

EXPERIENCES OF A POLICEWOMAN

Health and Life

APRIL, 1924

25 Cents



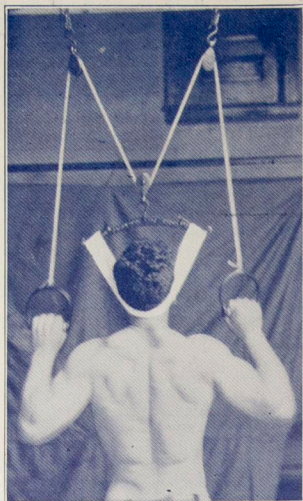
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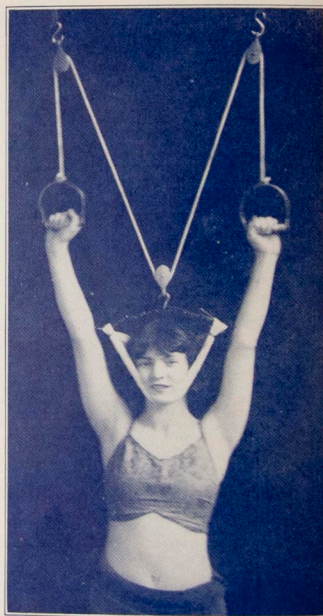
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Dorothy Merriman, an artists' model, using Jos. Richmond's spinal exerciser. She attributes her beautiful figure, which has served as a model for some great works of sculpture, to regular exercising on the spinal exerciser.

JOSEPH RICHMOND

Care of **Health & Life Publications**

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Chicago, Illinois

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Health and Life

The National Monthly Magazine for Health, Physical Education and Right Living
APRIL, 1924

Vol. III. Number 4

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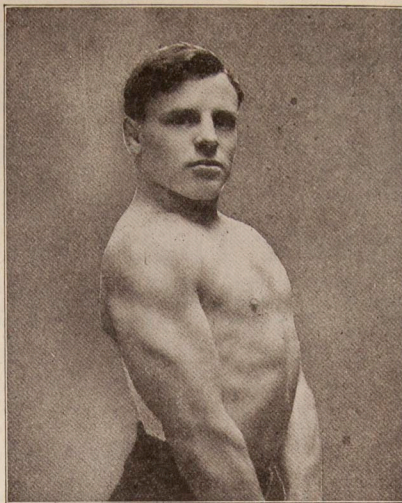
HEALTH AND LIFE MAGAZINE

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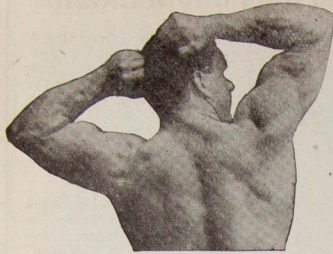
OUR GUARANTEE

If this course of "HEALTH AND FITNESS" is not all that is claimed for it, and you are not entirely satisfied send it back and your money will be cheerfully refunded. Could any offer be more fair?

HEALTH & LIFE PUBLICATIONS

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ALL AMERICA ACCLAIMS KRONOS THE STRONG... A STRONGFORT GRADUATE



His Tour of American Vaudeville is a Victorious March. Wherever He performs the Audience Shivers with Suspense and Shouts with Delight at His Superb Manhood and Stupendous Feats of Extra-Human Strength. Kronos is now Touring as a Headliner in Theatres of the Orpheum and other "Big-Time" Circuits. Don't you Dare to Miss Him!

Do You Wonder That I Am Proud of Him?

PAUL KRONOS, shown in various photographic poses on this page is the Champion Strong Man of Europe and one of the greatest sensations of recent years in "big-time" vaudeville in this country.

KRONOS IS A STRONGFORT GRADUATE, having completed both the Regular and the Advanced Course to develop and strengthen himself for his strenuous career in the leading theaters of the world. I am very proud of Kronos' record and urge every aspirant for great strength to use his brilliant career as a source of inspiration, courage, and determination to make the most of his own body in the most scientific way known to man... which is through STRONGFORTISM.

HERE'S WHAT THE PAPERS SAY OF KRONOS

The world still remembers Sandow, yet his feats of strength were child's play, compared with the amazing accomplishments of this modern Hercules. It does not seem possible that a human being could possess the strength of this European. He is not the bulging muscle variety of strong man but such sinew as comes to view when he is achieving his stunts makes you feel as if he were about to burst into a thousand pieces.—*Denver Rocky Mountain News.*

Kronos fairly hypnotized the opening audience... keeps you wondering and very much amazed. His physique is not that of the usual strong man, and instead of the usual bulging muscles the sinews appear like great cords over the body.—*Denver Times.*

He snaps heavy steel bars with his naked hands; he drives four-inch spikes into oak planks with his naked fist; he lies on a board through which nails have been driven, and allows to be placed on his body an anvil which is then hammered with a 16-pound sledge.—*Denver Express.*

It is the best act of this sort that has been introduced through vaudeville in years. There is no hokum about Kronos' performances... When you have seen Kronos you will never forget him.—*Sioux City (Ia.) Journal.*

He has eclipsed even the heroes of old, such as Hercules and Sampson. He performs innumerable feats requiring superhuman power.—*Sacramento (Cal.) Union.*

Kronos is a perfect specimen of manhood.—*Oakland (Cal.) Tribune.*

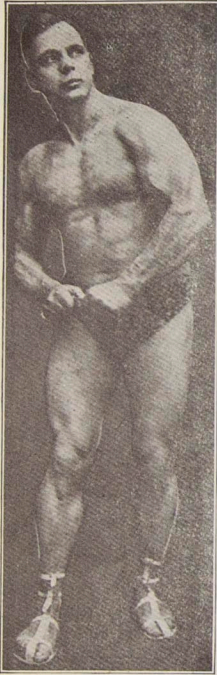
As a rule, "strong men" acts do not differ materially, yet not so with Kronos who puts it over effectively with his audience.—*Los Angeles Herald.*

Kronos, who out-Sandows Sandow, lifts automobiles filled with men, breaks iron and steel bars like tooth picks and drives 20 penny nails with his fists through two-inch oak planks.—*San Francisco News.*

WATCH OUT FOR THESE DATES

Kronos will perform in the following towns and theatres on the dates indicated: April 6, Houston, Texas, Majestic Theatre; April 13, San Antonio, Texas, Majestic Theatre; April 20, Fort Worth, Texas, Majestic Theatre; May 1, Wichita, Kansas, Princess Theatre; May 4, Oklahoma City, Okla., Majestic Theatre; May 8, Tulsa, Okla., Majestic Theatre; May 12, Little Rock, Arkansas, Majestic Theatre; May 18, Quincy, Illinois, Orpheum Theatre; May 22, Galesburg, Illinois, Orpheum Theatre; May 25, Joliet, Illinois, Orpheum Theatre; May 29, Elgin, Illinois, Riato Theatre; June 5, Chicago, Illinois, State Roseland Theatre.

Kronos' present tour started in New York City last September and has taken in most of the large cities of the United States. If you missed this extraordinary act when it was last shown in your city look for its reappearance and be sure to take it in.



CREDIT TO STRONGFORTISM

To Whom It May Concern:—

To my knowledge STRONGFORTISM, as taught by my physical mentor, Lionel Strongfort, is far superior in every way to any other course in the world for developing great strength and body-symmetry. As a graduate of both the Regular and the Advanced Course I am strong for STRONGFORTISM. After comparison with ALL the other systems as taught in Europe and America I have no hesitation in giving STRONGFORTISM my enthusiastic and unqualified preference and endorsement.

(Signed) PAUL KRONOS.

MY CHALLENGE TO THE WORLD

I repeat my challenge to any Physical Director in the world to produce a regularly enrolled graduate pupil who is a professional strong man now exhibiting publicly and who is the equal of Paul Kronos professionally, and in bodily perfection and symmetry. This challenge is backed up by a \$5,000 cash forfeit. Also a forfeit of \$5,000 REAL money to any physical director or athlete who will duplicate my own feats of strength.

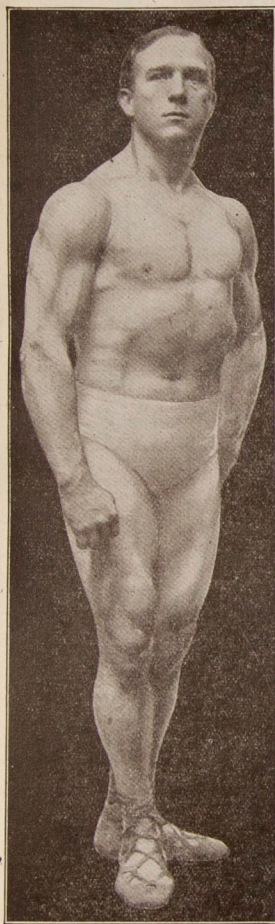
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THAT CONSTIPATION, that nervousness, that flutter of the heart, that pang of indigestion, that cold gust of fear... these are all symptoms of more serious conditions that underly them, threatening your future and even menacing your very life. Drive out these devils of disaster, these mischievous imps of danger which flourish and exist only through your own ignorance, indifference or false standards of daily conduct.

STRONGFORTISM is the undefeated ally of every man and woman who really wants to "come back." STRONGFORTISM draws perpetually on the Bank of Nature and the pupils of STRONGFORT are rich in the coin of health and personality. STRONGFORTISM has remade thousands of shattered lives and reshaped thousands of despairing destinies. AND IT CAN MAKE A POWER AND A SUCCESS OF YOU.

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(Signed) LIONEL STRONGFORT

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- | | | |
|------------|--------------|----------------------|
| Colds | Weak Eyes | Heart Weakness |
| Catarrh | Anemia | Poor Circulation |
| Eay Fever | Debility | Increased Height |
| Asthma | Fear | Dependancy |
| Obesity | Neurasthenia | Skin Disorders |
| Headache | Short Wind | Vitality Restored |
| Thinness | Flat Feet | Falling Hair |
| Rupture | Constipation | Stomach Disorders |
| Lumbago | Biliousness | Round Shoulders |
| Neuritis | Torpid Liver | Long Probables |
| Neuralgia | Indigestion | Weak Back |
| Flat Chest | Nervousness | Drug Addiction |
| Insomnia | Poor Memory | Weakness (Specify) |
| Bad Breath | Rheumatism | Muscular Development |
| Bad Blood | Gastritis | Great Strength |

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A Beautiful Art Album of PERFECT MEN and WOMEN

for

Lovers of the Body Beautiful

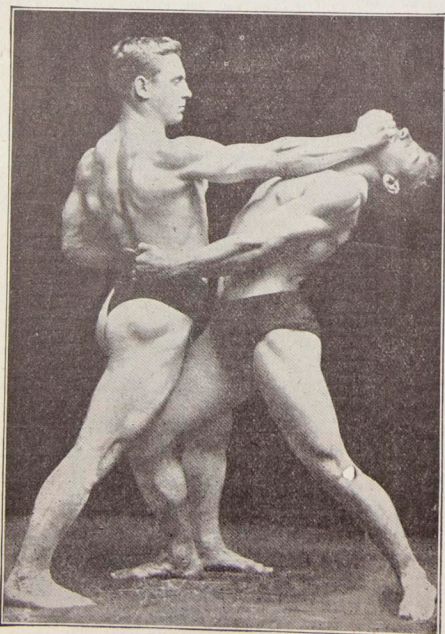
All lovers of the body beautiful will be delighted with this beautiful ART ALBUM, containing 120 glorious pictures of perfect men and women physical culturists. All the beauties of muscular development in men and all the glory and grace of the perfect contours of the best known women physical culturists are illustrated in this Album. It is indeed an art masterpiece, and no lover of the glories of the human body will want to be without it.

The greatest men and women athletes and physical culturists have been chosen as subjects for this Album, so not only does it constitute a beautiful work of art, but also a gallery of athletic physical culture heroes and heroines.

This beautiful ART ALBUM is one you will never tire of looking through again and again. Each picture is an inspiration and a joy to behold.

If you have been making a collection of athletes and physical culturists, you will have all the favored ones here, all ready for you. You will be able to show it to your friends, and they will envy you the possession of it. Only a few copies are in existence, and they will only last a short time, so if you wish to have a copy of this wonderful and beautiful Album for yourself, send in your remittance for only \$2.75.

The following is a list of the athletes, physical culturists, and artists' models who posed for the pictures:



ATHLETIC CHAMPIONS

Etheldra Bleibrey (several poses),
Charlotte Boyle,
Ida Schnall (several poses),
George F. Jowett,
Bernard Bernard (several poses),
Charlie Postl,
Ray Johnson,
Marie Curtis,
Edward Aston,
George Dimbinaki,
Laura Bennett,
Mary Jane Lowe,
Carrie Keeley,
Marion Fletcher,
Nursie King,
John G. Paine,
Charles Shaffer,
Al. Trelour,
Maurice Derias,
Hilda Curtis,
Strangler Lewis,
David Willoughby,
Al. Bevan,
Sam Clapham,
Maxick,
Walter Klee,
Stanislaus Zhyzsko,
Captain Johns (several poses),
Ottley R. Coulter.

Antone Matysek,
Sybil Bauer,
Joie Ray,
George Calza (several poses),
Arthur Saxon,
S. V. Bacon,
E. H. Bacon,
Sergeant Swimmer,
Joe Stecher,
Jack Dempsey,
Mark Jones,
Arthur F. Gay,
Marin Piestina.

Dr. C. B. Severn,
John M. Hernie,
A. P. Hedlund,
Mrs. Hedlund (several poses),
Rose Kinder,
Polly Walker,
Doris Wilson,
The Vanities,
Ann. Hyatt.

ARTISTIC

Strength and Beauty
Les Syrenes,
Salambo and Mattho
A Study of the Nude
The Slaves,
The Vine,
The Sundial,
Ecstasy,
Consolation,
Le Baiser,
The Tempest,
Rising Woman,
Braccio Nuovo,
L'Aurore et Cephalé,
Apollo,
Energy in Repose,
Psyche Receives the
First Kiss of Love
The March of Love,
Beauty and Development
Climbing up the Cliff,
Hail to Life,
Bacchante,
Pygmalion and Galanthee,
Devant La Mer.

PHYSICAL CULTURISTS

Mrs. Earle Liederman
—(Miss Alaska) (several poses),
J. Richmond (several poses),
Earle Liederman,
Charles Atlas (several poses),
Dorothy Knapp (several poses),
Kathleen O'Connor,
Olive Ann Alcorn,
Lionel Strongfort,
Jovita Dardon,
Helene Chadwick,
Joe Bonomo,
Madge Merritt,
Marjorie Barker,
Rev. B. E. Brown,
Gladys Walton,
Priscilla Dean.

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(If desired no money need be sent. A postal card giving your order will bring the beautiful album to you and then you pay the postman for it.



All the Champions Are in Florida



From the many photographs received recently at the HEALTH and LIFE office it would appear that all the Champions are down at Miami Beach, Florida, paying a visit to our old friend, Captain William Johns, and training with him. In the above, on the extreme left, is Jack Nolls, the Champion Basketball Player, and at the extreme right is Captain William Johns, Champion Swimmer and Captain of the Life Guards. The other charming Champions from left to right are: Aileen Riggins, Helen Wainwright, Doris O'Mara, Helen Meary, Virginia Whiteneck, Ethel Mcvary, Sybil Bauer, and Adelaide Lambert



You are going to see some more records and championships made by the above Champions, for they are all hard at work on Miami Beach. From left to right: Johnny Weissmuller, Amateur Champion, Wanda Elwood, Professional Champion, Stubby Kruger, Amateur Champion, Bobby Skelton, Amateur Champion, Capt. William Johns, Professional Champion, and Prof. Phil James, Professional Champion and Trainer

What Is Life?

By Écolier

Ever since man acquired sufficient mastery over rude Nature to secure to himself leisure for the cultivation of his reflective faculties, and began to look upon the wide expanse of the universe with other eyes than those necessary for the selection of his daily food and raiment, he has asked himself this question.

The consciousness of the operation of his own will, and of his intellectual faculties, must have induced him to speculate as to the powers whence such phenomena were derived. Early in history man must have looked upon himself as a being apart from, whilst still forming a part of, Nature. Himself a person, a self-conscious and originating power, he would endow the natural world of effects with all the personality and efficiency of action which he felt to belong to himself. Every part and act of Nature must, he thought possess, or rather be possessed, by an archæus, or soul, whose office it was, under the guidance of the universal and supreme Archæus of all, to regulate and to bound all the motions of bodies. When the winds, the sea, and the air were believed to be set in motion by special agents, no wonder that the phenomena of animal and vegetable life were supposed to represent the operations of beings of at least an equally intelligent order. The archæus, or the vital principle, was sufficient for all difficulties, and in the modes of its operation was now elevated to the dignity of a minor deity, now depressed to the level of a blind and unconscious servant of organization.

The notion of a vital principle,—that is, of a something independent of the material organisms, regulating their nutrition and preserving them from decay, acting sometimes even against the known laws of chemistry—has been slowly, but now finally, abandoned by all physiologists.

The result of this liberation of the intellect from the merely imaginative conclusions and the fanciful ideas of the resemblance of the forces of Nature to a self-acting human soul, has been that facts and inferences, deduced from close observation and experiment, now constitute the modern science of physiology. The structure, composition, and general functions of the several organs of animal bodies are now placed upon a firm basis of truth, arrived at by experiment and consequent induction. Changes may, and certainly will, have to be made in our estimate of the relative forces acting upon, or operating from, the several organs; but none, we may confidently predict, will ever have to be made as regards our certainty, either of the final cause and intention of these operations, or of the main purpose which they serve in the general economy. The study of natural agents, too, in all their different effects upon the animal frame, has followed the same course; and at this day, no effect will be credited to any of those forces which has not been verified by repeated experiment.

All the phenomena of life we assume to result from the external forces of Nature, acting upon organized structures. To these natural powers we give the name of vital stimulators, because the organized frame is inert and motionless until stimulated to action by the impact of one or more of them upon some part of its mechanism. The result of such contact is vital action, or vital motion, which are summed up in the words phenomena of life. Nothing more is wanting to complete the circle; no archæus, no vital principle, whether intelligent or instinctive. In the case of man alone, do we find any traces of a second power—a soul—and that, so far as science can show, not independent of bodily organization, but an additional element surmounting and, as it were, perfecting, those intellectual and emotional qualities which are shared with us by the brutes.

Experiences of a Policewoman

By Rosemary Preece
(Pioneer British Policewoman)

[Rosemary Preece, in private life, is Mrs. Bernard Bernard. During the dark days of the war, she worked as a policewoman, because she felt that this, at the time, was the very best way she could be of service. She carried out her work according to both the spirit and the letter of the system, that is to keep the peace. She made no arrests during the whole course of her career, but, wherever she went, she was able to clean up the places by the force of her character and her tact. I know that you would enjoy a complete book of her experiences, some of which were very thrilling and exciting. Here are a few in this article.—Editor.]



ROSEMARY PREECE

“SHE less guarded than ever, yet more guarded than ever, The gross and soil'd she moves among, do not make her gross and soil'd. She knows the thoughts as she passes, nothing is conceal'd from her. She is none the less considerate or friendly therefore. She is the best belov'd, it is without exception, she has no reason to fear and she does not fear, Oaths, quarrels, hiccup'd songs, smutty expressions, are idle to her as she passes, She is silent, she is possess'd of herself, they do not offend her, She receives them as the laws of Nature receive them, she is strong, She too is a law of Nature—there is no law stronger than she is.”

From "Leaves of Grass"—Walt Whitman.

A policewoman, properly trained, is more efficient in the tracking and arrest of criminals than is the average policeman, and she is a greater asset to a nation's social defense because she is naturally more gifted in the art of keeping the peace; that is, by detecting the crimes before they take place and so averting them.

The average person thinks that a woman has to be quite a masculine sort of individual before she can be fit for a policewoman's duties, but let me tell you right here that the less manly she is and the more feminine her qualities, the more expert is she likely to be in her profession.

Could Master a Dempsey or Ruth

I cannot by any means be compared physically with Jack Dempsey or Babe Ruth, but I would wager that if either of these gentlemen occasioned me to arrest them, I could get them to the police station without any assistance. Personality, tact, and education count more than brute physical force, although, should occasion arise, I have a few of my own secret jitsu locks I can use.

I was once patrolling alone along a street in one of the worst quarters of Carlisle, in England, and had just passed an alley which was known to have a very unsavory reputation, when I heard screams and the sound of blows. With my torch-light as my only weapon—policewomen were not provided with bludgeons, as were the men, being more able to take care of themselves, I suppose—I darted up the dark alley and found myself in a courtyard. The noise came from another alley leading out of this; and I plunged onward. Everything was very dark, unusually so because of the lighting restrictions in force during

the war; I didn't know what I should have to do when I found the cause of the commotion; but finally I was face to face with a drunken man, and a woman whose reputation was well known to me.

Capturing a Fighting-Man

The woman, white and frightened, tried to rise to her feet; the man lurched towards me with clenched fists. My torch, however, came to the rescue. It was a brilliant one, and I kept it shining in his eyes, while ordering him to get out into the street. The man swore at it, but it did not waver; when he

thought he would give me a knock-out blow, the torch blinded him; it fitted here, there, and everywhere; and eventually he was forced to leave the woman and stumble out in front of me. When I at last reached the street and my whistle had brought help,—my knees, well, I will confess that they did feel a trifle wobbly!

If often happened that my duties took me to the river bank, two or three miles outside the city, at midnight or later. I doubt whether I should have been brave enough to do this in my ordinary clothes; but the wearing of a uniform gives a very great feeling of protection, and the knowledge that I had powers of arrest, should occasion warrant, added wonderfully to my nerve under trying conditions.

Fitness Counts

Of course, the policewoman needs to be fit; it is imperative that she have her muscles tuned up so that she can get the most out of them.

I have always been very strong and healthy—able to hold my own against six brothers at a tender age, and capable of riding over a hundred and ten miles on a bicycle in one day in later years. I have always kept up my physical strength by exercising, walking, dancing, and sane living; so that when I enrolled as a member of the

(Continued on page 164)



ROSEMARY PREECE AND CLARA GLOVER

Both were policewomen during the war, not as a profession, but as a service. They accepted as their duty the keeping of the peace, whenever possible, without arrest. Both now are members of the Staff of HEALTH and LIFE. They are great believers in swimming and outdoor exercise for keeping fit

The Vikings Invade America

By Clifford Thorne

(Athletic Coach, Detroit Board of Health)

[The Danish Gymnastic Team, which visited this country under the leadership of Sir Niels Bukh, their trainer, gave some wonderful exhibitions of free gymnastics. The magnificent build of these gymnasts, the perfect forms of the women, and the strength and robustness of the men give proof of the efficiency of the Bukh System.—Editor.]

A SHORT time ago, there arrived at New York a team of thirty Danish athletes, to tour the country in a demonstration of the latest physical culture system of Europe. Their trainer and leader, Sir Niels Bukh, had developed and brought out a method of body-building, all his own.

This troupe of athletes, both women and men, show the results in health, build, and dexterity. Even in street clothes, the rosy cheeks, bright eyes, and erect carriage, attract attention everywhere.

Women's Exercises

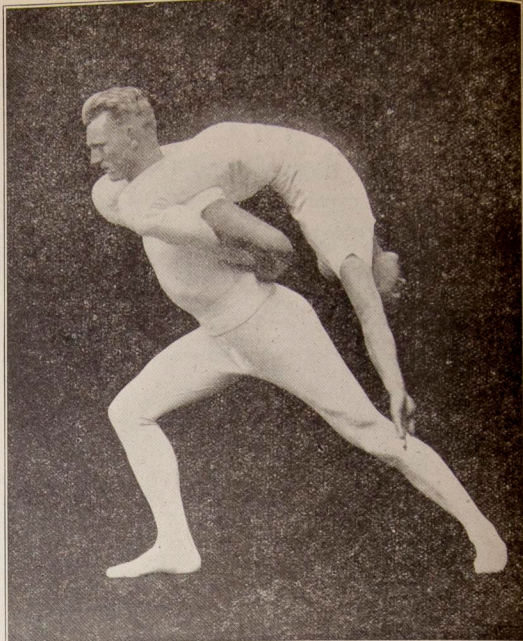
The work of the women consists mostly of stretching, bending, and balancing exercises. Some of this is done in harmony with songs or chants, and all with a grace and control that is wonderful. A short belted blouse of a blue color and long tights make a gym costume that American girls could well copy, for both appearance and freedom of action.

It is with the men athletes, however, that Sir Niels Bukh has specialized; and,

as his teams have carried off prize after prize at the last Olympic games, the chances are good they will do the same at the coming one. Aage Walther, their standard bearer, is a splendid figure of an athlete, and leads the teams in their marching.

