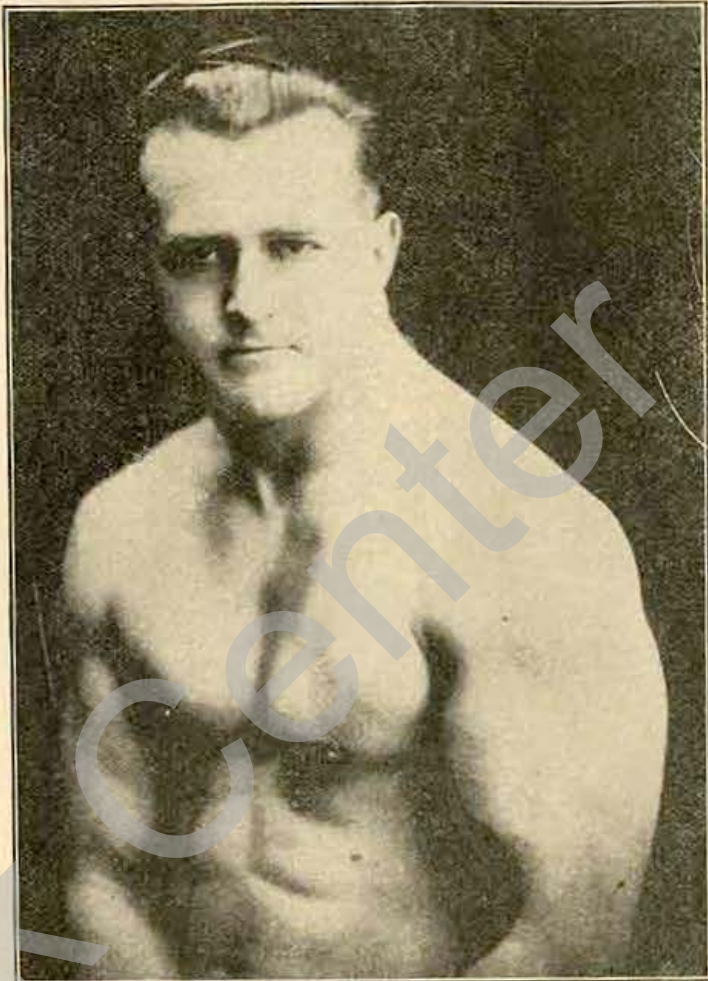
But that isn't all I do in 30 days. Your neck will begin to broaden—your legs grow shapely and strong. Inside and out you'll feel and act like a new man. Your eyes will regain that sparkle a healthy, happy boy has. You'll find it easier to think, and think clearly.

But stay with me just 60 days more, and then I'll be satisfied with the sort of man I am building up to fight his way through to health, success and happiness.

I'll Improve Your Appearance, Too

Just step up in front of your mirror at the end of those 90 days and take a good look at that handsome, erect figure before you. Was it worth while? I'll say it was. Stride down the street and notice the attention you get now. Remember how nobody even glanced at you before? Those great, muscled arms; those steel-like wrists; those broad shoulders and shapely waist—only the aggressive up-and-coming man can be like that.

Think what those 3 short months can mean to you. The right to enjoy life to the full—more friends—sweethearts—health—happiness—the difference between success and failure. Write today, let me show you what I have done for others, and what I can do for you.



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East Bows to West Again

(Continued from Page 50)

every movement and of not allowing any waste motion to creep into his style. It would be a good thing for all track coaches of schoolboy hopefuls to prescribe a day's visit to a track where the young Negro is training as a part of the training routine.

Jimmy Reid of Harvard, intercollegiate cross-country champion, conclusively showed that his running ability was not restricted to the hill-and-dale style of competition when he bettered the former two mile record by covering the distance in the record time of nine minutes and twenty-two seconds.

Reid evidently did not start his race with the express intention of breaking a new record. He followed exactly the opposite tactics of Edwards. Instead of breaking away from the bunch right at the barrier Jimmy stayed behind them, and waited until the home-stretch was reached before making his bid. Once he had decided to step out, Reid rushed through his opponents like a speeding auto passes a slow moving truck and breasted the finish line well in advance of Cox, of Penn State, and Hagen of Columbia.

The third new I. C. A. A. A. record to fall before the assaults of the 1929 contenders was the shot put. In this event Harlow Rothert, of Stanford, lived up to the expectations and predictions of track experts and hurled the shot for a new mark of fifty feet and not only took the crown away three inches. By doing this Rothert from his teammate, Eric Krenz, but he also broke the latter's mark of forty-eight feet and five inches. Rothert, a big chap, never was in serious danger of being beaten out for the championship, as he showed his superiority over the field from the first throw.

Sid Kieselhorst, of Yale, experienced a heartbreaking decision when the committee decided that although he had broken the record for the 220 yard hurdles they could not allow the mark to displace the old one due to the fact that there was a wind sweeping across the field.

To the unofficial observer it appears that the wind played a fifty-fifty part in the affair and that the mark was hardly affected by it. However, the decision not to accept the time is final, and Sid will have to be content with the knowledge that he ran the race of a record breaker and one that was worthy of a real champion.

Although no record was broken in the one-mile race, the event was the one that brought the spectators to their feet and provided the major thrill of the entire meeting. Up to the last lap Hickey, of N. Y. U., Offenhauser of Penn State, and Gore of Princeton hung back pretty much together. With the last lap entered Offenhauser stepped out and left the other two behind. Hickey and Gore soon responded to the challenge and both men took after the leading Penn Stater hot and heavy. Not until they were fifteen yards from the tape did Hickey creep up on Offenhauser. From that point on the both battled on even terms, with Gore hanging grimly on to their shoulders. In the last five yards Hickey, his face all screwed up from the strain, managed to hurl himself forward just enough to break the tape before Gore flashed across the line ahead of Offenhauser by inches. It was a hard race for the Penn State flash to lose, and a fine one for the New Yorker to win. There was glory enough for all three in that battle.

Getting back to the hundred, Karl Wildermuth, of Georgetown, did not experience the difficulty in gaining his title that most people expected he would have. Dyer, of Stanford, and Daley, of Holy Cross, both ran nice races in the final, but Wildermuth seemed to have a definite edge all the way down the path. In fact, it may be directly due to this fact that the Georgetown star did not do better than ten flat for the distance.

Dick Kant of Colgate captured another crown for the East when he showed the way to Dyer and Wildermuth in the 220 straight-away. Although Kant did not break any records he ran a steady,

(Continued on Page 60)

You Cannot Be Really Strong unless You are Really Healthy

SOME people have the idea that great strength can be cultivated only at the sacrifice of health. As a matter of fact, it is impossible to acquire great strength without simultaneously acquiring perfect health. Muscles will not grow in size, nor improve in shape, unless they are nourished by perfectly working digestive and assimilative organs. The vigorous exercises which are necessary to the creation of an heroic physique cannot be performed unless the lungs are increased in capacity, and the heart increased in strength to correspond with the growth of the exterior muscles. You simply cannot develop a powerful, shapely body without invigorating your internal organs at the same time.

THE BAR-BELL WAS ORIGINALLY CALLED A "HEALTH-LIFT"

Because bar-bells are used by vaudeville performers most of you have the impression that the only exercise you perform with a bar-bell is to push it to arm's-length overhead, and that such an exercise develops only the arms and the shoulders.

THE BACK IS THE "KEYSTONE" IN THE ARCH OF A MAN'S STRENGTH

An adjustable bar-bell, when properly used, will develop every part of your body. It is true that it will give you arms and shoulders that cannot be acquired through any other method; but it is more important for you to realize that it will give you the back, the chest, the waist, and the legs of a Hercules. By practicing with a bar-bell a couple of hours a week, you can obtain not only superb muscular development, but also the perfect health, the prodigious vitality, and the personal magnetism which characterizes every physically perfect individual.

MR. ROY L. SMITH—A SAMPLE OF OUR METHODS

Mr. Smith, whose pictures appear on this page, is probably the strongest amateur athlete in the world. He can "put up" with one arm a 240-pound bar-bell, and he can lift more than a ton of dead weight from the ground. The reason he can put up such a tremendously heavy weight is because his back is so strong. He has 16-inch biceps. Scores of gymnasts have arms that big, but not one gymnast in ten thousand has a back or legs as strong as Mr. Smith's. He was about thirty years old when he started to use bar-bells. Some of you think that a man cannot improve after he is thirty, but Mr. Smith increased his weight by 40 pounds, his muscular development by 100 per cent, and so improved his figure that when in street clothes he is one of the most impressive looking men we have ever seen.



ROY L. SMITH

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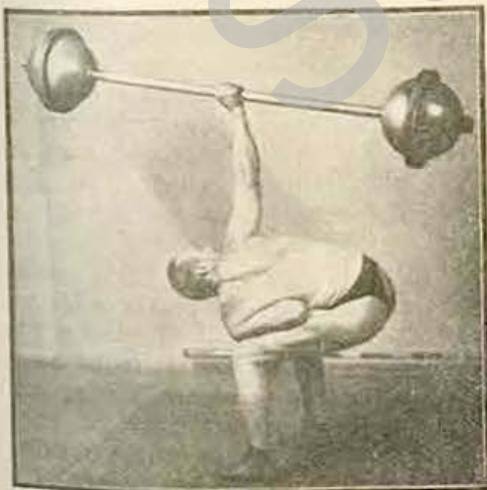
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At last a book has been published that digs into sex matters without fear or beating around the bush. This startling 612-page book, "Safe Counsel," written by Prof. B. G. Jefferies, M. D., Ph. D., and Prof. J. L. Nichols, A. M., contains just the information you want. You will be amazed at its frankness. Words are not minced. "Polite" phrases are forgotten—the right word is used in the right place. "Safe Counsel" contains nine startling sections: I. The Science of Eugenics; II. Love; III. Marriage; IV. Childbirth; V. Family Life; VI. Sexual Science; VII. Diseases and Disorders; VIII. Principles of Health and Hygiene; IX. The Story of Life. Here are a few of the subjects discussed: Love, Secrets of Marriage, Anatomy of Reproductive Organs, Mistakes of Bridgroom, Advice to Newly Married, Birth Control, Results of Excesses, Spooning, Private Words to Maidens, Rejuvenation, The Social Evil, Sex Magnetism, Answers to Sex Questions, and scores of other intimate subjects. Nothing withheld. Frank and fearless. Over 100 illustrations. 612 Pages. You owe it to yourself, to your health and happiness to read this wonderful book.

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East Bows to West Again

(Continued from Page 58)

well-judged race; his time of 21 1-10 seconds shows the steady pace he carried.

The 440 was the only race in which none of the western colleges placed. Bowen of Pittsburgh was followed across the line by Engle of Yale, St. Clair of Syracuse, Saxer of Pennsylvania, and Swope of Dartmouth. There was nothing particularly thrilling about this event, the race being neither unduly close nor exceptionally fast.

In the hurdle race, the 120 yards, Collier of Brown again upheld the honor of the East by capturing it from Nichols, the Stanford captain. Collier showed good form, but it is doubtful if he would have won quite as decisively as he did if the Stanford captain had been at top form. McCoy of Pennsylvania came in third.

The field events contributed its thrill to the week-end's program when Jesse Hill, of Southern California, leaped through the air to better the old mark of twenty-four feet, ten and three-eighths inches by two inches and five-eighths. Notwithstanding the fact that Hill beat the old mark held by Alfred Bates, of Penn State, he finds that he is in the peculiar position of being a record holder whose record has been beaten. Hill's I. C. A. A. A. A. record was beaten by De Hart Hubbard, of Michigan, in 1925 in a dual meet in which he sprang the distance of 25 feet 10 7/8 inches for a world's record.

Eric Krenz of Stanford retained his hold on the discus throw while Leo Kirby, also of Stanford, added the javelin throw to his title collection. The other field events to gain new champions were the hammer, which Edmund Black, of Maine, won; the pole vault, which went to Williams, of Southern California; and the high jump, which was captured by Ben Hedges of Princeton. None of the per-

formances in any of these events were particularly outstanding, although all of them were good.

In recapitulation we find that four new records were made, that three champions retained the honors, and that one mark was made which was not accepted. Of the eight track champions, New York University leads the way by capturing two titles while in the field events Stanford showed decided superiority by winning three of the seven competitions. The University of Southern California took two of the other three events, leaving Princeton to place the remaining one to her credit.

To return to Stanford's success in so far as outdistancing the rest, we find that the coast university has had her great success because her team was well rounded and not because they had a collection of world beaters. We find that Stanford is represented by point winners in ten of the fifteen events. That, in the final analysis, is the secret of Coach Templeton's success.

Of the ten events in which Stanford placed, she was first in four, second in four, third in one, fourth in two, and was tied for first in one event and tied for fifth in another. The coast college's consistency is, therefore, the basis for her victory. Not only that, but through this all-around excellence Coach Templeton always has the material for future teams. That is the advantage of not depending upon a few outstanding stars.

Of the champions, the one who seems to be destined for still higher honors and who seems to be likely to write his name large in track annals is Phil Edwards. The ease with which this young man steps along speaks well for his future development, and it will not be surprising to find him a champion long after many of the others have hung up their track shoes for good.

Rothert, of Stanford, due to his fine physique, seems to be another who is marked for a long career. He has a natural way of putting the shot and gets the maximum result with the least effort. Krenz also looks good as does Reid, of Harvard.

How Children Grow Strong!

(Continued from Page 43)

only rarely does a youngster need any exercise of a special "corrective" nature until he or she is well along in the 'teens. Nature, let us remember, gives us a spirit of restlessness and a desire to keep active which governs our lives from birth until such a time as the urge of business or other affairs forces us to disregard it. Then only is it necessary to put forth special effort at making ourselves exercise, either by continuing some of our early play sports or by taking up something new—golf, tennis, riding, or some sort of calisthenics or special exercise routine. Therefore, such exercise as the young members of the household take up willingly are most likely to be of greatest benefit to them, and this remark applies especially to water sports and tumbling.

But there are exceptions to every rule, and we do find a few children

who need special corrective exercises of one sort or another, some special sitting up or calisthenic movements. How to make them do such exercises with a straight face is the problem, but it can be overcome. Remember, children are imitative; furthermore, mother and father are the idols of the young mind, and what they do is perfection itself. Therefore, if you wish that young son of yours to take a little exercise with dumb-bells or some calisthenic movements, you should try to lead him to them instead of driving him there. Just say, "Come on, son, and you and I will do *our* exercise." and notice how readily he will respond, and how much more his exercise will benefit him than if you had ordered him to go do *his* exercise.

And, as a final remark, just notice how much better *you* feel as a result of having gone through a few "exercises" yourself!

Water a Direct Path to Health

(Continued from Page 56)

sluggish condition of the thyroid gland and possibly the sex glands, than to any other causes. It may be recalled that I mentioned the thyroid as the "metabolizer" of the body. It is the organ most immediately concerned in oxidizing or burning up the used-up products of the system and the toxic material that develops from the accumulation of end products in the food eaten.

Therefore, remember to take from ten to a dozen glasses of cool water every day of your life. There is nothing better for the digestion and there is nothing that will increase and facilitate elimination so definitely.

I might emphasize the very great value to health that arises from drinking hot water. In gastric catarrh or in catarrh of the intestines, colitis, or where there seems to be an excessive accumulation of

mucous in the stomach over night, one of the very best remedies I have ever known is the use of hot water.

This is taken as hot as can be sipped, either one or two glassfuls, as appetite and capacity may direct, immediately upon rising.

It will be found that not only has this hot water a soothing and cleansing effect, but that it also has the effect of washing the accumulated mucous secretion from the stomach into the duodenum, thus facilitating its removal from the body, but also it stimulates the secreting power of the digestive glands, promoting a fuller secretion of hydrochloric acid and pepsin.

If a little salt or baking soda is dissolved in this water, about one-fourth teaspoonful of salt, or one-half teaspoonful of bicarbonate of soda, the cleansing effect will be enhanced. Also if there is any acid present in the stomach, the alkaline in the salt or bicarbonate will have a tendency to neutralize these.

