

Man Street

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The
North
Mounted

Exercises
for Weight
Reducing

*By Gertrude Artelt.
cont. in April issue*

Sleep
the Health
Builder

by L. E. Eubank

Broad Shoulders and Deep Chest
by J. Leonard Mason

Boxing *by Wm. Herrmann*

cont. in April issue + May issue
Ridding yourself of your waistline
Rupture *by Dr. R. Farley*
in April issue cont.

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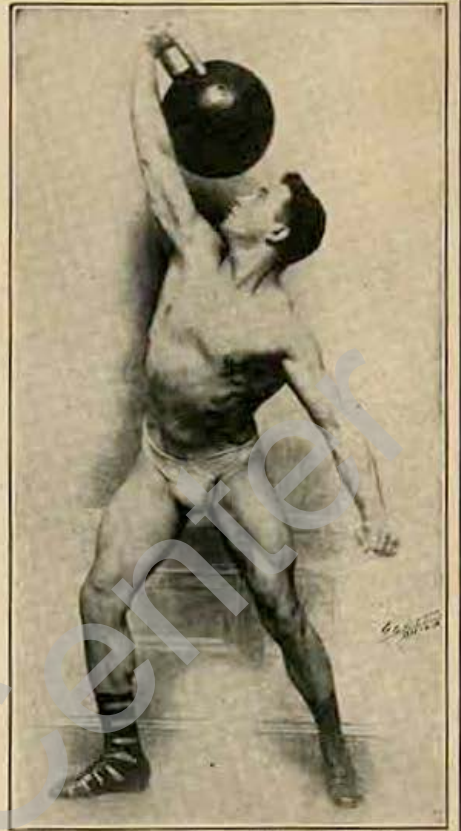
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Great Pride

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developed scores of *amateur*
names you never see in print
appear in magazines, but who are
strong and just as well built as the

Greatest Successes

helping men and boys who were below the
physically, to convert themselves into perfect
specimens, by our training methods.



Anton Matysek—a Milo-built Man

We Are Body-Builders

The creation of record breaking weight-lifters is not the most important of our activities. The service on which we pride ourselves is the up-building of puny bodies, the reduction of surplus flesh, and above all, the restoring of strength and health to the weak and sickly.

We Can Help You

What we have done for others we can do for you. The methods we used in developing the champions can be adapted to bring like results in your case.

We Are the Originators

of the DOUBLE-PROGRESSIVE system of graded-weight exercises that is acknowledged to be the sanest, safest, surest and swiftest method of creating a powerful physique and superb strength. We suggest that you send at once for our *free booklet*.

"Health, Strength and Development"
And How to Obtain Them

It contains a catalogue of our adjustable barbells, a complete exposition of our training methods, and a lot of pictures of our celebrated and wonderfully-developed pupils.

The Milo Bar-Bell Co.

301 Diamond St. Dept. 36 Philadelphia, Pa.



Anton Matysek—a Milo-built Man



If you had to fight for your life!

Suppose that *tonight* you had to fight for your life! Would you know how to break a strangle-hold? Would you know how to disarm your assailant if he attacked you with a dagger, or a black-jack or even a pistol? Isn't it a fact that with your scant knowledge

of self-defense, you would hardly know how to guard against his blows?

Wouldn't you like to be able to? In justice to those who look to you for protection, isn't it your duty to be able to play a man's part when the time comes?

Learn Boxing and Self-Defense at Home

Marshall Stillman, a man who has taught professionals, will give you a complete course in self-defense—boxing, Jiu-jitsu and wrestling—right in your own home—80 lessons for only \$3.85. We'll send the complete course on 10 days' trial at our risk—you send no money.

It would take you months to learn boxing and self-defense by the old method of teaching, but in the Marshall Stillman System many pupils have out-boxed bigger and more experienced opponents after only two weeks' training. You start with movements with which you are already familiar—reaching out your hand for a coin, the breast stroke in swimming, etc. From these simple movements Marshall Stillman sub-consciously leads you into striking hard blows with the weight of the body behind them; scientific feinting, ducking, side-stepping, etc., just as though you had a real opponent before you.

When you have mastered the fundamentals you're taught every good blow and guard used in the ring—including such scientific blows as the Benny Leonard Triple, the Jack Dempsey Triple and Fitzsimmons Shift, etc. To develop your speed and prepare you for your first encounter, you are given three rounds of shadow boxing cleverly combining these blows and guards.

In wrestling you are taught 15 Jiu-jitsu and bone-breaking holds. How to disarm an opponent, how to break a strangle-hold, etc., and 14 of the best mat holds—the Gotch toe-hold, the Stetcher scissors-hold, the head-lock, etc. A complete set of muscle-building

and breathing exercises, with instructions on training is included to build you up physically.