Men's Exercises

Clad only in short trunks, the men first go through a series of strenuous bending, resisting and pulling exercises.



Here is a picturesque exercise that needs both balance and strength, and will develop them. This will give you an idea of some of the exercises of the Bukh System

Working with and against each other, every muscle of the body is brought into play by a carefully graded system. There is no sudden strain or jerk, but the men go through their work as smoothly as can be.

Changing to a full length costume, and with the aid of a high gym horse, they now go through a series of jumping, balancing and tumbling exercises. Here speed and posture have first call, and no matter how difficult the feat, the athletes follow each other so fast that one wonders that none are hurt. They do not strive for big muscles, but grace, quickness, and agility instead. This does not mean, however, that they cannot show muscles, for the men are true Vikings, deep of chest and broad of shoulder. The women also have fine figures, and one cannot help comparing their rosy cheeks with the painted ones of many of the American girls.

There is no doubt that there are many athletes in the states, both women and men, who can hold their own, and in some cases even better the work of the Danes, but it is as a well-balanced team that their work stands out mostly. Most of their stunts have been worked by the German turners for years, but they did not have the advertising.

Dancing and Singing

After a short rest, all come back in their national Danish costume and go through Folk Dances, sing-

(Continued on page 166)



The women took part in movements which led to a climax of glorious Tableaux, their beautiful figures expressing a poetry of motion in balance and exercise

Using the Mind and the Soul

A Course in Applied Psychology
By Warrington Dawson

FIRST SERIES: "THE FACULTIES OF THE MIND"

Introductory Article

THE Idea of "using" the mind and the soul may come as a surprise. The mind, yes—perhaps—(though many people nowadays don't care to be "troubled" as Thackeray wrote of Werther's brain). But the soul? Can the soul be used?

Our feet are given us for use, and our hands and our teeth, and our muscular system and the organs generally; our five physical senses, and the intuitive senses which lie beyond them; and the faculties of our material brain. Could any school of sane, common-sense reasoning—(pray note that I appeal to neither logic nor so-called "rational" things)—then claim that the highest attribute of all, the soul, was not given to us for everyday use?

People Fail to Use Their Souls

I acknowledge that a great many people fail to use their souls. They are even in larger numbers than those who neglect to use their minds. But if this had not been the case there would have been no occasion for me to write on the subject.

What I want to do in the pages which will follow, beginning with the strictly physical and progressing to the purely psychic, is just to say in plain, homely terms some of the things which seem to me essential for not only a complete use, but also the perfect enjoyment, of life. I have spent many a long hour seeking them in learned treatises, but have not found them there, often because they were too exhaustively analyzed to be understandable or at least applicable for me, but sometimes because they were entirely omitted.

Such wise volumes are displayed on most livingroom tables (now that houses no longer have space to waste on libraries). But do people even read them, I sometimes wonder? They refer to them in catch-phrases, but they rarely venture beyond. Have they read themselves stupid, as I have done, in

efforts to digest and apply these maxims (or rules or precepts or principles, or whatever else you please)—or are they merely quoting a review skimmed in a favorite newspaper or magazine?

Not Highbrow

And those learned psychological treatises themselves, even where they

duly sent to school where such silliness was knocked out of our heads, while conventional knowledge was driven in more or less successfully.

The Keynote of Psychic Life

But as a matter of fact, we had, with unfearing childish fingers, touched the very key-note of mental as well as

psychic life, a key-note which, I for one, lost in the mazes of "education" and rediscovered for myself only after many years.

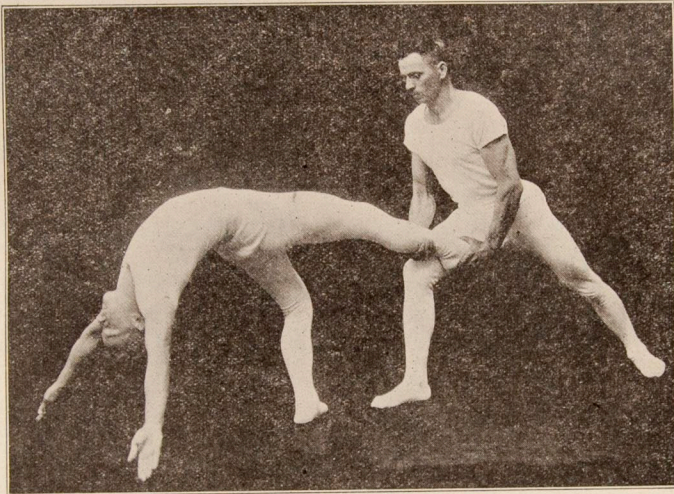
The world of thought is indeed composed of "inside" and "outside" as surely as the geographical earth is divided into hemispheres. And those people who form laziness or ignorance or both—(for these generally go hand-in-hand)—refuse to live on the "inside" do "drop off" from thought and from everything worth living for, and thenceforth can but exist superficially.

What is strangest is that these "outside" citizens of our globe not only form a separate race from those who prefer the "inside" of life, but they seem to suffer instinctively at the idea (superficially glimpsed) that an "inside" race exists. In common justice to them it should be said that as a rule they don't purposely draw you away from your point of view, if you are of those who seek beneath the gloss of externals. They are too rapidly self-content, too firmly stuck in the glue of their so-called pleasures, to jerk up their feet and walk to meet you even halfway.

Keeping One's Senses Acute

There is no talking sense with them. But there is no keeping one's own senses acute if one sees too much of them. They draw you to their own superficial wastes as mechanically and as unintelligently, but also as irresistibly, as the magnet wheeled the needle—(for we can't all be silver churns).

(Continued on page 156)



The Bukh Gymnastic System recognizes the importance of bending and stretching, and also balance. To see the above exercise done in class formation is a wonderful sight, especially when performed in the perfect manner in which the Danes performed it when visiting this country under the direction of Sir Neils Bukh, the originator of the exercises

are read and can be thoroughly absorbed. Since the world gives no evidence of being immediately the better for them, are they really of much use? Are they in close touch with the applied facts which, are after all, what matters most to us? Or are they—the very best among them, I mean—steps for the future enlightenment of a wiser generation than ours—ours which by fits and starts reads itself addle-brained over efforts to know, and then chucks it all because being superficial is so much easier and pleasanter?

Easier and pleasanter—that way temptation lies, but not the danger. The true danger is not the taste for either, but the direct taste for being superficial.

One of the jokes told against me as a child concerned a game of "geography lesson" which my sister and I invented, agreeing that the world consisted of two sides, the inside and the outside, and that such people as didn't "live on the inside" "dropped off." We were

Training for a Life's Ambition

Fate Decrees Establishment of First American Double Body-weight Lift Record.

By **George F. Jowett**
(Champion Wrist Turner of the World)

[Every Man of Iron will be thrilled by this wonderful story of Champion George F. Jowett, and how he set his heart on lifting more than double his body weight, and finally accomplished it.—Editor.]

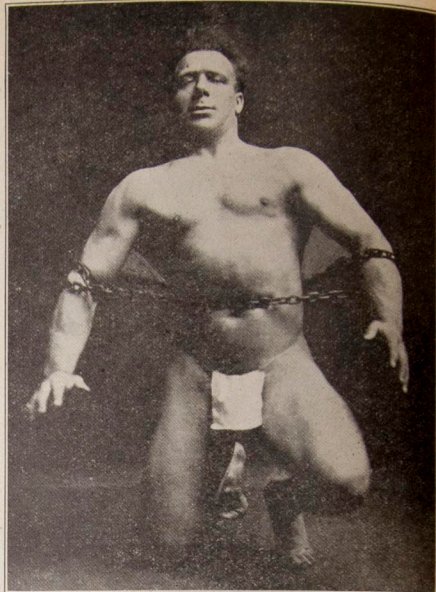
EVERY athlete has aspirations he wishes to realize during his career. The sprinter tries to lower the mark, and set up new records. So does every athlete, whether he accomplishes them or not. He dreams about it, and to some is the honor given, and to many not. Why? Many have not mental ability to assert their mental power over their physical being; that power which overrides all obstacles. Many have handicaps and misfortunes. Even so was it with myself. I longed to accomplish something that would remain a mark after I had passed away from the field of active participation of record creating feats.

Famous German Lifters

When I first heard of those famous Germans, Moygrossey, Arco, Redam and Max Sick being capable of elevating

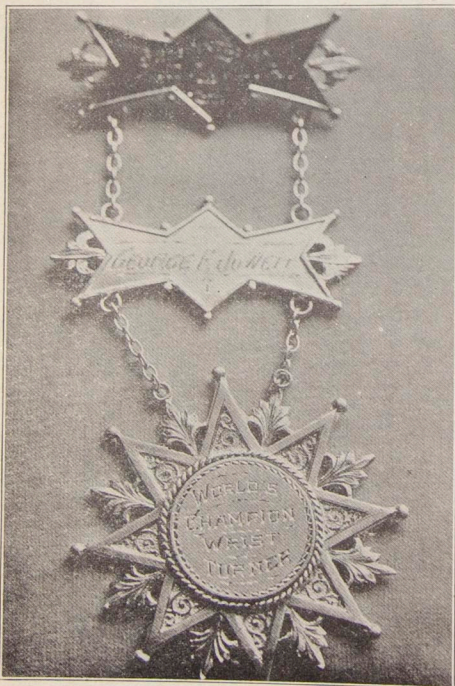
double their body weight over head, I was astounded, and as the whole world called them marvels of physical power, I wondered if it was possible for me ever to duplicate that feat.

I told myself it was. For I always believed what one man could do, so could another, if only he persisted, irrespective of time or obstacles. Deep down in my heart was a feeling that some day I would be the first man on the American continent to



THE MOST RECENT PHOTO OF GEORGE F. JOWETT

This photo will give you an idea of the wonderful body of George F. Jowett. Only a man with extraordinary breadth of chest could make anything of this pose



JOWETT'S WORLD CHAMPIONSHIP MEDAL

Actual size photo of the gold medal presented to George F. Jowett for winning the title of World's Champion Wrist Turner. The presentation was made by The American Continental Weight Lifters' Association

duplicate this feat.

I saw these men, who were all about my height, and as I gazed upon their bodies, I told myself, that I was as good as they. I was naturally larger boned, and had larger measurements, and was full of vitality.

Some British Lifter Had Done It

I knew that certain British lifters had done double their body weight, but it was in the two hands anyhow, with bar-bell and kettle weight. This did not appeal to me, as I considered it more of a feat to perform it as the Germans did, in the two hands Continental Jerk.

To this end I bent my energies. I progressed, but very slowly.

It seemed I could never go over 282 lbs. in practise. Unforseen handicaps would rise, that would set me back; but I would return to the struggle, never expressing

my secret ambition to anyone.

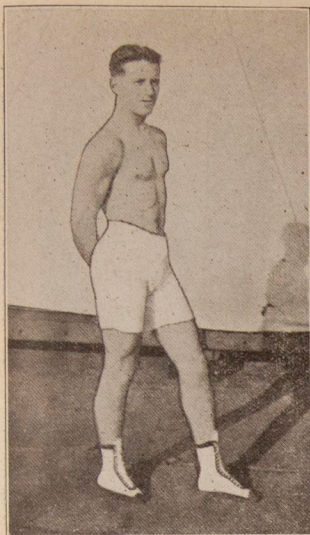
Then came the war, and I enlisted with the Canadians. I sold all my equipment; for, in those days, one had to be prepared for the worst. I came back and was discharged out of the service in '17. I had no weights, so I began to gather them around me again and, although on many of the feats that required speed and technique, I found I had gone back on the feats of pure strength, I could do as much on the first attempt as I ever could. That proves that real strength, gotten from right productive methods, never leaves you. I was overjoyed and to life came my ambition and I tackled it again. Gradually I returned to my previous form, and got up into the 280 lbs. class again and found it easier.

The Show That Didn't Come Off.

Just then big doings were to be celebrated in a neighboring town, where I was very popular. I was asked if I would contribute, which I was always ready to do. They asked me what particular form of work I would do. Almost instantly I replied, I will give a display with the weights and try and set up a new record in the two hands continental jerk, by surpassing the best French Canadian, British and American best on this lift, as a middleweight.

But do not get it into your head that I thought I would do the performance of my life. Oh, no. I thought I would be doing very well if I made a new mark, as I thought I could do 290 lbs.

To tell the truth, I was beginning to think that I would never be able to attain my ambition; for business and domestic duties made many things impossible.



IRWIN TITLE
Popular Gymnast and Tumbler of the Los Angeles Athletic Club

The event was to come off on the 17 of February. I knew I could perform a record. All my friends were talking about it, and everyone seemed anxious to see me do it; for I always seemed to be a favorite with the bunch, both old and young.

The Weather That Did Come Off.

I joyfully awaited the day. The weather for some time before was glorious, but when the eventful day dawned it began to snow, and all day it snowed as it can only snow in Canada. Like the weather, my heart sank below zero, for I knew it would be impossible to hold the meet with that storm going, and so it was postponed. Then, nearer than at any time, did I begin to relinquish hope of getting back into the same form.

I sure felt bad. Then my wife came to the rescue, telling me that it would be well to keep in form, and see if they would hold the meet later. She called them up on the phone, and so disappointed were they that they anxiously asked me to stand by, as they wanted to see me make good. But Lent coming in, and the breaking up of spring, would make it impossible for the event to be held before May.

May, I thought. Ye Gods; look how far it is away; but I settled down to the task again began to take on an analytical survey of myself.

I told myself that something was lacking that made my progress come behind the Germans, and I then commenced to study out new methods.

Practising New Methods

I succeeded in this; but only by a pure accident did my new arm locking method come to me. Instantly I recognized its power and great value. I worked on it, and went up to 296 lbs. Fearfully I asked myself. Was I at the goal of ambition? I steadied myself, and did not become too rash. Then May slipped in, and, on Victoria Day,

the 24th of May, the event was billed, with me as the star feature, and the fact that I would try to create a new world's record.

My friends turned out galore, and my mother, wife and little daughter accompanied me, to what was to me, the hall of fame.

I gave my act first, as a warmer up, to an enthusiastic and appreciative audience. Then two acts went by, before I was to attempt my record.

We had brought 310 lbs. with us, thought I never in the world expected to lift double my body weight.

The announcer gave an address, stating the records as they then existed. The witnesses, referee and scales weigher then began to place the bar under official ruling, and started it at 286 lbs. I did not have any difficulty in getting this up, as it was only a warmer, but the crowd was delighted. Then the bar was loaded to 296 lbs, the new record.

I prepared myself for the test. The first pull in to the waist, I nearly made a fluke, but I got under it, and it went to the shoulders.

With a mighty heave it went overhead. I locked my arms in great shape and held the bell there long after the count was made, to the delight of the rapturous audience. Then and there I knew I could do more.

All or None

My seconds congratulated me in a rush, and almost altogether all of them said: "George, you can lift the whole load." Though I say it myself, I was always game and immediately I saw my chance, and said: "Boys load her up, I'll fail at a good lift, or I'll make a good lift."

The announcement was made to the members of the audience, who were beginning to wonder what all the noise was about. When it was explained that if this feat was accomplished, that I would be the first man ever to perform such a feat in the British Empire, or in America, everybody talked and yelled at once.

The bar was loaded with all we had, 310 lbs. I kept my head, and stepped up to the bar with fixed determination. The audience was silent, you could have heard a pin drop, so impressive was the suspense.

Success

With a quick drop, I pulled the bar up and landed it high on the waist. With the rebound of the bar I had it to the shoulders, and my arms fixed in my new style. I stepped forward one step and with no hesitation I heaved with all my physical, mental and nervous power. The bar went up to the height of the top of my head; I held it with a powerful back position and pulled myself under the weight until my arms were locked and gradually straightened erect.

The whole performance was done so smoothly that it surprised myself. It went up in better style than my previous lift. The crowd went wild and cheered with enthusiasm. I felt the response and I could have shaken hands with my heart, if it had been possible, for keeping me steadfast. I had stormed my Rome and had won. I felt the elation, even as the ancient conquerors must have done. I felt like the great explorers must have felt when they reached the Pole. I had accomplished my heart's desire, and I was satisfied.

Felt I Could Have Beaten Max Sick

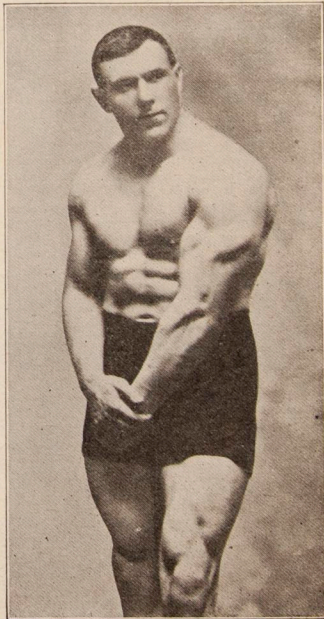
I am perfectly satisfied that if I had had more weight there that same night I could have lifted it. I believe I could have beaten Max Sick's record of 322.

But I was content, for I had done what no other man had done on this continent, and that remains yet. What a monument to the hand of fate? If that storm had not come and stopped the original event, it may never have been done by me. It is a lasting source of satisfaction to me to know that the ambition of my youth grew to fulfillment.

I used to think that I would accomplish 300 lbs. in the bent press at the same body weight, which that night was 154 lbs. stripped, thus making the feat 2 lbs. more than my body weight, in a real feat of strength. But the injury I afterwards received to my right arm, made all bent press dreams impossible. Whilst I went up to 286 lbs. in that lift, I never was able to do anything anymore in that style on account of my injury.

But, the bent press was an after-product of desire of the one great feat, whilst my greatest feat accomplished was my life dream, and meant more to me than any other record.

More than that, the audience showed such heartfelt enthusiasm in my victory, and that paid me for all my years of effort, far more than the trophy which was afterwards presented to me as a mark of appreciation from a bunch of real sports. These were as great a help to me by their encouragement, as the troops of Alexander the Great were to him.



GEORGE HACKENSCHMIDT'S MIGHTY ARM
This photograph, taken of George Hackenschmidt in his prime, gives some idea of "Hack's" mighty arm. Besides being Champion Wrestler of the World, Hackenschmidt created several world weightlifting records. He was an ardent believer in using weightlifting as a means of obtaining great strength. He had disc barbells always installed at his training quarters.



LOUIS DOUSSANG
President of The National Club. He conceived the idea and put it into practical form

THE shrewdest business men nowadays realize the importance of keeping physically fit. The consequence is that there has sprung up a number of clubs in every city, where business men can go and get their exercise under the skilled supervision of professional trainers.

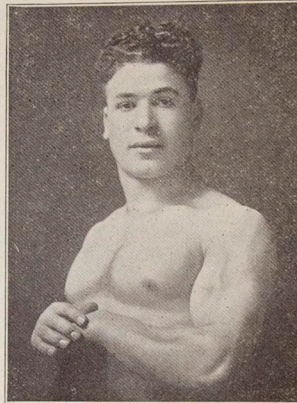
The HEALTH and Life Representative recently wandered into The National Club at 116 West Madison Street, Chicago, Ill., and had a look 'round. This Club is most unique, and caters to business men in a way that, as far as I know, does no other Club in this country. It seems that, in addition to getting your workout, having a game at handball, taking a steam bath, rest, massage, and a hundred and one other things, to make you feel like a million dollars, you can also leave your suit there to be pressed, so that when you have a date in the evening you simply go

Wise Business Men Keep Fit By Our Special Representative

there, leave one suit, and take another, ready pressed. In fact, you have complete valet service, and you get all this for less than a dollar a week. So if that's not practical, what is?

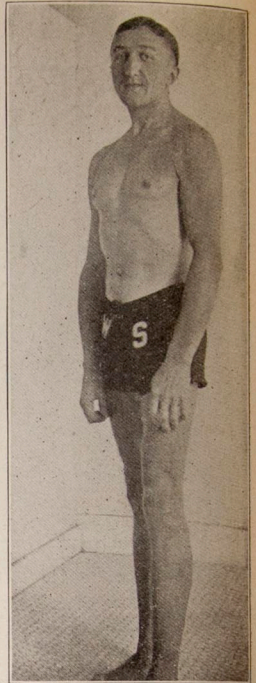
I had quite a talk with Dr. Allen, who is in charge of the physical training, and a most interesting man, too. He insisted on showing me his body, which, I can assure you, is wonderfully fit, and a credit to his ideas on physical training.

In his younger days, Dr. Allen was a first class boxer. In fact, on one occasion, he met "Battling" Nelson, at that time the World's



SPECIALIST IN PHYSICAL DEVELOPMENT AT THE NATIONAL CLUB

Joe. M. Richmond is an athlete and physical culturist well known to readers of HEALTH and LIFE. He has magnificent development, and therefore is highly qualified to teach the art of physical development.



DR. ALLEN
Director of Physical Training at The National Club, he is a former Champion Athlete, having boxed with "Battling" Nelson, when the latter was in his prime. Dr. Allen is now an Apostle of Health, and his heart is full of his gospel

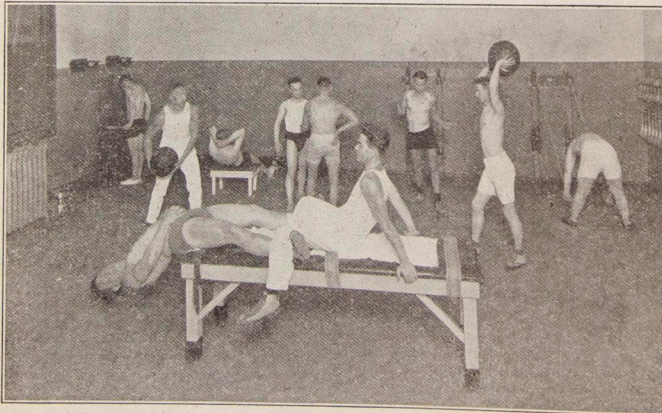
Champion of Champions, in the lightweight boxing division. However, he is not so much an athlete as an apostle of health. As he said to me: "The average person does not take more than fifty full breaths a day, so how can he hope to feel fit and well, when he starves himself of his most essential food, the oxygen of the air?"

As Dr. Allen explained to me, it pays any business man handsomely to take off a spare hour, and go to the Club, where he can do some good exercises under skilled direction, and get his body working so that it will function efficiently, give him all the air he needs in his lungs, and take away his superfluous flesh. By doing this, a man can put twenty thirty, and even sometimes forty years on to his life, and can always double, or even treble business efficiency.

The Doc's right, and he ought to know, because he sees the man when he first comes to the Club, and he also knows what he looks and feels like after undergoing the exercise so necessary to the body.

The President of the Club is Louis Doussang, who is responsible for originating this most

(Continued on page 166)



SOME BUSINESS MEN WHO KNOW WHAT IS GOOD
A scene in the Gymnasium at The National Club, showing business men undergoing their physical training. This is a small but interesting corner of The National Club

No Woman Need Suffer Periodical Pains

By Clelia Duel Mosher, M. D.

[Every woman living ought to read "Woman's Physical Freedom," by Clelia Duel Mosher, M. D., published by the Woman's Press. Price \$1.00. It is going to do more for the real establishment of woman's freedom and equality than most of the works devoted to the economic side of sex equality that I have read. Dr. Mosher proves that it is not necessary for any woman to be periodically unwell. It is only because women of the past have not secured sufficient exercise, have worn restricted clothing, and have been taught to believe in and expect illness and pain that they get them. To do away with periodical indisposition is to establish physiological equality.—Editor]

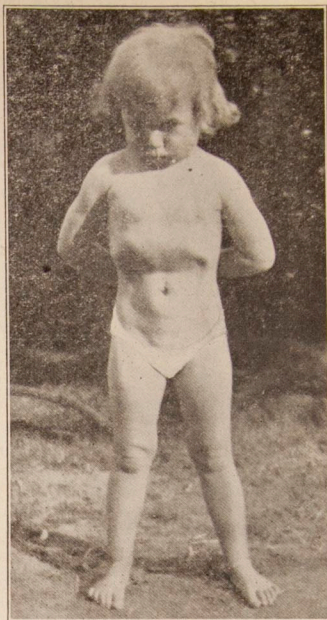
WHAT I am about to say in regard to the function of menstruation is based on the study of more than 2000 women during 12,000 menstrual periods. The observations and work in the physiologic and hygiene laboratories have extended over a period of 30 years. May I ask you, therefore, to discard all your preconceived ideas, your sex traditions, and your individual experience, and consider judiciously the statements I am about to present?

The painful menstruation so commonly observed is, in the larger number of cases, congestive in type, and is produced by: (1) the upright position (Moscati); (2) alteration of the normal type of respiration by disuse of the diaphragm and of the abdominal muscles; (3) the lack of general muscular

development; (4) inactivity during the menstrual period; (5) psychic influences. In order to follow the relation between these causes and the physiologic treatment about to be suggested, it is necessary to have clearly in mind not only the following anatomic but also certain physiologic facts concerning circulation.