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Address _____
City _____ State _____

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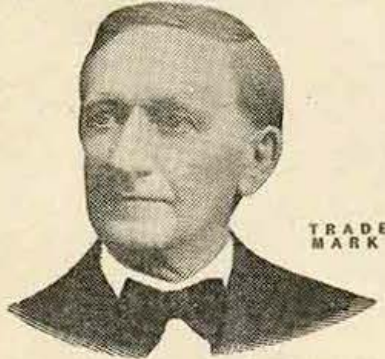
If you are sick you don't go to a doctor you never heard of. If your teeth need attention you don't hunt up the dentist you know the least about. Why then do ruptured people jump at every fancy worded advertisement making promises they know are impossible?

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For nearly 30 years the Brooks Company have been leaders in manufacturing and furnishing direct, special made to measure Appliances for all forms of reducible rupture.

More than two million people have worn Brooks Appliances and every sale has been made on a free trial agreement.

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Our Appliances fitted with the Automatic A-R Cushion furnishes a soft, clinging protection that gives you control of the rupture and assists Nature to build up the weakened muscles and tissue. This is not true of hard truss pads which have a tendency to force the weakened muscles further apart.

Continuous protection is essential in overcoming rupture. A single protrusion may undo the good accomplished by weeks of careful protection. Are you wasting time with some form of spring truss that must be taken off at night?

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Prof. J. A. DRYER
Box 1850-E Chicago, Ill.

"I Could Hit .450 a Year"

(Continued from Page 45)

work on double plays. I don't know how many we turned in, but Ritchey was a mighty classy fielding and throwing second baseman on a double play.

"Clarence Beaumont, who was the batting champion that year, would make Ruth and Goslin and Simmons look bad if he could hit the golf ball they use today. Why, Clarence hit for .350 in 1902. He played in all or nearly all the games and had close to 200 hits for the season. And that baseball was like a hunk of mud compared to the ball they use today.

"I don't want people to think that I'm an old man talking about how good I was and how good our team was, but if you put that Pittsburgh team I just named, when they were in their prime, against the best team the game has

produced within the last ten years, I don't see how the old-timers could lose a game. And that's saying plenty."

And that's what Wagner thinks of the present day star players and star teams. They don't compare and that's all. He thinks the present big league players are only first class timber for the International or the American Association. It is for this reason that he sometimes feels indignant at the big salaries paid them and regrets that he isn't twenty years younger today.

We, too, would like to see Wagner twenty years young. We close our eyes and see him swatting the ball far and wide and running the bases like a phantom. We see him playing the field like a marvel. Yes, Wagner was a marvel.

Clothes Don't Make the Man

(Continued from Page 40)

also calls into play the shoulder muscles in a direct manner.

The idea is to raise the feet up on some object so that more weight of the body is put on the arms. In doing the exercise you raise and lower the shoulders as in the floor dip and repeat until the arms are tired.

The neck, which is one part of the body that is not hidden by street clothes, can be developed rapidly by the exercise shown in Fig. 5. I have recommended this exercise to STRENGTH readers before, but think it good enough to repeat in case you missed it on the previous occasion.

Lie on a stool or across your bed so that the head and neck hangs over the edge. Then move the head up and down, side to side and in a twisting movement until it is tired, which won't be long.

This exercise is strenuous because it throws the weight of the head on the neck muscles in a way they are not accustomed to. Lie on your chest to develop the back of the neck muscles.

In Fig. 6 we have an all-round body conditioner. Take the posi-

tion shown with the hands out forward a little and then lower the hips until they just touch the floor and return them to the high position and repeat. This exercise, as you will see, is very strenuous and the farther out you place your hands the harder it becomes. This is great for limbering up in the mornings.

Many fellows have trouble with the development of their calves. The calves, as a rule, are difficult to develop to a great extent because they are so hard and sinewy. However, proper exercise that is strenuous brings results.

In the calf exercise shown in Fig. 7, you place your hands on a wall and incline your body so that, as you raise on your toes, you can push against the calf muscles with straight arms. In this way you can get a very strenuous exercise for the calves. Keep your mind on the calf muscles and the resistance you use against them.

The eighth exercise is for the much neglected region of the hips. Take the position shown in illustration 8 with the legs spread wide apart. Now bend forward at the waist and place the palms on the

floor or as near to the floor as you can. The legs can be bent slightly at the knees in this exercise. After you have touched the floor return the upper body to the upright position and repeat the movement until tired.

Practice these simple movements and they will start you off, at least, toward the physical perfection you no doubt desire.

Brother Races Brother On Turf

(Continued from Page 35)

is a lot of fun in the sport, and once you get the thrill of winning a few hard races it is hard to resist the lure of the track."

"How do you like the close races? Do you get a kick out of them?"

"We used to, but now it is all in the day's work. After you are in fifty or sixty tight races the thing loses its thrill and you begin to view each race as just another part of the job."

"But how about winning such a race as the Kentucky Derby?"

"That, of course, is something else again. The Kentucky Derby is the height of each jockey's ambition, and the jockey who even gets the chance to ride in the Derby considers himself the luckiest of mortals. Both of us have the greatest of hopes of riding in the Derby next year. That will be the first time in the history of the Derby that two twins have ever ridden against each other, and I think it will be the first time that two brothers have ever fought it out."

"How long do you expect to stay in the racing game?"

"Both Eddie and Clarence expect to stay in the game as long as we are able. Of course, the ambition of every jockey is to become a trainer or an owner. We first hope to reach the top as jockeys, and if we can make enough money and gain enough experience in handling horses we will then try to get a job training them."

"But do you expect to remain connected with the turf all your lives?"

"No. I like the game well enough, but I think that when I have made enough money by that time I will have had enough of

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EMBARRASSED?
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travelling around the country and I would then like to settle down in one place and go into some business. I think I will go back to Youngstown, as I like the mid-west much better than the east. Of course, all that is far in the future, and no one knows what time will bring forth. But that is the way I feel about it now."

"How do you and your brother feel toward each other when you are in the same race?"

"Like two strangers. Off the track we are the best of pals, and we admire each other intensely. But once we don our racing togs we must forget that any family tie exists. That is only fair to our employers, and to each other as well as to the public in general. No one likes to see favoritism, and it would be a breach of faith for us not to ride against each other as though the other was a total stranger."

"Talking about that, a funny thing happened only this winter down south. Both Eddie and Clarence were entered in a race that they both wanted to win very badly. As luck would have it we were the two to leave the rest of the horses behind and to fight it out down the home stretch. One of the other horses was just coming up when Eddie's horse shoved Clarence's over to the rail and boxed him in. Since the other horse was coming up he could not take the chance of cutting across and so lost ground. Eddie won the race, but he felt rotten about it. It, of course, was not his fault since his horse had 'slugged' him and he was unable to hold him in line."

"How do you like the boys who are in the game?" was my next question.

"Just great. They are the best bunch of fellows in the world. There is nothing mean or underhand in any of them, and they are fair as can be. You hear a lot of crooked work among the jockeys, but I haven't heard or seen any of it myself. And in the races each jockey will try to win as hard as he can, but also as square as he can. There is no mistake about that."

"How many owners have you both worked for?"

"Well, Eddie is now with Mrs. Hitt and Clarence is still with the

Greentree stables. Neither of us likes to change around often, although I was with Mr. Patterson for a short time last year."

It might be pertinent to note at this point that both Sam Hildreth and James Butler have purchased a call on Eddie's services this summer. Since there is little sentiment in horse racing the fact that two such keen judges of riding have seen fit to ask for the right to use Eddie shows that the boy is considered one of the very best jockeys on the tracks today.

A fact that is not generally known concerning these two boys is that they both help to support their mother. This feeling for their parent is in sharp contrast with the usual picture of a jockey that the average man-in-the-street entertains. That the men who ride the horses are no different than any other men in their love and respect for the home and its ties is well known by those who come in close touch

with the boys. The case of the Watters boys is but one of many. The age of the drinking, betting, and night-owl jockey has passed forever and in his place we find a clean-cut young man who takes his vocation as a business.

Before leaving the boy to dress I asked him how the clerk of the course could tell them apart before weighing in.

"He can't," the youngster answered with a grin. "He plays safe with us and won't weigh either of us in until we are in our colors. He doesn't feel safe until that is done." And personally I didn't blame him.

Watters then excused himself and went toward the jockeys headquarters, and although I tried to follow his hands closely I was unable to see whether he had a wart or not so I don't know, dear reader, whether it was Eddie or Clarence Watters to whom I was talking.

A Citizen of the World

(Continued from Page 33)

youngsters whom he is scheduled to address at the various schools at which he lectures. This consists simply of donning his tights, telling his youthful admirers and prospective hearers to climb out of their shoes and "come on." They come, like terriers attacking a bear, and such fun everyone has. Down on his hands and knees on the mat he awaits their charge.

They "rush" him and cover him all over like a blanket. But he will not be held down. No. He arises like a huge monster of fable land, dripping boys from every corner, dripping boys from every corner. Watch—he has caught one in his mighty right hand. That right arm measures better than eighteen inches around, and with one heave he sends his young antagonist to arm's length overhead. But there is no danger. "Mike" holds him there a moment, then gently replaces him on the mat and grabs another.

Gradually the youngsters tire and are replaced by others, and in due time the struggle comes to an end, always with the giant Greek the victor. Yes, he has won the fight, but he has won far more than

the "combat." He has won the admiration, the confidence, and the attention of his "opponents," and thirty minutes from now, when he addresses them in the auditorium, they are a most attentive audience, listening to his every word and eager to have him talk for hours. So it is he "sells" himself first, then his message finds ready ears to hear and willing minds to heed.

"A preacher? No, my friend, I am not that in the least. Yes, I believe in caring for the body and in developing it, but I do not preach that doctrine; I sell it, and these young boys are my best customers. I show them what I can do, and I tell them how they, too, can accomplish the same thing. But, first of all, my little fight with them has made them desire to do the thing I want them to do—care for their physical and spiritual needs now while they have such a wonderful opportunity, and so it is no great task to put my message over to them. My trouble is not in getting them to listen to me, but in getting them to permit me to go when my talk is finished!"

Such is the man, "Mike" Dori-

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What can a man have more than these!

Association Notes

(Continued from Page 55)

Body-weight	Name	Club	1-Arm Snatch	1 Arm Clean & Jerk	2-Arm Snatch	2-Arm Press	2 Arm Clean & Jerk	Total
118	Robert F. Knodle	Arcade A. C. Hagerstown, Md.	104½	126½	132	143	176	682
	John Eberle	Cooper A. C. Brooklyn, N. Y.	99	104½	115½	132	154	605
	George Rasch	German-American A. C., N. Y.	66	77	88	88	121	440
128	A. Gaukler	German-American A. C., N. Y.	110	126½	121	137½	165	665
	Roller	"Deutsche Eiche" W., N. Y., N. J.	110	121	126½	137½	165	660
136	Richard E. Bachtell	Arcade A. C. Hagerstown, Md.	143	159½	165	154	225	852½
	K. Tamminen	German-American A. C., N. Y.	121	143	143	165	187	759
	Richard Kettner	Cooper A. C. Brooklyn, N. Y.	121	148½	137½	137½	198	742½
M. Meisenbach	German-American A. C., N. Y.	104½	110	143	170½	187	715	
	F. Froehlich	German-American A. C., N. Y.	121	148½	—	—	—	—
148	Max Rohrer	Cooper A. C. Brooklyn, N. Y.	154	176	170½	148½	242	891
	Arnie Sundberg	Multnomah A. C. Portland, Ore.	154	148½	181½	154	242	880
J. Greubel	Cooper A. C. Brooklyn, N. Y.	110	143	154	132	198	748	
165	A. Faas	Cooper A. C. Brooklyn, N. Y.	143	176	176	176	231	902
	G. Horn	German-American A. C., N. Y.	137½	159½	181½	176	231	885
	J. Mastropolo	German-American A. C., N. Y.	132	143	143	132	198	748
	J. Reinhard	"Deutsche Eiche" W., N. Y., N. J.	121	154	154	154	220	803
181	Albert Manger	Baltimore Md.	143	159½	192½	198	264	957
	E. Leonhard	Cooper A. C. Brooklyn, N. Y.	154	176	187	176	253	946
	Emil Knaup	German-American A. C., N. Y.	132	137½	143	137½	214½	764½
Heavy	Willie Rohrer	Cooper A. C. Brooklyn, N. Y.	170½	198	203½	187	286	1045
	A. Rohrman	"Deutsche Eiche" W., N. Y., N. J.	143	165	165	143	220	836
	Jack Polo	German-American A. C., N. Y.	110	132	121	154	187	704

At Allentown, Arthur Levan and Edward Weinhold lifted as set down below:

Arthur Levan, 125¼ pounds bodyweight.

Press on back without bridge, 229 pounds. This is a new record.

Teeth lift, 220 pounds. New record.

One arm snatch, 134 pounds. New record.

Two arm snatch, 155 pounds.

Edward Weinhold, 130¼

pounds, bodyweight.

Rectangular fix, 96 pounds.

Two arm curl, 134 pounds.

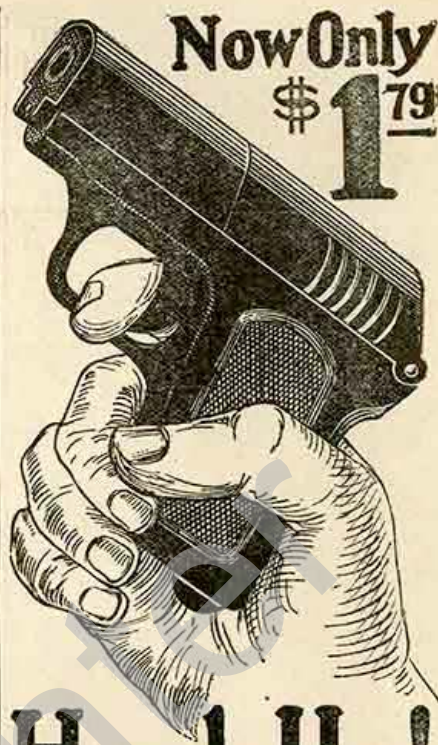
Referee—Charles Durner.

At Reamstown, Pa., the following lifts were performed in correct style:

Harry Good, 167 pounds, bodyweight.

Hold out in front, lowered, 75¼ pounds. New record.

Left hand clean and bent press, 177½ pounds. New record.



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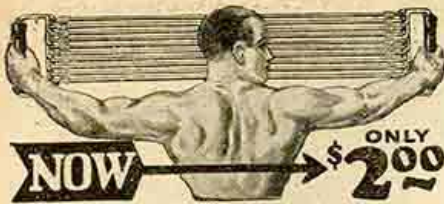
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Two hands anyhow, 276 pounds. New record.

Left hand side press, 142 pounds. New record.

Teeth lift, 451½ pounds. New record.

William Good, 178 pounds, bodyweight. 18 years of age.

Hold out in front, lowered, 81 pounds. New record.

Two dumb-bells military press, 171½ pounds. New record.

Left hand clean and bent press, 181½ pounds. New record.

Two hands clean and jerk behind neck, 225 pounds. New record.

Two hands continental jerk, 280 pounds. New record.

Left hand bent press with dumb-bell 186½ pounds. New record.

Referee, Arthur Levan.

On Memorial Day, at the Detroit Weight Lifting Club, a contest between C. Williams and C. Claycomb at catch weights took place and the lifts contested on were: Two hands snatch, two hands clean and jerk, press on back without bridge; two dumb-bells clean and jerk. Williams scored the following in the order named: 140 lbs., 190 lbs., 215 lbs. and 175 lbs. Claycomb scored the following: 170 lbs., 220 lbs., 195 lbs. and 200 lbs.

Williams' performance on the press on back without bridge broke the record; his other performances were also very good. (But in the meantime Levan had succeeded with 229 as a featherweight.) He cleaned 185 pounds with two dumb-bells, but failed to jerk them.

Claycomb just failed with 180 pounds in the two arm snatch, which poundage he has performed in practice. In the two hands clean and jerk, he cleaned 230 pounds, but failed to jerk it.

Williams' total on the four lifts was 720 pounds, and Claycomb's, 785 pounds; Williams' bodyweight was 140 pounds, and Claycomb scaled 165 pounds.