The value of this famous course cannot properly be measured by its price. Some students write us that it is worth \$25.00, others \$50.00. When Marshall Stillman first produced the course it sold for \$10.00, as sales increased we cut the course to \$5.00, and now we are offering it to you at only \$3.85 on this liberal offer:

10-Day Trial

Simply fill in and mail the coupon. When the postman delivers the course, hand him \$1 merely as a deposit. Use the course 10 days. At the end of that time either send us the small balance of \$2.85 or return the course and we will send your deposit back immediately and without question.

Marshall Stillman Association,
Dept. 1723-C, 42nd St. and Madison Ave., New York.

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

NOTE.—Canadian and foreign orders must be accompanied by cash (\$3.85 U. S. funds), subject to money back if not entirely satisfactory.

NAME

ADDRESS

STRENGTH

Vol. 7

MARCH, 1923

No. 7

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Indian Agent, B. P. Madon, "Health Home," Vera Cruz, Bombay, India.

Healthful Recreation, Instructive Travel, Exhilarating Sport

—all invite you to answer the call of the open road. Enjoy the great outdoors at its best with a 4-cylinder Ace Motorcycle—it puts the seashore, the mountains, the lakes, the woods or the trout streams, within easy reach at any time of year, for you can get there whenever you wish by a joyous spin at negligible expense.



The 4-cylinder Ace will give you a new conception of motor travel. Silent, clean, dignified, this is a machine you will be proud of in any company. Smooth-running, vibrationless, comfortable, it represents genuine luxury in individual transportation. Perfectly-balanced, responsive, easy to control, it provides unfailing dependability and security by its resilient strength.



Riding a 4-cylinder motorcycle is to other forms of automotive transportation as horseback riding is to be compared to traveling in a phaeton. There's a thrill and liveliness to a good motorcycle that no four-wheeled machine can duplicate. For real sport, for red-blooded open-air life, for enjoying the zest of the open road at full value, mount an Ace "4" this Spring.

An Ace motorcycle is an investment in greater vitality, renewed energy and intensified joy of living. Write for our new booklet that tells more about this new mount and the enjoyment that it provides.

ACE

Ace Motor Corporation
2209 E. Erie Ave., PHILADELPHIA, PA.

90,000 People Have Learned to Dance This New Way

Let those who have actually learned to become good dancers at home—without music or partner—through Arthur Murray's new method, tell you how quickly they mastered all of the newest steps and dances—how they surprised their friends and increased their popularity.

MANY people who never knew the joy of having more than one invitation a week to an affair, are now sought after—in fact, coaxed to attend every party or social affair in sight. The secret of their sudden popularity is simply because they have become good dancers and everyone wants them for partners. Best of all, they learned at home—without music or partner—in a surprisingly short time and at a price that is within the easy reach of everyone.

But let some of them tell of their own experiences:

Peter Saunders, of Amawalk, N. Y., was always considered an outsider whenever his friends were going to hold a dance. They never thought of asking him because they knew he would only be in the way and no one wanted to sit out a dance to entertain him. After he had learned at home in a few evenings, through the Arthur Murray method, he wrote: "Then I came across your advertisement and I sent for your course, and I must say it was wonderful. The lessons were so clear and simple that a child could learn—why, it was altogether too easy!

"The rest has been one pleasure after another, thanks to you! I have even learned to dance better than some of my friends who used to pass me by."

Good dancers always acquire self-assurance, poise, ease of manner and perfect mental and



"Arthur Murray, Dancing Instructor to the Vanderbilts and many other fashionable people."



"I have some very wonderful times at dances. I very seldom sit out a dance!"—
PETER VOYTEK,
CONN.

physical control. They are always at home in any crowd and think nothing of teaching others how to dance.

P. Voytek, of Derby, Conn., recently wrote: "I have had some wonderful times at dances. I have taught a great many people how to dance. My friends have advised me to open a dancing class. I teach eager pupils every evening, but will not accept pay as I do it for the pleasure which I give others and also enjoy myself.

"I would rather learn your way than go to a dancing teacher. Anyone can quickly learn from such an easy course as yours and it is not embarrassing."

Even if you don't know one step from another you can quickly learn to dance in a single evening through Arthur Murray's new

method. In fact, you don't need to leave your own home to learn—you can master any dance in your own room after a few practice steps.

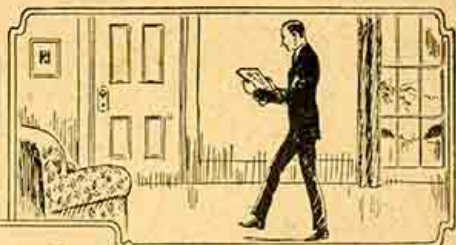
J. M. Mealy, Flatwood, W. Va., says: "Your lessons in dancing are very simple and easy to learn. I practiced yesterday and learned the Fox Trot through the night. Tonight I danced a number of times with a good dancer to the music of a phonograph. I had no trouble in leading or balance."