The circulatory apparatus in human beings is not materially different from that in the higher mammals which go on all fours and thus carry the body in the horizontal instead of the upright position. The vena cava, the large vein emptying into the heart, is without valves; and, therefore, in the upright posture, a great column of blood must be sent back to the heart against the force of gravity. You have all had the experience in walking when your hands have been down at your sides, of noticing how they will first grow warm, then may swell, and finally hurt. This is the effect of gravitation on the circulation in your arms. The chief factor in the return of the blood to the heart is the negative pressure in the thorax, or chest. "At each inspiration blood is 'sucked' from the extrathoracic into the intrathoracic veins." The thoracic portion of the vena cava inferior, which is under less pressure than the abdominal portion, has this difference increased by the descent of the diaphragm and the contraction of the abdominal muscles.*

Whatever part of the body is functioning at any particular time has a larger supply of blood. You have also had the experience when doing close mental work



A CHILD'S WONDERFUL CHEST CONTROL. Little Miss Judy Little of Launceston, Tasmania, Australia, who is only 3 years old. She will never suffer so-called "woman's ailments." Dr. Mosher says that alternately drawing in and pushing out the abdomen will correct most women's troubles.

of having your head hot and your hands and feet cold; a larger supply of blood is in your brain and less in your hands and feet. You have also tried to do hard mental work after a hearty dinner and found your brain less active; the larger supply of blood was in your digestive organs and less in your brain. Thus the uterus, during the menstrual period, has its blood-supply augmented; at the same time the general blood-pressure is lowered† and the local blood-pressure raised. By the menstrual hemorrhage the excessive local blood-pressure is relieved. Contrary to the old Hebrew belief, the menstrual flow is not getting rid of impurities; this blood, lost in the menstrual flow, is the same kind of blood as that used for mental or physical activity and represents, therefore, potential energy. In the intermenstrual period more energy of the person must be used to replace this loss.

This periodic physiologic congestion of the uterus in woman, which occurs about the time of menstruation, is frequently so excessive that it produces pain. The upright position, lax abdominal muscles, costal instead of diaphragmatic breathing, and constriction of the body by clothing which interferes with the use of the abdominal muscles and diaphragm—all combine to develop and promote this excessive pelvic congestion. As a result, there is pain at the

(Continued on page 163)

*See Howell, W. H., "Text-Book of Physiology," p. 688.

†Mosher, C. D., "Normal Menstruation and Some of the Factors Modifying It" (preliminary note), Bull. Johns Hopkins Hosp., 1901, Vol. XII, p. 178.



MIDST THE GLORIES OF NATURE

R. A. Wood, of Launceston Tasmania, Australia, in a beautiful pose snapped while he was taking his sun, air, wind and water bath out in the wilds of his native land

I Ate My Disease Away

By Muriel Robinson, L.R.A.M.

"Eating to Correct Ill Health." By Bernard Bernard, Phys. B. M. P. C. (London). 220 pp. Crown 8vo. \$1.75. HEALTH and LIFE Publications, 508 South Dearborn Street, Chicago, Ill.



BERNARD BERNARD

Author of "Eating to Correct Ill Health"

This picture, together with the one opposite illustrates a good exercise for developing the arms. It is very simple. Stretch down your right arm, and grip the wrist with your other hand; bend the arm, as shown in the opposite picture. In doing so, however, resist the bending movement by pressure with the left hand

I mention this, for the sake of my personal friends, who will be surprised to read this article.

I must say that I found "Eating to Correct Ill Health" absorbingly interesting. There are so many new things in it, and the way it explains how ill health is caused, by bad combinations of foods, and how consequently ill health can be corrected by various diets there given, certainly makes the book a most useful one for all those in search of health.

However, one hears so many claims with regard to what can be done, so when given this book to review I gave my personal opinion, but that I would actually put its principles to the test. After all, that seems to be the most efficient and thorough way of treating such a book. I considered that my test should be the more satisfactory because I had lived the conventional way, and naturally had suffered all the conventional ailments.

To tell the truth, I was suffering at the time from a skin and blood eruption,

ABOUT a month ago, I was given a copy of "Eating to Correct Ill Health", by Bernard Bernard, and was asked to review it. At the time I thought this was unfortunate, because I am a very ordinary person with regard to both diet and physical exercise. I have had a very conventional upbringing, and always used to believe that good wholesome food, such as one gets in the best hotels, assured good health and robust fitness.

If I had been told to review a diet book by somebody else, I probably should have refused, but I like Bernard's style of writing.

It has something that is personal, and very appealing to me, so I really don't care what he writes, I find it interesting, and that is how I came to go through the book.

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To tell the truth, I was suffering at the time from a skin and blood eruption,

to which I was periodically subject. It used to come out all over my face, as well as on my body. It was, of course, most embarrassing, and in years gone by, I have tried all the face salves and creams on the market pretty well, and have certainly been a most paying customer to the beauty shops.

For many years I took the medicines which my doctors used to give me, and they all assured me that it was a periodical complaint, and that no cure existed. However, a few years ago, a serum was discovered which was supposed to counteract the blood poisoning from which I was suffering; so I determined to stand the shock to my pocketbook, because I was assured that I was going to acquire the complexion and health which I had always imagined I deserved.

I had to leave my home and go to a special private hospital, at which I stayed from two to three months. During this time, I had injected into me some serums which were supposed to clear away my complaint for good and all. In about eight or nine weeks the blemishes did disappear, but whether this was due to the serums or to the fact that mine had usually lasted this length of time, and then cleared up, I do not know; but I left the hospital and was again assured, though not so positively, that I had had my last attack.

Still, in spite of having paid my money and accepted the serums into my blood stream in a most docile manner, and with the utmost faith, the trouble broke out on me just as much as ever. Again, my old doctor gave me medicines, and now, as I find in "Eating to Correct Ill Health", allowed me to eat all the food that was causing my trouble.

After all, now that I know, it does seem extraordinary, when I think of how I had to swallow all those medicines, and have the serum shot into me, and yet not once did the doctors suggest that what I was eating might contribute towards the condition of my blood stream. It seems to me now that it is the utmost absurdity to expect to rub something on your face, or to take a bottle of medicine, or even to have a serum put into your blood stream when it is most obvious that the blood is fed by the food you eat, and is kept clean or otherwise according to how and what you eat.

So you can bet your life I gave Bernard's "Eating to Correct Ill Health" a fair test. The first thing I did was to refrain from eating meat, eggs, and other protein foods, and also bread, potatoes, and other starchy foods; so that my meals were composed of just vegetables, made up into stews, or even eaten raw as salads. I also had a fair amount of fresh fruit.

I followed the other instructions with regard to elimination, and, lo and behold, after not more than three days, the blemishes left me, and the skin of my face came out as clear and as wholesome as I have not seen it since my

early childhood days.

However, I kept up the instructions. It was a great relief to me to have the book. Really, I had forgotten that I was reviewing the book, I was now absorbed in letting it be my guide, and a most precious guide I found it, too. I was just a little scared when I found my tongue turning yellow, but I found according to the book, that this must be expected. It was only a sign that my body was cleaning up. After about ten days, the tongue again became reddish, and after fourteen days was completely back to normal.

I then resumed the more complete diet given in the instructions for my particular case, which restored to me my eggs, milk, nuts, and other foods I had been used to taking, but no white bread, pies, condiments, or anything like that. Now that I have lived on this diet for about two weeks, I must say that I feel fine; in fact, stronger, healthier, and fitter than ever I have felt before. My skin is clearer, and I do not suffer the fits of depression to which I became accustomed; at least I haven't had any during the last two weeks, and that is saying something, as my friends will tell you.

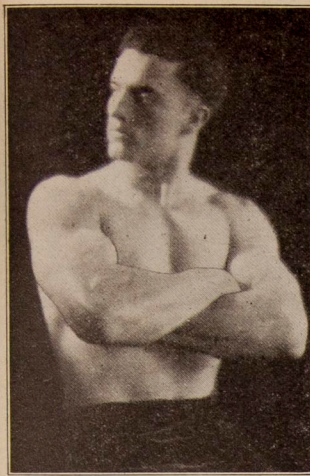
"Eating to Correct Ill Health" proved a great pleasure to me to read, and it also proved a most valuable doctor. Get this book, and, having devoured its contents, if you feel anything like I do, you will feel that you have the ability to correct all conditions of ill health; and you know that that is worth, in itself, a big fat, pocketbook.

Congratulations
Dear Sir, I have just read your last issue of HEALTH and LIFE and wish to congratulate you on it. It is by far the best copy I have ever seen. The articles about Passanant, Jowett, Kronos and the contest at the L. A. A. C. were all very good (especially the one about Kronos). The Wrestling and Lifting columns were even better than usual. Hoping that the succeeding issues will be as good, I remain, Your enthusiastic reader, R. L., Pittsburgh, Pa.



A GOOD EXERCISE FOR DEVELOPING THE ARMS

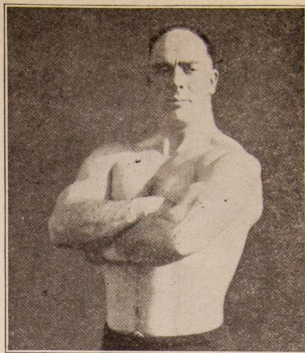
(Can't from opposite. From the arm bend position as above, proceed to straighten the arm to the position illustrated opposite. In doing so, resist the movement with the left hand. Do this exercise a few times a day, and watch your arms grow



THE LATEST PHOTOGRAPH OF DAVID P. WILLOUGHBY
He is now Pacific Coast Champion, having defeated Albert Bevan, in contest for this title recently.

With the Men of Iron

Jones Defends Matysek.—
Franks Enters Challenges.—
The Two Hands Jerk.—
Disks Versus Globes.—
Some Corrections.



LOS ANGELES A. C. COUNSELLOR AND FRIEND
Most recent photograph of Albert Bevan, trainer, coach, friend and helper of the Iron Men of the Los Angeles' Athletic Club.

that Matysek was not by any means in his best form, Coulter, Jowett nor Smith would try their strength with him. Perhaps there's something in their statements that they kept out of the contest because it wasn't under the jurisdiction of the A. C. W. L. A.; but that organization was only in its infancy then, and certainly not as influential as "Physical Culture." Having won the contest would certainly have been profitable, as I know it has been to Matysek. I think it very unsportsmanlike of the trio mentioned to bring up alibis and knocks two years after the affair is over. Matysek has challenged now, why can't there be contests arranged that will settle once and for a while at least this "I'm strongest," "who said you are?" stuff.

THE following letter from Kenneth

Jones, the Equilibrist, was received too late to go in the March issue of HEALTH and LIFE. In it Mr. Jones stands by Matysek and his title. But not only that, Jones himself intends to enter the lists before long. Editor, Health and Life, Chicago, Ill.
Dear Sir:—

I have just read Mr. Roy L. Smith's letter in your February number and cannot resist telling my views on the matter having been myself an entrant in the Apollo contest and a very interested spectator of all the events in the Physical Culture show of 1922.

I feel that I at least have an idea on what Matysek and Mr. Smith can do, and I wonder why Mr. Smith did not contest for the strength title instead of merely giving an excellent exhibition of the bent press with a bell announced as 200 pounds, which only weighed 150, as Warren Travis himself admitted to me. Surely Mr. Smith, as well as Mr. O. R. Coulter and George Jowett, who were also on hand, could have contested without harm. I'm sure "Physical Culture" Magazine would have published lengthy articles on the lifting contest if it had been enough of a feature with more contestants.

It seems to me that Matysek was the only sport who was willing to take a chance and even knowing

None of the gentlemen will hardly remember me but I'm signing myself as I was known then, and now, so that if they should they'll know that I'm not quite ready to lift with them yet, and I don't call myself a strong man. I'm only a vaudeville athlete, but I hope soon to be able to do lifts that strong men claim. Then we'll see who loves the sport well enough to contest, because if I should challenge, I'll be anxious to go to their cities and prove my claims. At least my strength and physique are earning me a decent enough livelihood that I could and would spare railroad fares if I thought myself strong.

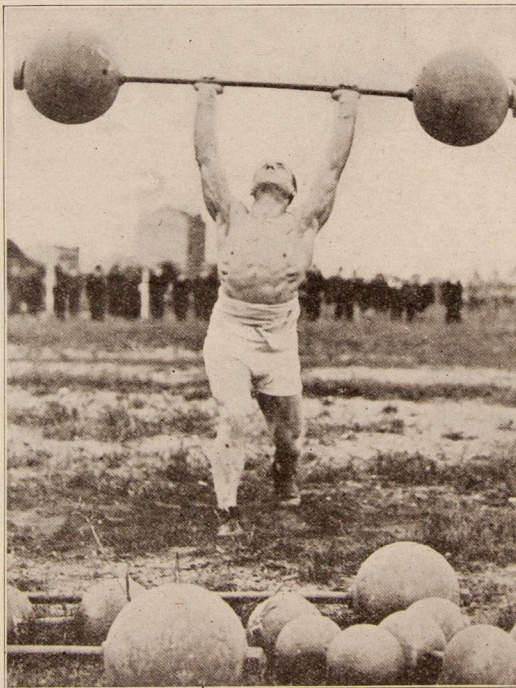
Yours for action and not conversation,

KENNETH T. JONES
of "Terrell and Kemp,"
America's youngest Equilibrists.

F. B. Franks, who is on tour, writes a very interesting letter which also has to bear upon who is the American Champion. Besides making challenges, and offering to enter any contests, he suggests why it is that it is difficult to bring the great Strong Men together into a satisfactory contest. The reason is, as most of you already know, that of a sufficient inducement to make it worth while for all Strong Men to enter.

But as Mr. Jones says in his letter above, the winning of such a contest would be in itself a mighty boost, and would ensure such publicity as practically to guarantee a long Vaudeville tour for the winner. However, here is Champion Franks' letter:

Dear Editor: I read and
(Continued on page 162)



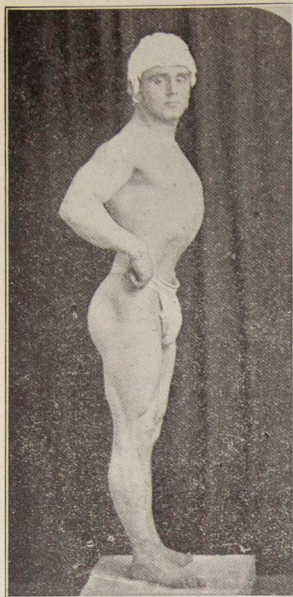
A MODERN FRENCH HERCULES

Rigoulot, Champion Weightlifter of Paris, France, who defeated the former title holder Dannoux, by a "Pull." Rigoulot is now training in preparation for the coming International Olympic games which will be held in the French capital, and European and American weight lifters will have to extend themselves some to beat him.

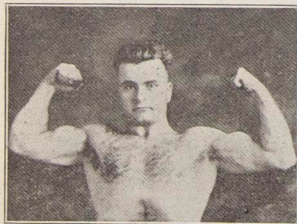
Keystone

WESTERN

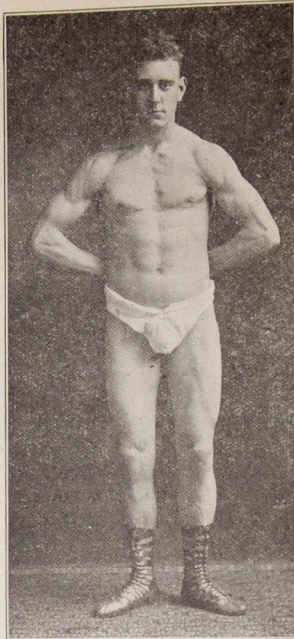
Health & Life Enthusiasts



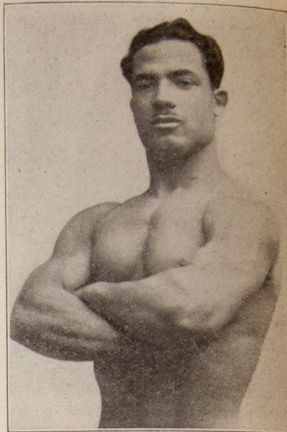
Bob Strong, of Liverpool, England, has been successful as a wrestler, and has travelled as a wrestling partner with "Little Hackenschmidt," the World Champion Bantamweight. He has also wrestled with Peter Gotz, Ex-World Champion Lightweight, and other well known wrestlers. He has now given up wrestling, and devotes his spare time to posing, mostly of the staturary sort. He has supplied artists with some of his photo poses for some famous human figure drawings. He is keen to exchange poses with American HEALTH and LIFE Enthusiasts. His address is—34 Margaret Street, Everton, Liverpool, England



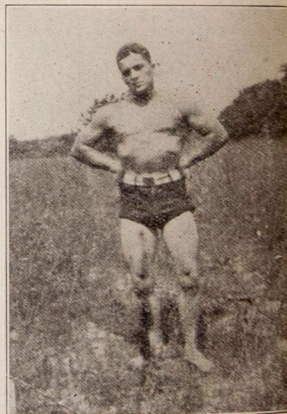
Samas Alexander, Mexico. He is a proud pupil of Earle Liederman, famous New York Physical Training Director. He is a most powerful man, and his muscles show the results of his training. In Mexico just now it's very handy to know that you've got plenty of strength in your muscles, for there is no knowing when it may be needed



Harry Long, holder of the world's record for the deep knee bend, having performed it 4,500 times successively. He is a pupil of Arthur F. Gay, of Rochester, N. Y., who trained him for this world record. He is open to challenges. If you want to know what this feat means, just attempt it. By the time you get to 1,000, you will begin to think that Harry Long is indeed a wonderful man



Hamed Samy, Champion Weightlifter of Egypt. He represented Egypt at the last Olympic Games. He has enormous strength, but was handicapped by not knowing the rules of the lifting. Many other weightlifters were in the same boat, so they all appreciated Samy's difficulties. He is a charming fellow, too. Your Editor met him in Antwerp at the Olympic Games, and heard many exciting stories of Egyptian Strong Men



Otto Mundy, of Hagerstown, Maryland. He is a lover of the fresh air. The roof of his gymnasium is the blue sky, and his wrestling mat is the green grass. He has indeed a magnificently developed body. Look at that breadth of chest, and look at those wonderful legs too. Many physical culturists are weak in the legs. Mundy is well developed all over

A Chance to Win a Medal

VITOLAXING Medal Scheme

You will be interested in the Medal Scheme in connection with "Vitolaxing." In order to encourage and to show what this system of health and muscular development can do, gold, silver, and bronze medals are to be given to those meriting these awards.

Here is indeed a chance for you, even if you have never done any proper training hitherto, because the medals are to be given to those who make real progress. The person who improves in health, physique, athletic ability, or even in mental efficiency stands a chance of earning a gold medal, so long as his improvement merits it.

The object, it appears, is to show beginners how extraordinarily readily the body will develop under the system of "Vitolaxing."

Every "Vitolaxing" pupil automatically becomes entered for a medal. There is no extra entrance fee, and the medals are not limited.

This Medal Scheme is an excellent one. The winners

not only get this handsome award, which they will show with pride to their friends and acquaintances, but they acquire health, strength, and muscular development that in themselves are worth all the money in the world. Now, you HEALTH and LIFE Enthusiasts, let us see some photographs of you sporting these medals.

Among the Grapplers

Zbyszko Says Farewell But He Is Still At It.—Steinke Learning to Be Champion.—Counter to Chancery and Bar Lock and Arm Lock and Leg Strangle Explained.—Among the Amateurs.

IT seems that a wrestler's farewell performance is on a line with the average operatic star's. Old Stan Zbyszko told everybody that if he lost his match with Ed. "Strangler" Lewis at Chicago, he would quit the Game. The match came and went, Stan lost, but he still wrestles. There may, however, be some excuse, because Zbyszko felt very keenly that The Strangler's victory over him was not fully earned. While Zbyszko was putting on a vicious wrist lock, Lewis, with his free hand, knocked Zbyszko with a hit to the jaw. According to rules, the hit was legitimate, because Lewis did not use his fist, but merely his open hand; but anybody knows that if you clump with your hand right on the point, you can put a man out. Further, Stan says that he is willing to fight Lewis at a fair and square fighting match, but will not consider himself as finished until the Champion has actually pinned his shoulders to the mat in fair and square wrestling.

Hans Steinke, the giant German, is not making very great use of his sensational victory over Zbyszko. It seems only fair that he should have a crack at the "Strangler," but he is being palmed off on to other opponents. It may be that he is doing the right thing, and means to learn more of the technique of the "Catch as catch can" style, for it must be remembered that he learned only the Greco-Roman style on the Continent of Europe, and is only a starter at the "Catch as catch can."

To those who love the "Catch as catch can" style, it seems curious that men handicap themselves by wrestling in the Greco-Roman style. The "catch" style is much more spectacular in every way, and is a better form of exercise and sport too, than the Greco-Roman style. The latter style, as pointed out before in this column, was only invented for the big, fat fellows in a professional troupe who were too heavy to wrestle in the old style properly, and so they invented the Greco-Roman style which cut out all use of the legs, so that these fat fellows should not get tumbled too easily.

In the upper picture on this page is illustrated the counter hold to the ordinary Chancery and Bar lock. Should your opponent take your head from the front with his right arm, and then with his left arm seek to take a Bar lock on your right arm, all you have to do is to reach down to his crotch from the front, and pick him up in the method illustrated. From there, all you have to do is

and hold him tightly until his shoulders touch the mat.

It is a pity that the Ju Jitsu style of wrestling does not become more popular. It is very scientific, and offers many useful locks and throws as a means of self defense. In the lower picture on this page you will see an illustration of a Ju Jitsu lock which acts as both arm lock and strangle hold. Having brought your opponent to the ground, with, say, a flying mare, throw your leg around his arm so that your calf, or shin rather, presses against his throat. With your left hand, you can press on your ankle, thus performing the strangle hold, and stopping his breathing; with your right hand you can push his outstretched arm over your leg, that is, towards the direction of his shoulder; but not too violently, or you will break it. Be careful to release the pressure immediately your opponent taps the mat; otherwise you will injure him.

Among the Amateurs

The Amateurs all over the country are busier than ever. All the mats are in use. Competitions, contests, eliminations for the Olympic Games are all taking place in a hurry.

In Interscholastic wrestling Northwestern University defeated Nebraska by 13 points to

7 at the Patten Gymnasium, Evanston, Ill. The results were as follows:

- 115 pound class—Blone (N.), won decision over Kemper (N. U.) Time advantage, 4:02.
- 125 pound class—Kollogg (N.), won decision over Cornelius (N. H.), Time advantage, 6:49.
- 135 pound class—Uhlir (N.), won decision over Rost (N. U.), 10:30.
- 145 pound class—Skinner (N.), won decision over Riswald (N. U.), Time advantage, :31.
- 158 pound class—H. Hathaway (N. U.), won decision over Thomas (N.) Time advantage.
- 175 pound class—Horton (N. U.), threw Robertson (N.), in 7:32.
- Heavyweight class—Highley (N.), awarded fall on forfeit, over Howard (N. U.).

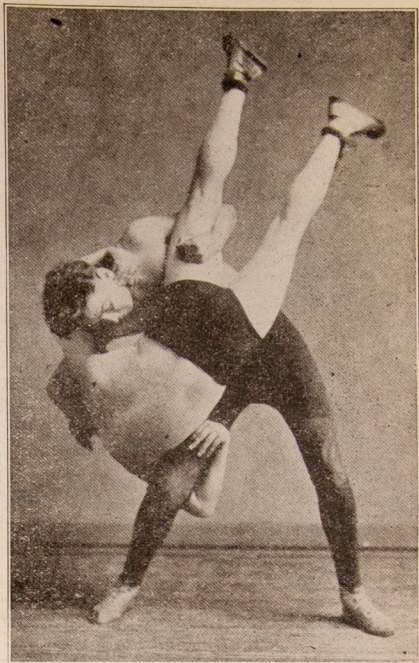
Ohio defeated Michigan, 18 points to 5 as follows:

- 115 pounds—Snyder, Ohio, won from Doty, Michigan, by decision.
- 125 pounds—Wright, Ohio, threw Karbel, Michigan, in 9:03.
- 135 pounds—Church, Ohio, won from Gillard, Michigan, by decision.
- 145 pounds—Rose, Michigan, threw Johnson, Ohio, in 7:37½.
- 158 pounds—Foote, Ohio, won from Frenz, Michigan, by decision.
- 175 pounds—Studer, Ohio, won from Meade, Michigan, by decision.
- Heavyweight—Steel, Ohio, threw Palmer, Michigan, in 7:31½.