Another contest took place between Edward Klein and J. Kasper, at the heavy middleweight limit. They contested on the following lifts: Two arm press behind the neck; two hands clean and jerk; press on Back without bridge; dead lift. Klein scored the following poundages in the order named: 145 lbs., 210 lbs., 230 lbs. and 405

lbs. Kasper's poundages were as follows: 135 lbs., 185 lbs., 200 lbs. and 415 lbs. Claycomb was the referee of this contest.

Sam Vendette, at a bodyweight of 125 pounds, performed a two hands dead lift with 380 pounds, and a press on back without bridge with 170 pounds. He just failed with 390 pounds on the dead lift, failing to put his shoulders back. Harry Burke, at a bodyweight of 160 pounds, performed a two dumb-bells clean and push of 155 pounds. Charles Poliuto, at a bodyweight of 135 pounds, performed a deep knee bend of 270 pounds.

The Bronx Athletic Weight Lifting Association and the Apollo A. C. recently succeeded in presenting a Strength show. The guests were not numerous, but nobly assorted. We had the good Mr. Siegmund Klein, his not less famous product, Bill Raisch, the lusty Otto Arco with omnipresent smile and meekness of manner. So, to some extent, we really did have, you will observe, a Strength show.

Walter Greenfield began it with a little sermon on the virtues of the (physically) cultured Otto Fuchs, then opened up by a spike and iron bending exhibition which was well received. Lew Sobin and Davie Stein gave a short tid-bit of hand-to-hand work, followed by a contest in the following lifts: One hand snatch, two hand military press, two hand clean and jerk. The contestants were Morris Friedman, 140 pounds, and Murray Silver, 146 pounds; Murray was in bad shape, and failing on two of the lifts, lost the contest. His successful rival excited favorable comment for his clean-cut style of lifting.

Mac Winikoff attempted to beat the national record in the pectoral raise. He was in very bad shape, however, owing to a recent critical spell of illness. Nevertheless, he did 104 pounds, which beats the British record held by Thomas, by a margin of one pound.

Then Jack Davis posed. You should have seen this. We had him placed in a snowy outline against a background of deep vermilion, and the contrast resulted in the delicate touch of cameo work. To an uninterrupted compliment of applause, he passed from pose to pose.

You will remember that Jack, in May, 1925, won the Philadelphia contest in this art, and his present performance, we assure you, is up to standard.

Then our brave man, Mickey Stein, boxed three rounds with Sid Soloman, amateur champion welterweight of New England. Weighing in at 140 pounds, the boys put on a flashing exhibition that was a real treat to watch.

Jack Davis, although tired, attempted a right hand side press, but could not do more for us than 130 pounds.

Then Walter Greenfield emerged dressed to perform a thigh curl specialty. He succeeded with 150 pounds, then 155 pounds, and quit when offered 160 pounds. Bodyweight, 152 pounds.

Then Nat Friedkin did a bit of muscle control which delighted the audience, particularly Sig. Klein. Nat was not, however, in shape to lift.

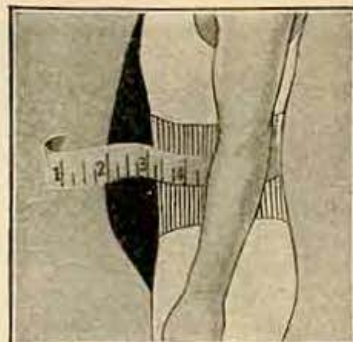
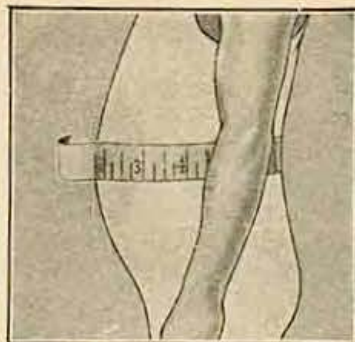
Lew Sobin, bodyweight, 167 pounds, did a two arm clean and jerk with 210 pounds, 220 pounds, 225 pounds and, feeling 230 a bit too much, ended up by giving Greenfield a ride in the air.

Then you should have seen Levani pose! His physique is clean cut, but tremendously heavy, and his control is phenomenal. He held us just spell-bound. After that he grappled with an athlete named I. Paplan, and believe us, it was one very savage affair. The above athlete is Steve Levani, and not Art Levan.

Ruby Falber did some one hand deadweight lifting, running up to 300 pounds, at a bodyweight of 152 pounds. Jack Davis sat himself on a Roman chair (loaned by the noble Herr Klein) and lifted Davie Stein a few times.

At intervals during the show, Jack Davis did some little stunts, such as holding a planche from a position on Otto's neck, performing a hand balance on two chairs, and lifting 130 pound Davie with one arm.

Regarding records, Mr. Klein states that since the scale, although on his investigation was found perfect, was not officially tested, the same must remain the case of the records. We are sorry, but there was no opportunity to go through with this formality.



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Once we thought the show would evolve into a riot. Bill Raisch, who timed the boxers, objected to the audience's poaching on his manor. So we informed the audience Bill could lift 250 pounds above his head (whereat they gasped) and therefore they had best not "infringe upon Mr. Raisch's prerogatives." That caused a storm. One of the ladies asked us to spell it, but this crowning disaster did not succeed with any coronation due to deft generalship on our part.

By the way, H. Materson, world's champion necker, let Otto, 205 pounds, stand on his neck.

(The above is the way the report was sent to us, though we thought it best to omit a few "wise cracks" that were made on the side.)

Du Bois Weight Lifting Club, May 31, 1929.

Through Frank Dennis and Joe Peltz, Du Bois has now an official weight lifting club. The Du Bois Weight Lifting Club, consisting of, at present, 22 members, all of whom are active. Dennis has been training the boys for the past few months and finally it was decided that a meet would be held on Friday, evening, May 31st. The scales were tested by Harry I. Ginter, who is the city sealer of weights and measures, and who gets exercise walking about with 50 pound block weights in each hand. He also is an ardent admirer and follower of the Du Bois club.

James Brady, at 134 pounds, successfully did 126 pounds in the two dumb-bell clean and military, which is a Penna. record.

Next came Charles Delp who, at 140 pounds, easily got away with 55½ pounds in the hold out in front and raised from below, a new American record, and 64½ pounds in the lateral raise lying, a new Penna. record. Dennis suggested that James Douglas try a right hand dumb-bell bent press. Douglas is good at bent pressing bar-bells, but a dumb-bell proved that it is a bit harder. At 121 pounds he lifted 91 pounds, which establishes a new American feather weight record.

This club has also a bantam weight in Jack Sullivan, who only weighs 110 pounds. Jack is new in the game, and it gives us all a kick to watch him doing a two hands

anyhow. When Jack turns to look where the kettle bells is, the big bar-bell he holds to arms' length goes off balance; but Jack isn't giving up, and will try for a record some day. Trying for records, Jack went on the lifts where he knows how, the Kennedy, and right hand swing. In the Kennedy he lifted 500 pounds, a new world's bantam record. He failed with 530 pounds. His next lift was a Penna. record of 69 pounds in the right hand swing.

Our old friend, Jerome Flick, of whom we heard last summer when he set records of 303 pounds in the two finger lift, and 202 pounds in the teeth lift, still standing. Flick can't keep still when the boys are lifting; he jumps off his seat and yells at the boys. "Stick to it! Stick to it!" So they have "Stick to It," for the club's slogan. Flick, at a weight of 134 pounds, which is about ten pounds more than he weighed last year came on and broke both the light weight and middle weight records in the lateral raise standing, doing 60 pounds.

Joseph Peltz, last year's heavy middle weight champion, came on with the left hand bent press doing 191 pounds, and 157 pounds in the right hand clean and jerk, both of which are Penna. records; we are expecting Joe to do 220 pounds shortly, as he has only been training off and on, but now is at it regular. His weight is 170 pounds.

Then came Frank Dennis, who is again in the middle weight class, only weighing 153 pounds. Dennis started on the lateral raise, standing, and in two attempts finished with 92 pounds, an American professional record. Dennis would rest a bit between lifts, and refused to take more than one or two attempts, as he claimed he had other lifts he wanted to work on. These are the lifts he performed:

Right hand continental press, 150½ pounds; American record; two attempts. Left hand continental press, 150½ pounds; American record; two attempts. Right hand clean and side press, 141½ lbs; two attempts. Left hand clean and side press, 141½ lbs.; American record; two attempts. Two hands clean and jerk from behind neck, 243 lbs.; American record; two attempts. Two hands clean and press from behind

neck, 175 lbs.; American record; one attempt. Two hands anyhow, 242 lbs.; American record; first attempt. Left hand dumb-bell bent press, 163½ lbs.; first attempt. Right hand slow curl, 71½ lbs.; American record; two attempts. Lateral raise standing, 92 lbs.; American record; two attempts.

The judges present were as follows:

Clarence Alexander, Merle Woods and Wm. Moore.

Sometime ago Bill Lilly issued a challenge to various and sundry claimants to strong man titles. Harry Hall and Frank Dennis accepted, providing their terms were met. But due to the nature of such terms, we can almost bet there won't be any contest. The letter from Harry reads in part, "Just the same, I read of Lilly's challenge and hereby accept with gratitude the innuendo which I feel has been cast in my general direction. I am going to move from Germantown to somewhere in this neighborhood around the 15th, and in justice to myself I respectfully request that our contest, if any, will not take place before July 1st. After that date, any time, any place, is O. K. with me.

I would also suggest to eliminate any element of trickery and to do away with the possibility of a duel between specialists to embody these terms in our "articles of agreement."

1. A six or eight lift contest, each man naming 50 per cent of the total number of lifts, namely, 3 or 4.

2. To have the lifts selected remain secret until just previous to the contest, when they can be submitted in written form to the referee.

3. All lifts which are done when lifter is lying on his back and bar-bell is to be pulled over face to commence the actual lift, to be done with bar bells using eight inch plates, making center of bar four inches off floor and no higher. This last term applies particularly to the wrestler's bridge, back press, shoulder bridge, and belly toss. In this way we "pull the teeth of the demon" and reduce the contest to the raw state of strength.

Lifting rules in my humble opinion are consistently incon-

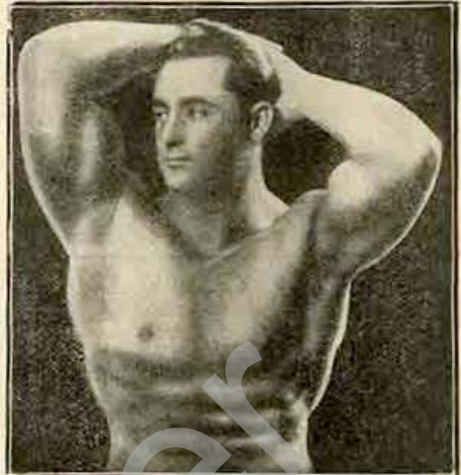
sistent anyway; for example, in the above named lifts 15 inch discs are permissible. We know that a man can press more than he can pull over using a disc that will not allow the bar to be rolled over. Therefore, the lift is robbed of its really vital part. To be consistent the jerk behind neck should not have a compulsory "clean" attached to it. Neither should the side press, although I personally am not bothered by the latter rule. What does slay me, however, is the fact that whenever the two hands jerk is mentioned, it is invariably clean, when the real object of the lift is to determine how much weight can be gotten overhead with two arms, using the jerk method." So much for Harry.

Frank Dennis agrees to meet Bill in a contest anywhere at any time, providing no floor lifts or lying down lifts are included in the contesting set of lifts. This is a big surprise to us, as we thought Frank one of the best at that style of lifting.

In connection with the above remarks of Harry Hall, we wish to call attention to the recent successes of European lifters in elevating double bodyweight poundages in the two hands clean and jerk. Last summer at the Olympic Games, a featherweight and two lightweights were successful in doing so. Also notice that Charles Rigoulot recently completed the clean style of jerking with both arms, with the enormous poundage of 402 pounds, less than seven pounds under the great continental jerk of Karl Swoboda. We might refer you to a recent article by Mr. Berry concerning the reasons for such rapid strides in modern lifting.

Anent the new record by Rigoulot, when we reported it recently in STRENGTH, our information was incomplete. What the great Frenchman really accomplished was — After leaving the theatre where he is appearing in a strong man act, he arrived at the place of lifting after 11 P. M., and without any preliminary "warming up" went right to work on three new records. He succeeded with 221 on the first attempt at snatching with the left hand, and on the third attempt with the right hand accomplished 253½ pounds.

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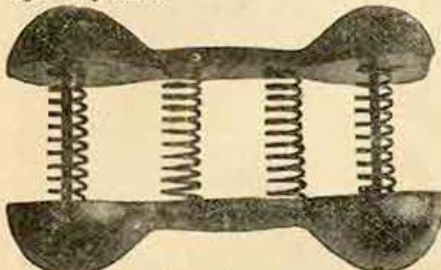
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It then took him eleven attempts to succeed in cleaning 402 pounds, but after getting it to the shoulders, he had no trouble in raising the weight to arms' length.

Some recent records were established. At Quebec, Canada, Eugene Caouette made a new Kennedy lift record of 1354 pounds,

exceedingly by 38 pounds the previous record held by Wilfred Latour.

At Grand Rapids, Michigan, Morris St. Pierre made a state light heavyweight record of 475½ pounds in the two hands dead lift, at a bodyweight of 178 pounds. As a point of interest, the bar was over two inches in diameter.

BELGIAN CHAMPIONSHIP OF 1929

	Flyweight Class			Total
	Military Press	Two hand snatch	Two hand jerk	
Regnier (Wallonie)	137½	121	159½	418
Wittenbol (Brabant)	110	110	143	363
Osselbergh (Anvers)	110	99	143	352
	Bantam			
Houyoux (Hainaut)	132	148½	187	467½
Houbeké (Brabant)	132	137½	192½	462
De Keyzer (Anvers)	121	132	187	440
Fr. Naessens (Flanders)	121	132	187	440
Renier (Wallonie)	121	137½	176	434½
	Featherweight			
Renier (Wallonie)	159½	176	242	577½
G. Naessens (Flanders)	154	154	209	517
Leonard (Brabant)	132	143	176	451
	Lightweight			
Maes (Anvers)	176	187	242	605
Van Hamme (Flanders)	165	165	242	572
Vignou (Hainaut)	165	170½	231	566½
De Vlaschourver (Brabant)	154	165	214½	533½
Coenen (Wallonie)	148½	170½	203½	522½
	Middleweight			
Vaudergoten (Brabant)	192½	203½	258½	654½
Peeters (Anvers)	187	187	242	616
De Bosscher (Flanders)	170½	187	253	610½
	Light Heavyweight			
Van Rampaye (Anvers)	220	203½	275	698½
G. Vandergoten (Brabant)	181½	198	269½	649
Cobbart (Flanders)	165	154	203½	522½
	Heavyweight			
M. Panen (Flanders)	198	198	275	671
Binders (Anvers)	187	198	264	649
Snackers (Wallonie)	165	159½	214½	539
Van Bellingen (Brabant)	132	170½	220	522½

On the fourth attempt, Renier accomplished 247½ pounds on the two hands clean and jerk. Although a new featherweight record for Belgium, it does not count in the total.

What's Wrong With the Yanks?

(Continued from Page 52)

themselves and the Athletics of winning the most pennants. Each team has won six league championships. Since the year 1900 every team in the American League has won the pennant at least once. Cleveland once; Washington twice; Detroit, three times; Chicago, five times; Boston, five; New York and the Athletics six each. It looks as though the Athletics will be the ones to break the tie existing between themselves and the Yanks.

The records show that the A's this year have an even stronger team than the Yanks had last year for they are now leading in all three branches of the sport—hitting, fielding and pitching. Last year, although the Yanks pulled through, their pitching was nothing to brag about.

Ed Rommel seems to have come back with a bang after several years of "in and out" work on the mound. At this time he has a perfect average of .1000 P. C., having won all games he has pitched this season. Lefty Groves is right on his heels with a percentage of nine hundred having lost only one game and won nine. However, Groves has been going good for several seasons and it is not surprising to see him up with the leaders.

Another pitcher who is making Connie Mack feel fine these days is Earnshaw. He has lost only two out of twelve games in which he appeared so far this season. Old Rube Walberg is giving him a chase with exactly the same percentage. Quinn doesn't show up so well in the list of averages but he

has lost only two games out of nine in which he has appeared.