Besides being a source of great pleasure, a thorough knowledge of dancing will enable you to earn money teaching others to dance. For most folks are "just crazy" to learn and will pay a liberal fee to a first-class teacher. Gladys Franz, Astoria, Oregon, by teaching 40 children two hours a week earns \$200 a month. She recently wrote: "I cannot be loud enough in my praise of your wonderful system. I started on Saturday with 40 children present. I taught my class with an assurance that I never had before. I am following the instructions you sent to me and am beginning with the One Step. I am giving two lessons a week for \$5 a month (from each pupil)."

Learn Without Partner or Music

Through his new improved method of teaching dancing by mail, Mr. Murray is now able to give you the same high class instruction in your own home that you would receive if you took private lessons in his studio and paid his regular fee of \$10 per lesson. And not only you yourself, but every other member of your family can quickly learn to dance from the same set of lessons.

Through this remarkable system you easily learn the Correct Dancing Position—How to Gain Confidence—How to Follow Successfully—How to Avoid Embarrassing Mistakes—The Art of Making Your Feet Look Attractive—The Correct Walk in the Fox Trot—The Basic Principles in Waltzing—How to Waltz Backward—The Secret of Leading—The Chasse in the Fox Trot—The Forward Waltz Step—How to Leave One Partner to Dance With Another—Etiquette of the Ballroom—How to Learn and Also Teach Your Child to Dance—



"I started Saturday with 40 children present." Gladys Franz, Oregon. By teaching 40 children two hours a week, Miss Franz earns \$200 a month.

"I practiced yesterday and learned the Fox Trot through the night." J. N. MEALY, W. VA.

What the Advanced Dancer Should Know—How to Develop Your Sense of Rhythm.

Arthur Murray is recognized as America's foremost authority on social dancing. Such people as the Vanderbilts, ex-Governor Locke Craig, and scores of other socially prominent people chose Mr. Murray as their dancing instructor. In fact, dancing teachers the world over take lessons from him. And more than 90,000 people have successfully learned to become wonderful dancers by mail.

Special Proof Offer

If you want to see for yourself how quickly this new course by Arthur Murray can teach you to dance right in your own home without music or partner, all you need to do is just fill in and mail the coupon—or a letter or postcard will do—enclosing \$1.00 in full payment, and the special proof 16-lesson course will be promptly sent to you. Keep the course for five days. Practice all the steps, learn everything these 16 special lessons teach you and prove to your full satisfaction that you have found the quickest, easiest, and most delightful way to learn to dance. Then, within five days, if you desire to do so, you may return the course and your dollar will be promptly refunded. But if you keep the course—as you surely will—it becomes your personal property without further payments of any kind.

Your Satisfaction Guaranteed

Arthur Murray guarantees your complete satisfaction or he will refund every cent you deposit. All you need to do now is to simply sign and mail the coupon and the course, as advertised on this page, will be promptly mailed to you. Send the coupon today—NOW.

ARTHUR MURRAY

Studio 650, 801 Madison Avenue New York

ARTHUR MURRAY, Studio 650,
801 Madison Avenue, New York.

To prove that I can learn to dance at home in one evening, you may send the sixteen lesson course. I am enclosing \$1.00 in full payment. But it is understood that this is not to be considered a purchase unless the course in every way comes up to my expectations. If, within five days, I decide to return the course, I may do so and you will refund my money promptly and without question.

Name

Address

City State

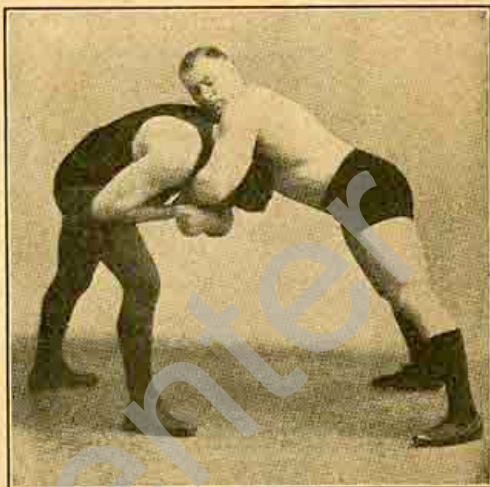
Price outside U. S. \$1.10. Cash with order

Health and Strength from Sports

Do you want to be a weakling all your life? Will you be satisfied with the average development, or do you want to be better than the average in strength and sports? Do you want to be a real man?

Nearly all strong men were below the average, physically, in their youth. These men built frail bodies into the splendid types of physical power that they are now. Why don't you follow their lead?

You can have the broad shoulders, the deep chest and the sturdy back that you long for. You can develop vitality and strength, endurance and a clear-thinking brain through sports. Mental and Physical Power can only be developed through interesting and pleasure-giving exercises. Make your daily exercises fun, not work.



Double Chancery Hold

Hackenschmidt's Course in Wrestling

The name of this book is sufficient explanation of the contents. Mr. Hackenschmidt not only explains the practice of wrestling in a clear and concise manner but also explains thoroughly the theory.