The University of Illinois defeated University of Chicago by 18 points to 15. The results were as follows:

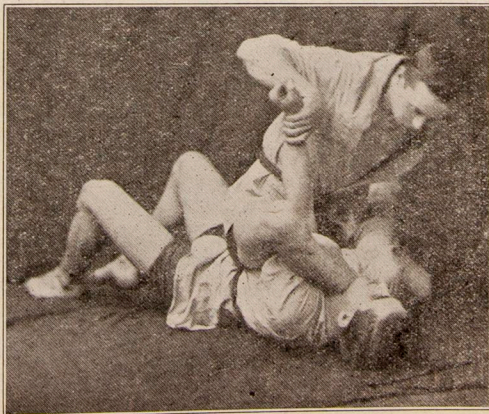
- 115 pound class—Tassetti (I) won decision over Takaki (C.); advantage, 4:16.
- 125 pounds—Kenney (I.), won decision over Ball (C.); advantage, 7:08.
- 135 pounds—Shatiko (I.) won decision over Graham (C.); advantage, 11:15.
- 147 pounds—Mathis (I.) won decision over Capt. Tsoulos (C.); advantage, 3:12.
- 158 pounds—

(Continued on page 161)



COUNTER TO A FRONT HEAD LOCK

When a man takes a front head lock, and combines it with a bar lock, all you have to do is to pick him up from the crotch, and you have him in the position illustrated above. This photograph shows "Gy" Vande Luyster of Zeeland, Michigan, in practice with his wrestling partner



A STRANGLE AND ARM LOCK

The shin goes across the throat, and stops the breathing. Pressure is obtained by pushing down on the ankle with the left hand. Just push that arm back against your leg until he squeals or taps the mat

The Athlete Detective

By Richard Bonner

[This thrilling serial story introduced Errol Fieldlow, inventor of an anti-gravity substance; James J. Fennol, wealthy patron of Fieldlow; Jessie Fennol, Fennol's daughter; and John Blount, athlete detective. Fieldlow's only mathematical formula has been stolen, together with numerous plans for the salvage and ownership of many treasure ship wrecks. The case is known as the Acme case, and Blount, who has been threatened with death if he takes up the case, knows that Fried Gilping, one of the world's cleverest crooks, has something to do with it. Blount was interviewing Mr. Fennol and his daughter, when the floor of the room in which they were standing, lowered them into darkness, and they knew not what. They finally escaped, Blount freeing himself and arranging with Roy Jackson, Sports Promoter of the International Auditorium, to await their coming in his auto. When Blount arrived with Mr. and Miss Fennol, Jackson was gone. Chapter 2 began with the great wrestling match, in which the Unknown, connected with the case, was pitted against John Blount. He had endeavored to chloroform Blount, but the latter arrived sensationally, getting into the ring by way of the roof. During the match, the Unknown's associates endeavored to put Blount out of action by foul means. Blount, however, substituted the Unknown's head for his own, with the consequence that the Unknown was put out of action.—Editor.]

THE crowd began to press forward to the ring, while the referee was endeavoring to hold Blount's hand aloft, signifying his victory.

In the midst of it all, Blount himself sank to his knees in a totally exhausted condition. He was helped to his corner, and after a few minutes was revived.

As for the Unknown, his associates had carried him away to the dressing room, and from thence away in their waiting automobile.

However, immediately Blount was revived, he grabbed his dressing gown, and wanted to run in search of the Unknown and his associates. In spite of the thickness of the crowd, he forced his way through, but when he arrived at the dressing room his prey had gone. Only the dressing room attendant was there, but he had a somewhat interesting story to tell. He said that the Unknown had been borne away by his associates, who had improvised for him a stretcher. They had with them a large electric battery, which they fastened so as to pass a continuous current through the body of the Unknown. Before they finally left the dressing room, it was clear to the attendant that the Unknown would revive.

The injury had evidently been inflicted, therefore, with an electrical gun arrangement, but, what was more important, the gang had been successful in reproducing the new kind of electric gun which was stolen at the same time as the other plans and papers of the Acme case. The gun was one which, instead of firing shot, fired electricity. They had already made the gun, and it evidently worked well. The apparatus had only to be built on a large scale in order to realize the ambitions in the first place of Errol Fieldlow, the inventor of it, but now of course, the international gang of swindlers who were in possession of it.

The fact, however, that it was possible to resuscitate those injured by it by using an electric current was duly noted by Blount, and he made a note to report it to Fieldlow on the first available occasion.

It had been a terrible time for Blount. Never before in the course of his whole career had he gone through such terrible ordeals as he had endured in those few days before the wrestling match took place. He was first of all bound and gagged, and left in a dirty cellar, he had been given no food for a week,

and worst of all, he had received no drink. A bottle of chloroform had been left in the corner of the room with the object of keeping him in a semi-chloroformed condition, so that when he came to the ring it would be possible for the Unknown to injure him sufficiently to finish him off for good and all, without the dangers entailed if he had been done away with by any other means. However, as we learned, they intended to take no chances, and had their new electrical gun in attendance in case of need.

The cellar was, as a matter of fact, in the next building to the International Auditorium at which the wrestling match was to take place. It was carefully guarded in case Blount should attempt to escape until just before the time scheduled for the match.

However, Blount did escape, but not in a way that was of much use to him. There were some iron bars across the window. After freeing himself from his binding, Blount made his way to the window, and putting his huge shoulders against the bars, forced them apart. This enabled him to get through, but he was obliged to climb the building because of the man on watch. He managed to get to the top, and from there across to the Auditorium roof, where he fell in a faint from sheer exhaustion. From that time he did not recover until after the match was scheduled to begin, when he descended the electric light fittings, and dropped into the Ring in the sensational manner described.

It is therefore easily understood why he was now absolutely exhausted, and he just sank down for a rest in the corner of the dressing room, whilst the kind old attendant watched over him.

CHAPTER III

Blount was awakened by the excited exclamations and gesticulations of a man, Errol Fieldlow, inventor of the anti-gravity substance, electric gun, and other wonderful machinery.

Blount calmed him, and then proceeded to explain to him about the electric gun. Fieldlow's eyes shone up brightly.

"I knew it, I knew it," he exclaimed. "I knew my gun would work. It is the greatest thing in existence. With it I can fire any distance. There is no limit to its range. That's great, Mr. Blount."

"It's fine, Fieldlow," said Blount, "but the thing is to get it back, and also your anti-gravity formula."

Fieldlow's head sank low again, and

he became despondent and excited alternately.

"Look here," said Blount, "I want you to take me to your laboratory."

"But," Fieldlow began to interrupt,—"Never mind about any 'buts,'" said Blount. "I know that you hold your laboratory absolutely private, but if you want to get back your gun and your formula, you'll give me free access to it. Come on."

With that, Blount bundled Fieldlow into a taxi, and away they sped to the depot, and from thence by the next train to the little town of Horbing. Fieldlow had indeed arranged his laboratory most cunningly since the robbery. They had arrived at the foot of the Aztec Pass among the mountains, and Blount began to take the lead. They wandered along for a mile or so, when they came to a clump of bushes.

"Hold back," said Fieldlow, "I must take the lead. It is dangerous."

They pushed their way through bushes along a short path. There were numerous turnings in this path, and it was evident that there was a maze carefully planned by Fieldlow, and the sides of the path were carefully and cunningly protected by barbed wire, so as to prevent anybody getting through.

At length they reached a gateway, and Blount was just about to put his hand on the handle of the gate, when Fieldlow grasped his shoulders and pulled him back.

"Don't touch that," he said. "It has ten thousand volts of electricity running through it all the time, and I've got a good current also running through that barbed wire. I'm not standing any chances. Anybody who tries to get into this place is going to have some job."

He then reached his hand around the side of the gate, and touched a little trick switch with a small key. He then opened the gate and another pathway led to a doorway at the foot of a hillock.

Blount did not want any cautioning not to touch anything. He allowed Fieldlow to take the lead, and again was it necessary to switch off the current before it was possible to manipulate the entrance.

It was a wonderful sight when at length they did enter. The whole place seemed to work mechanically under the will of Fieldlow, and it was extraordinary how he could have fixed up this place, and in so short a space of time.

(Continued on page 159)



TEN MOST BEAUTIFUL MERMAIDS

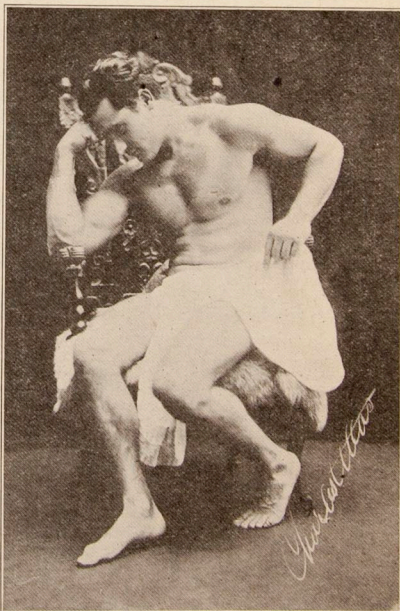
Fotograms, N. Y.

Ten most beautiful mermaids exercising together at Steeplechase Park. Left to right: Doris Wilson, Londas Wayne, Dorothy Van Alst, Peggy Shannon, Lylan Ayernacs, Polly Walker, Anna Smith, Rose Montgomery, Virginia Holland, and Rose Kindel



THREE WORLD CHAMPIONS

On the left, Jack Nolls, Champion Basketball Player. Center, Jack Dempsey, Champion of Champions of the Ring. Right, Captain William Johns, Swimming Champion. The three were having a workout together on Miami Beach, Florida



MUSCULAR MAGNIFICENCE

A beautiful pose by Charles Atlas, the great physical culture teacher. His magnificent body is the profound admiration of artists and physical culturists all over the world

Health and Life

The National Monthly Magazine for Health,
Physical Education and Right Living

EDITORIAL

(Written by the Editor)

THE OLYMPIC GAMES AND THE PHYSICAL TRAINING BOOM

Never before was there such a boom in the world of Athletics and Physical Training. The Olympic Games coming off this year has set every young fellow to activity with the object of proving himself, if not eligible for actual representation of the country, at least sufficiently competent to stand a chance of winning one of the numerous eliminating competitions. Those who imagine themselves past their athletic prime, and have given themselves to business or some profession are also beginning to realize more than ever before that the fitness of the body is an absolute essential to efficiency of the mind. More than this, they are beginning to appreciate the fact that that only by exercise, right living, and reasonable care with eating can they expect to obtain such a body as will permit the mental functions one hundred per cent power and fitness.

GIVE THE UNKNOWN A SPORTING CHANCE

There is one thing, however, that ought to be assured by the associations governing athletics in this country; that is, to allow a fair and sporting chance to every amateur. While the eliminating contests are going on, publicity of these should be given to every athlete in this country, whether he is a member of one of the big clubs, or whether he is just practising in his own back yard. If you will look into the history of some of the greatest athletes who have ever lived, you will find that, prior to a certain time in their lives, they were practising absolutely "on their own" and entirely unknown. It is the duty of governing athletic bodies to find out promising athletes of this nature, and they can do so if they will make it possible for such to attend preliminary competitions by material assistance if necessary, but certainly by giving sufficient publicity to what is going on.

HEDLUND'S "RIBS"

Is it not an extraordinary thing how very few photographers know how to take muscular photographs. There is a good business waiting for photographers in large towns and cities who will specialize in taking good muscular photographs. There are thousands of fellows who would have photographs taken if only they knew a photographer who could take really good pictures. The average photographer blocks out all the muscles, and tries to make the body look flat and smooth. Mr. E. P. Hedlund, whose recent article in HEALTH and LIFE on "Posing" interested so many of you, told me that he once went to a photographer and had some photographs made. When he went to call for them, the photographer told him that he had touched out all his "ribs" which had showed up very badly. The "ribs" were the intercostal muscles and the serratus magnus, of which Mr. Hedlund has a particularly fine display.

But that only gives an idea of the knowledge of the average photographer regarding muscular photography.

WHAT THE STAGE OWES TO LIONEL STRONGFORT

In my time I have met most of the greatest athletes of the day. I have listened to their stories sometimes for hours.

At other times, without saying a word, I have stood and watched them, and marveled at their greatness and power. The other day I had about a three hours' conversation with the great Lionel Strongfort, who now has a world-wide reputation as a Physical Culture Director, and Trainer of other successful strong men and vaudeville performers. Lionel Strongfort was, as older enthusiasts will remember, one of the most spectacular figures on the vaudeville stage. In fact, it is safe to say that he was as great a showman as Eugene Sandow, in his day; and that is saying something. Many of the great performances we see on the vaudeville stage today were originated by Lionel Strongfort. In addition to his ordinary show, he used to lift weights of enormous poundages, and he stimulated the Iron Game considerably. But Strongfort always maintained that the average person in the audience does not appreciate what actual weights mean. It is much better to use automobiles, pianos, horses, and men and women as your weights. The man in the street knows that if he tries to lift an automobile the only way he can do it is with a jack. When he sees a man of iron on the music halls lift an automobile with people sitting in it, he knows then that the fellow is actually strong. But if he sees the same man lift over three hundred pounds in the bent press, he hasn't the slightest idea of what that means. For all he knows, and, perhaps, thinks, some of those discs labelled as twenty pounds may be made of wood and weigh only a few ounces.

THE STRONGEST MAN I EVER MET

I was wondering the other day who was the strongest man I ever met. After running over numerous names in my mind I came to the conclusion that it was a man named Dick Ramsey, who used to be a famous international Rugby football player. He was a member of my wrestling section while I was instructor at No. 10 Convalescent Camp, Ecault, France. Dick was an enormous man, weighing 260 lbs. They forced him to play football at the Camp, but just whenever he liked he could take the ball, rush his way through, and score a goal. In fact, he could do it so easily there was no more fun left in it for him; so he became attached to my wrestling squad. Previous to his entrance into my squad, I had a heavyweight named Connor, weighing about 215 lbs. He had already earned a reputation as a wrestler, and held a provincial championship. I was hoping to train him so that he would become a national champion. When Ramsey joined the section I put the two together. Ramsey just stood still, and Connor could do nothing with him. Then I proceeded to show Ramsey some throws. I taught him the cross buttock, and he just walked in and crumpled Connor to earth. Whatever holds I described, he simply went in and in spite of all Connor's efforts at defense, crumpled him to the ground as if he were a child.

HE WAS THE SIZE OF TWO BUT ONLY RATIONED FOR ONE

Ramsey's body was magnificent, with not an ounce of fat on it. If I could have kept him in my section for a month or so, he would easily have been a world beater. He came to leave my section through my own fault. I asked him one day if he was served with the same rations as other men. He said: "Well, I'm only on the rolls as one man, so I only get one man's rations." "Is that enough for you?" I asked, for I found the amount of food extremely small, even for myself. "Ah! No!" he said, "but I guess I'll have to stick to it." A week later, when he made no attendance for wrestling practice, I searched the him out, and found him a member of the cook-house staff. He said: "I'm sorry, but my stomach won. I just had to get sufficient food, because I was scared of losing my strength and physique, and I depend on them for my livelihood in civilian life in my football career."

ARTHUR SAXON'S JOKES

Ramsey knew nothing about weightlifting. The strongest trained weightlifter who ever lived was undoubtedly Arthur Saxon. There is no knowing what was Saxon's limit. He



Photograms
MISS ALASKA FAR
FROM FROZEN NORTH;
AT SUNNY BEACH, FLA.
Far from her native clime,
Miss Alaska is basking in
the sun at Palm Beach,
Fla. The famous beauty,
whose name is Mrs. Earle
Liederman, is ready for
her daily swim at Palm
Beach

and his two brothers toured the world in vaudeville, and made names at pure strength feats. Arthur was always up to mischief, and had a very keen sense of humor. His best jokes were always enticing others to compare their strength with his. For instance, he had a competition nightly at which he promised a two hundred dollar prize to the man who could lift his barbell. As a joke, he would leave this barbell at the stage door, where the local iron men could come and test it for themselves, but prior to leaving it there, Saxon would take all the shot from the inside of the globes, so that the local iron fans found that several of them could lift it. Naturally there would be a fine entry for Saxon's competition, and crowded audiences would come to watch the local iron champions carry away the Saxon money. When it came to the competition, Arthur Saxon would make the usual challenge, and would then get the enormous barbell, lift it to his chest, and by a dextrous movement, jerk it to arm's length above his head. He would then lower it, and put it on the ground very gently without making the least noise. Up would come the local champion, and oh, what a surprise! He would find that he could not shift the barbell an inch from the ground. True, he had lifted the barbell when at the stage door, but when it was loaded it was a different proposition.

LIFTING A FAT WAITER AS A CONDIMENT

I have spent hours in conversation with Thomas Inch, the British Heavy-weight Champion Lifter, who trained for many years under the wing of Arthur Saxon. Inch is full of stories of Saxon and his jokes. The most curious thing is that Saxon broke almost every known rule of training ever invented. One day, the three Saxons and Inch were dining in a hotel. They were half way through an enormous meal, and were being served by a big fat waiter, who must have weighed considerably over 250 lbs. An argument sprung up as to whether it would be possible to lift this man above the head with one hand. Kurt and Hermann, Arthur's two brothers, insisted that it would be impossible, but Arthur said: "Of course not. Of course it is not impossible. I will show you." At that moment the waiter came in, and while Arthur was still chewing his meat, he went up to the man, saying, "I will show you. I will show you." Just pushed the bewildered man on to his hand, and pushed him above his head, saying: "There: There you are. I told you so." He then put the man down, and calmly went on with his dinner again. Personally, I believe that a true history of the life of Arthur Saxon would make one of the most fascinating books ever written. Perhaps we shall be able to get one published by the HEALTH and LIFE Publications before long. How would you like that?

Don't Miss Next Month's Magazine

Next month's magazine will be one of the best ever put out. The rules for the weightlifting at the Olympic Games; a special article on Archilles, and another by Edward W. Goodman, the noted lawyer-athlete, on "The World's Strongest Man;" and Frank Dennis tells his story of how he became a champion athlete after being given up to die by his doctors. There are many other splendid features, so don't miss next month's issue; order it now.



Latitudes

By Warrington Dawson

Author of

"The Gift of Paul Clermont"

XXII.—ON "BRAINY" FOOLISHNESS

There are some foolish people I know, whom I'm very fond of.

And I know a great many brainy people I don't like at all.

But I never have had any use for the type of foolish person who takes his brain seriously.

There's one thing worse, though, and that's this same type when it's semi-educated and "widely" read—so widely that it can skip a book through from cover to cover in half an hour or so, and know more about it than the author or the type-setter or any honest reader.

These are the people who never really know, because they have never studied anything; who never really understand, because they have never penetrated anything; who never really remember, because they have never been impressed by anything; who never really see, because they have never watched anything attentively.

But to hear them talk, they are the only people capable of seeing, hearing, knowing, or repeating anything worth thinking about.

They are doing more than militant Bolshevism to upset order and reason in the world to-day. And as far as I can judge, there'd be only one cure for them, and that would be to spank them and send them back to school, and a primary school at that. What they need is not "culture" nor "improvement" but an elementary acquaintance with spelling and grammar and history and arithmetic and yes—, and common sense and sensible conduct.

I never have believed in an age-limit for stopping the work of thinkers or scientists. I am now becoming extreme enough to add that I don't believe in an age-limit for putting seriously foolish people in schools, where they can learn to use their brain—since they are so sure they have one.

The Junior Athlete

Conducted by Dr. M. N. Bunker

"THE BOY is father to the man" is an old saying that never fails. The boy who is a weakling and who makes no effort to overcome his weakness grows into a weak man, and if he marries and has children he cannot give them the heritage of health and strength that he should give them, and so generation after generation is affected. Therefore, you, as a growing boy and young man, will be not only father to the man you will become, but to unborn generations.

You are responsible, not only for your own health today, but for what you will become, as a man, among men. You may be a weakling now, and your school mates and friends will not say much about it; they may call you "Skinny" and they may leave you out of many good times, but they are still friends and school mates.

The Need for Real Men

But out in the big, busy active world, the need is for real men; men with strength, and ambition, and health, and there you are certain to meet in competition the fellows who are physically "fit". They have the foundation for success, and if you are weak—if your own foundation is not firm and reliable, then you are just that much less able to meet life and win.

And you want to be a winner! You want to make a place worth while in life, and be a MAN in that place. The faith which the Editor of HEALTH AND LIFE has in young fellows—in you—is such that he has set aside this section as a Young Athlete's section, devoted to your interests, and the interests of other fellows of high school and junior college age.

Send in Your Story

The track man, the junior weight lifter and "strong man," every fellow who is interested in a perfect body, and health is included in the ownership of this page. If you are a young fellow, then we want you to participate, first by writing letters, second by sending pictures, and last, but not by any means least, by telling other young fellows that one magazine of health and athletics has devoted a section to what you are able to do.

Personally I want you to make this a common meeting ground, not only for the young fellows in this country, but of the world. Further, just as I write this I get a letter from Porto Rico, another from British Honduras, and a third from England. These are all from young athletes, striving to become perfect boys in order that they may be-

come the finest type of men. They are following different methods of training, some as regular members of gymnasium classes, and others located in the cow-country of Texas and Arizona, where there is not a gymnasium for fifty miles.

The Will to Be Athletic

It isn't location nor equipment that makes the athlete. It is the will. If you have been a weakling you can grow strong if you want to enough to make the determined effort. You can do this no matter whether you have equipment or no equipment except the muscles and bones that Nature gave you. If you want to badly enough you can be a man—a real man.

Therefore I invite your letters. Tell about your training; tell about new stunts you have learned, and if possible send a photograph or snap shot of yourself. If you have questions ask them. If you want to hear from other athletes say so, and your name will be printed in a Letter Box. Your school or class or team may have made a record, or an unusually good showing. Tell us about it. Other fellows will want to know about it.

Meets Wrestlers

Cecil DePew, a highly successful high school wrestler has announced that he wishes to meet wrestlers of 130 pounds or less. DePew has made a steadily improved showing in his physical condition. If you have a high school champion wrestler, here is a dandy opportunity to start something. If you have any fellow who wants to meet DePew, write this section at once.

* * *

Personal Problems

For more than ten years the editor of this section has been helping boys solve their personal problems in health and physical training. If you have formed habits you wish to break, or you have some special problem which you cannot solve, then write a personal letter to this section. Your letter will be confidential, and answered fully. Merely enclose a stamp for return postage.

* * *

Each month we will publish pictures of young fellows who have become capable athletes by systematic training. This month we have J. Lynn Bowen, assistant physical director for a boys' monthly. Bowen has posed for dozens of exercises which have been practiced by thousands and thousands of boys. He is just a young fellow who grew up in the state of Iowa, and then went away to school where he commenced his physical training. He uses exercises, weights, and various methods.

Walter Camp, author of the "Daily Dozen" has just issued a new book called "Sports and Games" which covers almost all outdoor sports. It is a very large book, and is illustrated. For the fellow who wants a reference book, this is very good, although books will never take the place of action.

* * *

Write a Letter

The writer of the best letter received for this page during this month will receive a copy of some new book. This book will be sent immediately, and the letter will be published in this section with other letters from all parts of the world. Write your letter now.

* * *

A clean mind gives you fine muscles rather than coarse tissues, and when you couple such muscles with regular, systematic training you are laying a fit foundation to be one of the real men of the future. You are gaining, while the fellow who thinks of his body as something of which to be ashamed is losing, and can never attain the heights to which you may climb. Build a clean mind, a clean body, and do not be ashamed of your ambition to become a perfect man.

The Boy and His Body

"Physical Training for Boys." By Dr. M. N. Bunker. Crown 8 vo. 170 pp. Cloth bound. Illustrated. \$1.00. HEALTH and LIFE Publications, 333 South Dearborn Street, Chicago, Ill.

The earlier a boy starts physical training, the more sure is he of attaining fit, healthy, and muscular manhood. There is no age which can be set down as the best age to begin taking an interest in the body. Dr. Bunker's book on "Physical Training for Boys" is to be greatly welcomed. In very simple language he gives the boy an idea as to how his body is made up, what keeps it in good order, and what makes it go wrong. He gives some good exercises that will ensure growth into strong and healthy manhood. Each exercise is illustrated, and the explanations are very simple and clear.

Dr. Bunker is in love with his subject. There isn't the slightest doubt about that. He refers to the Greeks, and their methods of training, and delights in describing the games which were used by the Ancient Greeks both for amusement, and for building up perfect manhood.

He also gives some hints as to how to train for sports and games. This will appeal very strongly to the boy. These and the exercises given really inspire the boy to take an interest in his body. Dr. Bunker's idea of physical training is widely different from that of the orthodox physical training instructor, who thinks that the human body is just something that has to be moulded into rigidity and uprightness without muscle. Dr. Bunker tells his boys that it is healthy and good to have a muscular body; and he is right, too. All boys should get a copy of this book, if they can, and parents can ensure the healthy development of their boys by presenting them with a copy of Dr. Bunker's excellent book on "Physical Training for Boys."