Of the Yankees pitching staff, Heimack leads them with an average of .833. Hoyt, the mainstay of the Yanks staff, is not doing so well with a seven hundred point average. No less than four Athletic pitchers have higher averages than Hoyt. Pipgras and Johnson are far down the list.

The individual batting average is the same story. Lazzeri is the only Yank regular who is anywhere near the top. Ruth and Gehrig are far down the list. Of course, Ruth and Gehrig will improve before the summer is over—that is if Ruth's health improves.

It looks as though Cochrane, Simmons and Foxx are supplanting the Meusel, Gehrig, Ruth combination as the "Murder's Row" of the American League. The A's have three other hitters who would form a second "Murder's Row" for the A's, if they were batting in rotation. These three are "Mule" Haas, "Bing" Miller and Jimmy Dykes. Bishop and Boley are the only two weak hitters the A's possess outside of the pitchers. Bishop is a fine lead-off man, however, and Boley, a great defensive

player. Grove is the best hitting pitcher the A's have. He now sports the fine average of .351.

Taking it all in all it looks as though this season's Athletics are going to look every bit as good as the old championship team of 1914. Of course, the old timers won't agree to that, but there really is little to choose between them.

The present day Athletics have a percentage of .776 which is much higher than any of the pennant winning averages of the old championship team. It is not quite fair, however, to compare a June percentage with percentages at the end of a season, as I am doing. But if the A's win the pennant with a percentage of .681—95 points lower than the average they have, they will have turned in a better mark by one point than the old A's did in any one of the six pennant winning years.

The two things that are outstanding this season are the all-round slump of the Yankees and the great improvement of the A's. The Yankees most likely will improve before the season is over and it is not sensible to expect the A's to continue as they have been going. I believe we can look for a closer race later.

The Mat

(Continued from Page 48)

just about given up hope. Is there anything you can suggest? I would certainly appreciate it. I'm still ambitious and enthusiastic. My strength has tripled. I can Bent Press 170 pounds, Two Arm Jerk 225, Two Hands Slow Press 185, Military Press 95 pounds, either hand, Snatch 130 pounds, either hand.

Now this isn't supposed to be a business letter, just a little heart to heart talk with you. I've given you about all the information I can, so you can diagnose my case thoroughly. I'm sorry I can't furnish you with pictures, as then you could see for yourself.

Thanking you for any information that you will think helpful,

S. C.,
Virginia

P. S. Please don't pass this letter up."

He has certainly described his

case pretty well and understands just about what is wrong with him, but at the same time he has some mistaken ideas. Other mistaken ideas he has gotten over are: trying to improve the chest by means of certain light dumb-bell exercises, specializing on the Pull Over, and trying to lift the rib box through direct light exercise means alone.

With his build and strength, he should be capable of a whole lot more in such lifts as the Two Arms Jerk, Bent Press and One Hand Snatch. He fails to mention the two Hands Snatch and the One Hand Jerk, so perhaps he has failed to practice these lifts to any extent and registers poorly on them. There is no use trying to broaden his shoulders by the means he has hope is to bring about a pronounced development of the deltoids. He lately tried. His only immediate



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can quickly enlarge his chest by devoting the greatest part of his exercise time to lifts and exercises requiring vigorous action of the legs and back in conjunction with arm and shoulder action. I have suggested this method of training at different times previously in **STRENGTH**, but he has evidently failed to put the advise into practice. Special light dumb-bell movements may look tricky and novel, but satisfactory results will never Galley SIX Calvett be forthcoming. He should spend a good deal of time on the Snatches and Jerks, also the deep knee bend with fairly heavy weights. Not only will his lifting ability improve, so that he will be satisfied with such ability in proportion to his bodyweight, but his chest will expand, the shoulders develop and he will be more efficient in every physical way.

This type of exercise affects the muscles which expand the chest, and due to physiological reasons, which I have described at other times, there is a demand for increased breathing space.

It is unfortunate that his shoulders should naturally be so narrow, but many men of that type have developed into outstanding examples of development. The shoulder narrowness will not be so apparent with a larger chest. It is likewise foolish to neglect the arms and neck because he considers his shoulders to be narrow. If he will increase those parts to the standard of his calves he will be better satisfied in the end. Of course, we must realize that all men cannot be built alike. There is no sense in his wishing to reduce in order to raise the standard of his lifting. He would probably succeed only in weakening himself. On the other hand, by increasing his bodyweight even further through added development, he will become stronger. Considering his height and measurements, he must be of very solid construction to weigh as much as he does; no doubt, his bones are very heavy, or rather of thick construction. Some individuals naturally have a layer of fat all over the body, and particularly will you find this true among swimmers and wrestlers, it is also common among professional strong men who have

been in the game a long time. Nature takes care of building a reserve of energy in this manner when the athlete does not keep himself trained down fine. Such men are also the most capable. Charles Rigoulot, the greatest of bar-bell lifters, is somewhat of this type, and there are many others.

With a little specializing on quick lifts, and more attention to combined leg and arm movements, we can predict splendid results and a good future for our friend.

Whereas a belief has long been current among those who expect better police protection that more stringent physical tests should be given applicants for police department positions in our cities, here we have an entirely different attitude on the part of a Boston Police Chief. Under the heading "Civil Service Tests Hit as a 'Terrible Joke,'" a newspaper carried the write-up which we copy below:

"At a meeting of the Police Chiefs' Association of Massachusetts, held this noon at the American House, several executives discussed at length the Civil Service tests which have been provided for advancement in the Police Department, and general sorrow was expressed for the untimely death of Sgt. Montague, of the Boston Police Department. The executives were practically unanimous in their desire to see a change effected so that, in the future, a premium will be placed upon the exhibition of skill in detective work rather than on physical strength.

"One of the principal addresses of the meeting was delivered, in part, as follows: 'It is an old saying and a true one that out of every great evil some good is developed, some wonderful lesson is learned that gives the State the opportunity to correct a terrible injustice to men who have been loyal in their efforts to protect the lives and property of its citizens. I do not intend to criticize the Civil Service Commission for what they have done in the past. They undoubtedly have tried to be fair but, somehow or other, they have been the victims of faddists. How any sane man, or body of men who have been at all identified with manual labor or with school or college athletics can reconcile themselves to forcing men to

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go through physical tests when they have been away from active participation in the trained use of their muscles is beyond me.

"Take the average college athlete who made a reputation for himself or helped his college gain glory on the gridiron, on the river, or on the baseball field five years after he graduated, and let him try to go through the tests that were prescribed for him when he was at college. He would fail miserably, besides suffering results which undoubtedly would be permanent.

"I recall as a young fellow, taking part in football and in watching the training of the Harvard teams, that the tests given the football men and oarsmen were ridiculous, and the same applies to the physical tests given the policemen today. On one of my visits to Cambridge one of my football friends pointed out the man who was called the Harvard 'strong man.' He was not very large in stature, but when they considered him a strong man compared to the guards and tackles on the football team, it made me smile, because there was not a man on the Harvard squad, especially on the line, who could not throw this alleged 'strong man' over his head and out of a window without any trouble.

"Simply because in the test a man can chin and dip himself many more times than the men who have the build of a Hercules makes it ridiculous to consider that man a strong man compared to the chap who goes out and rows on the varsity crew or plays football.

"How can a conscientious police officer keep himself in absolute physical condition. It would be necessary for him to daily run certain distances; it would be necessary for him to go through a system of calisthenics and give up smoking and keep his mind on athletics at all times. A policeman's duty is to use his brain and many times he is forced to snap quickly at a judgment which the lawyer or doctor could not do without a lot of reasoning.

"My suggestion to you, gentlemen, is this—that the Civil Service Commission be requested to eliminate all physical tests with the exception of the ordinary heart,



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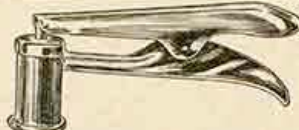
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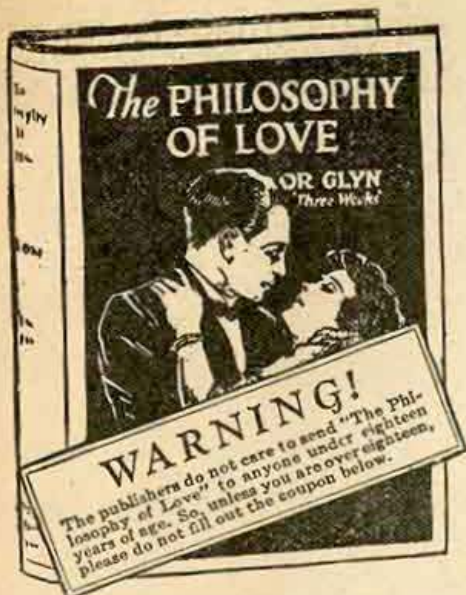
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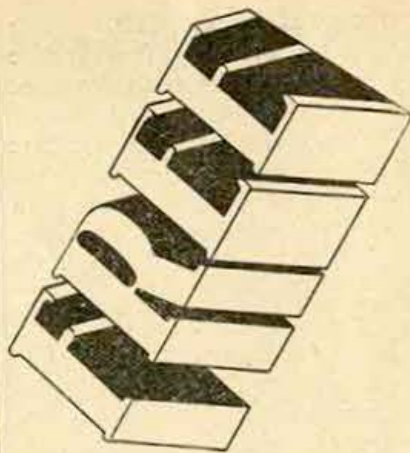
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lungs and brain diagnosis. It is unfair to follow the so-called 'fad-dists' because the policemen must be thinking of their profession, and the law breakers at all times, instead of attaining muscles of Sonnenberg or Tunney or other men who are paid for exploiting the use of their muscles in certain lines. Give the policemen a chance; give these men who have put on weight from their boyhood an opportunity to demonstrate their ability as detectives, as executives, and as real men who are a help to the community, but do not in the future force them to go through so-called tests which you and I, as every fair-minded citizen, believe are absolutely ridiculous."

Commenting upon the remarks of the esteemed police officer, we wonder if he really has the right idea and has presented a sensible solution to the problem of selecting more efficient guardians of the peace. It has often seemed to us as though politics played too big a part in keeping many physically inefficient fat, weak, and old men on the large city police force. Possibly the chief is right as regards executive ability and skill in detective work in relation to some positions in the police department. But, as to the average patrolman who has a beat to cover or an important post to watch, the citizens of any community have a right to expect a physically efficient man to be on the job. At a time when desperate criminals violate the peaceful rights of law abiding citizens, either in broad day light or in the still of the night, of what value is a policeman if he is feeble or fat and unable to give chase to a fleeing criminal or put up a fight to overpower one he has cornered? Possibly different tests should apply to the man who will hold an executive or a detective position, just as in a commercial or industrial establishment—the applicant for an executive position is expected to be of a different type than the ordinary clerk, the laborer or mechanic. During these days of a great crime wave, it would seem more appropriate to expect the lines to be drawn tighter and only those who are youthful and physically capable should be accepted on the force. The elderly man who is qualified might be



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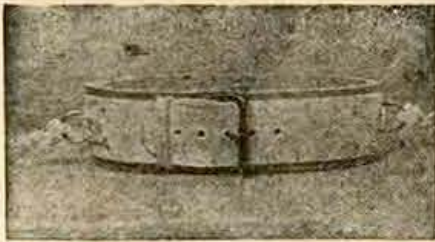
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such as a round-off followed by a dozen flips (back handsprings) and end up with a high, lay-out somersault. Boy, it's great—you skim along the ground like an express train and the momentum carries you high in the air so that you can straighten out the body and legs and turn slowly onto your feet in a somersault. It's just like flying and just as thrilling.

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That course is now ready and, man, it is a wonderful course. It's got everything in it that a man wants to know. It takes you step by step, without strain, without excessive effort, toward the goal of perfect development. The directions are so exact, you can't make a mistake. Best of all, it costs so little that you do not have to give the cost a thought.

LESSON 1

The introduction is a detailed discussion of training principles. What an athlete needs to know about eating, sleeping, bathing and generally keeping himself in the pink of condition. Special attention is given the effect of proper habits in standing, walking, breathing and in developing muscle control. You are also told how to gain or lose weight, what you should weigh, and what the ideal development is for a man of your build and height.

LESSONS 2 AND 3

Beginning with the second lesson, Mr. Mason takes up exercises specially designed to reach every muscle and nerve in the body, and to the average man who keeps himself in fairly good shape, will be a revelation in disclosing unused and unfit muscles. With the third lesson these exercises become more difficult, surplus and subcutaneous fat are removed, the muscles become clearly defined throughout the body and springy in character, ready for the real business of development.

LESSONS 4 AND 5

Lessons 4 and 5 are designed to produce great muscular strength. Beyond these exercises you cannot go in the science of development, and the development you personally secure will depend upon the time you devote to them. Fifteen minutes per day will give you a very powerful build and great muscular strength in three months.

FIVE LESSONS—FIFTEEN THOUSAND

WORDS

All that could be put into an elaborate and expensive course has been boiled down and condensed into these five lessons, and two large charts, and they are preceded by an introduction on standing, breathing and conditioning, which, to the average man, is worth more than is asked for "STRENGTH" and the course together.

The Milo Publishing Co., S-8-29
2739 N. Palethorp St., Philadelphia, Pa.

Gentlemen: I am checking off below the proposition I desire to take advantage of, and am enclosing a remittance to cover cost of same.
[] 1 year's subscription to "STRENGTH"
J. Leonard Mason's Five-Lesson Course, \$5.00.

[] J. Leonard Mason's Course only, \$1.00.

Name _____

Address _____

City _____ State _____

(Canadian orders, 25c additional; foreign orders, 50c additional)

promoted to higher positions, but only active men should be considered where the life and property of citizens is endangered. The man who has failed to preserve a youthful condition should be let go rather than be entitled to honors.

As to what the Chief has to say about college athletes, the evil lies in their failing to preserve an athletic condition and allowing themselves to grow soft. Furthermore, a high class athlete of medium bodyweight is generally capable of overpowering huge men who are not in his class as an athlete. It is folly to believe that because a man is tall and heavy he is physically superior to shorter men of more compact build. We do agree with his remarks about chinning and dipping being unfair means of judging the physical strength of individuals; among small or medium sized men such tests give you an idea of the manner in which a man can handle himself, but among large men these tests mean very little, as the large man, no matter how strong he may be, is handicapped in such tests. Other tests might be substituted for the chinning and dipping, but we are firm in the conviction that some standard of physical strength and efficiency should be maintained among veteran policemen as well as requiring applicants to prove themselves capable. You may judge for yourself.

It should prove amusing to Mat fans to read of this man's ideas of the training necessary to keep policemen in condition. We know this to be possible by spending a total of two hours or so a week with a bar-bell outfit. We also know, as students of physical education and efficiency, that the man who is physically fit makes the best executive, or in fact, fills every position more efficiently than the individual who is in poor physical condition. This can also be attested to by the thousands of business and professional men who keep in trim with bar bells. Habitual law breakers must have gotten a kick out of reading the above newspaper write-up. Physically, soft detectives and "cops" would be easy for them.

Mat Editor:

Being an iron worker by trade I was much interested in a picture

of a strong man who bent iron bars which I saw in a magazine some time ago. It gave me a laugh when I read:

"Nobody ever met _____'s challenge to straighten the bars he had bent. Well, I should like to see if this strong man is able to straighten the bars he bends. I am only a light weight amateur wrestler and I bent a 1 1/4 x 3/8 iron bar into the shape you see in two of the enclosed photos. If I would weld on each end an iron hook and two horses on each side would pull, they would not be able to pull the bar straight. How can a heavy-weight strong man expect anyone to straighten the bars he bends?"

Adolphe Lemke.

Montreal, Can.

Here is another fellow who has a lot to worry about.

Question:

Editor of the Mat:

I would like your advice on the following subject. After my workouts are complete, my body perspires considerably and I am the subject of a very disagreeable body odor.

Kindly recommend a rub down solution, or some kind of a lotion to remedy this. This also occurs during the day, quite frequently. Will be very thankful for your kind attention and advice.

Answer as soon as possible. I thank you.

Answer: J. W., Conn.

I would advise you not to worry about the fact that your perspiration does not smell like the essence of flowers, or perfume. Somewhere I have heard the expression that it is natural for a man to smell strong, and from associating with strong men and athletes I am inclined to believe that a vigorous man has a pretty strong odor when he is perspiring freely.