He teaches the best holds and counter holds—how your defensive holds may

be used to secure an opening for a fall—holds in upstanding wrestling—holds for ground wrestling—scissors holds—and counters and breaks for them—Nelsons and Chancery holds—many other holds and hints on training. Complete course sent postpaid on receipt of \$2.00.

Tommy Burns' Boxing Course for \$2.00

By publishing this course in book-form we are able to offer you this remarkable bargain, a complete, well-illustrated course by the former world's champion heavyweight boxer, Tommy Burns.

Some of the main points included in the course are: Footwork, Position, Feinting, How to punch effectively, Defense and Counter-hitting, Tommy

Burns' Favorite Guard, Some Hints on Offensive and Defensive Tactics, Training on Scientific Lines, Diet, Massage, Ring Strategy and Tactics in Fighting, Making a Man Beat Himself, Fouls. All these and many other important points covered by Tommy Burns so that no previous experience is required by the pupil.

Send Check, Cash or Money Order to

THE ATHLETIC BOOK COMPANY

2100 N. Third Street,

Philadelphia, Pa.



See How Easy It Is To Learn Music This New Way

YOU KNOW how easy it is to put letters together and form words, once you have learned the alphabet. Playing a musical instrument is not very much different. Once you learn the notes, playing melodies on the mandolin, piano or violin is simply a matter of putting the notes together correctly.

The first note shown above is F. Whether you are singing from notes, playing the piano or banjo or any other musical instrument, that note in the first space is always F. The four notes indicated are F, A, C, E, easy to remember because they spell the word "face." Certain strings on the mandolin, certain keys on the piano, represent these same notes—and once you learn them, playing melodies on the instrument is largely a matter of following the notes.

Anyone can now learn to play a musical instrument at home, without a teacher. A new simplified method of teaching reduces all music to its simplest possible form. You can now master singing, piano-playing, or any musical instrument you wish right at home, quickly, easily, without endless study and practice.

Practice is essential, of course

—but it's fun the new way. You'll begin to play melodies almost from the start. The "print-and-picture" method of self-teaching is fascinating; it's simply a matter of following one interesting step after another. You learn that the note in the first space is F, and that a certain key on the piano is F. Thereafter you will always be able to read F and play it whenever you see it. Just as you are able to recognize the letters that make a word, you will be able to recognize and play the notes that make a melody. It's easy, interesting.

You don't have to know anything whatever about music to learn to play a musical instrument this new

way. You don't have to pin yourself down to regular hours, to regular classes. You practice whenever you can, learn as quickly as you please. All the intricate "mysteries" of music have been reduced to a method of amazing simplicity—each step is made as clear as ABC. Thousands have already learned to play their favorite musical instruments this splendid new quick way.

You Can Play Your Favorite Instrument Three Months From Today

If you are dissatisfied with your present work, let music act as the stepping-stone into a new career. If you long for a hobby, a means

of self-expression, let music be the new interest in your life. If you wish to be a social favorite, if you wish to gain popularity—choose your favorite instrument and, through the wonderful home-study method of the U. S. School of Music, play it three months from today.

You can do it. Youngsters of 10 to 12 years have done it, and men as old as 60 have found new interest and enjoyment in learning how to play a musical instrument. You don't have to listen while others entertain any longer. YOU can be the center of attraction, the talented person who holds the audience fascinated.

Is it the piano you wish to play, the mandolin, the violin, the saxophone? Do you want to learn how to sing from notes? Are you eager to be able to play "jazz" on the clarinet, the banjo?

Free Book Explains New Method

It costs you nothing and obligates you in no way whatever to send for our free book called "Music Lessons in Your Own Home." Everyone who is interested in music should send at once for this valuable book. It not only explains the wonderful new simplified method of learning music, but tells about a special short time offer now being made to music-lovers.

Mail this coupon at once for your copy. Remember, it obligates you in no way whatever—it's free. But act now before the supply is exhausted. U. S. School of Music, 993 Brunswick Building, New York.

Please Write Your Name and Address Very Plainly, so that there will be no difficulty about the booklet reaching you.

U. S. SCHOOL OF MUSIC
993 Brunswick Bldg., New York City

Please send your free book, "Music Lessons in Your Own Home," and particulars of your Special Offer. I am interested in the following course:

.....
(Name of Instrument or Course)
Name
(Please Write Plainly)
Address
City State

You Wouldn't Wear Glasses

If You Knew What I Know



Condemned to wear glasses for the rest of my natural life.

EVERY time I see a man or a woman wearing glasses I always think: "If you only knew what I know, you would have those things off within three months' time, never to put them on again." I feel just like stopping them and telling them what I know about certain eye exercises that would, in an amazingly short time, put their eyes in such a condition they could forget that such a thing as eye glasses ever existed.

But you know how skeptical people are as a rule and I know I wouldn't be believed, or thanked for my trouble. But there is nothing to prevent my telling the readers of **STRENGTH** my story. They can believe it or not, just as they see fit.