Light, Sun and Wind as Curative Elements

By B. Lust, M. D.

[In this article Dr. Lust explains that the wind is a most highly valuable health agent. He shows how it charges the body with electricity, and is undoubtedly responsible for the remarkable results of air bathing. So get out into the fresh air, and do plenty of sun bathing; let your bodies be charged by Nature with electricity and health.—Editor.]

LIGHT-BATHS and sun-baths are old and approved remedies. Nobody is going to dispute this fact. Naturotherapy was the first to make practical use of this remedy, and we want to say that the scholastic therapy has only made slight use of it, if at all. What is the reason?

If we try to find substantiation for the reason, we may run the risk of falling into the tirades used by the naturopath. The college-bred physicians have hitherto failed to acknowledge the substantiation offered by us. Lately, Dr. Schanz claims, the reason why this curative method has not been applied is based on the fact that it has not been properly tested (?).

We cannot agree with the point of view taken by Dr. Schanz. Light-baths and sun-baths were already recommended by Goethe as well as by Benjamin Franklin; the old Romans and Greeks were well acquainted with this curative method. To speak of them as a new discovery is, therefore, out of the question. The situation is different in regard to the observation of the particular effects of the light in case of certain diseases. In this respect I beg to make the following remarks:

The Curative Power of Light

In the fourth decade of the last century there was great importance accorded to the observation of the effect of light on tuberculosis. At that time a physician, being in the last stage of that dreadful disease, had been traveling through all parts of Germany and Switzerland trying to find a locality free from tuberculosis. He believed at such a place it was possible to recover his health. After looking around for a long time he happened to come to Davos, a little village situated in the Alps, where he was told that, according to tradition, a death from tuberculosis had never been recorded. Thereupon the doctor settled there, and while everybody had before prophesied to him an early and inevitable death, he, instead of dying, actually, in comparatively short time, recovered completely. This unexpected cure caused the greatest sensation, and Davos soon became the shelter of a great number of people who before had been at death's door. Today the former small and poverty-stricken village has become a great and world-famous watering-place.

In searching into the cause of the remarkable cure it at first was surmised that the air of the high altitude was exerting a curative effect. This presumption was abandoned upon the dis-

covery that the thin high air of other localities had not the same good effect; besides, such cures were effected later on even in low lands.

The Erection of German Sanatoria

Next the "calmness of the air" was accepted as the real solution of the mystery. In Germany sanatoria were

erected with their short waves were preferred for medical purposes; there was only one step from Mehls' and Finsen's lamps to the "artificial high altitude sun." The manufacturers of that apparatus were much interested to claim a very wide sphere of effectiveness for their product, and physicians at that time received circulars wherein the "artificial high altitude sun" was styled as a cure for nearly all diseases and ailments.

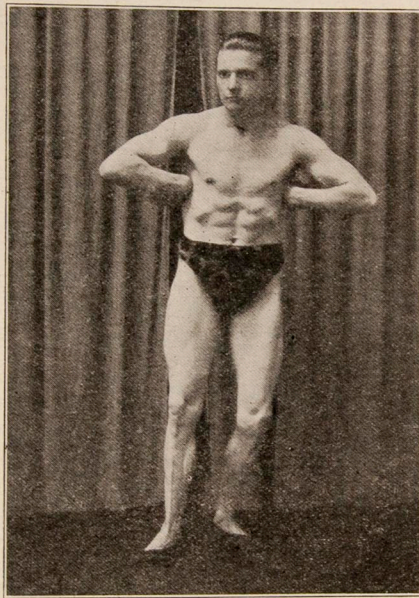
But also in the medical world, in the meantime, scruples had begun to arise. As a matter of fact, it can be stated that the curative effectiveness of the sun in high altitude, whether it is the natural one or an apparatus creating an artificial sun, is only a very slight one. For a long time it is known that the sudden and unexpected application of light is resented by the human body. The tanning of the skin is a protective reaction; its blistering from the hot sun-rays is a process of a similar nature.

Wind the Great Healer

Latest investigations have led to the relinquishment of the point of view in favor of the curative effect of the sun-light. It is now believed that the cause of the cure is to be attributed to the influence of the wind, which, it is claimed, brings on recovery. Whether this new view will receive better support has to be seen. A thorough sifting of the matter would certainly be most desirable.

The fundamental explanation of the curing of diseases by the influence of the wind is the following: The wind is the cause of frictional electricity. The most striking example is to be found in the electrical discharge during a thunder-storm after a heavy gale. If the wind strikes the human skin, electricity is created, as practical experiments have proved. Benzine running through a pipe system can by the development of frictional electricity cause the emitting of sparks and in this manner cause explosions. (See Br. Mueller's treatise, published by the "Chemiker-Zeitung," No. 14 of 1923, entitled "The Frictional Electricity in Pipe-Systems as Cause of Benzine Explosions.") The frictions of the wind applied to the bare skin are likely to produce strong effects. The increase of the electrical potential, for instance, causes increased secretion of the glands: it is said "the nose is running." Excessive secretion leads to the "catching of a cold," in which case pathological conditions are co-agents. In this connection it is well to remem-

(Continued on page 166)



GOOD STOMACH MUSCLES

A photograph of the famous all-round athlete, Percy Hunt, showing the type of muscular abdomen, given by the "Vitoloxing" System

erected at many places known for their calm air. But the results, as recorded, were negative. Next the effect of the light on the patient was considered. It was recalled that tourists in high altitudes became afflicted with heavy inflammation of such parts of the body which had been exposed to the sun-rays, the eyes generally being affected. These symptoms are known as "glacial inflammation" and "sun-blindness." The thought offered itself that these energetical sun-rays may possibly be the principal cause of the cure. Soon inventors and the industry hastened to make practical use of the new idea. Mehls and Finsen inquired into the effectiveness of the artificial lamp. As a result, the ultra-violet rays of the spec-

Gagging a Great Work

By the Editor

I have received a great number of letters of the most beautiful character from the sympathizers with the educational sex work which we have been endeavoring to do, and for which we have been persecuted, by having our four publications, "Sex Conduct in Marriage," "A Complete Book of Sex Knowledge," "Beginning Marriage," and "Sexual Anatomy and Physiology" prohibited from the mails. As there are so many I am unable to answer you all personally, but I should like you all to know how very, very grateful I am to you for your kind messages, and let me again assure you that in every way possible I shall keep the flag flying, and endeavor to do my share to clean up ignorance and to help light the way where hitherto there has been darkness. Any educational work is necessarily hampered by those who do not understand, but I feel sure that we shall win through in the end and again carry on the work that brought health, life, and happiness where before there had been ignorance and despair. I predict that the opponents of clean living have their days numbered, and that the people of this country will be free before long to educate themselves on vital matters in a wholesome and decent way.

Perhaps the best letter of all that came in was from Mr. A. H. McFarland. He proposes a practical scheme by means of which you can all help to get these books once more free to go through the mails. His idea is that each and every member and believer write a letter to the Post Office Department, making a protest and also an appeal for our publications to be again made mailable.

Here is his letter. Read it for yourselves, and then do your best.

Mr. Bernard Bernard,
Editor, HEALTH and LIFE,
Chicago, Ill.

My dear sir:—

I have just read with growing interest your February issue of HEALTH and LIFE, and in the same, I read with no little feeling of resentment, your article headed "GAGGING A GREAT WORK," which, needless to say, is undoubtedly from the same source as usual—the M. D. practitioners, who are seemingly very anxious to keep the people in as much ignorance as possible that they may fatten their own purses therefrom, even at the expense of countless lives and untold misery in the inadequate, as well as questionable relief which is their real trade-mark of success.

Now, to bring about a relief of the situation you related concerning your publications, I know of nothing better than for each and every reader and believer of your principles to write a personal letter to the Post Office Department, or other executive branch where the force of the protest will surely be felt, registering, each in his or her own words, his feelings toward the exclusion of your publications from the mails.

You have, without a doubt, a host of regular subscribers to your magazine, besides the countless numbers who make it their aim to purchase always at their various local news stands—I being in the latter class myself. Such a flood of protests going in to the department

in question, and all going in to the same whichever it should be deemed most advisable, certainly should furnish ample cause for serious reflection if not for actual and immediate action to rectify this, what I call, one of the greatest kind of injustices, and unwarranted acts of the wielders of the law. Indeed, it only goes to prove once more that the M. D.'s can do as they please, take as many human lives as they like 'in the interests of science' in other words experiment on human bodies without hindrance or let-up; but let someone come along with the natural living plan as well as the natural living plan come along with the natural living plan of life and attempt to prove that it is not only unwise continually to dope the system with drugs and "serums" but that it is absolutely unnecessary, and he is immediately confined to the dark chambers of a law breaker.

In connection with this we might look over to our little city of Cincinnati where about fourteen women were sent to their last resting place from a serum that was to have cured all the ills to which the human body is heir. Well, it cured them all right, but how many of us want to be cured that way? When the M. D.'s begin to talk about the drugless healing being only an experiment, I would wonder how they could say it without thinking of their own costly experiments, such as above related. And did this case get any wide publicity? Certainly not. And did its perpetrators get any time in the bastle? No, certainly not, though according to my way of seeing it, hanging would have been too good. But they go merrily on, "in the interests of science." Bah! It would do me good to be at a neck-ringing party and put an end to a considerable quantity of the misery and suffering which they are causing in the world with their serum squirting and other dope.

Hoping this may be the means of enlightening some one to the great work which you, Mr. McFadden and others are doing for the world I remain
Enthusiastically yours,

A. H. MCFARLAND.
Those who wish to act in accordance with the above should address their communications to The Solicitor for the Post Office Department, Washington, D. C.—Editor.

Stretching Your Way to Health

By JOSEPH RICHMOND
(Inventor, Richmond Spinal Exercises)

STRETCHING is the scientific application of mechanical force in the treatment of human ailments. Its principles are so perfectly sound that it has gained the acclaim of prominent physicians, physical culturists and anatomists. It is practical. It accomplishes results with scientific accuracy—pleasantly and safely. By the gentle stretching of the spinal column, these cartilages are given room to grow. At the same time, the many highly sensitive nerves are afforded relief from cramping. This explains why a person will feel refreshed and invigorated after stretching. His nerves and organs have been relieved from the abnormal pressure. It is this very pressure that causes elderly persons to stoop. Their stooping position is simply the result of abnormal spinal structure. Stretching remedies this condition. It lengthens

life just as it lengthens the body. And it is apparent that it will correct spinal curvature, the cause of sorrow to so many parents.

You can not stand up straight unless the shoulder muscles are in good condition. What happens when the muscles atrophy over those shoulder blades? The blades go out, the shoulders go in, and you are shut right up.

If you have somehow strained your hands and developed a kink in one of your knuckles, putting the finger joint a little out of place, what do you do? You take hold of that finger with the other hand and you stretch it. You give it a good steady pull, stretching all the ligaments, and when you let go the joint goes back into its proper place. That is what the stretching does for the spine.

A strong spine insures a proper supply of blood to all the important parts of the body. And if you don't possess a spine of this sort, it is easily within your reach to acquire one. There is no part of the body that is more easily strengthened than the spine.

The spine bears the same relation to the human body as does the trunk of a tree to the branches above. If the trunk is strong, the entire tree is vigorous.

The wild animals and the tame animals too, know it is the stretching of those body muscles that counts and nothing else. Everything else takes care of itself.

* * *

The Correct Standing Position

In order to note whether the posture is correct or not, stand against a wall with head, shoulders, hips, and heels touching it.

A Round Shouldered Nation

SIT on the back seat and scan the audience. See how many hunchbacks and how few erect persons are in the theatre, church or lecture room. Some are made stoochy by their daily occupation, but most of them are the result of driving automobiles or riding bicycles. It is almost impossible to run a car or a wheel without hunching below the natural posture, unless it is done with one hand, which is extremely dangerous.

One way out of this deformity is in frequent walks in energetic manner, throwing the shoulders down and back with expanded chest. Walking for health and figure is a science that many need to learn, with body over the legs and the backbone.

Another remedy for hunch is obtained in the gymnasium, by scientific physical culture. It is not, however, the violent movement that reforms the body, but rigid and deliberate movements from head to knees, which will set the head in a proper position on the shoulders, at the same time pulling the shoulders down and backward to their proper location for development of the chest. This will also give the abdomen full natural expansion and aid the digestive organs. Reforming exercises all converge to the same result, whether in the gymnasium or in the walk, a natural gait or movement being the health-giving exercise.

(Continued on page 156)

Children Are Blessings

"Two or More"

By (Mrs.) Helen S. Waterhouse

[Mrs. Waterhouse's hobby is bringing up her healthy children. She finds her greatest joy in life in watching the unfolding of her children as they grow. Hers is the grandest and noblest of womanly hobbies.—Editor.]

EVERYONE finds so many objections to advance when I start talking this subject that I'm going to try writing it instead.

Judging from the arguments advanced by my friends, one would think that a family of two or more children was an almost unbearable burden for a young mother. Nevertheless, with the younger of my two children now three years old, the question stares me in the face more and more often,—"How large a family do I want in the years to come?" For after all it is easier to have them all growing up together and not to let too much time elapse between the infancy of each one, I think. I must be like the old Irish woman who said she would rather have 'em on her lap than on her conscience! My conscience doesn't exactly hurt for I've as many children as the majority of my friends right now, but I can't help looking ahead into the years a bit and wondering if when I'm old I won't be mighty glad of the "three or more." I don't know why we should not look ahead on this subject. We lay up treasures of other kinds for our old age, so why not count a bit on these—the greatest treasures of all.

Six years ago my uncle lost his only son, a brilliant young Harvard graduate. One young daughter was left in the big richly furnished house. I heard him say then, "Oh, how I wish we had six," and the care and petting and pampering that the daughter has received since has been almost pathetic.

There are so many of my acquaintances who have resented the coming of a little third one. Last summer I looked forward to meeting an old girl friend, who, with her children was to summer at the beach where we had a cottage. She had always been a "live-wire" athletic and full of fun. I found her completely changed, morose, avoiding people as much as possible, setting about dejectedly and scarcely going near the beautiful beach. Apparently she did not even enjoy her two little curly-headed youngsters. "What is wrong with Frances?" we all asked, and the answer came after awhile. "She is expecting her third baby at Christmas time. She doesn't want it and isn't feeling a bit well." That brings me to remark that time and again I've noticed when a mother doesn't want her baby, the months before its birth find her a semi-invalid. Somehow her mental state seems to react on her body. Its best to be as happy as one can at those times, I think.

You'll all be thinking that I must have had an easy motherhood and that somehow the cases such as other mothers have, were spared me. It's not so! To be sure, I'm still young-looking, and as straight and slim and active as I was at eighteen. Also I'm a pal to my

youngsters and last summer with a knicker suit on, raced the beach with them, and had just as good a time as they. I love to swim and skate and dance too. I have not forgotten, however, how I stood wistfully on the bank of the Charles River before Judith was born,



"MY BUDDY"

BUDD WATERHOUSE. He is one of the "hobbies" of Mrs. Waterhouse, and he is an excellent expression of what her motherly devotion means.

watching the gay skaters as they darted about and longing with all my heart to be with them. I know all about turning down dance invitations and late card parties when my two youngsters were en route and afterwards when I nursed them each for a year. I have had my share, too, of the "wakeful nights" which come to all mothers, no matter how healthy their babies, and there have been two or three terrible nights when I knelt in anxiety by a little crib hardly daring to hope that my darlings would be with me in the morning.

Then, too, I have brought my youngsters up strictly the modern way, and, say all you will, the modern way keeps a mother's hands and mind busier than the old-fashioned way. Both children have slept out-doors since birth. That has meant cold sleeping porches for mother to invade at various intervals and many blankets to be carried back and forth. The out-door life in winter has meant the endless buttoning on of the leggings and coats, and at the first—urging to get them to live the out-of-

door world as I wanted them to, be it cold or windy or stormy. Many a time have I longed to curl up by the fireside with my book instead of tramping long cold streets with my fresh-air baby.

The separate meals for kiddies which I have insisted upon have meant a planning and cooking of a double menu day in and day out for seven years now.

I'm not sorry, however, for one minute of the time and strength I've put into their care. Sometime in the far-away future, I hope and fully trust that one of the "three or more" will be fixing up nice things for "Ma."

I've loved every step of their babyhood and childhood thus far. That's the big reason, I think, that I want another one and that three or more doesn't scare me as it seems to scare some of my friends.

Another reason is that the next few years with Judith and Bud in school a greater part of the day, I'm going to be mighty lonely if there isn't another one to fill their place. I have no career to take up then, as music or art or teaching. I won't be quite old enough to sit down in a rocking-chair with my knitting. So I don't see why I can't make my forte the raising of healthy little youngsters just as some other woman makes hers the raising of beautiful flowers!

Abolish Infant Mortality

"Healthy Babies." By S. Josephine Baker, M. D., D. P. H. Little, Brown and Co. Crown 8vo. 221 pp. Price \$1.25. Cloth. Illustrated.

If people gave the care and study to the upbringing of their babies that they do to the upbringing of domestic pets, it is quite possible that we should abolish infantile mortality. At any rate, Dr. Josephine Baker's book will do its share in bringing about such abolition, for she points out that most illnesses of babies are preventable by a little common sense in the way of feeding, hygiene, fresh air, clothing, exercise, and other infantile necessities.

Her book deals in detail with most of the things a mother will encounter, and she gives real solid advice as to what actually to do to keep baby in good health all the time.

There is only one thing that puzzles the writer, that is why Dr. Baker advises giving children white bread and other poisonous, degerminated foods. Apart from this, readers of HEALTH and LIFE will find her book absorbingly interesting and useful.—R. P.

Corrective Physical Training

By J. Cherrith Daniels, N.D., D.P., D.C., S.C.T.

[Here is a most informative article appearing in two installments, which beginners in physical culture will find exceedingly useful. Dr. Daniels is a HEALTH AND LIFE enthusiast, and has grown up in the cause of physical culture since his boyhood days.—Editor.]

IN PRESENTING this treatise to "Health and Life" readers, naturally the question which is of the utmost moment "Is your health all that you desire?" rises uppermost. "Life," says Longfellow, "without health is a burden, with health a joy and gladness."

Your state of health or ill-health is for you to determine. You can be sick, half-sick half-alive, or you can enjoy an exuberance of health and energy that will make hard work a pleasure and life a constant joy. Also the health of all the members of your family is within your power to control. It is simply a matter of knowing how. It is a question of understanding the fundamental principles of health. It is a broad subject. There is much to learn. There are many health problems; many difficulties upon which you may need help—and this help is primarily a matter of information. Where are you going to get it?

We hear a great deal about the Latin phrase.

"Mens sana in corpore sano" without comprehending that a sane mind can only be found in a sane body; and that the man who does not desire either fervently is insane in both. It is wonderful how much the mind is enlivened by exercise of the body!

The function of exercise is to stimulate metabolism—to accelerate the processes of waste and repair, upon the activity of which good health is dependent; and to insure a well-balanced state of the nervous and muscular systems, and an abundance of vitality and vigor.

Let us classify the body into its different systems, and note the structure and function of each system and how it co-operates with the other systems to make a harmonious whole:

The Body Classified

1. Skeletal or bony.
2. Muscular—Voluntary.
3. Nervous—Cerebro-spinal. Involuntary. Sympathetic.
4. Circulatory.
5. Digestive.
6. Respiratory.
7. Renal.
8. Special senses.
9. Reproductive.

Now that we have classified the body into a series of nine systems, let us go a little further and add the main essentials of anatomy and physiology to each system:

1. **SKELETAL SYSTEM**—Structure—Bones and cartilages bound together with ligaments. Function (a) a framework for the body. (b) Furnishes attachments for the muscles. (c) Protects delicate organs.

2. **MUSCULAR SYSTEM**—(a) Voluntary muscular system (skeletal muscles)—structure—striated muscular tissues covered with fascia and attached

to the bones by tendons. Function—These muscles are simply to do our will; if we wish to move our bodies, we simply call on our muscles to do it.

(b) Involuntary muscular system (visceral muscles)—structure—nonstriated muscular tissue not attached to bones, but forming an important part of the internal organs. Function—The motor power of the internal organs, not subject to our will.

3. **NERVOUS SYSTEM**—(a) Cerebro-spinal nervous system—Structure—Nerve tissue; consisting of brain, spinal cord, cranial and spinal nerves. Function—Controls the voluntary or skeletal muscles subject to our will; also sensory, which is a part of our protective system. (b) Sympathetic nervous system—structure—nerve tissue; consisting of nerve fibers and ganglia or network of finer nerve fibers and nerve tissues. Function—Controls the involuntary muscles, also secretions or glandular functions.

4. **CIRCULATORY SYSTEM** (blood and lymph)—Function—The common carrier of the body; it carries food and oxygen to the cells, and waste away from the cells to the eliminating organs.

5. **DIGESTIVE SYSTEM**—Structure—(a) Alimentary tract—a tube made of involuntary muscle with a coat of membrane inside and a fibrous coat outside; the stomach is only an enlargement of the tube and serves as a reservoir. (b) Glands or accessory organs of digestion—glandular tissue (salivary glands, liver and pancreas, etc.)—Function—digestion and absorption, or preparing and delivering food to the common carrier to be taken to the cells.

6. **RESPIRATORY SYSTEM**—Structure—Tubes and air cells; air cells surrounded by capillaries. Function—Gives oxygen to the blood, takes dioxide from the blood.

7. **RENAL SYSTEM**—Structure—The kidneys are glands composed of capillaries and small tubes (uriniferous tubules). The kidneys communicate with the exterior of the body by more tubes (ureters, bladder and urethra) which are made of involuntary muscle with a coat of membrane inside and a fibrous coat outside. Function—The kidneys excrete abnormal ingredients, and any excess of abnormal ingredients of the blood, by passing them through the membranous walls between the capillaries and the uriniferous tubules.

Note—The bladder, like the stomach is only an enlargement of the tube to act as a reservoir.

8. **SPECIAL SENSE SYSTEM**—Function—A protective system mostly. Taste and smell warn us of bad foods; sight and hearing warn us of dangers around us; feeling or touch and mechanical protection is the main function of the skin.

9. **REPRODUCTIVE SYSTEM**—Structure—Glands (testes and ovaries) and tubes. Function—To perpetuate the race.

We have classified the body into nine systems and given you a general understanding of the structures and functions of each system. Let us now see if we can get a better understanding of the purpose of these systems by placing them in the following groups:

Classification of Systems

Body 4—skeletal, voluntary muscles, cerebrospinal nervous system, special senses.

Repair system of body—Circulation, digestion, respiratory, renal—the involuntary muscles and the sympathetic nervous system are the motor and controlling mechanism of the repair shop

Reproductive system.

The skeleton, covered by the skeletal or voluntary muscles, controlled by the cerebro-spinal nervous system, and protected by the special sense system, gives us a body complete, as we ordinarily think of it: size, shape, power to move at will, and the ability to feel, hear, see, taste and smell.

Keeping This Wonderful Organism in Repair

The only trouble with us is that the body is like any other machine or building—it must be kept in repair. Therefore, we must go inside the body and put in a first-class repair system.

First let us understand that the body is composed of millions of smaller bodies called cells. These cells have all the properties of the body as a whole. Besides living, reproducing and dying, they must have oxygen and food, and they must also throw off waste. This is the reason why you as an individual must take in food and oxygen and eliminate waste—you are simply attending to the needs of the cells of which you are composed. The first thing we need in installing the body's repair shop is a good distributing and collecting system. This we have in the circulatory system which, as you know, is a system of tubes filled by a fluid called blood. This blood is propelled all over the body by a pump called a heart.

Now, food and oxygen taken in by the digestive and respiratory systems is floated in this blood stream to the cells, and the waste is floated from the cells, to the respiratory and renal systems, and skin, to be eliminated. Notice that the respiratory system not only furnishes oxygen for the cells but also eliminates carbon dioxide from them.

The digestive system furnishes food for the cells, but only eliminates the waste in the food that is not absorbed in the circulation.

The renal system is an eliminating system only.