I wonder if you have ever walked into a gymnasium where athletes were taking a workout, especially in the winter time when it was necessary to keep the place closed up to some extent. Then another experience in this line is to walk into a gymnasium where pugilists are used to training, and they have laid some of their clothes on the radiators to dry out. When you get used to standing such odors as that, nothing will bother you.

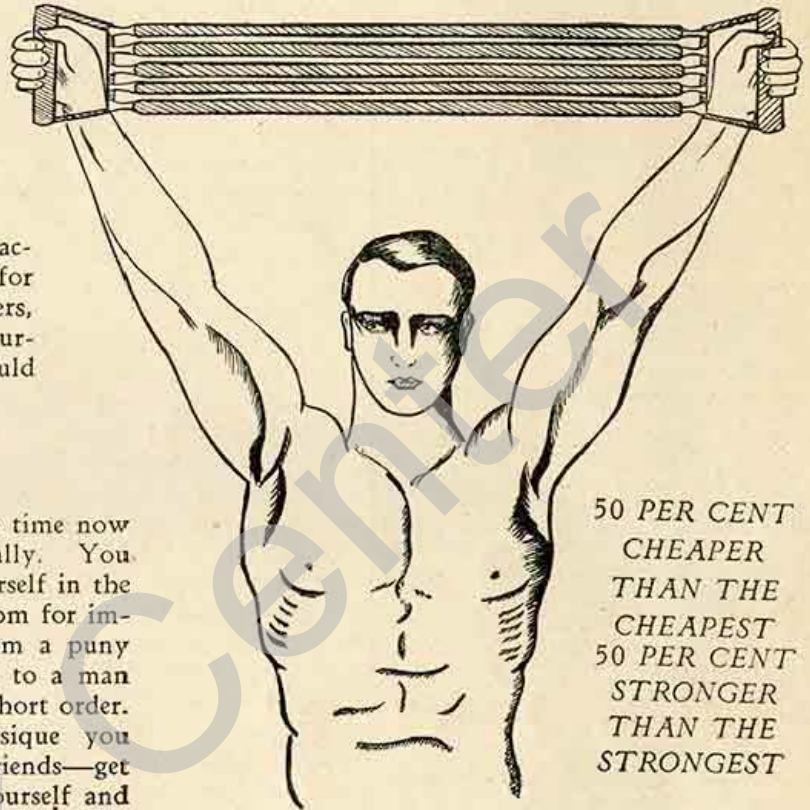
You Don't Have "IT"— If You Don't Have Muscles!

YOU have always wanted popularity—now is your chance to get it and keep it. Women detest men who appear to be weak—they want their men to *look strong and be strong*—they admire muscles.

You have probably asked yourself a dozen times how you could acquire "it" and make a hit with your friends and acquaintances. We will answer that question for you. Buy one of our 5 Heavy Band Exercisers, at the low cost of \$1.00 and prove to yourself how quickly you'll acquire "it." Could you get an offer like that anywhere else?

Give Us Just 60 Days

and we will make a new man of you! It's time now that you did something for yourself physically. You need building up—take another look at yourself in the mirror and be honest—isn't there lots of room for improvement? Well, we can change you from a puny weakling, who wouldn't get a second look, to a man of strength and vim, and we can do this in short order. Don't envy the other fellow, whose physique you secretly admire and who has the most friends—get busy and go after a "he-man" figure for yourself and enjoy popularity and self-respect.



50 PER CENT
CHEAPER
THAN THE
CHEAPEST
50 PER CENT
STRONGER
THAN THE
STRONGEST

POPULARITY

will be yours! Girls will admire you and seek your company. You will never need to be ashamed of your physique! You will never have to worry about what the girls are thinking of you. If another fellow walks away with your best girl, which is doubtful, you can settle his hash in due course, or you can pick yourself another sweetheart from your many admirers.

If you are not strong, if you don't have any muscles to show off, you are simply a back number. Wise up! Just give our cable exerciser sixty days and see how popular you will become—don't merely take our word for it. Don't be satisfied with being a wall flower all your life.

It Develops Big Arms and Chest

and a strong, well muscled and shapely trunk and shoulders. *It doubles your strength, in a short time.* It makes a real he-man from a weakling, a man whom every girl will admire and seek his company. You are not going to miss these advantages at such a low price. You cannot afford to. *Fill in the coupon below right now.* Mail it to us immediately with your remittance and your exerciser and complete course will be sent promptly and free of postal charges. Then just give it a fair trial and see if what we claim they will do for you is not true.

IT'S GUARANTEED TO BE STRONG
SEND FOR IT RIGHT NOW!

A COMPLETE COURSE!

You didn't think a course would go along with the 5 heavy Band Exerciser, did you? For only \$1.00! Well, it does and it's most complete.

Try this wonderful Muscle Builder
You can't go wrong for \$1.00

Never before has such a muscle builder been offered at such a low price. Think of the dollars you spend on tonics, etc. and then see what you can get out of our \$1.00 5 heavy Band Exerciser and complete Course.

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Lehigh Ave.
Phila., Pa.
Gentlemen: I want
one of those new,
strong, 5-heavy band
exercisers with complete
course of instructions.
Find enclosed \$1.00.

Name _____
Address _____
City _____ State _____

Why Be Ill?

when you can eat your way to health--free?

Food is the best medicine—in fact the only medicine you may need. Animals take no drugs—why should man? Food can both poison and cure. 95% of all disease can be traced to wrong diet—and can be corrected only by right diet.

Constipation

Normal health requires at least two evacuations daily. All diseases start as self-poisoning due to food retained too long. Nerve and muscle building foods both increase bowel activity if properly selected. Certain foods are intensely nourishing, strengthening, poison eliminating or solvent of artery deposits—according to choice and combinations. Tumors, blood clots, deposits in joints, catarrhal secretions, gallstones, skin blemishes can be dissolved within—without surgery, salves or medicines.

Catarrh Asthma—Hay Fever

No relief for any form of Catarrh can be obtained except by dissolving the mucus which the blood tries to discharge through nose, lungs, throat and other organs, causing the irritation known by many names, such as Catarrh, Tonsillitis, Rhinitis, Hay Fever, Asthma, Consumption, Appendicitis, Bright's Disease, Pyloritis, Gastritis, etc.

WHAT TO EAT. Certain Citric fruits (without sugar) tomatoes, berries, apples, dissolve mucus and counteract acidity. If used with other suitable foods and laxative vegetables.

Old at 30?

Heavy eaters of starchy foods, bread, grains, potatoes, rice, are slow, awkward, stiff, **PREMATURELY OLD**, with coarse, wrinkled skin. Suitable animal foods, fruits and vegetables rightly combined restore youthful grace and vigor in even most advanced cases. Even elderly people have been restored to youthful activity after only a few weeks of scientific nutrition.

Low Vitality

Old age and senility with its lack of vitality is due to hardening of the arteries, i. e. their inner walls become encrusted with calcareous deposits just like the inside of a kettle or boiler. These deposits slow up the circulation and hinder the blood from carrying on its swift work of rebuilding and restoring the worn-out tissues.

Headaches

Nervousness and Sleeplessness are all due to the same basic cause, i. e. self-poisoning by eating the wrong food combinations. The poisons accumulated in the blood and tissues and at certain points set up congestion (especially where the nerves enter the spine). The congested tissues press on the nerves which in turn sends a shooting pain to "headquarters" to tell you something is wrong. The right foods not only dissolve the poisons and remove congestion, but also restore normal health and strength to the weakened irritated nerves. These troubles are among the easiest to correct quickly and permanently.

Kidney—Bladder—Diabetes

Kidney, Bladder and Skin Troubles begin when these organs try to do extra work because some other organ is congested or stuffed by wrong eating and faulty elimination. For instance, in Diabetes, the kidneys eliminate sugar which the liver should have utilized.

Rheumatism

Lumbago, Sciatica, Neuritis, Neuralgia and Rheumatism (whether in joints or tissues) are all caused by a wrong diet, resulting in poisons and congestion, further aggravated by exposure to cold, dampness or draught. Swiftly relieved and permanently banished by eating solvent and eliminating foods. Meats are not necessarily harmful if properly combined and prepared.

"REAL HEALTH" Through Natural Methods

is a new sensational book of sensible practical food knowledge. Tells what, when and how to eat to get the most from your food in the way of new health and real nourishment. It contains 200 pages of simple rules for eating, fasting, dieting, special foods for every common disease, sample menus, natural remedies, quick pain expellers, 18 medical charts, and a \$2 Wall Chart of Exercises. Fully equal to expensive courses. A sensational value at \$1.10.

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Please send me your 200-page Food Directory, "Real Health" and \$2 Chart of Exercises, all for \$1.10. Enclose check, stamps or M. O.

Name

Address

Health - Strength - Beauty

(Continued from Page 37)

fruit, vegetables and an extra portion of bran.

Eat a normal amount of protein, preferably in the form of vegetables and milk or milk products. Do not increase the amount above normal.

Increase the usual amount of carbohydrates. Potatoes cooked in their skins, natural brown rice, whole grain breakfast cereals and whole wheat bread.

Increase the usual amount of fat if more can be taken without discomfort. Butter is best, crisp bacon, olive oil, vegetable oils and even cod liver oil.

Drink a quart of milk a day and more if possible. Be sure the milk is fresh, clean, and comes from healthy, well fed cows.

Aid the assimilation of the food by relaxation of tension which goes with a serene mind and a happy disposition.

Reduce the consumption of energy by rest from activity, the absence of worry, anxiety and unhappiness, and by longer periods of sleep.

For your calves I would advise you to practice rope skipping. This exercise will insure the quickest means of acquiring results. About fifteen minutes a day is all that is required.

The exercise of rising on toes and walking across the room is also beneficial. And you might also include the squat which is good for the thighs as well as the calves. You will find a description of the squat in the answer given to Mrs. J. O's letter.

Death Miss Heathcote:

I am a young girl 16½ years of age. My weight is 140 pounds. Isn't that terrible? What should my correct weight be? I am five feet two inches tall—maybe a little bit over but not much. My measurements are as follows:

Waist 26½ inches, hips 32¼ in., bust 35 in., chest 30¼ in., lower arm 8¾ in., upper arm 11¼ in., calf 13½ in., ankle 8½ in., knee 14½ in., thigh 23 in., wrist 6 in., neck 12 in.

Are those measurements very bad? They do not seem so awfully large, so what makes me weigh so much? My friends say I do not look more than 125 pounds.

Could you please give me some advice as to how to get my weight down to about 120 pounds?

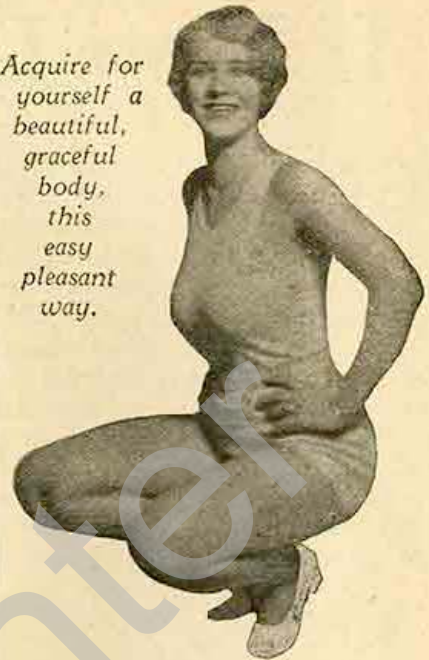
I really ought to be a shadow if worry makes one thin, for I worry dreadfully about my weight.

Anxiously waiting.

Miss J. F.

TOO THIN?

Acquire for yourself a beautiful, graceful body, this easy pleasant way.



A Glorious Figure and Radiant Health

are what Jack Sandow will get you, through his wonderful Health and Beauty Course. I'm interested in your individual case. No matter what your trouble might be I am sure I can help you out.

My method is easy, pleasant and effective. You will begin to see results in a few weeks and will feel 100 per cent alive.

Popularity!

That is just what you want and that is just what you will get after you have practiced my course for a very short time only. You will be sought after and admired by all.

I get many letters from my pupils thanking me for what I have done for them; also saying that they never were so popular and never had a better time in all their lives than they did after using my course.

Only \$1.00!

That is all I ask for this wonderful developing course. You will get more than your money's worth of fun out of practicing the different exercises and stunts I give you—so don't delay sending for this course now—today!

Jack Sandow, Dept. S-8 29
Federal Life Bldg.
Michigan Ave. and
Randolph St.,
Chicago, Ill.

Dear Sir:
Enclosed please find \$1.00 for which send me immediately your Health and Beauty Course for Women.

Name
Address
City State

ANSWER:

All your extra weight seems to be around your bust, waist, and thighs, and I would advise you to specialize on exercises for these parts. Perhaps you weigh more than the average girl due to the fact that you are large boned. Any girl who is large boned would weigh more than the average weight; so if you are large boned do not worry too much about your weight.

If, however, your flesh is flabby and soft, I would advise you to exercise immediately and burn away that excess flabby tissue. A young girl of 16½ years of age cannot afford to be burdened with a lot of extra fat. If you allow your body to put on extra flesh from year to year just think what a fat, flabby body you will have a few years from now!

As you are a very young girl you have a wonderful chance of bringing your weight down considerably—providing you adopt some sort of physical exercise immediately. There are various sports in which you can indulge this time of the year—such as tennis, swimming, golf and home exercise. With the exception of your waist, bust, and thighs, the rest of your

Headache—I Thought My Head Would Split!

(Continued from Page 29)

you, anyone who suffers from headaches like I did cannot possibly be happy and contented.

First of all he told me to drink plenty of water at all times. Then he told me to look into my diet and see that I was eating good, wholesome, digestible food. He told me that if I would eat plenty of green and leafy vegetables, I would soon correct my condition.

I lost no time in doing what he told me and I have found that by eliminating starchy and greasy foods from my diet, drinking plenty of water and doing certain exercises, I have rid myself of constipation and in turn rid myself entirely of headaches.

I am like a new born man. I can't even realize that at one time I was a constant sufferer from headaches. I am happy, my family is happy and I am progressing very well with my work. Believe me if I had not done something for my

measurements seem to be fairly good.

Leg swinging is excellent for the legs and waist. Holding the body as straight as you possibly can, hands on hips, swing the leg forward, then backward, to the left and then to the right. Concentrate on each swinging movement; do not do this exercise in a haphazard way if you want results.

The squat exercise given in Mrs. J. O.'s answer is also excellent for thighs.

The body roll is another exercise for the waist. Stand with body perfectly straight, hands on hips. Now swing the body in the form of a circle. Be sure to keep the knees perfectly straight throughout the exercise.

For the bust, try all arm circling movements. One excellent exercise is done with a pair of five pound dumb-bells. Hold a five pound dumb-bell in each hand. Now swing the right arm five times in as wide a backward circle as you can. Then alternate with the left arm.

I trust that some of the advise I have given you will put you on the right track. If you begin when you are young and make a habit of exercising daily you will gradually find exercising a pleasure.

condition I would have been a miserable failure today.

I will give you two of the exercises I did and still do to overcome constipation and headaches.

The first is commonly known as the sit-up. Lie down flat on the floor and have some one hold your feet down tightly, or if there is no one about, prop them under some heavy object. Stretch the arms overhead, raise the body to an upright position and then over until the fingertips touch the toes. Do this as many times as you see fit.

The other exercise is to draw the knees, alternately, to the chest. As you bring the knee up to the chest, clasp the hands around it and pull it to the chest until it touches. Repeat this many times but be sure that you keep the body straight throughout the movement.

Fresh air and plenty of sleep and rest will also help to avoid headaches.

Want More Fun?

DO YOU want more good times—more invitations? Would you like to be "right" in the spotlight," entertaining the others and having a lion's share of the fun at all the parties? Would you? If your answer is "Yes"—then read on!

—Basil Glaze, of Germantown, Md., answered "Yes!" and later wrote me: "Though I started with no knowledge of music, your Course has opened a new world of fun for me."

Want More Friends?

More Invitations - Good Times?

DO YOU want more real pals to fill your spare hours with enjoyment? Then I'll show you how to make them—more than you've ever dreamed of having. How? Easy! By teaching you to play the Hawaiian Guitar! You don't need any talent whatsoever, to learn at home this easy way.