But those who believe it enough to interest themselves to the extent of further investigation I know will thank me all the rest of their lives, and that is reward enough for the effort.

So here goes:—

My name is Jackson, Laurence B. Jackson. I am employed by the Macfadden Publications, Inc., publishers of magazines and books. I am in the correspondence department.

When I joined the company three years ago I was a confirmed eye-invalid. I had what the oculists called Astigmatism (far-sightedness) and had worn glasses from the time I was fourteen years old. Glasses were as much a part of my wearing apparel as my shoes, or my shirt. I put them on when I got up in the morning and never took them off until I went to bed at night.

Without them I was as helpless as a blind man.

The thought that I would ever be

able to see perfectly again without glasses never entered my mind, not even in my dreams, for hadn't the leading oculists and optometrists advised me to the contrary, and didn't I have to go to them at stated intervals and have the lenses in my glasses changed to allow for the continual fluctuation in my range of vision.

Shortly after joining the Macfadden Company I learned that they published a course in eye training compiled by Bernarr Macfadden, the famous physical culturist, in collaboration with one of the world's leading eye specialists. But that didn't mean anything to me for wasn't I a con-

firmed eye-invalid, condemned to wear glasses for the rest of my natural life. One day when I had been with the company about six months I happened to be in Mr. Macfadden's office on a matter of business. I was about to leave when he startled me by saying, "Jackson, why don't you take up the eye course and get rid of those glasses?" He might just as well have asked me, "Why don't you learn to live without food?" I wouldn't have considered the question any more ridiculous.

But he talked to me. He told me how he was in the same boat as myself when he was about forty, and how he had cured his eye troubles by just some simple eye exercises which he invented, and that how since he had published the exercises in course form with the aid of the eye specialist referred to, eye sufferers from all parts of the world had written him letters of gratitude for what the course had done for them—some of them much worse off than I was.

Well, to make a long story short, he finally persuaded me to try the exercises. I took the course home that night and read it through. And the next morning I began the exercises. That was more than two years and a half ago.

I haven't worn a pair of glasses for over a year—not even to read by. As I told you, I am in the correspondence department where I read poorly written letters for eight hours of the day and the strain on my eyes is tremendous. But my sight is perfect and my eyes trouble me not at all.

Wonderful? Yes! Are you surprised that I would like to tell my story to every person I meet. And it's not just my story. It's the story of nine people out of every ten who take up the Macfadden System of Eye Exercise and stick to it.

It can be *your* story if you're one who

wears glasses or one who soon will have to.

In order to make it possible for any eye-invalid to examine his course without risking a penny, Mr. Macfadden sends it out on a five-day approval basis.

The price has purposely been made very low so as to be within the reach of any person—\$5.00 complete, postpaid.

There is a coupon on the right hand corner of this page for your convenience in sending for the course if you feel you would like to try it after reading about my experience.



I have not worn glasses for over a year—my eyes have never been so strong nor my vision so good.

Last October, at the special request of Mr. Macfadden, I attended the great Physical Culture Show at Madison Square Garden so that those present could see, not an extraordinary but a typical example of what his wonderful eye course will do for eye-invalids.

I talked with hundreds of persons and if you were there, it is possible that you have already met me and heard my story from my own lips.

I can't add anything to what I've said above. I've told you my story. It's in your hands, whether you will profit from it or not.

Macfadden Publications, Inc.

Macfadden Building

1926 Broadway - - - New York

SEND NO MONEY NOW

MACFADDEN PUBLICATIONS, Inc.,

Dept. S.M., Macfadden Bldg., 1926 Broadway, N. Y. C.

Entirely at your risk you may send me your course of Eye Exercises. Upon receipt I will pay the postman \$5.00.

It is understood if after trying the course for five days I decide not to keep it you will immediately refund my \$5.00 upon return of the course.

Name

Street

City State

How to Rid Yourself of Your Catarrh

QUICKLY!

PERMANENTLY!

Without Drugs or Medicine of any Kind

By R. L. ALSAKER, M. D.



R. L. ALSAKER, M. D.
 Founder of
The Alsaker Way

THE majority of the people in our country suffer from catarrh. Some have it from time to time, others have it all the time.

"Catarrh of the head is troublesome. Catarrh of the throat causes coughing and much annoying expectoration. When the catarrh goes into the chest it is called bronchitis. If it is allowed to continue it becomes chronic, and chronic bronchitis means farewell to health and comfort. It robs the sufferer of refreshing sleep and takes away his strength. It also weakens the lungs so that the individual easily falls a victim to pneumonia or consumption.

"Then there is catarrh of the stomach and small intestines, which always means indigestion. Catarrh of the large intestine often ends in inflammation of the lowel bowel—colitis.

"Catarrh of the ear causes headache, ringing in the ear and general discomfort.

"Catarrh of the liver produces various diseases, such as jaundice and gall-stones, and often ends in much suffering from liver colic.

"All who easily catch cold are in a catarrhal condition. Those who take one cold after another will in a short time suffer from chronic catarrh, which will in turn give rise to some other serious disease—as if catarrh itself isn't bad enough.