(To be concluded next month)

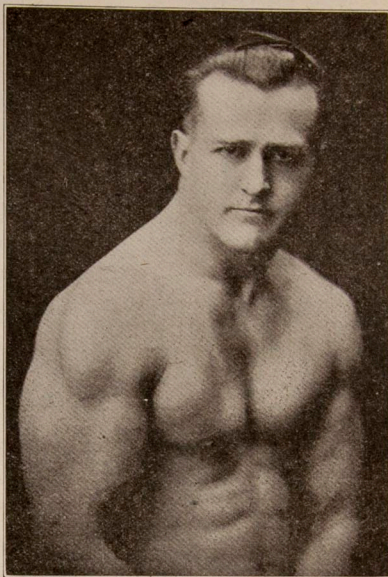
THE MUSCLE BUILDER

Show me the man who doesn't want muscle, with abounding health, and I'll show you a man who is ready to be measured for a wooden box—he's dead and he doesn't know it. A body without muscle is like a house without foundation—a little storm, and over it goes.

Get wise, fellows, I shouldn't have to tell you these things. You can't enjoy life with a weak, sickly body. There is no pleasure like the feeling of health and strength. And when I say strength, I don't mean any half-way business. Do it right, or forget it.

The Whole Works

I build muscle—good, big, solid muscle. Let other fellows knock this idea if they want. I know what I'm doing and I guarantee you'll like it. I'll put an arm on you that can be made pliable one second and bulge out hard as steel the next. An arm that will be equally useful in weight lifting and any kind of skillful athletics. Just for a starter, I'll increase the size of that arm at least one full inch in the first 30 days. I'll put a chest on you to be proud of. A full, deep chest with a pair of lungs that will take a man sized load of rich oxygen with every breath, and you know what that means. Your lungs feed your blood, shooting a kick through your veins that will make you just bubble over with vitality. I will build up those inner muscles around your heart and every vital organ. I will send a thrill up your old spinal column that will make you feel like tackling a wild cat.



EARLE E. LIEDERMAN
America's Leading Director of Physical Education

A New Body In 90 Days

Some wise crackers say it takes years to put a man in shape. That's because they don't know any better. I want just 90 days and I'll change your body so you won't recognize yourself. By that time every muscle in your anatomy will literally bulge out. And, what's more, your whole being will just tingle with excitement. You will have a spring to your step and a flash to your eye that will radiate personality wherever you go. You will feel like shouting "I'm a man—and I can prove it."

Come of now, fellows. Why waste more time? I'm not just promising these things. I guarantee them. If you doubt me, make me prove it. Are you ready? Let's go.

SEND FOR MY NEW 64-PAGE BOOK

"MUSCULAR DEVELOPMENT"

IT IS FREE

It contains forty-three full-page photographs of myself and the many prize-winning pupils I have trained. Some of these came to me as pitiful weaklings, imploring me to help them. Look them over now and you will marvel at their present physiques. This book will prove an impetus and a real inspiration to you. It will thrill you through and through. All I ask is 10 cents to cover the cost of wrapping and mailing and it is yours to keep. This will not obligate you at all, but for the sake of your future health and happiness, do not put it off. Send today—right now, before you turn this page.

Earle E. Liederman

Dept. 904, 305 Broadway :: New York City

EARLE E. LIEDERMAN,
Dept. 904, 305 Broadway, New York City.

Dear Sir: I enclose herewith 10 cents, for which you are to send me without any obligation on my part whatever, a copy of your latest book, "Muscular Development."

Name

Street

City State

(Please write or print plainly)

Advice Department

Enquiries will be answered through these columns free. Readers should give a non-de-plume; where this is not done, the initials will be used. Those desiring an answer by return of post must enclose 50c to cover cost of postage, paper, etc.

H. T. E. WASHINGTON.—If you will follow closely the health hints given in "Health and Fitness" physical culture course, you will note rapid improvement in your condition. Follow especially the hints regarding diet. For a time be very sparing in both proteins and starchy foods and wait until you feel better before taking them again. After a week or so, live on the diet as given in "Correct and Corrective Eating" for a normal person. Chew your food thoroughly, bad digestion is often caused by rapid eating. See that your bowels open regularly. Never miss a day on any account, it is better to use an enema than be in danger of missing a day. Get into the regular morning habit. Again, follow the exercises given in "Health and Fitness." They were the ones that I used extensively in my fight against heart trouble.

F. J. S. KANSAS CITY.—You can overcome your condition by giving yourself conscientiously to the practice of physical culture. If you give yourself conscientiously to it, there is not the slightest doubt that you would bring yourself back to full manhood. Why not make a new start and determine to make your body the finest thing it ought to be, and to realize the full joys and privileges of manhood. Give up promiscuity, and get yourself right on the lines I have suggested. I can only assure you that if you determined to do this, you will never regret it, and you will know what it is really to live. Read "Health and Life" Magazine regularly and endeavor to catch the spirit of its message.

L. LANCASTER, PA.—Don't worry about the shape; that will be quite alright. The organs are quite soft and pliable, and adaptable. If you get your information from our clean books, then you will be straight on these matters. Have you read "Sex Development"? The best thing is to wait until you are married. There is nothing the matter, and you will find everything alright. Fatness or thinness won't matter. When you find yourself really falling in love, the one who inspires it will be the right shape.

A. E. F.—TORONTO.—Could you not get your wife to read my books and Magazine? They will help her to understand matters, and also to break down the psychological barrier which is preventing her freedom. There ought to be no pain at all. Lubricated by natural secretions, no attempt should be made until it may be that your wife is not in the best of health. Get her to do a course of good exercises, to get into the fresh air and do there some deep breathing exercises. The exercises given in "Health and Fitness" would be excellent for her.

P. B. B. LOS ANGELES.—You need to read "Sex Development", and HEALTH and LIFE Magazine regularly, and other books we publish. Live a clean, healthy life. Forget your sex entirely. Wait until you are married, until you really love some good girl, and then your coming together will be a natural beautiful thing, provided you have kept your body clean and free from contamination. The habit from which you are suffering will leave you if you give yourself wholly and solely to the development of a clean, healthy, and wholesome body. Why not take a course of physical culture from Lionel Strongfort? He would understand your trouble, and would build you up to him. Also get any of the HEALTH and LIFE books that you see interest you. Get some cool bathing occasionally.

F. W. TORONTO.—Your diet is very bad and a reform would help you exceedingly. Get "Correct & Corrective Eating". This will show you how to eat to the best advantage. Live as follows for a few weeks. For breakfast have your corn flakes or bread or some other starchy food followed by sweet fruit. For lunch, have your meat or fish and omit corn, potatoes, pudding and any other starchy food, but include with your protein some fresh vegetables of a non-starchy nature and follow with some fresh fruit. For evening meal, have a salad made up of fresh vegetables and some vegetable soup followed by more fresh fruit. Get into the fresh air as much as you can and do deep breathing exercises. They are especially essential for

you. See that you secure at least eight hours sleep every night. Take a cool sponge down every morning, especially of the private parts, be careful to wash them well and follow the bath with a good brisk towelling all over the body.

T. M. M. LINCOLN.—From your letter it would appear that you have hit on a right good specialist who appears to understand your trouble and is honest. If you could place yourself under his direction, I think it would be self your best plan. Your diet is pretty good. Moreover, you exercise and therefore I can only come to the conclusion that there is some mechanical wrong with you. An Osteopath or Chiropractor would do you good, as it appears that you have constant pressure upon nerves that do the various connecting your spine and sex or blood vessels connecting your spine and sex apparatus. I shall be extremely interested to know what you do and would appreciate further communication.

F. L. OKLAHOMA.—In order to straighten out your rounded shoulders, you will have to do your special exercises which thrust the shoulders back into position and counteract the roundness. Try the following. Do the exercises of the Swedish System. Get your bend position on a level with your shoulders and your elbows against your side. Now force the elbows forward and your fists backward. Do these several times morning and evening and this several times outward flinging exercise, arms to the front and then swinging them open wide while keeping the arms straight and the shoulders. Then do arms circling, circle the arms so that each arm makes as wide a sweep as possible.

J. D. C. CHICAGO.—You have the fight of your life on hand. Stick bravely to it, and you will win. Get out into the fresh air as much as you can and do the Swedish and breathing exercises. Read "Sex Development"; it is the book which will help you most. Get also a copy of "Health and Fitness," and do regularly the exercises given in the physical culture course therein. Then learn how to eat correctly, so as to get the full nourishment out of your food. The best thing you can do is to get "Correct and Corrective Eating." This is rather a long job to explain. Make the development of your body your aim and hobby. There is no better guard against the temptation.

C. M. J. VANCOUVER.—If pulled back every morning after washing, it will, in time, remain in that condition. The important thing to remember is that the part must be kept clean. In washing must be pulled back and any collection of matter cleaned away with soap and water; finishing the wash should be in cool water, and after drying, pulled back and left that way. If they still have trouble, it would be a very little operation for a surgeon just to cut the end sufficiently to allow the end to protrude.

M. W. MONTEREY.—I could not help thinking that you were very fortunate in not being able to satisfy yourself under the unnatural circumstances and conditions of a house of prostitution. If I were you, I should forget all about indulgence until after marriage, and then allow it to be the outcome of refined feelings rather than a gratification of a brutal instinct. In fact, your conduct naturally shows that you are of this refined disposition, and therefore could not summon desire when the unnatural conditions confronted you. I would very strongly advise you to read some of our sex books. They would put you right on many matters, and you might get a better definition. You do not mention exercise. Exercise is absolutely essential to good health and moment do this. The physical culture given in "Health and Fitness." The exercises have been specially devised for stimulation of the vital muscles, and would be excellent for you, if done both morning and evening, in addition to the other exercises you are now doing, which appear to be quite good.

J. G. DETROIT.—Do not take lemon with potato as it will ferment and cause you trouble. If you have a protein dish such as nuts, don't have any starch food at all. If you leave out the potato from the second meal and have it with your first meal, you will have a ideal, especially if you include in place of nuts, sometimes, some cheese, eggs or other protein. Yes "Correct and Corrective Eating" you the key to a scientific diet. If you omit starch from your second meal and just eat as you can manage, according to your taste, don't overeat, then you will be quite sure of obtaining sufficient protein food.

If you want three meals a day, make your extra meal one of fruit only or an additional salad of fresh vegetables.

J. T. MARVILLE.—Your trouble is that you are not fit. You absolutely must exercise and eat properly. You cannot hope to be normal in function if your body is unfit. Exercise morning and evening. Do plenty of deep breathing exercises. Include in your diet plenty of fresh fruit and fresh vegetable foods. Have a cool sponge down in the morning, and also in the evening. It is important also that you learn to control. Read "Sex Development." It will help you.

G. P. MINERAL RIDGE.—You are eating very good foods, but unfortunately, you are eating them in the wrong combination. I notice that you take, for instance, starchy foods at the same meal as oranges or grape fruit, vegetables, though this may present you with canned fruit. You also mix the various kinds of starches at the same meal. This again, is very bad. You also omit eggs and cheese, yet these are good foods for the gaining of weight. The very best plan you can follow is to take first of all a good course of elimination, as explained in my book "Eating to Correct Ill Health," price \$1.75. You will find exact and careful directions therein, and these should follow strictly, if you want to get rid of that constipation, and until you get rid of that, you will never put on weight satisfactorily. You can't, for the food you eat does not nourish you so long as your system is clogged with the poisons which have accumulated. You must really try to get more fresh fruit and fresh vegetables, though this may present you with you. The exercises are good that you are doing, but if you wish to develop great strength, you ought to take a course of "Vitolizing," the results are very remarkable and obtainable in a very short space of time. You would also find the abdominal exercises there given of great benefit to you in getting rid of constipation. When you are eating three meals, there prizes offered? Being small boned is not necessarily any handicap in the development of strength. One bowel movement per day is not sufficient if you are eating three meals. There should be at least two, and preferably three. Thanks exceedingly for the very kind remarks you make regarding my work. It is the appreciation of readers like you that makes the work worth while.

(MISS) A. R. LAFAYETTE.—Yes, I remember your first letter very well, and am glad that you have obtained such benefit from "Correct and Corrective Eating." I am not surprised that you felt unwell at first while taking the fruit and vegetable diet. That was simply because you needed the cleaning up this diet gives to the system. This makes me the more certain that you are on the right line in being very careful with regard to your diet. It seems to me that even a more stringent course of elimination would be good for you, especially if you can rest while taking it. Such a course is given in "Correct and Corrective Eating." Its price is \$1.75. From your former letter it was not clear to me that your periods had ceased for the time you state, or I should have been inclined to advise this more radical course of elimination before. This cessation is not absolutely dangerous in itself, but it is a sign that you are not fit in some way, and that the organs concerned do not function properly on account of this. Improve your general health for all you are worth; get yourself absolutely fit and well, and those organs will begin to do their share of work. You should get out into the fresh air as much as possible, and you absolutely must do some regular scientific exercises. Get a copy of "Health and Fitness," and do the course of exercises there given regularly every night and morning. Strive in every way to further your general health; eat always carefully, never mixing your starches and proteins, and never taking any foods at the same meal as starchy foods. Following, in short, the principles of "Correct and Corrective Eating," and you will not need to take those pills you rebel against. Keep your bowels regular, and have at least two actions per day. If there is any difficulty with this, take an enema, until you have established the habit. Cold bathing is not advisable during the period, but a hot bath is often very helpful.

C. D. PITTSBURGH.—You are certainly right in thinking that you can be cured of your trouble. Everything of which you complain points to the fact that you need a very radical course of elimination. This you must take with great care, combined with as much rest as possible. My new book "Eating to Correct Ill Health," price \$1.75, from this office, will give you exact directions as to how to take this course. Thanks for the very kind remarks you make regarding my work. It is the appreciation of readers like you which I value. I shall be very interested to hear how you are progressing.

Eating to Correct Ill-Health

By Bernard Bernard
Phys. B., M. P. C. (London)

THIS BOOK has been especially written for those who wish to have detailed instructions as to how to eat to counteract some particular form of ill health. The book therefore is most valuable. Everybody nowadays agrees that wrong eating is the chief cause of disease, and that by reversing the method, disease may be eradicated. This has been borne out where the principles of eating, as expounded by Bernard Bernard, Editor of HEALTH and LIFE, have been applied.

To eat so as to correct Ill-Health is not necessarily a very irksome process. You can really have meals that you will enjoy, and at the same time get rid of your complaint so that you develop a healthy appetite for good food; if you follow the instructions given in "EATING TO CORRECT ILL-HEALTH."

If you are suffering from one of the complaints enumerated in the Table of Contents then you will find this book a boon and a blessing, and you will be thankful for this announcement which brought it to your attention.

Take heart. You can cure yourself. You can enjoy the health, strength, and yes, good appetite that you so much desire, if you just follow the simple instructions regarding your case outlined in this wonderful book.

People do not get ill only through overeating. They get ill through overeating certain classes of foods, and by going without the necessary ones. They get ill through faulty food combination. These bad methods of eating set up auto-intoxication, and a blood stream that welcomes disease. In reading "EATING TO CORRECT ILL-HEALTH" you will find out how to eat so as to eliminate the poisons attacking your body and causing your indis-



A HOSPITAL WHERE EATING IS THE CHIEF TREATMENT IN THE CORRECTING OF ILL HEALTH.

This is a scene at Saint Margaret's Hospital, Bromley, Kent, England, where the importance of correct eating has been established in the correction of ill health. Seated to the left of the picture is Bernard Bernard, author of "Eating to Correct Ill Health." On the right (with cup and saucer in hand), is Doctor Charles Fox, F. R. C. S., L. R. C. P., the distinguished English physician, who has charge of the Hospital.

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position, and to establish a clean, healthy blood stream that will give you protection against all forms of ill-health.

You will find the book exceedingly pleasant to read. It is written in Bernard Bernard's easy and readable style. The instructions are particularly clear. There are no difficult technical terms which mean little if they are not understood, and even a child could follow through the instructions given without fear of making a mistake.

We are absolutely positive that you will be perfectly satisfied, and if you are not, we are quite prepared to give you back your money in full. No offer could be fairer than this.

It is your right to be healthy, fit, and strong, able to enjoy life, and able to enjoy good meals.

Don't delay. Send for your copy of this great new book.

Don't miss this opportunity of getting the book, but send right away. Send your check, money order, or currency for only \$1.75, no more and this valuable book will be sent to you immediately.

HEALTH and LIFE PUBLICATIONS

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By the Secretary

Dear Friends:—

We are beginning to get the real enthusiasm with regard to the Fellowship that we so much wish to see. Enthusiasm is a great thing in life. It makes us do practically everything that we do that is worth doing during our lifetime. Without enthusiasm, we become pessimists, and wonder what is the good of everything. With enthusiasm we become optimists, and determine to make things as we desire them to be.

* * *

Robert Summers, of Kirksville, Missouri, writes as follows:

Dear Secretary: I received your Fellowship Diploma a few days ago, and was well pleased with same. I now feel that I am in a well worth while Association, one that will bring health and happiness to many, and I proudly show my diploma to my friends with the accompanying explanations about the cause of it all.

Very sincerely yours,

ROBERT SUMMERS.

* * *

That is what we want you all to do; to be proud of the organization, to show your certificates to your friends, to get them interested in what the Fellowship means, and the pledge we have all made to keep our bodies healthy, strong, and beautiful.

* * *

You will undoubtedly hear many people say that muscles do not count, or

even that they are unhealthy. Don't you believe them. A muscular, well developed body is the most valuable possession you can have. There is no hobby which can beat that of the striving for a good muscular development. Besides bringing superb health, and most valuable strength, it is the very best preventive in the world against wrong thinking, and the wrong conduct which follows upon wrong thinking. When people begin to think wrong thoughts, they soon begin to speak them. After speaking them, they very shortly begin to act them. Keep away the wrong thoughts, and you will keep away the wrong actions. In place of morbid thoughts substitute interest in the development of a healthy, strong, and muscular body, and you have a perfect protection against all bad habits. This has been tried out again and again, and never found wanting yet.

Yours for the healthy, the strong, and the beautiful,

SECRETARY.

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It is a great pleasure to have the opportunity to obtain such an Art Album of Physical Culturists.

I read your HEALTH and LIFE every month. Will say that I have found many helpful hints in keeping the body fit in your Magazine, and want to congratulate you on the stand that you are taking for better health. Respectfully, M. V. Fell, Cedar Rapids, Iowa.

Using the Mind and the Soul

(Continued from page 135)

Even the trained thinker, aware of the danger and shrinking from foolish and futile judgments yet able to adapt himself to them when necessary, will find his work out of joint when he returns to it, and perhaps his entire day spoiled.

And if, from weakness or amiability or the very conditions of his family circle, he must too often cloak over his "inside" life to satisfy the demands of his "outside" connections, he will gradually lose touch with deep thought, with real things; they will cease to have significance or attraction for him; and the day will come when he will stand revealed to himself as an "outsider" too.

Look at the Inside of Things

The pages I am writing are for those who care to use their faculties and to look at the inside of things, though but one faculty and one category of things.

According as we see it and think about it, a schoolboy fight at a street-corner may have more importance to us than Armageddon. The man or woman who finishes honest work, and goes to round off the evening at the movies, is on a far higher moral and intellectual plane than the type which pretends to be wise over work that's skimped, and then races through pages supplying the current week's stock of suitable phrases and catch-words in science or history or—psychology.

Now, I give fair warning that I have neither catch-words nor stock-phrases to offer. Such a term as a "complex" will not occur in all that I have to write, save just here: because I shall not need it. I plan to talk simply and directly, in the elastic and consequently variable language we use for thinking, about the processes of mind and soul in their applied uses and in their greater opportunity for usefulness.

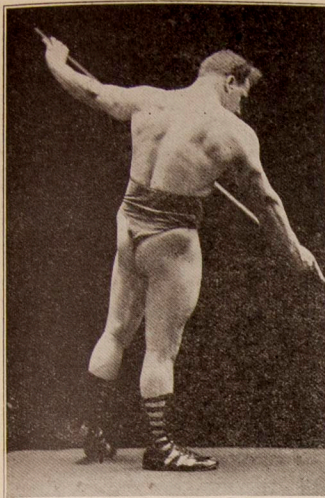
The subject of my next article will be the initial step in all processes of the mind, whether for infants, children, or adults: the faculty of observation.

A Round Shouldered Nation

(Continued from page 150)

Things to be avoided in pursuit of good form are essentially tight shoes and tight clothes, or misfits of all kinds which would cramp any part of the system. It is impossible to wear tight shoes that pinch the wrong spot without dodging or hunching, and the woman that wears a tight corset will never develop square-built shoulders. Cringing is always accompanied by a hunch that becomes a habit of deformity. It pays to throw away shoes that pinch the tender spot. Proper food has been discussed so much, it seems unnecessary to say that there is no energy nor growth of bone or muscle without proper nourishment. This should always be considered in an effort to reform the body. The above, with accompanying good habits and a happy disposition, will surely bring results surprising and gratifying.

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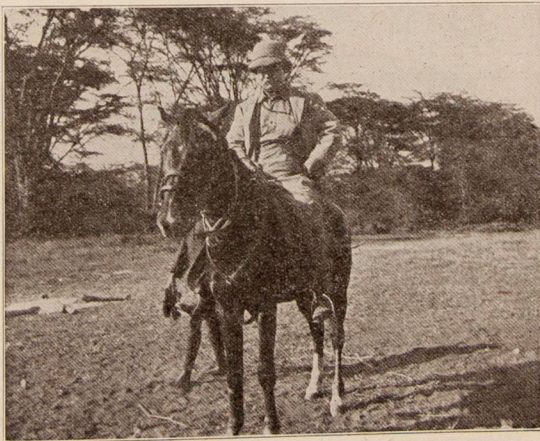
exhibited in his every act, whether political, intellectual, or physically adventurous. **OPPORTUNITY AND THEODORE ROOSEVELT** is the story of one great man by another.

It takes a great man to give the real and true intimate story of another great man. Warrington Dawson, in his great book, has achieved a great work, one which you will enjoy reading because of its intense interest in dealing with one of the most interesting men who ever lived, and also because the book, saturated as it is with Roosevelt's personality, is a fountain of inspiration and uplift.

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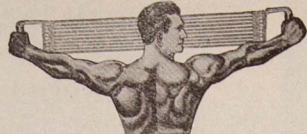
Health and Life Congress

(Readers' views and comments are invited but the editor does not hold himself responsible for opinions expressed here.)

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MICHAEL MCFADDEN
Dept. 116, 103 E. 13th St. New York City

mercenary females often carry venereal diseases and infect susceptible males with whom they consort and who, subsequently, in like manner transmit it to other women. "Washes" and other precautionary measures are not infallible preventives. The only safe prevention is to refrain from recklessly pursuing sensual "pleasures" and alcoholic dissipation. Intoxicants tremendously magnify lustful desires and so blind their victims that they cannot see the dangers attending promiscuous sexual pursuits. Keep your mind clear! Never permit your passions to master and dim your mental vision. Do not succumb to vices and temptations that will eventually make your life a virtual hell. Don't expose yourself to venereal taints and become a danger and an expensive burden to your kindred and community. It is your sacred duty to strive zealously to maintain a healthy body and mind. Do you consider yourself immune? Have you ever done ward duty, as I have, within the walls of insane and feeble-minded institutions and studied therein the pitiable human wrecks? Do you know the extent to which those venereally-tainted poor devils degenerate? Would you want to be as they are? You may profit by their mistakes and glaring examples! Keep yourself physically, mentally and morally fit so you may reproduce sound and vigorous offspring. You owe it to yourself and others to guard rigidly against and sidestep the dangers of voluptuous suicide. Religiously follow the doctrines of HEALTH AND LIFE and keep yourself free from venereal taints and your life will be as God decreed it.

EDWIN J. KRANING
Oshkosh, Wis.

W. D.'s ABBREVIATED HAIR

Dear Mr. Bernard:—
Even though HEALTH and LIFE readers may have grown accustomed to seeing me as I looked some years ago, may I beg you to replace the photograph you have been using by the one I now send, showing me as I am today—in a working mood as when I write my articles or books for you—and with abbreviated hair?

I started in your columns a discussion of the evils of long hair, and I have been glad to see that the subject has been kept alive by you.

For my part, I can say that all my best work of thinking and writing has been done not in fuzzy-headed periods, as in that old photograph, but with the shortest possible hair. And I have never known what "brain fog" was and have indeed found that the maximum use of my brain made me fitter for a healthy and normal use of my bodily activity.

That's why I prefer your readers to see how I look when I am anything more than merely decorative (if I am ever that).

What I know on the subject I have had to discover for myself. I believe that most doctors know even less about the use of the brain than they do about the use of the body. Your readers will be able to appreciate how much that is.

It was the greatest misfortune of my boyhood that I almost always (though I'm glad to say not absolutely always) wore too much hair. I had friends with clipped hair whom I liked and admired for their qualities of character, but I rarely tried to look like them and there was nobody to tell me why I should.

The Editor's Free Health Advice Form

The Editor of "HEALTH AND LIFE" will be pleased to answer questions and give free advice through the columns of the magazine. Readers requiring a personal reply by letter, however, must enclose 25c for postage, paper, etc.