Pauline Hamrick, of Matthews, N. C., answered "Yes!" and soon wrote: "The day I received my Guitar my loneliness days were over. Everywhere I go, I make new friends with my playing."

Want More Money?

Extra Dollars Easily Earned

—I asked Ralph Prutzman of Lehigh, Pa. He said "Yes!"—and I showed him how. Now he writes: "I'm getting along fine. The lessons are easy and interesting. Made \$16 the very first night I played professionally and I'm not even through the Course yet! I'm making more friends and having a better time than ever before."

Hawaiian Guitar and Outfit with 1st Lesson! Full size Hawaiian Guitar, phonograph Records of 65 selections and Complete Outfit—yours to keep.

Learn the Hawaiian Guitar at Home—By Quick, Easy Method

Ralph Prutzman didn't believe we could teach him—but he let us PROVE that we could! This easy, simple method will teach you quick, just as it taught Ralph Prutzman, Basil Glaze, Pauline Hamrick and a thousand others. My big Free Book, tells all about the Course and famous method; how I send you everything you need to learn. Clip and mail the Coupon today—right now—for your FREE copy!



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Send me the book that tells more about getting more FUN—more FRIENDS—More MONEY. No obligation to me, of course.

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READ FREE OFFER! Worry no more over your pimples, blackheads, large pores, shiny nose, oily skin, freckles, unsightly blemishes and surface wrinkles that ruin your complexion! Learn FREE how to make disfiguring blotches "fall off" and have a new, clear, smooth skin on face, neck, arms, hands or any part of body. Makes you look more youthful and beautiful—years younger. New skin comes—old skin falls off! Blemishes positively GONE, because they're OFF! Simple, harmless, easy! Different from anything you ever tried! All explained in wonderful new book in English language entitled—

"Beautiful New Skin in 3 Days"

Send no money—just name and address. Get it by return mail, postpaid—FREE!

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Attaining Muscular Proportions

(Continued from Page 28)

MAN!

Put some **PEP**
into
that **Body of Yours**

Don't go around looking washed out, half alive. Snap out of your lethargy. There is nothing more effective than a workout with a pair of dumb-bells when you are tired and feel the need of a stimulant.

If you will only spend a few minutes daily exercising with a pair of our solid iron dumb-bells you will develop for yourself a pair of strong shoulders, a powerful back and a pair of arms that will be envied; besides toning up your entire system.

Our dumb-bells are unbeatable for quickly developing the above mentioned parts, and if you use the heavier 25 pounders you can give plenty of work to the legs as well. Get a pair and find out what real satisfaction in exercising means.

They are just the thing for the busy man—they save time, space and money.



The Milo Bar Bell Co.

2739 N. Palethorp St., Dept. S-8-29 Phila., Pa.

The Milo Bar Bell Co. Dept. S-8-29
2739 N. Palethorp St., Philadelphia, Pa.
Gentlemen:

Enclosed please find { cash } for
 { check }
 { money }
 { order }
\$5.00 per pair 25-lb. dumb-bells—Pair 50 lbs.
3.00 " " 15-lb. dumb-bells—Pair 30 lbs.
2.00 " " 10-lb. dumb-bells—Pair 20 lbs.
1.00 " " 5-lb. dumb-bells—Pair 10 lbs.

Name _____

Address _____

City _____ State _____

Shipping Charges Collect.

evening meal. Rest for an hour or two after the meal and repeat the program; after which you may take a good bath and retire.

Supposing you are interested in improving the appearance of your arms, it will be best to aim at increasing the development of the forearms as well. In this case, you could start out with some curling, then the exercise of winding a weighted cord on a stick; next practice some presses for the triceps; then some gripping exercises for the forearms, such as shifting a dumb-bell or heavy plate from hand to hand. If you aim to exercise the whole body three times weekly and specialize at nine other periods per week, you may mix the special work in with other movements at the regular exercise periods. At the special periods the suggestions given here should prove valuable. Following out the plan we were outlining, practice the reverse curl next, then something for the forearms again, another form of pressing, back to the forearms, the biceps, triceps, etc. Repeat each exercise five times the first week, adding a repetition each week 'till you have spent a week on ten counts; then add slightly to the resistance and begin again at five for each exercise.

For the specialization work it will be best to adjust the weights to a point well within your limit on each movement.

If you are striving to improve only the upper arms, you may follow practically the same plan as just outlined but with the balance in favor of upper arm work.

To enlarge the calves by this means, practice every possible calf and foot exercise. Walking around on tip toe while carrying weights, rising on the toes, jumping on the toes, walking up and down stairs on tip toe, the leg curl; these are all direct calf exercises; also the dead lift with straight legs; when you lean well forward and pick up a weight while keeping the knees locked, the calves are forced to contract vigorously to assist in pulling the body erect. The above are all old and familiar exercises to the bar bell fellow but cannot be beaten

as a combination for specialization purposes. You may follow the same sort of scheme in specializing on any part of the body. Select a number of valuable movements, and work on them, pumping the muscles full of blood. One mistake you should not make is to practice only local exercises for chest, shoulder, or back specialization. We have repeatedly defined the physiological reasons for doing vigorous leg work to improve the chest; in conjunction with those of a local nature, of course. The back is best employed in combination with the legs and buttocks. The shoulders may be developed to a high standard by local means but such development will not be the most efficient. The most useful application of shoulder power is always made in co-ordination with the body and legs as a whole. Every major sport and the most important lifts and feats of strength call for the application of shoulder power in this manner.

The individual muscles may be enlarged by more or less local means; still you must think of their full usefulness and do an equal share of active work which affects them. Refer to the Mat Department of this issue, where I have replied to a query on this subject. Space limitations make it impossible, in a single article, to properly cover the subject of improving any one part of the body, much less to thoroughly discuss the body as a whole. To those who are sufficiently eager to study the basic principles of improving each individual part of the physique, we can do no better than to recommend the thorough reading of a book we have just completed. We trust this will not sound commercial, but our labors in preparing the book have been aided by a desire to present the most complete knowledge possible within the covers of one volume. To properly cover any one part of the body in magazine pages, it would be necessary to run a series of articles on the shoulders, another on the chest, and so on, which would hardly offer sufficient variety to STRENGTH readers. Here-

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at Last!****FREE**

NO doubt you have tried other lighters and thrown them away in disgust, but here is one that you will never be without, after once using it.

AUTOMATIC and WINDPROOF

It is a marvel of simplicity. Neat, snappy, always ready at a flash to touch off that cigar, cigarette or pipe. You can get one of these beautiful leather-bound, silver-finished lighters **FREE**, as a premium, by subscribing to *The National POLICE GAZETTE* for three months. Up-to-date sport news and views, great photos, pretty bathing girls, stage beauties—thirteen weeks of solid enjoyment at less-than-newsstand-cost—and one of these little aristocrat lighters in the bargain, at no extra expense.

**PIN A ONE DOLLAR BILL**

T-A

to this coupon—fill in your name and address—and mail it to the Richard K. Fox Publishing Company, Inc., Franklin Sq., New York City, N. Y. You will receive the *National POLICE GAZETTE* each week for three months, 13 weeks, and in addition, as a gift, this handsome leather-covered lighter. This is a beautiful and useful premium.

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in we hint briefly on what may be accomplished and how you might go about doing it, being compelled to leave out important definitions, explanations and technical illustrations. We sometimes feel that our readers may fail to properly grasp important points mentioned in these magazine discussions, when space limitations prohibit a thoroughly informative explanation.

The plan of training so far outlined in the present discussion is as we mentioned, severely extreme, yet practical and proven to be of sterling value in many cases. Nevertheless, some young men will not thrive so well on so vigorous a program. As our policy is to stress a leaning toward the easier rather than the hard side of an exercise question when doubt exists, we do not so often openly advise following such a stringent training program, unless our observation of the case proves the pupil capable of benefiting. That explains why we suggest exercising three, rather than four times weekly, or three times per week in preference to working out every other day, which would give you seven training periods in

two weeks. Extra rest in the average case is more beneficial than extra exertion, even though we come across the exceptional individual every now and then, who thrives on more work.

Therefore, keeping all this in mind, we suggest a program of specializing on alternate days instead of six or seven days a week. Follow the same idea of working out twice on the same day but rest on alternate days. Observe your progress for about two months, and then if you are satisfied that more work won't harm you, begin exercising six days a week. Understand, the foregoing is intended only for those who might be included in the advanced class, having put in some few months at regular, vigorous exercise.

Quite a number of ambitious enthusiasts will want to devote additional time to training the entire body rather than to specialize on some individual part of the body. To these fellows we would suggest going through your entire routine late in the afternoon, and again in the evening of the same day, but only three times a week or, if you

prefer alternate days of exercising, every other day. Such a plan would give you a day of rest in between each strenuous exercise day.

Sometime ago we told of the method employed by Anthony Sansone, or as he now prefers to be known, Tony Sansone, for developing the body. He makes it a practice not to perform two exercises in succession for any one part of the body. If he desired to specialize on this plan, he would alternate the special work with exercises for other parts of the body.

Possibly you have never had occasion to make the observation at first hand, but if you had you may have noticed the muscles of professional athletes generally stand out somewhat more than the muscles of the amateur. Likewise, the average professional athlete can make his muscles stand out more quickly than the amateur. This could be explained by the fact that the majority of professionals find it necessary to work out several times during each day; consequently the muscles are kept pretty well filled with blood. You may have noticed the veins on the forearms and

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like the illustration above.
You will be proud to wear them

hands of the laborer. Using his hands vigorously all day long, the vascularity of the muscles is increased to take care of the great amount of work necessary to replace broken down tissues. The fore-arms, or other strenuously exerted parts of the laborer's body, may be given just a little too much work to prevent a continued increase in development, but there is really nothing wrong because his veins are prominent. Athletes who use the legs most strenuously will show prominent leg veins, hand balancers and gymnasts have a like prominence in the veins of the shoulders. A high state of development and efficiency depends on a similar condition in your case. It may be possible that you fail to realize your full opportunities, due to having failed to bring about a condition of increased vascularity of the muscles. If such seems to be the case, you may exercise more often but not quite so strenuously each time. Just keep in mind the difference between the laborer and the professional athlete; the former works hard all the day, the latter works only at intervals during the day. Before going any further let me caution you not to worry because some of your veins may seem to stand out too much in the warm (or "hot") weather. It is simply a natural condition of the veins in the proper regulation of the bodily temperature.

Another training program might be added to the list we have already enumerated, especially for those who wish to try out a strenuous campaign of exercising. Schedule your work-out periods for four day a week, say Tuesday, Thursday Saturday and Sunday. The last two days will offer an opportunity to get in some truly strenuous training. On Tuesday and Thursday, exercise both before and after your evening meal as previously suggested. However, on Saturday, as the greater number of you undoubtedly have a half day to yourselves, you may train in the early afternoon and again in the evening; while on Sunday you have a full day in which to arrange two periods to suit your convenience. By no means should you continue any program, if you notice signs of overtraining, such as a persistent

feeling of lassitude, sleepiness, or just plain "dopiness" or lack of pep. Foolish is the fellow who would continue to exercise very frequently in the face of such feelings, just to satisfy his belief that frequent exercise is necessary.

The keynote of importance in connection with the problem of the proper degree of exercise is to determine what is best for your individual self. After you have put in the preliminary few months at building the strength foundation, you are fairly competent to judge what is best in your case, though it is best to read of similar cases in the pages of STRENGTH or reliable books on physical training. Experience is the best and, in fact, the only dependable teacher. Even in the hands of an expert, who instructs you personally, your case must be observed for some time, to properly determine the most satisfactory course of action. Many problems are simple to the expert, because they are so common among large numbers of pupils, but an intelligent study of yourself will tell you much of value.

We have attempted to point out the necessity of keeping within your reserve limit. As in diet, "what is

one man's meat is another's poison," this applies equally well in exercising or physical exertion. Save your nervous energy; it is valuable, and you will need it; the proper degree of exercise helps you increase the store, but overtraining will deplete the amount you now possess.

Though it may seem a strange paradox, mental workers who really have occasion to use their brains cannot stand the same quantity of exercise exertion as manual workers, even though the latter exerts himself rather hard throughout the day. Govern your exercise by your feeling of energy and well being, and don't attempt to emulate the professional athlete who lives on his job and has a carefree mind so far as mental work is concerned. Some professionals may exercise every day and lift three or four times every week in addition, but you will get along better to experiment on the easier side for some months and gradually work up to a greater degree of specialization. The average bar bell man need never enter that advanced stage if he is merely looking for a better than average body and perfect health.

Sports Served Short

(Continued from Page 31)

have permanently retired," he said.

Yost has said similar things many times before this. We wonder whether he really means it.

* * * *

New champions crowned in the National Collegiate Athletic Association track and field meet meet follow:

100-yard dash—George Simpson, Ohio State.

120-yard high hurdles—Richard Rockaway, Ohio State.

220-yard dash—George Simpson, Ohio State.

220-yard low hurdles—Stephen Anderson, Washington.

440-yard run—Russell Walter, Northwestern.

880-yard run — E. Genung, Washington.

Mile run—Wilbur Getz, Alfred College.

Discus throw — Peter Rasmus, Ohio State.

Broad Jump—Edward Gordon, Iowa.

Shotup—Harlow Rothert, Stanford.

High jump—P. Shelby, Oklahoma.

Javelin — Jesse Mortensen, Southern California.

Hammer throw—Donald Gwinn, Pittsburgh.

Pole vault — Thomas Warne, Northwestern, and R. W. Edmonds, Stanford, tied.

* * * *

Rene La Coste, the star of the French Davis Cup team, won the French hard courts championship by defeating his teammate, Jean Borotra in a stirring five-set match by the scores 6-3, 2-6, 6-0, 2-6, 8-6.

La Coste, unquestionably, is the best tennis player in the world today. He has replaced our own Bill Tilden.

Have You These Symptoms of NERVE Exhaustion?

Do you get excited easily?
Do you become fatigued after slight exertion?

Are your hands and feet cold?

Do you suffer from constipation or stomach trouble?

Is your sleep disturbed by troubled dreams?

Have you spells of irritability?

Are you often gloomy and pessimistic?

Do you suffer from heart palpitation, cold sweats, ringing in the ears, dizzy spells?



These are only a few of the signs of weak, unhealthy nerves that are steadily robbing thousands of people of their youth and health.

What Causes Sick Nerves?

WOMEN In women this is largely due to over-active emotions, and to the constant turmoil in their domestic and marital relations.

MEN In men, these signs of nerve exhaustion are produced as a result of worries, intense concentration, excesses and vices. The mad pace at which we are traveling is wrecking the entire Nervous Organization.

How to Strengthen Your Nerves

No tonic or magic system of exercise can ever restore the health and vigor to weak, sick, unbalanced nerves. To regenerate lost nerve force, to build up strong, sound nerves, requires an understanding of the action and abuses of nerves. It needs a knowledge of the natural laws of nerve fatigue, of mental and physical relaxation and nerve metabolism. And it is only through the application of these laws that stubborn cases of Nerve Exhaustion can be overcome.

Read This Wonder Book

Based upon many years of intensive experience and study, the famous author, Richard Blackstone, has written a remarkable book, entitled "New Nerves for Old." In plain language he gives certain easy-to-follow rules that have enabled thousands of men and women to regain their lost nervous energy and to acquire glowing health and youthful vitality. It enables you to correctly diagnose your own case and shows you how to bring back your lost nervous vitality. "New Nerves for Old" is worth its weight in gold—and yet its cost is only 25c, stamps or coin. The book will prove a revelation to you. It will help you throughout your entire life; it will help you to build for yourself a solid foundation for your future success and happiness. Mail coupon for your copy today. Address: Richard Blackstone, N-28, Flatiron Building, New York.

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Oliver F. (Mike) Miles, all-America Princeton football full-back, has accepted the offer made him by Georgia Tech to become their backfield coach.

Miles takes with him to Georgia Tech the excellent football training and knowledge he received while playing under Bob Roper at Princeton.

We wish Miles success, for he is a real sportsman.

* * * *

Clyde Van Dusen, dauntless little son of Man O' War Uncle's Lassie, covered himself with glory by winning the 55th Kentucky Derby.