"Either you personally suffer from catarrh, or some member of your family is afflicted. Isn't it time to give this serious danger a little attention, before it is too late, and solve the problem for yourself? You can do it. It's easy.

"Catarrh can be conquered easily and permanently. It has been done in thousands of cases. You can cure yourself—and while you are losing your catarrh you will lose your other physical ills. That discolored tongue will clean up; that tired feeling will vanish; that bad taste in the mouth will disappear; that troublesome gas will stop forming in the stomach and bowels; and the pain will leave your back; headaches will take flight; rheumatism will say good-by and those creaky joints will become pliant."

Realizing the great need of definite, practical information regarding this terrible disease, Dr. Alsaker has prepared a plain, simple instruction book on the cause, prevention and cure of catarrh, asthma, hay fever, coughs and colds. This book is entirely free from fads, bunk and medical bombast. It sets forth a commonsense, proved-out PLAN, that is easy and pleasant to follow—a plan that teaches the sick how to get well and how to keep well. The name of this book is "Curing Catarrh, Coughs and Colds." It tells the true cause of these objectionable, health-destroying troubles, and gives you a safe, simple, sure cure without drugs, medicines or apparatus of any kind. You apply this wonderfully successful treatment yourself, in your own home, and without the expenditure of an additional penny. There is nothing difficult, technical or mysterious about this treatment. It is so easy to understand and so simple to follow that anyone, young or old, can reap the utmost benefit from it.

If you suffer from colds, coughs or catarrh in any form, send only \$3 to the publishers of "THE ALSAKER WAY," THE SUCCESS-MAGAZINE CORPORATION, Dept. 751, 1133 Broadway, New York, and get your copy of this valuable instruction book. Follow the instructions for thirty days; then if you are not delighted with the results—if you do not see a wonderful improvement in your health—if you are not satisfied that you have made the best \$3 investment you ever made—simply remail the book and your money will be promptly and cheerfully refunded.

Remember this: If you want to free yourself forever from catarrh, asthma, hay fever, coughs and colds, you can do so. Dr. Alsaker's treatment is not experimental. It is proved-out and time-tested. And it includes no drugs or serums, sprays or salves. And it costs nothing to follow it, while doctors' bills, prescriptions, and so-called patent medicines that do not cure, soon eat a big hole in any man's income. Send for this book to-day. Follow it faithfully and you will experience the same splendid results that thousands of others are receiving.

I Guarantee You Results Worth \$1000⁰⁰ in One Year

Money talks! No matter what business you're in or how much you are earning, I absolutely GUARANTEE you at least \$1000 value within one year—or it won't cost you a cent. If you want the proof—entirely free—simply mail the coupon below.

WITHOUT wasting a single word I'll come straight to the point! I've discovered a method that is performing wonders for those who follow it. It isn't a secret! Thousands of the world's greatest men have used it and are using this method to bring them wealth—fame—happiness! But now, for the first time, it's been put down in black and white—so that anybody who has learned to read and write can use it to bring him almost anything he wants.

No longer need you be content with an ordinary job at an ordinary salary! Here's a new, easy, positive way to achieve the kind of success you have always wanted! I'll show you how to acquire the remarkable power to earn more money than perhaps you ever dreamed of, and I absolutely guarantee it will bring at least \$1,000 value the first year—or it won't cost you a cent!

If you want to know how this method works let's take some actual examples.

A Few Actual Examples

John Watson was born a helpless cripple. His parents were poor. He had little schooling. Yet, despite his handicaps, Watson—that's not his real name, although every word here is true—has become a very rich man. He owns a huge factory in Louisville, Ky., and is consulting engineer for many concerns at \$100 an hour! Recently he refused a \$40,000 a year job. He's an artist, an orator, an inventor, and a lawyer. He had only a brain to start with, yet he won wealth, fame and happiness!

Take Wrigley, the chewing gum king, started as a newsboy and now makes many times more money in a day than thousands earn in a year! Douglas, the millionaire shoeman, was a shoemaker's helper. I could mention thousands of others.

Read your history and you'll find that Napoleon, Grant, Lincoln, and countless others became famous by using this simple method. Yet you, too, possess the magic that made millions for Rockefeller, Vanderlip, Schwab and Edison! The ease with which you'll climb will seem miraculous once you learn to use it.

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If you can only read and write you can make this marvelous discovery unlock the doors to the world's greatest treasures! You can learn quickly. And the minute you do, you become more forceful, persuasive, confident. You think better, clearer, quicker. Your success becomes rapid—sure—easy.

Today thousands are using this method to bring them wealth, power, happiness. Results are astounding! Clerks become executives almost over night. Salesmen are doubling and tripling their commissions. Adding \$20, \$40 or even \$100 a week to a man's salary is not at all unusual. This new method cannot fail. That's why I guarantee you \$1,000 value the very first year!