Name _____
Address _____
Married or Single _____
Age _____
Height _____ Weight _____
Complaint _____
Duration of Complaint _____
What exercise do you do? _____
What do you eat for Breakfast? _____
Lunch? _____
Dinner? _____

(Please print plainly.)

On another piece of paper state tersely, but in detail, the peculiarities of your case.
To the Editor
"HEALTH AND LIFE"
508 S. Dearborn Street, Chicago

And looking back now, I consider that I missed much of the best part of my boyhood, and put against myself odds which ought to have been all for me.

I speak from much experience when I say that among the signal services which HEALTH and LIFE is rendering to its readers to-day, preparing a better humanity for the future, the campaign about short hair for boys deserves front-rank attention.

Why not make a slogan of it, to be run monthly:

"PARENTS! DON'T RAISE FINE CROPS OF BOYS' HAIR: RAISE FINE CROPPED-HAIR BOYS!"

Yours sincerely,

Warrington Dawson.

A LINE FROM BONNIE SCOTLAND

Dear Mr. Bernard:—

I have been going to write to you before in your Magazine, HEALTH and LIFE. Well, sir, in my opinion it is the best little physical culture magazine in the world, and I think I have read them all. Your book seems to convey everything in very plain English what is really meant. There are some books which give the true facts in technical words which the ordinary readers very seldom understand, but you and your various helpers seem to have a way of explaining everything very well and to the point. I have got your valued Magazine since it was put on the book-stands, and look forward to its issue every month eagerly. I only wish it could be made a weekly, and then I should not have so long to wait. I have read two of your books:—"Sex Knowledge" and "Sex Conduct in Marriage," and I say that they are exceptional books on the subjects that they portray. Dear Mr. Bernard, in closing, may I congratulate you on your great effort to publish a book monthly which is indeed worthy to take its place at the top so far as physical culture books go.

The Scotchmen and Englishmen all look forward to your message every month in the Magazine. Wishing you an old country greeting, I draw to a close. Yours Health and Life.

JOHN HUGHES, Scotland.

The Athlete Detective

(Continued from page 144)

In one corner was apparently an iron box, something like a safe. Fieldlow touched a spring, and the whole thing opened, making a cabinet with a large table covered with papers, strewn all over the place. There was a desk also with papers thrown on it, but everything was ready for Fieldlow's work. To Blount it seemed in a hopeless muddle, but Fieldlow knew the whereabouts of the least scrap of paper. In the opposite corner was another similar box, which looked like a safe. Fieldlow touched a trick switch, and the box flew open, revealing a mass of test tubes and bottles of chemicals.

"I should like to see the man who could get in here," said Fieldlow, "and I have currents of electricity containing ten thousand volts running through all my cabinets, and I turn them off only when I need to work on them."

To Blount all this seemed waste of genius, but when he considered the loss which Fieldlow felt he had sustained, he could quite understand the poor old



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chap evolving a mania for safety. "Here at any rate," he thought to himself, "is a safe place. Fieldlow will have nothing to fear here."

While Blount was thus pondering, he looked round and saw Fieldlow weeping, actually shaking with sobs.

"What is the matter?" said Blount.

"To think of it," answered Fieldlow; "to think that here is all but my formula. Everything is arranged, and yet I cannot make my anti-gravity substance. I can't possibly get my formula again. I have tried and tried. When the idea occurred to me that night, I sat up for six hours on end, reproducing hurriedly the calculations as they appeared before me. I could never do that work again. I know I could not. It was an inspiration."

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"Cheer up," said Blount. "We shall have that formula back within two weeks."

Errol Fieldlow sprang to his feet, and clasped his arms about Blount. "You mean it," he said. "You really mean it?"

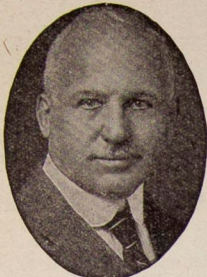
"Of course I do," said Blount. "Great! Glorious! Magnificent! Mr. Blount. You, too, are a great man. Let me show you my place."

Then Blount saw the practical working of this wonderful master mind mechanic.

"See here," said Fieldlow. "This is carbon; and this is diamond. I have discovered that carbon is not an element. It can be split up into two simpler forms, and I have done it by a

(Continued on next page)

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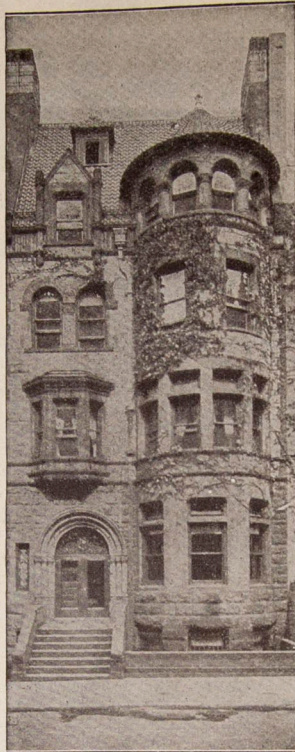
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special battery. If you heat a diamond, you find that it becomes ordinary carbon. That is because the carbon contains the same substances which make up the diamond. It is just the difference, if you like, between what we call ozone, and air. Ozone is charged air, and diamond is charged carbon, and I have simply learned how to charge it. Look here! I've got the papers over here, that explain the whole thing. Come along."

Fieldlow began to direct Blount to his desk, but Blount was more interested in what appeared to him to be a sort of telephonic receiving station. "What is this, Fieldlow?" he asked.

"Ah! That—that is my failure. Mr. Blount," said Fieldlow. "I will tell you about it. That instrument, when I can arrange it properly, is a form of radio, but it works differently. With this machine, there will be no need to have any actual broadcasting. It is possible for me to direct the instrument, so that I can hear what is going on in any particular part of the world. I have managed to tune it, so that I can hear speeches made in public halls, and I have tested it with regard even to conversations in private rooms, at a distance of hundreds of miles. But it is a failure, Mr. Blount; it is a failure. Come away; I don't like to look at it."

"A failure, Fieldlow," began Blunt. "Whatever do you mean? Do you mean to tell me that you can hear conversations going on in private rooms over a hundred miles away, and yet you call it a failure?"

"Yes, Mr. Blount, it's a failure. You see, I had intended for this instrument to be made on a very small scale, so I could carry it about with me, and not only hear what went on at any particular place, but also to be able to speak and join in a conversation at that distance, if necessary. This I have not been able to do. I have been able to hear only, not talk. So you see, Mr. Blount, it is a failure."

"Good, gracious! You call that a failure. It is the brainiest thing I've seen of yours yet. At any rate, I would like to see it in use, and hear something that is going on."

"Alright, you shall see, and, I hope, hear."

In a few moments, Fieldlow had the instrument all rigged up. It was extraordinary how compact it was, merely a steel rod, that protruded about two yards into the air, two or three batteries and some coils of wire with a maze of cross currents and alternations, arranged in a way that it would be impossible for the ordinary mechanic to make anything of it.

Fieldlow put the listening arrangement over his head, and began to move slides in various directions.

"You see, Mr. Blount, I haven't got these slides arranged properly. I want to fix a dial which moves in accordance with the slides, so that I can tell merely by watching the hand on the dial to what locality I am listening. However, I can judge pretty well. I am just trying to get the Stock Exchange, which I can get fairly easily, because I have managed to get it several times before. Ah! Ah! It's coming. Yes. Here it is! Listen."

Blount put the apparatus on his head, and, sure enough, heard the familiar shouting and the hubbub of the Stock Exchange.

"Wonderful," he said "but I would

like to hear something more definite." "What would you like to hear?" asked Fieldlow.

"Well, I don't mind. Put me on to one of the houses in town."

"Very well. Yes. I will try to do so."

Again, Fieldlow moved the slides, and shortly his gesticulations showed that he had obtained something. He put the headgear on Blount's head, and the latter this time heard actual conversation in a private house.

"But that is foolish, Mr. Blount. That is of no use. Let me move these slides about, and then you will hear what is going on in other houses."

Fieldlow proceeded to move the slides, and occasionally Blount would put his hand on his shoulder, signifying that he would like him to stop, and Blount heard a strange hum of conversation.

Then suddenly, while Fieldlow was just manipulating a slide, Blount's hand shot out and gripped the other's shoulder, while he shouted: "Get that again. Quick."

"There you are," said Fieldlow. "That's it."

"No. It's not. The one before that." He paused. "No, not that one." Again he paused. "For God's sake, be quick man. Get that house again."

For a few moments Fieldlow excitedly moved the slides, Blount shouting "No! No! No! No!" continuously throughout.

Then he finally gripped Fieldlow by the shoulder. "Yes, that's it. Keep still."

"Yes, that's it."

Blount listened. A woman's voice. And that woman Miss Jessie Fennol. She was sobbing, occasionally crying, aloud. He could also hear her groaning, and then distinctly the voice of her father, James J. Fennol, in an awful, painful cry.

"That's enough," said Blount. "Come right along with me. I want you to tell me exactly where that was. Come on," and Blount hastened Fieldlow away in search of the source of what he had heard.

(To be continued next month)

Among the Grapplers

(Continued from page 143)

Player (I) threw Key (C.); time, 4:30. 177 pounds—Sarpalus (C.) threw Laase (I); time, 5:02. Heavyweight class—McMillen (I) threw Kainoviem (C.); time, 9:05. Purdue University defeated Chicago "V" College by 26 points to 0. The results were as follows:

115 pound—R. Turner, Purdue, threw Samtason, Chicago, 1:07.

125 pound—F. Turner, Purdue, got a decision over J. Turner, Chicago, 5:54.

135 pound—Miller, Purdue, threw Fleming, Chicago, 4:28.

145 pound—Kolydke, Purdue, got a decision over Hicks, Chicago, 8:24.

155 Pound—Bordon, Purdue, threw Baker, Chicago, 5:12.

178 pound—Rasmussen, Purdue, got the decision over Russell, Chicago, 5:14.

Heavyweights—Hawkins, Purdue, threw J. Miller, Chicago, 5:45.

Indiana defeated Michigan 24 points to 9. Results as follows:

115 pound class—Mount of Indiana won a decision over Defoe of Michigan. Advantage—5:40.

125 pound class—E. Held of Indiana got a fall on Doty of Michigan in 6:30.

135 pound class—Hoffman of Indiana won a decision over Gillard of Michigan. Advantage—10:55.

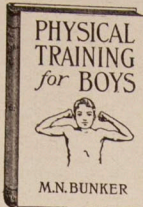
145 pound class—Rose of Michigan won a decision over Reed of Indiana. Advantage—6:58.

158 pound class—Swain of Indiana won a fall on Ferenz of Michigan in 5:42.

175 pound class—Wilson of Indiana was awarded a fall over Meads of Michigan in 9 minutes 27 seconds.

Referee—Kallas, Illinois.

Are You Growing Into Healthy, Strong and Athletic Manhood?



Are you developing those muscles of yours, so that one day you will be healthy fit, and athletic, free from ill health, ready to take your place in a world

of struggle? If you are not, you are handicapping yourself in a great race, the race of life.

It is while you are young that you have your best opportunity to train your body. Most of the great Athletes you see, yes, and most of the great men in other spheres of life started when they were boys to train their bodies.

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is compiled a special course of exercises and physical training instructions that will help you to develop muscles of steel, and to develop and make your body lithe and athletic, and, what is more important, absolutely healthy.

Dr. Bunker has written this book very carefully, and you will find it a special message to you. You will enjoy reading it, every word of it.

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President, The Editor of HEALTH AND LIFE.

We want all those who believe in the work which HEALTH AND LIFE is doing to inspire a love for the healthy, the strong and the beautiful, to join the HEALTH AND LIFE Fellowship.

Thousands of men and women now in the slough of despond need our help to show them the way to health and happiness, and by joining hands we shall become a great force for our cause.

Many of us are now working single-handed for the same movement; many of us with similar ideas and ideals would like to be brought together. It is the aim of the Fellowship to do this.

By becoming a member you make a pledge to keep your body healthy, strong and beautiful. This in itself is a great help to you personally to follow out the rules which mean everything in life to you.

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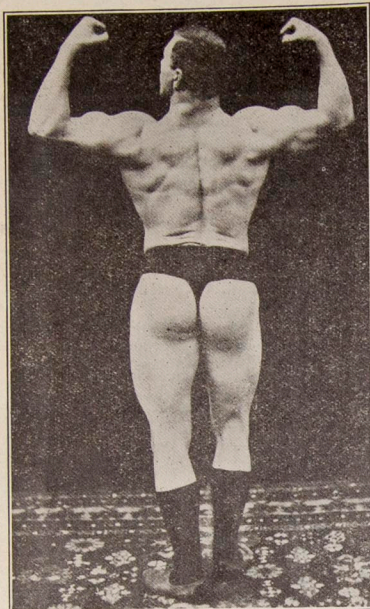
To the Secretary:

I wish to join the Health and Life Fellowship. I promise to do my best to keep my body healthy, strong and beautiful. Enclosed is my fee of \$1.00.

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Let Progressive Weightlifting Make You Strong



HOW MANY WRESTLERS ARE THERE AS
MUSCULAR TODAY?

George Hackenschmidt, the man who slowed up Frank Gotch. Note his wonderfully muscular physique. How many wrestlers are there today who could show such a good muscular photo? Not many.

Hackenschmidt and all of the greatest of the World's Strong Men used progressive weightlifting to gain their great strength.

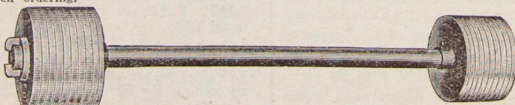
Think what this means. Every evening you can pull out your barbell, do a few exercises, and exert your strength to the uttermost, knowing exactly the poundages you are lifting, and how quickly you are improving.

There is nothing to equal this progressive weightlifting for obtaining great strength. The price of the DISC BARBELL is below that of the globe shot-loading barbell.

Compare prices for yourself, and see.
DISC BARBELL complete, weighing 100 lbs., including steel rod, discs, and collar, \$16.00. F. O. B. Chicago.

(Extra discs, 16¢ per pound.)
On receipt of your check or money order, for \$16.00, the DISC BARBELL will be sent to you immediately. Express Collect.

The DISC BARBELL will be sent C. O. D., provided a deposit of \$5.00 is made when ordering.



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Please send DISC BARBELL weighing _____ lbs. immediately, Express Collect
I enclose herewith _____ for \$16.00
I enclose herewith _____ for \$5.00, and will pay \$11.00 plus carriage, upon
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There is one certain and positive way you will be able to increase it by sure and steady steps if you go about it in the way that all Strong Men have done.

George Hackenschmidt, former Wrestling Champion, owed his strength to progressive weightlifting, and he held many records. Arthur Saxon, the greatest lifter that ever lived, used a disc barbell for progressive weightlifting.

All the great European Continental Weightlifters gave up their globe barbells in favor of disc barbells, because they could practice their weightlifting progressively, and so make rapid progress by simply slipping on or off extra discs.

Inch, Aston, Masiek, Swoboda, Steinbach, and the others contemporary with them gained their enormous strength by using disc barbells.

We have had manufactured a limited number of disc barbells, because we want the weightlifters of America to have the best tools for their great game. More than this, we want those who wish to become weightlifters to have the most satisfactory barbell, which will enable them to make progress, and give them a real interest in their lifting without the bother of the old globe shot-loading barbell.

All you have to do with a disc barbell is to unloose the collar, and put on or take off the discs you wish. Each disc has a certain weight, so that you can tell to an ounce without putting the barbell on the scales, what the barbell weighs.

With the Men of Iron

(Continued from page 141)

enjoy HEALTH and LIFE regularly, and I am a real booster for it.

I had a challenge in "Physical Culture" in April, 1921. The inducement, however, for that contest was not the least worth while.

I would like your readers to know that the present time I hold the Back Lift record with a lift of 3,788 lbs., made at New Orleans, La., Spanish Fort Park, under the official direction of the A. A. U., and before 35,000 people. As a matter of fact, I can lift 4,000 lbs., dead weight, and have photos of myself doing a back lift with twenty men on a plank, making 3,525 lbs. I do this as an every day lift in my show.

I am ready to lift any lifter in this country or Canada, and will handicap myself 300 lbs. on the back lift. Cabana says he can lift 3,300 lbs. Here is his chance.

I note in your February issue you mention a man bites through iron bars and chains. It cannot be done, Mr. Editor, as the teeth are too soft for that kind of a job. I use my teeth in bending soft steel bars, one and a quarter inches in diameter, also in breaking off a heavy drift spike after being driven into a piece of timber.

I understand that someday you are going to have a Weightlifting Contest. If you do, why not have the following lifts: One hand lift overhead with the left hand; one hand lift overhead with the right hand; harness lift; back lift; two hand lifts with straps, or without straps.

The poundages should be added together, and the man scoring the highest to be declared the best man.

I agree with Mr. Goodman that the back lift is the best test of a real Strong Man. He says that there are many who can do from 200 lbs. to 250 lbs. overhead, but very few can lift a fraction of an inch 3,600 lbs. in the back lift.

My weight is 170 lbs. Any time a Contest is on, you may be quite sure that I will enter if I am informed.

Thanking you for your interest in Strong Men,

Yours truly,

F. B. FRANKS,
America's Strong Man.

John H. Bastow sends a slip he clipped from his local Pawtucket newspaper, thinking it might interest readers of HEALTH and LIFE. Here it is anyway:

"How Much Can a Man Lift?

(Edgar Young in Adventure Magazine.)

Just under a man can get under and lift with his back is a mooted question. I have seen a man get under a platform upon which 22 men were standing and rear up and stand with it for over a minute.

When I was 19 years old I picked up with my arms and carried for a few paces a casting weighing 640 pounds. Later I carried a sugar barrel full of chains weighing around 900 pounds and have carried hundreds of barrels of oak bark extract ranging from 600 to 800 pounds. I used to be a trifle proud of these feats until I got to perusing the World Almanac and noted real lifting and carrying feats which made my best

look like child's play. If I remember rightly, the heaviest lift made with the hands (unassisted with a rope around the neck) is around a ton."

Here is a Challenge to Bantamweights

Dear Editor: As a regular reader of HEALTH and LIFE, and a member of the A. C. W. L. A., would you do me a favor by putting this challenge in the good old Mag. I wish to challenge any 112 to 114 pound man in Massachusetts for the title of strongest man at that weight, at A. C. W. L. A. rules. I also wish to state I am a pupil of the finest tutor in the world, Mr. George Jovett. I have been a Physical Culturist for thirteen years and have tried every course under the sun, both on this side of the Atlantic and in England, and I have learned more real stuff and gained more real strength

(Continued on page 166)



No Woman Need Suffer Periodical Pains

(Continued from page 139)

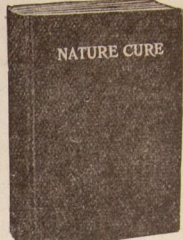
menstrual period, prolonged hemorrhage and undue loss of blood.

In a large number of cases I have corrected these conditions by the following physiologic method: All tight clothing having been removed, the woman is placed on her back, on a level surface, in the horizontal position. The knees are flexed and the arms are placed at the sides to secure perfect relaxation. One hand is allowed to rest on the abdominal wall without exerting any pressure, to serve as an indicator of the amount of movement. The woman is directed to raise the hand by lifting the abdominal wall without straining, then to see how far the hand can be lowered by the voluntary contraction of the abdominal muscles, the importance of this contraction being especially emphasized. This exercise is repeated ten times, night and morning, in a well ventilated room, preferably while she is still in bed in her night-clothing. She is cautioned to avoid jerky movements and to strive for a smooth rhythmical raising and lowering of the abdominal wall.* These exercises should be taken twice daily every day in the month including the time of menstruation. The bladder should always be emptied before the exercises are begun. The breath must not be held while the woman is doing this exercise. If she is inclined to make the mistake of holding her breath, let her keep her mouth open, breathing naturally. It is often necessary to urge the concentration of attention upon the abdominal muscles and to forget the breathing, which will take care of itself.

In many cases and particularly in those who need the exercise, the voluntary contraction of the muscles will at first be very slight. The exercises must be continued over a considerable period of time to accomplish any very striking results, long enough to develop these muscles and to establish their more or less constant use without conscious effort. Not until these muscles are developed to a point where a good contraction is possible, can any marked re-

Purpur Disease Out by the Roots-

Some twenty years ago I first learned from my own experience that disease can literally be "pulled out by the roots." I was then almost a physical and nervous wreck, suffering from what doctors told me and what I myself firmly believe, was an incurable case of diabetes and other serious complications. And I was doing the usual thing—suppressing every symptom by the orthodox method of dosing myself with such medicines and drugs as the medical profession declare could afford me only a small measure of temporary relief.



Nature Cure Brings on the Healing Crisis

It was at this juncture that a book on Nature Cure fell into my hands. It appealed to me as the true philosophy of life, health, and disease. I put its teachings to the test. The test did not fail me. Through the husbanding of what vital force I had remaining, through building up my impoverished blood on a natural basis and promoting the elimination of waste matter and poisons from the system—in short by giving Nature's own healing forces the ascendancy over the disease conditions, a healing crisis was brought about and the disease, itself, was banished as completely as if it had never existed. Today I am hale and hearty, vigorous, full of life and vitality. And I am positive in my knowledge that Nature Cure will do for other disease-ridden sufferers all that it did for me.

I have proved conclusively that in the course of any disease, a healing crisis can be brought about by Nature Cure Treatment. And when, through the bringing on of the healing crisis, the disease has run its course and normal health has been restored, the system, having undergone its purge, is stronger and more vigorous than before the disease attack. This has been demonstrated in thousands of the worst chronic cases which I have helped to restore to normal health. (Signed) HENRY LINDLAHR, M. D.

NATURE CURE AN EXACT SCIENCE.

Since turning to Nature Cure for relief from his own sufferings, Dr. Lindlahr has elaborated upon the earlier Nature Cure teachings and has reduced them to an exact science, marvelous in its simplicity, so easy to grasp and put into practice. Quite recently he has put into book form a full and complete explanation of Nature Cure philosophy, together with simple directions which make it easy for you.

Treat Yourself at Home Without Drugs

This \$2.40 Book Sent Free
There is nothing that is vaguer or mystical in this book—"NATURE CURE." In Dr. Lindlahr's inflexible style and with remarkable clarity of expression, it throws the cold, white light of Scientific Truth upon the inconsistencies and contradictions of the hundreds of cults and sects which have so long bewildered those who are earnestly seeking health. It deals in a way that you can readily understand, with the simple, fundamental laws and principles of Nature that control the processes of life—birth, health, disease and cure. It gives clear and explicit directions for applying to each individual's case at home, the same methods of Nature Cure treatment which Dr. Lindlahr himself employs at his two famous health institutes—the Lindlahr Sanitarium of Chicago and the Lindlahr Health Resort of Elmhurst, Ill. It tells you why, and gives you proof of the fact that every acute disease is in itself, the result of a healing and cleansing effort of Nature. And it shows you how to bring about, either in acute or chronic diseases, the healing crisis which leads to recovery.

You will find this book a revelation in the art of right living—a never-failing well of inspiration and helpful understanding for anyone who suffers from disease in any form. It is a book which should be in every home throughout this broad land.

Dr. Lindlahr considers his book, "Nature Cure," of such great importance to the health and happiness of mankind that he will send a copy to any address merely upon receipt of the coupon.

Mail the coupon right now—today—and by return mail receive your copy of this remarkable book. You may keep it five days, which will give you ample time to read it carefully. If you are then convinced that the truth it reveals, the information it gives you, will help to treat yourself when sick, how to keep in robust vigor, health—if you consider all this well worth ten times the small cost of the book, send us the price—\$2.40—right away. If not, otherwise tell us in 5 days that you do not want it. We will send you the book free of charge. You will find this book a revelation in the art of right living—a never-failing well of inspiration and helpful understanding for anyone who suffers from disease in any form. It is a book which should be in every home throughout this broad land.

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From the forty chapters which comprise the contents, the following chapter headings will serve as an indication of the scope and extent of scientific research set forth in this remarkable book:

- What is Nature Cure? What is Life? The Three Primary Causes of Disease—The Laws of Cure—Suppression Versus Elimination—Suppression the Cause of Chronic Disease—Inflammation—Effects of Suppression on Venereal Diseases; Destructive after effects of Mercury—"Suppressive" Surgical Treatment of Tonsillitis and Enlarged Adenoids—Cancer—Woman's Sufferings—Treatment of Acute Disease by Natural Methods—Dr. Osler on "Medicine"—The Diphtheria Antitoxin—Vaccination—Surgery, Destruction or Cure—Chronic Crisis; Disease Crisis; Healing Crisis—Diagnosis from the Eye; The Story of a Great Discovery—Natural Dietetics, Mixing Fruits and Vegetables; Mixing Starches and Acid Fruits—Fasting—Hydrotherapy—Air and Light Baths—Correct Breathing—Exercice, Massage; Osteopathy, Chiropractic—Lodging, Scope of Mental and Metaphysical Healing—Mental Therapeutics—Strengthening of Will Power and Self-Control.