H. P. Gardner's great mount outrode a great field to enter the turf's Hall of Fame. In addition, his good ride added \$54,950 to his owner's bank account.

Horse racing is a good sport when you win.

* * * *

The best efforts of five American professionals have failed to dislodge Percy Allis, of Great Britain, as German open golf champion.

Playing on his home course Arlis had a great advantage over the other entrants. From two to six strokes behind him were four U. S. players, with Horton Smith in the lead. Further evidence of the great abilities of Smith. He sure is a wonder!

* * * *

The amateur championship at 18.1 balkline billiards was won for the third time in succession by Edmond Soussa, of Egypt. Soussa is head and shoulders above all the other amateurs in his field and is likely to reign for many years to come.

* * * *

Glenna Collett, American women's golf champion, failed in a brave attempt to add the British throne to her collection. However, in failing to win the crown Glenna set a course record of 34 strokes for the first nine holes at St. Andrews, Scotland, which is expected to hold for years.

Miss Collett was beaten 3 up and 1 to play by Joyce Wethered, a great rally by the British player. Going into the tenth hole with a five hole lead, the American girl wilted and allowed her English rival to win.

There are two great women golfers in the world: Glenna Collett and Joyce Wethered.

* * * *

Emery Curtice, captain of the California track team, tossed the javelin a distance of 209 feet 9 $\frac{3}{4}$ inches, bettering by more than four feet the existing national inter-collegiate record.

The old record, 204 feet 7 $\frac{5}{8}$ inches, was made by C. B. Hines, of Georgetown University, in 1927.

* * * *

Molly Gourlay successfully defended her title as French women's open golf champion by defeating Mrs. Walter Payne, 6 up and 4 to play.

Molly Gourlay has no real competition in France now.

* * * *

Considerable emotion has been caused in French amateur athletic circles by the report that the International Olympic Committee, at its meeting in Lausanne, adopted the principle of the reimbursement in cash to athletes of the salaries they forego while participating in Olympic sports.

"Paid vacation" is what the participation of athletes in Olympic games would amount to, opponents say. We do not agree with them. We favor the reimbursement of athletes for the losses they sustain while competing for their country. We do not see why they should be made to suffer for their abilities.

Yes, it is a good plan and we would like to see it in effect in every country.

* * * *

Bill Tilden and Francis T. Hunter are swinging through Europe winning title after title: that

is, Tilden is winning the titles and Hunter is having the honor of being the runner-up. Tilden won the Swiss and Dutch crowns, beating out Hunter in each case.

Tilden certainly has gone back in the last few years, but he still is the best American player.

* * * *

Eddie Tolan, Michigan Negro sprint star, eclipsed one-tenth of a second from the recognized world record for the 100-yard dash. He ran the distance in 9.5 seconds, shattering the mark shared by Howard Drew, Dan Kelly, Chet Bowman, Charley Paddock and Cyril Coaffee. He had to outrace George Simpson, the streak of lightning from Ohio State, to win.

We haven't heard of the record receiving recognition, but we think it should be accepted. Knute Rockne, judge at the finish, said Tolan was not favored by even a slight breeze. We believe in giving honor where honor is due.

* * * *

Richard Rockaway, of Ohio State, reached almost unbelievable heights when he ran the 220-yard low hurdles in .22.8, bettering the record of Charles Brooklins, Iowa star, of 23 seconds flat.

Will Rockaway get recognition? New records are being set at almost every collegiate meet and it certainly is becoming a difficult task to keep tabs on them.

* * * *

Pete Rasmus, of Ohio, set a new world's record for the discus throw when he tossed the plate 159 feet 1 $\frac{7}{8}$ inches. This beats the former record of 158 feet, 1 $\frac{3}{4}$ inches made by Bud Houser, of the University of Southern California, in 1926.

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"Four-o'clock-itis"

A cure for "four-o'clock-itis", the mid-afternoon feeling of lassitude that causes the busy executive to yawn and glance at the clock, and his stenographer to wonder, while powdering her nose, why she should feel so sleepy, is announced by Dr. Thaddeus L. Bolton, head of the Department of Psychology, Temple University, Philadelphia, who has just completed a research investigation designed to discover the reason and remedy for this wide-spread business disease.

"The investigation has shown," Dr. Bolton says, "that the physical and mental let-down which frequently occurs during the busiest period of the office day is to a considerable extent due to insufficient or improperly balanced diets, and can be largely, if not wholly prevented, by the timely eating of foods that in small volume act as quick fuel for the body engine. Foods having a high sugar content were selected as best filling this requirement."

Twenty feminine office workers, divided into four groups of five girls each, were put through an elaborate series of tests of their working capacity by Dr. Bolton, assisted by Dr. Louise Hamilton of Bryn Mawr College, and Doctors Hubert Hamilton, Clarence H. Smeltzer and Richard C. Harter, all of Temple University's Department of Psychology. The tests were given at 9.30 in the morning and at 2.30 and 4.30 in the afternoon. The duration of the investigation was four weeks.

Five of the girls, the "Full Food Group", were supplied each afternoon with a light meal consisting of cake, candy and sweetened orangeade. Two "Mixed Food Groups" were supplied with the rest on designated days, skipping it on others. The fourth group, known as the "Control Group", went through the tests without partaking of the additional meal.

The selection of foods having a high sugar content is explained by Dr. Bolton as being due to the fact that sugar is one of the most highly concentrated and quickly digested of all the carbohydrate, or

energy foods. Speedily absorbed by the system, it becomes a source of immediate energy to sustain work, and its effects are readily apparent to the trained investigator equipped with the necessary laboratory instruments.

"All of the girls showed marked practice gains as they became familiar with the tests," Dr. Bolton says. "This had to be taken into account in compiling our results. Aside from practice gains, the 'Control Group' showed what is called the typical curve of work—a low beginning, rising to a maximum at about 2.30, and falling toward the close of the day with the exception of a brief spurt at the end.

In the case of the 'Mixed Food Groups', when the girls were supplied with the additional meal as frequently as four times in the week, their work appears to have fallen in with that of the 'Full Food Group'. Tabulated summaries of the tests given to members of the latter group show that they were sustained at a higher working rate than the girls in the 'Control Group'. Their practice gains were continued up to the last, and were greater and more consistent than the gains of the 'Control Group'.

It may be stated with confidence that the investigation has shown positive results in favor of small quantities of concentrated food taken in mid-afternoon. Although we dealt only with feminine office workers, our findings apply with equal force to the opposite sex. Perhaps, however, special emphasis should be laid upon the support they give to the opinions of those who have held that reducing diets are responsible for impairing the efficiency of the modern business girl.

"As the food supplies within the body approach the point of exhaustion, work power begins to fall. Fatigue sets in, starting up muscular tremblings and lowering the speed and contractile power of the bodily members. Food of a highly concentrated and readily assimilable character unquestionably acts as a quick restorative of energy and working capacity.

"On the basis of our findings, hard-working business and professional men and women would do well to keep in the drawer of the desk a box of good candy or candied fruit. When energy begins to flag in mid-afternoon, these quick-action foods will act as an emergency ration and supply the calories needed for the rest of the day's work. The sugar in afternoon tea, or in sweetened cold drinks, will have the same effect."

Working capacity of the twenty girls chosen for the investigation was determined at each test period by delicately adjusted instruments connected with electrically operated recording devices. Their coordinated muscular action was measured by what is known to psychologists as the "three-hole test," which consists of making electrical contacts by placing a stylus successively in three small holes just large enough to permit the entrance of the stylus. The score made in the test was determined by the time it took to make eighty contacts.

The "tapping test" was employed to measure speed and endurance. In this test the girl taps with a stylus at top speed for fifteen seconds upon a metal plate. Five periods of tapping alternate with ten-second rest intervals. Each tap is recorded by an electrical device, and the number of taps determines the score. Both hands, one after the other, are tested. Additional tests were employed to measure mental alertness. The "substitution test" for instance, consisted of correctly placing five letters of the alphabet on a chart covered with rows of five different geometric figures. The key was given at the top of the chart. Two minutes were allowed for the completion of the test.

Approximately five hundred thousand calculations were necessary in compiling, tabulating and comparing the records of the twenty girls. Dr. Bolton plans to present a report on the investigation before the American Psychological Association.

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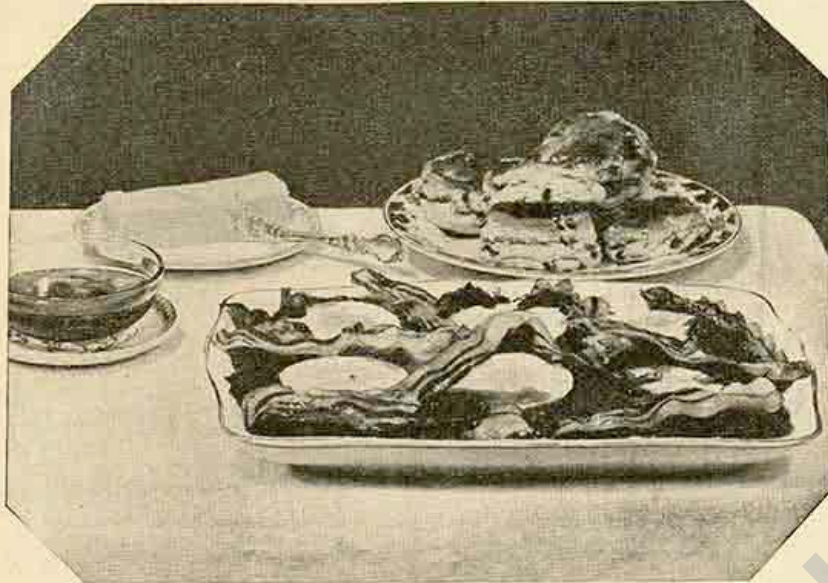
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Prize Contest

We award each month a prize of \$5.00 for the best criticism of articles which appear in STRENGTH. Write in and let us know the kind of articles you would like to see in STRENGTH, or the articles which you would want eliminated, and why. There are no conditions and no requirements. Simply write your criticisms and send them 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 August issue will close on August 20th; the prizes will be awarded on August 25th, and the prize-winning criticisms will appear in the October 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 a certain article are of more importance than the way you express your likes.

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

Let's hear why you like the articles, and the reason for your preference.

The contest will be held each month, but remember the August contest will close on August 20, 1929. Address Contest Editor, 2741 N. Palethorp Street, Philadelphia, Penna.

DEAR EDITOR:

When I judge an article dealing with strength or health, I like to take into consideration, first of all, its general value and practicability. With valuation and practicability uppermost in my mind there is no doubt upon my part but what "Your Chest—Where Is It?" by Mr. MacMahon, is the best in the June issue.

As you know, one of the prime essentials to good health is a correct posture, and one cannot even hope to have a correct posture if he is a victim of stooped shoulders. Yet, as the author has pointed out, there are seven out of every ten men who suffer from this dreadful calamity. Judging from these figures, it is very logical to believe that an article, such as "Your Chest—Where Is It?" would prove to be of great benefit to many readers of STRENGTH.

I consider Mr. MacMahon's article as the best for the reason that it sheds a ray of hope and understanding upon one of the most vital problems facing humanity—that of developing and maintaining a proper carriage. In his simple, interesting style the author first of all presents the various causes of stooped shoulders and then proceeds to outline a set of simple yet effective exercises by which means the reader will be enabled to combat whatever case in which he might be. His explanations are clear and are backed up by illustrations showing exactly what is meant, thus making mistakes practically impossible.

Keeping general value and practicability still uppermost, I would say that "What Camping Will Do For Your Child" by Jim Barrett, deserves second place. Personally I fully believe that there is no better place to send one's children during the summer vacation months than to an organized summer camp. It has been my conviction for a long time that if more people would be induced to send their children to these summer camps, their boys and girls would develop into stronger, cleaner and more Christian men and women. Therefore, no writer can perform a greater duty than to endeavor to point out to the parent the importance of such training.

Whoever picks the photos for Mark Berry to illustrate his interesting articles certainly is deserving of no small credit for his skill. If that person is Mark himself, then he is to be doubly commended in conjunction with his splendid writing. I have never read an article by Mr. Berry but what it was not accompanied by photos illustrating

exactly what the author endeavored to put over. That is one of the high marks of Mark's articles—always having unexcelled and inspiring photos of splendid developed men tacked on. "A Premium on Speed" lived up to the Berry standard in this respect: although I enjoyed the article greatly, I must confess that my interest was centered around the photos illustrating clearly the three types of strong men that have and are existing.

To fail to give credit to Mr. Jones who shed such a brilliant light upon the fascinating sport of hand balancing in his article—"Can You Do a Handstand?" would be unfair. Mr. Jones covered the subject thoroughly, explaining every step clearly and making sure that there would be no doubt or misunderstanding; he illustrated the various steps with photos which contrasted the right and wrong methods of procedure. I have found his article of great help and there are many I am sure, who will do likewise.

As far as interesting articles are concerned the June issue is chuck full of them. "Johnny Farrell—Open Champion" by Nannes, "Phil Edwards—Speed Demon," also by Nannes, as well as "Jim Naughtly Speaks on Training" by Mann, were as interesting and just as fascinating to me as any fiction book I have ever read. Mr. Nannes deserves no small credit for placing in the hands of STRENGTH readers such inspiring stories of the lives and accomplishments of great athletes. Let us have more of Mr. Nannes' stories.

The Wagner series have my O.K. Why not continue the idea, when they end, by starting a series on some famous strong man, such as Sandow; and then, after that, a series on some great fighter or football player, wrestler or some other champion in another field?

D. E. SMITH.

Box 268—Confluence, Pa.

Mr. Smith's letter was judged by the editor as the best criticism of the month, although the letter following this was a close second. In fact, the editor had quite a problem in deciding the winner. All the



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33x5	3.65	1.75
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Is There Danger in Sex Appeal?
Page 12

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other letters printed are good. He is glad to note that Mr. Berry's and Mr. MacMahon's articles appeal so much to the readers of STRENGTH. Their articles are real guides to health and should be followed closely. Mr. Jones' articles also fall in the same class. They are instructive to the nth degree.—ED.

DEAR EDITOR:

In a recent publication of STRENGTH I saw an article stating that you accept letters concerning the month's best article, and if they are accepted a prize is given.

The best article in the July issue was "Apollo or Hercules" from the pen of Mr. Mark Berry. Here are my reasons for making the choice: First, Mr. Berry's article is authentic and authoritative; second, the article is extremely instructive and informative; third, it is very clear and precise, lacking that dryness found in so many other articles; fourth, this article, like all Mr. Berry's articles, is interesting from beginning to end; fifth, the article is well illustrated with well selected photographs of well-built men; and this is a vital factor, because many readers follow the advice of the article with the ultimate view in mind of attaining the physical perfection possessed by the men in the photographs; sixth, and by no means least, Mr. Berry has cleared up a number of sadly misunderstood factors governing the human body. The point about bone length governing muscle length is a very good point. I was quite hazy about this point, but Mr. Berry has cleared it up for me.

Now, taking all these top-notch features together, we have nothing less than a well written, instructive and interesting article by Mr. Berry on the physical types—"Apollo or Hercules."

L. H.

West Orange, N. J.

DEAR EDITOR:

Hurrah and hurrah again for Mark H. Berry! He sure knew his stuff when he wrote "A Premium on Speed" in the June number of STRENGTH. The photographs alone are worth the price of the magazine and his explanations could be understood by a "mummy." The talk

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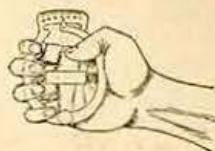
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on bar bells vs. dumb-bells was sure encouraging to me, as I practice on bar bells and think that I already have developed myself more only by reading the single article.

MacMahon's article on "Your Chest—Where Is It?" was also a fine one. I think that the chest is one of the most important parts of the body and needs proper exercise, and with the help of his wonderful photographs everyone should possess a splendid chest.

Another important article is Rubin's "Can Eggs Take the Place of Meat?" I have had a hard time trying to put eggs in the right place in my diet and now everything is surprisingly plain.

Robert L. Jones' "Can You Do a Handstand" was an article I have wanted to see since 1928. I have thought that I could never learn to do a hand balance, but with his explanations I think I can easily learn. Thanks to Robert L. Jones.