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By A. L. Pelton
"The Man Who Helps People Succeed"

How It Works

The method is simple, too. Prof. Frank Channing Haddock, the world famous psychologist, has discovered, after years of patient research that out of thousands of successful men and women, practically every one possessed certain fundamental qualities which were directly responsible for his success. He found that once a person acquired such qualities as foresight, imagination, will-power, confidence, fearlessness, and thinking ability—his success in life was absolutely certain.

But even more important was the discovery of how anyone can easily, quickly and positively develop these characteristics. His whole method is embodied in his great new course, "Mastery of Self," which already has performed thousands of seeming miracles.

Free Book Tells How

I wish I had space enough to tell you all the wonderful things "Mastery of Self" has done for thousands of people. But it is impossible, so we have written a new booklet—"The Power That Compels Success"—which is chock-full of all the things you want to know. This book will show you how to double your powers of accomplishment—how to double your ability to think—how to banish your fears, self-consciousness, worries, timidity; how to acquire the courage to do seemingly impossible things—how to think straight—clearly—accurately. It contains some of the most fascinating and marvelous information you ever expected to read—and it's yours absolutely free! Send for it now. It may mean the turning point in your life. It will show you the new easy way to greater health—wealth—and happiness! Mail the coupon today. And remember my guarantee of at least \$1,000 value the very first year.

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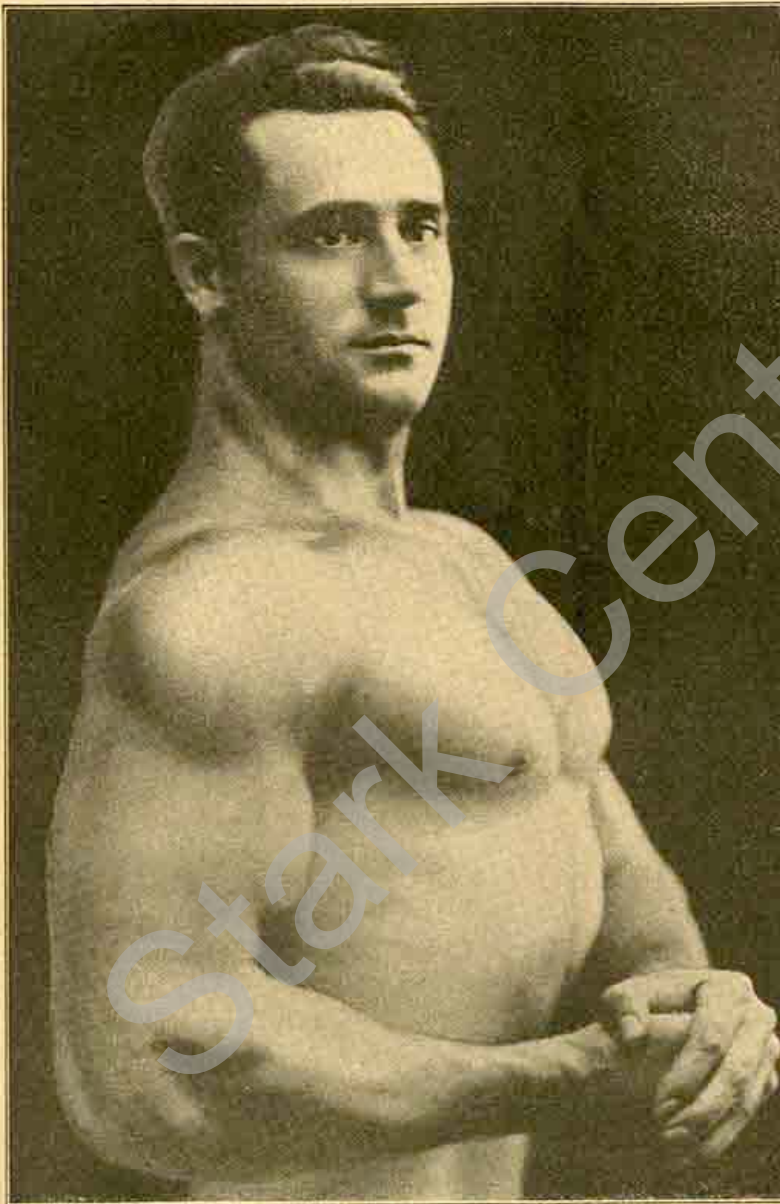
- How to attract success.
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MARIE JERITZA. The reigning favorite. A striking example of the rule that beauty of face and figure frequently accompany beauty of voice.

Singing as an Aid to Chest Development

By Ralph Hale

This is the second of a two-part article on singing, by Mr. Hale. The first part appeared in the February STRENGTH and dealt with singing as a stimulation to the blood circulation.

TO my mind the main reason for the enormous vitality of the great singers is that by breathing gymnastics they get most of the benefits of exercise without the fatigue which results from a vigorous and prolonged use of the muscles.