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With no obligation on my part to keep it, send me a copy of your 438 page book—"NATURE CURE"—in five days I decide to keep it. I will send you \$2.40; otherwise I ask you to tell me where to send it. H.X.

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sult be expected. This seems to be especially true in women who have no pain, but have a prolonged period. To shorten the period in such cases a longer time is required to make any appreciable difference.

The best developed women who have come under my observation have a period of not more than two or three days, free from pain, and in many cases are at their maximum efficiency every day in the month, so far as menstruation is concerned.

These exercises have in a number of

cases where no organic disease existed, controlled the unpleasant and often serious symptoms at the change of life; at puberty they have resulted, when tried, in "a gain in growth and weight of girls who were becoming anemic, languid, and who, though increasing in height, were not gaining in weight. In my experience the traditional treatment of rest in bed, directing the attention solely to the sex zone of the body, and the accepted theory that it is an inevitable 'illness,' while at the same time the mind is without wholesome occupa-

(Continued on next page)

SICK? TIRED? WORN-OUT?



Throw Away Your Medicines!

Don't continue undermining and weakening your system with harmful, poisonous drugs. Let nature cure you of your ills.

The New Blood Washing Method

Nature's own system—removes cause of disease—health and robust vigor restored. Chronic ailments washed away as if by magic. System freed of all congestion, accumulation of dead matter, etc. Brings back strength and vital power. It is only for that reason I have decided to present this form of treatment to the American Public.

After considerable experimenting I have perfected a Bio Water Treatment Apparatus that can be quickly attached to any bath. You can now take the Blood Washing Treatments yourself in the privacy of your own bath.

This complete outfit together with the full course of instructions completely illustrated sent complete for \$26.50 post paid. This is the famous blood washing method written about in recent issues of *Physical Culture Magazine*. The blood washing treatment is not a new fangled idea or cure-all—it has the highest endorsement of the drugless profession. I personally as a physician have had the most astonishing results on a great many of my patients. It is only for that reason I have decided to present this form of treatment to the American Public.

Write me to-day. Let me send you full description literature, learn all about this new form of EXTERNAL NATURAL method of relieving aches, pains and diseases.

DRUGLESS DOCTORS, INSTITUTIONS, TURKISH BATHS.

This new blood washing method offers you an opportunity to participate in a new lucrative and successful practice. Write me to-day for full particulars about this treatment and outfit.

DR. BENEDICT LUST
110 East 41st St., New York

The Bio Blood Washing Treatment is administered at
Dr. B. Lust's Nature Cure Resorts:
"Youngborn", Butler, New Jersey;
Tangerine, Florida; Bio Institute,
7 W. 76th St., New York City.

tion, produce a morbid attitude and favor the development and exaggeration of whatever symptoms there may be.*

In other hands, my physiologic treatment has produced equally satisfactory results: women who have learned these exercises under my direct teaching have passed their knowledge on to other women in widely separated portions of the country; others have learned the method from the papers previously published in the medical journals.†

The method is so simple that a certain number of failures have been recorded, or satisfactory results have been unduly delayed, because the casual direction has been given the girl simply to do abdominal breathing.

It has been found important to emphasize the fact that the woman should forget all about the question of breathing and center attention on the abdominal muscles, letting the breathing take care of itself. A common error is the undue raising of the abdominal wall to the point of strain, whereas an even more vital part of the exercise is the contraction of the abdominal muscles, the wave of contraction beginning in the lowest segments of these muscles. It will be found too often that most of the exercise is done by the diaphragm with very little contraction of the abdominal muscles.

But why should so simple an exercise as the using of the abdominal muscles and diaphragm for about five or ten minutes a day, an exercise which any woman can do by herself, correct the age-long trouble associated with the functional periodicity of women, prevent some of the troubles occurring at puberty and the menopause (change of life), correct constipation, often relieve congestive headaches, occasionally stop the morning sickness of pregnancy and the after pains of childbirth? It reads like the advertisement of a proprietary remedy or some cure-all device exploited by an advertising quack.

I believe the results are due to four things: (1) The overcoming of the effect of gravity on the circulation, in the upright posture, by the restoration of the tone and action of the abdominal muscles and diaphragm; (2) The proper support, in their normal position, of the abdominal organs by strengthened abdominal muscles; (3) The correction of constipation by the massage of the intestines brought about through the descent of the diaphragm and the contraction of the abdominal muscles; (4) The doing away with the idea that menstruation is an illness, thus eliminating fear and worry.

* Mosher, Clelia Duell, "A Physiologic Treatment of Congestive Dysmenorrhea and Kindred Disorders Associated with the Menstrual Function." *Journ. American Medical Association*, April 25, 1914, Vol. LXII, p. 1297-1301.

† Dr. Margaret L. Johnson makes the following report of her use of my physiologic treatment of congestive dysmenorrhea and kindred disorders: 103 abnormal menstrual conditions relieved as follows: 72 cases of dysmenorrhea (painful menstruation), 17 cases of menorrhagia (excessive flow), 14 cases of metrorrhagia (uterine hemorrhage between menstrual periods), 8 cases which serious surgical conditions and displacements did not improve, 28 other cases under observation for a short time gave no final report.

Miss McKinstry while at Packer Institute in Brooklyn, N. Y., reported that she found in a group of 726 women students about 144, or 20 these exercises each menstrual pain. With pain to 29 or about 4 in each hundred; with the full co-operation of the girls she stated that she could undoubtedly have reduced the number to 2 in a hundred.

Experiences of a Policewoman

(Continued from page 133)

Women Police Service during the Great War, I had no fears of meeting roughnecks and not being able to cope with them.

But maintaining fitness is not only necessary for physical perfection, it is essential for keeping the nervous system in order and the brain clear. This makes up personality, and it is quite an acknowledged thing that to put on a look of confidence and power is the battle half won.

How I Train

So I have my own pet set of exercises, which bend and twist my backbone and stimulate my whole central nervous system. First I take deep breathing exercises; then I work my arms about in every direction, following this with my spinal exercises. Then I indulge in shadow boxing, having an imaginary opponent on whom I apply upper cuts and swings, and finish him off with knock-out blows to the pit of the stomach and jaw. I conclude by shadow wrestling, applying all my secret locks and throws; thus I keep them in my memory and gain good exercise at the same time.

There is a great deal of good work to be done by women police. I saved many a girl from "the last step."

Saving Souls

Walking unaccompanied, one midnight, I almost fell over a soldier and a very young girl over whom I had control who were lying on the bank. I made the girl return to the town with me, where I put her in the charge of the matron of the hostel in which she had been lodged by the government; but I shall never forget that soldier's disgust. "An' the gov'ment pays millions a day to keep you wimmen walking about to show off yer uniforms," he remarked bitterly, "an' yo do nothing," he concluded. Whether I did anything or not, he had to walk back alone to town that night.

The above incident recalls another to my mind. I was on duty one evening in front of a large railway station, and saw two very young American soldiers standing on a corner near by. Two women, well known to the police, sauntered up and engaged them in conversation. I immediately went up and told the group to "move on." The girls fled at the sight of my uniform, but the soldiers seemed puzzled. "Why did you ask us to move?" said one of them at last. "We have only just arrived here. Is there a law against standing at street corners?"

Imparting Vital Information

I could see that they genuinely wanted advice, so I told them that the harm was not in the standing, but in the women to whom they spoke. I told them I was a policewoman who wished to help them, and that I knew the women to be bad characters. I told them things, too, which should have been imparted by their parents before they left home. The boys saluted, and thanked me warmly for my help.

The greater part of our work was ac-

complished between 6 p. m. and 11 p. m. Our presence in the streets and lanes and by the river was a safeguard to the girls as well as being a deterrent to immorality. They were not allowed out of their hostels after 10 p. m., and one of the duties was to see that they were safely in by that time. Even this simple duty required great tact. One raw police-woman had been warned to be most careful in her dealings with the girls—to suggest, rather than to admonish or command. Seeing one of these girls sitting with a young man in the grass, and knowing that it was nearly ten o'clock, she timidly approached the couple, and managed to stutter nervously, "D-d-don't you think you would be better in bed?"

What Correct Eating Means to Me

Diet, as you will all agree, makes a wonderful difference to one's physique. Jack Dempsey's trainers watch him as a cat watches a mouse, and they allow no chicken dinners and layer cakes and fruit pies, I warrant! Personally, I believe I owe my strength—which, if not equal to that of an athletic man, is certainly far above that of the average woman—to what I might almost term a fastidiousness in my diet. I believe that cow flesh and pig flesh and, indeed, all animal flesh, causes a poisoning of the tissues which prevents the development of perfect health and strength. It is notorious that people who suffer from cancer, tuberculosis, and other destructive diseases, have usually eaten a good deal of meat. There are many instances where these diseases have been eradicated by a change to a more natural diet.

I have found that I can get all the protein I need from milk, eggs, cheese, nuts, and legumes, such as peas and beans. These foods appeal to my appetite because they are clean and there is nothing so disgusting to my aesthetic sense as carcasses in a store.

I always insist on my carbohydrate food containing the whole grain. I would not eat refined white flour if paid to do so, for I know that it is a poison, which will kill a cat or dog in from two to four weeks.

Police Work is Woman's Sphere

I find that a well varied diet, of luscious fruits in their season, nuts, fresh dairy produce, whole meal cereals, and vegetables made into delicious salads, suits me excellently. I use no vinegar, pickles, or condiments of any description, and so enjoy the natural taste of my food.

Police-work my experience compels me to regard as a womanly sphere of activity, because, above all, it gives an understanding of life as lived by all classes of society. It requires constant guard over one's thoughts and conduct, and this, in itself, brings true happiness and health. I explained in the opening paragraph of this article that it was not so much physical force which triumphed in the arrest of a strong man; character and personality have much more to do with it. We are what we think. True joy, understanding, and appreciation of the beauties and wonders of our universe are ours because our minds have evolved to a point capable of grasping them, and they reach this condition because our struggle for existence is mental.

MANHOOD

When a youth is emerging into manhood's estate, he is assailed by dangers which very few have the courage to warn him against. Yet the whole success of his life depends upon his knowledge of these things. He will gain knowledge, undoubtedly, but it will be that which is contaminated if it does not come from wholesome sources.

If ever there was a need for a sound book telling the young man all that he needs to know, that time is now. The editor of "Health and Life" has satisfied that want by writing his great book on "Sex Development."

It is a very human document, being, as the author himself says, the knowledge which carried him through successfully to clean manhood.

Every man, of any age, ought to be acquainted with all the details in this book; there would then be less tragedies, less misery and unhappiness and less disease, and there would be more efficiency, cleanliness and purpose in life.

WOMANHOOD

Every woman ought to know the facts of life; if she does not, she is in grave danger.

It is a little slip which may hurl her into the abyss; and it is a little knowledge that will arm her for her battle through life. In "Sex Development" Bernard Bernard has dealt with sex facts so beautifully that every woman can read with interest and inspiration the great story of the book of life.

There is not a

refined young woman, yet all that is necessary is contained in it.

Written in Bernard Bernard's own unique style, bearing an abundance of knowledge, it also has that intense sympathy with the struggles that we all have to face. This book is a masterpiece. It gives light and understanding and you need to read it.

Read This

Dear Editor, Dec. 14, 1923. Some miraculous Providence guided me to an old number of your magazine a short time ago. I immediately subscribed to it, and sent for your book: "Sex Development." I am entranced. For months I have hesitated about marrying a man who is devoted to me, and I to him. I am enclosing a check for further books. Your wonderfully sweet and pure idealism as expressed in your magazine and books has made life all over for me. And I know the new life will be beautiful and happy. Do hurry these books to me. Sincerely yours, D. M., Ithaca, N. Y.

Sex Development

(Love, Birth and Development)

By BERNARD BERNARD,

Phys. B., M. S. P., M. P. C., London

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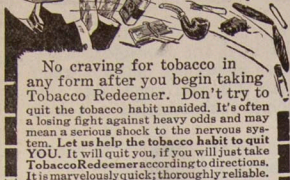
To the Publisher, Health and Life Publications, 508 S. Dearborn St., Chicago.

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Tells how Dr. Allen, originator of scientific system for fitness and his "Best Fed Family in America, eat to double health and fitness (with other means); price, 50 cents; with Part III, Diet, of Allen System, price \$1; a dollar for both; Part II, Tensolaxing, the new mental-physical system for fitness, \$1.

DR. T. J. ALLEN,
Health Institute :: Ottawa, Ill.

The Vikings Invade America

(Continued from page 134)

ing at the same time. Now, I am not a singer myself, still I have heard lots of it—especially the great Ukrainian chorus; but if this was singing, then I am an aviator. Sir Niels is a great athletic instructor, but as a singing teacher he can't pass. Well, anyway, here's to the Vikings, girls and men—may they come again soon, with their rosy cheeks and bright eyes, their merry laughter and flashing white teeth. But!!! may they leave their singing voices behind.

Wise Business Men Keep Fit

(Continued from page 138)

unique club. He has been identified with the Club and Physical Culture movement for many, many years, and has incorporated the best of the various kinds of clubs into one Club.

Jos. Richmond, well known to all readers of HEALTH and LIFE, is there as specialist in physical development, so, in addition to enabling business men to keep themselves physically fit, young fellows have the opportunity to go and learn how to put on physical development.

With the Men of Iron

(Continued from page 163)

in 90 days than in thirteen years previously. I can not give him praise enough.

I am yours for perfect Manhood,
JOHN FIELDING,
Massachusetts.

On page 141 is a photograph of Rigoulot, the French Champion, just completing a two hands jerk. This photograph is interesting, because it shows the position for the legs in a double handed lift from the shoulders. Notice that one leg is slightly in front of the other. The leg behind has the heel raised, so as to get all the springiness. In doing the two arm jerk, it is a matter of quickness. You heave with the body so as to throw the weight upwards as far as possible, and then drop beneath it; finally straightening the body, and putting the heels together. You must stand like this for two seconds, perfectly still, and in command of the weights, before the lift is finally passed.

Most weightlifters in this country are handicapped by the use of globe bells. Globe bells are very difficult to load, and to have the weights changed frequently. Moreover, they give less springiness to the bar. In England, and on the Continent of Europe generally, the best lifts are put up by disc barbells, and the best men are those who have trained with disc barbells. It is an easy matter to slip on or off a few discs, and in this way practice is made

easy and enjoyable. The photograph of Rigoulot shows a lot of junk. With 300 lbs. of discs in various sizes and weights, he could dispense with all those globes, and just have two short bars to which to attach the discs.

There seems to have been quite a mix up in these notes last month, especially about Depew. It should have been stated that Depew was a deadweight lifted about whom we should hear a lot later on, but the man with the enormous dimensions was an unknown, whose name should not be divulged until later on. Both this man and Depew played with 440 lbs., not 140 lbs., as stated.

Mr. Coulter's rectangular lift should have been stated as 119 lbs., and his one hand curl 75 lbs. Jowett military pressed Coulter's dumbbell six times, one hand. The only one who ever military pressed it before was Coulter, and on this occasion it was the huge man to lift it clean, and not Depew.

It was George F. Jowett who trained Willoughby for his contest with Bevan.

Light, Sun and Wind as Curative Elements

(Continued from page 149)

ber the existence of depots of bacilli in the pituitary membrane.

Wind Charges the Body With Electricity

If the human body for a longer time has not been exposed to the wind, its electrical potential will become diminished in consequence of the lack of incitation. In the course of time, diminished secretion of all glands will follow, including the glands with internal secretion. It is without doubt possible that by such a lessened or ceased secretion the normal blood circulation will be retarded, resulting in the formation of sediments within the organs of the body. This state of affairs will thereupon bring on the development of a so-called "locus minoris resistentiae," with all the customary evil consequences, of which tuberculosis is the worst.

We can say, in short, that the influence of the wind on the human skin must not be underrated. Upon this influence or decrease of the electrical potential of the human body, a question of such importance that it deserves widest attention. Its testing by electrostatic measurements will be a task of the future. At present it is of interest to us that the wind probably is a much more potent medium of curative power than are the sun and the air.

A LADY ATHLETE ENTHUSIAST

"I have been reading the HEALTH and LIFE Magazine for some time, and am greatly interested in it. I am a very athletic girl and quite known in the athletic circles of St. Louis. All the articles in your Magazine I pursue very closely and can hardly wait for the next issue. I think it is really one of the best magazines on the market today." Yours, with the very best wishes for success, I am, Ruth A. Minucceina, St. Louis, Mo.

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Guaranteed and money back if you are not satisfied. Never was there a fairer or greater offer made.

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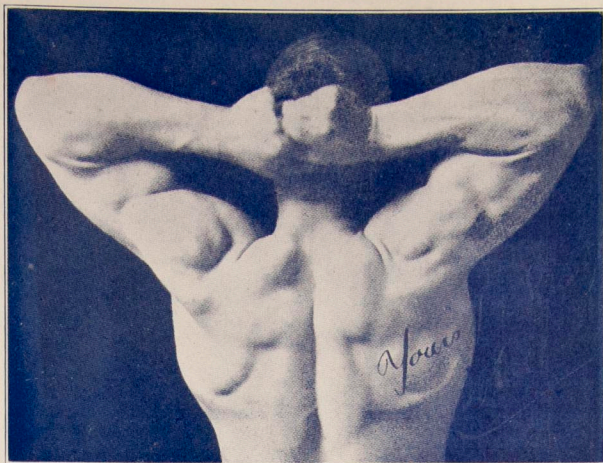
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It is Nature's own method of developing the body and any organs in particular, and

RESULTS ARE GUARANTEED.

VITOLAXING is a most valuable adjunct to any other form of athletics or physical training you are practicing. It will help more than anything to make a champion of you. It is as easy as it is effective.



Who is this? It can be YOU in one month from today. It is the wonderful development that "VITOLAXING" gives in such an incredibly short time. Start right in now to prove it for yourself.

What Is Vitolaxing?

By BERNARD BERNARD

(Editor of "Health and Life")

I want to tell you a story of one of the most fascinating discoveries of modern times.

It has been my privilege to edit physical culture magazines all over the world. I have examined the systems of very nearly every physical culture director. I have had the opportunity of discussing personally and privately the methods, not always made public, used by most of the great athletes of the past fifteen years.

As an international champion athlete I have taken an interest in all these things and have had my own personal problems of training to map out. I am now practically through with any competitive athletic work, and I want to give to the world what I have discovered during my years of experience as an athlete in conjunction with the exceptional opportunities afforded me because of my position as editor of several physical culture magazines.

I was one of the unfortunate ones in my childhood. I had heart disease and other complaints which handicapped me, and I, therefore, know what it is to feel "down and out." However, it was because of my sad condition that I determined to see what there was in physical culture to enable me to build up the health and strength that it was my right to enjoy, and which I knew I could enjoy because I saw others enjoying them. What I have accomplished the whole world knows, and I am willing to go before any physician and have him examine the condition of my heart and other organs, confident that he will give me a certificate of 100 per cent fitness.

What a wonderful world it would be if all men and women could say the same! Yet they could say the same if they adopted the same measures, and the measures resorted to in private by many of the strongest men in the world, and the greatest athletes who once were weaklings.

The old system of exercising is all right in its way. However, I was first led to this discovery by Professor Tyndall. Professor Tyndall explained that in ordinary exercises there is a great deal of wasted energy. For instance, if you lift a weight your energy is wasted in the raising of that weight, to a very great degree. If you do arms bending and stretching, you are still wasting energy in the movement of the limbs, except, of course, that there is a slightly less waste than in the raising of weight. The ideal method, as suggested by Professor Tyndall, was to secure some movement

which would conserve all the energy and use it for the rebuilding of health and strength.

It is this conservation of energy which has been discovered in VITOLAXING. Muscles relax and contract by means of mental power alone. This is not so difficult as you imagine. Of course, the secret of it comprises the system of VITOLAXING, but there is an easy way of applying Professor Tyndall's law to every muscle in the body.

You can imagine then, how wonderfully responsive the body must be to VITOLAXING. The practice of the system bears out all this. An inch can be put on the biceps muscle of the arm within a month. Proportionate increases can be made all over the body where desired. Thus a superb body may be developed in a very simple way.

But imagine what this system of VITOLAXING can do for the vital organs of the body. For instance, the abdominal muscles, which practically control digestion and elimination, can be set into order at will, they can be made immediately to respond and function efficiently.

I want you to look at the photograph on this page. Does it mean anything to you? It is evidence of what your body can become.

One of the most valuable things about VITOLAXING is that it does not mean a waste of a lot of time. The exercises can be performed at any time of the day, even in ordinary clothing, if necessary.

During the course of VITOLAXING you are given personal instruction. The system is adapted to suit your case, and it is quite an easy matter to follow out the very clearly given instructions and attain the physical condition you desire.

I would also like to mention that possibly the most beneficial thing regarding VITOLAXING is that, being as much mental as physical, or perhaps to explain it more clearly, the control of the mental over the physical, the power of mind is developed to a remarkable degree. Business men have found this extraordinarily valuable. They become clearer witted, have a keener sense of perception, and problems that worried them before give them no trouble. VITOLAXING, in other words, is one of the greatest discoveries for vital physical advancement the world has ever known.

Start Right In NOW

We are particularly anxious to put this course within the reach of everybody, because we believe it to be one of the greatest discoveries ever made for human advancement. The fee is therefore, only \$4.75. This will give you the complete course of VITOLAXING with its application to your particular condition. Your case will be carefully weighed and considered, special exercises mapped out for you, and, in fact, originated for you if necessary, so that the result can be guaranteed. Your condition will be studied carefully and everything that is possible to insure absolute efficiency in VITOLAXING will be done.

Don't hesitate! Enjoy the health and strength that it is your right to have. Fill in the form and start. Send it immediately so that you lose no time in such an important matter. You have a whole world to gain and nothing to lose.

Don't send any money. Simply pay the postman \$4.75 when he delivers the course into your hand, and if you are not satisfied, positively and absolutely, send it back within five days, and your money will be cheerfully refunded.

We want you to know too that every VITOLAXING pupil is automatically entered in our prize scheme. GOLD, SILVER AND BRONZE MEDALS will be given for the best photographs showing the results of VITOLAXING after only one month. The Editor of HEALTH and LIFE himself will act as judge and determine prize winners.

VITOLAXING, 327-335 So. Dearborn St., Chicago, Illinois.

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It is distinctly understood that if I am not absolutely and positively satisfied with this course, I will return it within 5 days and expect a return of my money.

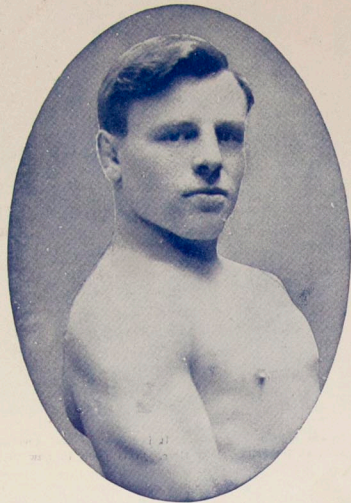
I attach herewith a short outline of my needs and desires.

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BERNARD BERNARD
(Editor of "Health and Life")

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—Case of Asthma.
—Case of Rheumatism.
—Case of Gallstones.—Case of Diabetes.
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THE book we have waited for so long is here. At last copies have come from the press and they are ready for you. It is the greatest diet book that has ever been written. For the first time the scientific principles of eating are expounded in a clear and easily understood manner.

If you are ill and want to eat right to get well, you need this book.

If you have some chronic disease that has hitherto baffled your efforts to rid yourself of it, this book will tell you how it can be done.

If you are well and want to get stronger and fitter, this book will tell you how to eat so as to get the maximum of nourishment from your food.

If you are just a little below par in regard to your health, this book will show you why it is, and how and where you are eating wrongly, and how to eat rightly.

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Do you know that Asthma, Tuberculosis, Diabetes and many other chronic diseases are caused by wrong eating? This book shows how, and also how cases may be cured by reforming the diet.

If you are fat you can eat as much as you like and yet reduce—if you eat as this book tells you to eat. If you are thin you can even eat less than now, and put on the flesh you want—provided you combine your foods the right way and eat the right foods. This book tells you all about this, and how to do it.

For the first time the scientific principles of food combination are given to the world—and they are really scientific, founded on the chemistry of food and digestion.

The book is clearly written. The diet principles are very simply explained. There are no huge and difficult tables to wade through. It is a book that you can read and enjoy, while gathering the latest and best information on diet obtainable.

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