"Our Girls' Circle" sure was a treat for sore eyes and I think that if it were to be left out of "our" magazine, STRENGTH fans would greatly diminish.

I could not find fault with the other writers, and they should get busy and give us other articles as good as those in the June number.

The only trouble with the magazine, it seems, having been told to you over and over again, that it really is not large enough and is not published often enough. Twice a month would be better and once a week still better, but, anyway, let's have the future numbers as good as the preceding ones.

Eagerly awaiting the next number of "our" magazine, I remain

D. M.

Ansonia, Conn.

DEAR EDITOR:

During the past ten years I have been interested in heavy athletics as sponsored by STRENGTH.

I think the present policy of one or two articles on heavy exercise and development, accompanied by the indispensable "Mat" and supplemented by articles on sports and exercises for both sexes, is nearly



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S-8-29

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Name

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ideal. However, though I enjoy heavy exercise writings, I must pass them over this time to praise "How to Eat for Health and Strength," by H. H. Rubin, M.D.

This article, bearing the name of an accredited physician, and containing much common sense in concise form, should be a valuable revelation to many struggling physical culturists.

Eight out of ten of the exercise fans I know have some mistaken idea of diet. Several of them wish to gain weight, as they are muscular but rather scrawny. On the other hand, most of the swimmers, baseball and football players, etc., are more robust in appearance, though seldom nearly as strong.

This difference is explained by the fact that the sport devotees eat heartily, caring nothing for diet, while the fellows who are conscientiously trying to improve their bodies are usually the victims of some eating fad.

Dr. Rubin's article should do much to dispel these ideas. I would advise every physical culturist to paste it on his gym wall.

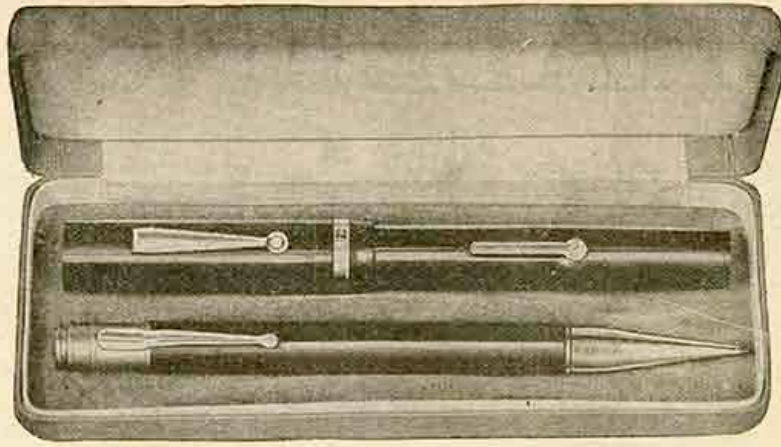
W. V. O.

New Bedford, Mass.

DEAR EDITOR:

I came across H. H. Rubin's article "How to Eat for Health and Strength" just two weeks ago. To me it is one of the best articles that I have read. Why? After two years of light exercises, fasting, dieting, etc., I found myself weighing 128 pounds, many pounds below normal weight. After reading that article I ate when hungry, got a chest expander and today feel 100% better than before, and already weigh 137 pounds. No more will any diet or light exercise bugs get me. STRENGTH has proved real strength to me.

J. P.
Cleveland, O.



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box—and both the pen and pencil look classy enough to be carried by the President himself.

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Even if you are well stocked with fountain pens and pencils—of the temperamental kind—you will never regret putting yourself in line for the "Pal" combination set. They make a real present—and they'll make anyone who has them aware of the fact that there is such a thing as writing comfort.

Get the coupon into the mail sometime today. Remember—the price on the "Pal" set is going to be tilted very shortly. So act now.

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I am enclosing herewith \$1.85 for a "Pal" combination set of fountain pen and refillable pencil. If after five days trial I am not satisfied I will return same and you will refund my money in full.

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A CHALLENGE TO Stomach Sufferers

America's Leading "Nature Food" Health Specialists Tell How You Can Quickly Perfect Digestion, Attain Sound Sleep and Healthy Bowel Action—Without Drugs.

No matter how long nor how badly you have been troubled with stomach disturbances, heartburn, bad breath and other disorders due to constipation, you will happily see an immediate improvement in your health with the use of Dr. Luntz's Herbal Flaxolyn discovery.

This is the verdict not only of thousands of former stomach sufferers, but of physicians and health leaders throughout the land.

Health food organizations everywhere endorse Flaxolyn. Dr. Maxwell's establishments, Kunz, and Berhalter in Chicago; Kubie, Reidel, Lush and Lust in New York; Garlits in Trenton, N. J.; Florida Health Products Co.; Natural Foods and Products Co., of Los Angeles, and many others laud Flaxolyn.

"A New Outlook On Life"

Dr. George Starr White, of Los Angeles (M.D., LL.D., F.R.S.A., London), says: "The health brought by Flaxolyn in a natural way gives the patient a new outlook on life." Dr. White is a leading specialist and health author.

Hundreds of other doctors who have used Flaxolyn in the treatment of such symptoms as dizzy spells, liver disorders, indigestion, sleepless nights, kidney and bladder troubles have already written in praise of Herbal Flaxolyn. Dr. L. Dupre, Orange, Texas, says: "Every box that I have distributed has given the best of satisfaction."

Since taking Flaxolyn, hundreds of local folks no longer suffer from weakened, run-down condition—constant headaches—and above all poor appetite, muddy blood and sluggish bowels.

FREE Diet Advice

Personal Health Advice.

Health and diet advice given free with all Flaxolyn purchases.

Each and every letter from Strength Magazine readers given the personal attention of Dr. Luntz.

Make your questions plain and as brief as possible.



Dr. Frederick J. Cook, Director of Los Angeles Academy of Physical Reconstruction, who says: "I heartily recommend Flaxolyn as a natural aid to stomach and colon."

The following from Dr. Benedict Lust (M. D., N. D.), of New York, the well-known editor of "Nature's Path," speaks for itself:

"I have been using Flaxolyn in my treatment of a number of my patients at the Butler Sanitarium. I consider it a most modern and natural adjunct and find it a great help in assisting the process of elimination of irritants from the system. It is certainly a natural remedy and complies with the teachings and tenets of the great Father Kneipp and other authorities for natural healing. I advise every drugless believer to give Dr. Luntz's Flaxolyn a fair trial."

This Formula Saved My Stomach and My Health, Says Dr. Middlekauff.

"I suffered for 15 long years from gastro intestinal troubles. With the aid of Flaxolyn, I am better today." Dr. Middlekauff, formerly a minister of the gospel, and today a Naturopathic Doctor, continues and says: "Now I prescribe Flaxolyn to practically every patient. It is herbal. It pays proper attention to Stomach needs which ordinary laxatives do not do."

Battle Creek Physician says: "Flaxolyn so cleanses the colon that deep natural sleep quickly follows in most cases." states Dr. A. W. Herr, of Cleveland, former Battle Creek Sanitarium physician.

Lindlahr's Great Chicago Health Institution Lauds Flaxolyn for Constipation

Dr. Victor Hugo Lindlahr and his associates who operate the remarkable Lindlahr Sanitarium in Elmhurst, Ill., and in addition the Lindlahr College of Natural Therapeutics and the Lindlahr Pure Food Shop in Chicago have given to Dr. Luntz's Herbal Flaxolyn the highest possible approval by recommending and endorsing it throughout their famous health organization. They declare it the natural way to overcome constipation.

FLAXOLYN

"OPEN FORMULA"

Johnny Shannon, of Philadelphia, and other fighting, strong men have used this formula with great success.

1. Baked Flaxseed — Relaxes congestion; acts as astringent.
2. Vegetable Charcoal — Aids digestion, sweetens the stomach, overcomes acids and gas, purifies undigested, fermenting food.
3. Juniper Berries — Cleanse, purify, stimulate kidneys and bladder.
4. African Ginger Roots — Quicken flow of vital digestive juices.
5. Dandelion Roots — Purify the liver and blood.
6. Cardamon Seeds — Act on the stomach lining. Aromatic tonic.
7. Chinese Rhubarb—Invigorates the stomach and the liver.
8. Spanish Licorice Roots — Remove mucous that may be clogging and poisoning the digestive organs.
9. Culver Roots — Stimulate natural bile-flow and so purify the liver.
10. Gentian Roots—Create a healthy, normal appetite.
11. Belgian Valerian Roots — Tone the nerves and induce the restful sleep of health.
12. California Bark—Cleanses the colon and removes foreign matter from the intestines.

Don't wait. Start taking Flaxolyn. It does not gripe because it is a natural food. You will feel the tonic change at once. You will enjoy renewed vigor, a new grip on life. Large box of many treatments, one dollar postpaid.

Send Coupon NOW—Become Your Normal Self

DR. H. H. LUNTZ (M.D., D.O.), Dept. HH,
1170 St. Johns Place, Brooklyn, N. Y.

Please send me _____ cartons of Flaxolyn, postage prepaid. I am enclosing \$_____ (\$1 per carton) to cover all costs. Also include FREE—"14 RULES OF HEALTH."

Name _____

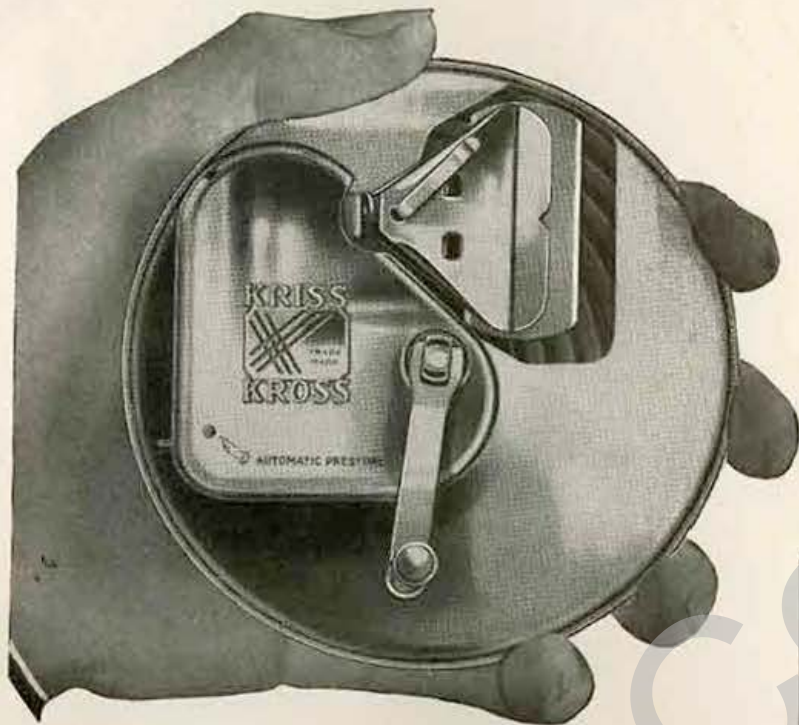
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Dr. Luntz will try to help you with your diet and health problems WITHOUT CHARGE. Write questions plainly. Mention Strength Magazine.

No More Razor Blades To Buy!



365 Keen Shaves
A YEAR WITH ONE SINGLE BLADE
 "I want to say that KRISS-KROSS Stropper is the best thing I ever saw. I have been using one blade continuously for one year and nine months and have no idea how much longer it will last."
 C. S. Stephenson, Okla.

Inventor Discovers Amazing New Way to Shave! -Without Buying Blades!

KEEN, velvety shaves forever and no more blades to buy! That's what the astonishing invention of a St. Louis man offers the great army of American shavers today!

KRISS-KROSS is destined to revolutionize all existing traditions of shaving! Its performance is so sensational that it seems hardly fair to call it a stropper. Rather it is a **super-stropper** or **blade-rejuvenator**! Almost literally it makes a new blade out of an old one every day. No longer do you find that your blades "die" after five or six shaves. KRISS-KROSS "brings 'em to life" a surprising way, week after week and month after month and endows them with a keenness that they never possessed when brand-new! Actually you can take a blade right out of a fresh package and improve it as much as 100% in eleven seconds with KRISS-KROSS! No wonder experts pronounce it one of the greatest inventions ever patented!

Magic Diagonal Stroke

Until you've seen KRISS-KROSS, fitted its sturdy, nicked smoothness into the palm of your hand and tested its uncanny dexterity yourself, you'll never know how amazing it really is! It employs the famous **diagonal stroke**, same as a master barber uses. Never before has anyone captured the secret of reproducing it automatically. Eight "lucky leather grooves" do the trick in 11 seconds with a precision it takes a master barber years to attain.

But that's not all, KRISS-KROSS embodies still another feature that has hitherto baffled mechanical reproduction. It strops from **heavy to light**. It's absolutely uncanny the way the strokes start with strong pressure and grow lighter and lighter until an adjustable, automatic jig files up and notifies you that your blade is ready—ready with the keenest cutting-edge that steel can take!

Fits All Makes of Blades

KRISS-KROSS produces unbelievable sharpness and prolongs the life of any razor blade for months and even years. Fits all brands and makes except Durham. Eliminates 82% of shaving costs. No more "raking" and scraping with dull blades. No more stinging and smarting that has to be relieved with messy lotions and harsh astringents. KRISS-KROSS solves your blade problem for all time and gives you keen, velvet-smooth shaves forever!

Mystery Razor FREE

Sensational Offer

And now for my surprising offer. To introduce KRISS-KROSS, I am giving with it Free a new kind of razor. Possesses remarkable features. Instantly adjustable to any shaving position. A flip of the finger makes it (1) T-shaped; (2) straight (old style); (3) or diagonal (new way). Gives a **sliding** instead of **pulling stroke**. Simply zips right through the toughest crop of whiskers. Made of rustless

metal. Comes with 5 special-process blades and is entirely unlike anything you ever saw before!

Get Free Offer

Send for full information on these surprising new inventions today. KRISS-KROSS products are never sold in stores. You deal direct with me or my authorized representative. Write for illustrated description and full details of free razor offer. It's even more remarkable than I can tell you in this short space. Clip the coupon now. Mail it today.

Agents \$30.00 a Day

Make big money with KRISS-KROSS. Giving away FREE razors boosts your profits amazingly. H. King made \$66 in one day. N. C. Paige made \$104 in 3 days! Others average \$350 and up to \$750 a month! **Spare-time workers, Office and Factory men** make \$6-\$12 extra a day showing KRISS-KROSS to friends and fellow employees. S. Kantala made \$154 extra just working evenings 3 weeks. Get details at once. Check bottom of coupon and mail it today!

Rhodes' KRISS KROSS CORPORATION

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Mail the coupon NOW—and you will immediately receive an interesting Free booklet that tells you all about this wonderful new system—which has already taught over one-half million students to play their favorite musical instrument.

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Even if you have never touched an instrument before you can't go wrong this amazingly easy way. For every step, from beginning to end, is right before your eyes in print and picture. You always know what to do and how to do it. No guess work. No delays. If you make a mistake you correct it yourself and continue. The whole course is as simple as A, B, C—and any child will tell you that studying music this new way is even easier than learning to read.

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Some of our most successful students say that this home course in music is real fun—more fascinating than the most enjoyable game! For you study when you please—and as much as you please—in your spare time. You're not tied down to any specific practice hour either. You go fast or slow—it doesn't make a bit of difference because there isn't any expensive private teacher to pay. With this new form of in-

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You will be surprised to see how music will give you a greater joy and interest in life. It will enlarge your circle of friends—and will attract many new admirers. If you can play a musical instrument you will never feel "alone in a crowd." For as you dash off the latest song hit—or play some lovely melody from a well-known classic—you will always be in demand—you can't help being popular.

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If you are in earnest about wanting to join the crowd of entertainers and be a "big hit" at any party—if you really do want to play your favorite instrument, or become a professional performer whose services will be in demand for band and orchestra work, as a stage or radio artist—fill out and mail the convenient coupon asking for our Free Booklet and Free Demonstration Lesson. These explain our wonderful method fully and show you how easily and quickly you can learn to play at little expense. The booklet will also tell you all about the amazing new *Automatic Finger Control*. Instruments are supplied when needed—cash or credit. U. S. School of Music, 998 Brunswick Bldg., New York City.

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| Mandolin | Steel Guitar |
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