The use of any muscle or organ makes it increase in vigor, *up to a certain point*. But over-use causes a deterioration. We all know that a blacksmith, through constant use of his arms, develops wonderful arm muscles, but we sometimes overlook the fact that at the end of the day the blacksmith is a thoroughly wearied individual.

We all have heard that the Japanese who trot all day between the shafts of the jinrikishas develop wonderful legs, but it makes us reflect when a trained observer like Prof. Edward Amsworth Ross tells us that most of these human dray-horses are "all in" by the time they are thirty-five, because the *constant, unending* use of their leg muscles has resulted in enlargement of the heart.

A singer's case is very different from that of a workman. The blacksmith is paid for an eight-hour day, and has to finish it, weary or not. If a jinrikisha man takes a fare at five o'clock and that fare wants to be hauled five miles, the man between the shafts cannot quit after the first mile; he has to take his fare to the destination.

A singer does not labor under this disadvantage. He takes his breathing exercises regularly, but in moderate quantities, say ten minutes at a time, and instead of being fatigued he is actually invigorated.

I ask you to take nothing on faith. Try it out for yourself. Probably sometime in this winter of coal-shortage you will be sitting reading and suddenly realize that the room has gotten chilly, and that your hands and feet are uncomfortably cold.

Instead of waving your arms about and stamping your feet, I ask that for five minutes you sing, or speak, vigorously and loudly. I promise you that when you stop your body will be in a glow, and that even your extremities will be comfortably warm.

The reason is simple. The heart and lungs work in unison. Singing is not strenuous lung exercise, but it is vigorous enough to cause the heart to work slightly faster, and to speed the blood to every part of the body. That, together with the fact that the blood has been thoroughly aerated, accounts for returning warmth.

This article is not written for singers. They already know all that I am telling you about breathing, probably more. It is not written to induce you to take up singing; for the writer is perfectly aware that it takes more than breathing exercises to make a singer. Such vital things as a knowledge of music, a pleasing voice and a "good ear" are, after all, *rather* necessary essentials.

But, if by writing this article I can induce even a few of you to try out some of the breathing stunts that singers use, I will have done more for you than you perhaps realize. I will have "added years to your life and life to your years." For I am convinced that singers, as a class, owe their beautiful bodies, their robust health, and even their radiant

personalities to the constant use of their lungs. I go so far as to claim that unusual lung power makes for super-vitality.

THE WORK OF A SINGER

You go to a performance of "Carmen" by a big opera company. The part of the Toreador is sung by some celebrated baritone. He makes his first appearance in the second act, and appears again for a few minutes each in the third and fourth acts. Altogether he is on the stage about twenty or twenty-five minutes.

You ask how much he is paid and when you are told "not less than three hundred dollars," you say to yourself, "Pretty soft! All that money for less than half an hour's work."

A world famous soprano goes on a concert tour. When she reaches your town you, and a couple of thousand others, pay a good fat fee to hear her. There are other artists on the program; but the chances are that counting up all her solos and concerted pieces, the star does not sing for more than forty-five minutes. When you learn that her evening's work has brought her in about two thousand dollars you again think, "Easy money!"

You may not know that for every minute you have heard the artist sing, he or she, baritone or soprano, has put in countless hours' study and practice. No artist gets into the very top rank of singers by virtue of one year's practice or study. When you hear an artist at the height of his triumphal career, you rarely think of the many years' patient study and ceaseless work that has made that triumph possible. But always the apprenticeship has been served.

An athlete with tremendous natural speed may develop into a champion sprinter in his first season, but no one can become a great singer in one year no matter how wonderful is his or her voice.

And these years of apprenticeship mean, what? Why, years of constant use of the lungs. A singer does not use his voice for hours every day. When studying, he frequently hums the notes instead of using the full voice. But every day the singer sings at least a



Keystone View

ELVIRA AMAZAR. A young Russian Soprano who is dowered with all Nature's greatest gifts—unusual beauty of voice, face and form.

little, and every day breathing exercises are practiced.

If eternal vigilance is the price of liberty, then eternal condition is the price of a singer's continued success. Even between seasons a singer must guard his physical condition, for any falling off from perfect health affects the voice.

THE RELATION OF BREATHING TO SINGING

When I asked a singer (and teacher of singers) what part breathing played in the art of singing, he replied:

"Why, it is *the* great fundamental. Without breath-control it is impossible to sing either correctly or effectively. But you can't make the pupils realize that. Sometimes I find a beginner with a good voice, a voice that has great possibilities, and I feel like telling him to go home and for the first month spend his spare time at practicing breathing exercises and then come back to me to be started at singing.

"The American beginner will not do that—at least not many of them. If such a one saved up his money and went to Paris, it would be different. If his particular 'maestro' told him that for thirty days he must practice breathing exercises for ten minutes out of every waking hour, he would feel that because he had come thousands of miles he must obey. We American teachers realize the importance of breathing exercises just as much as do the great European instructors, but we cannot command the same slavish obedience."

Other singers told me about the same thing. I found that some of them differed as to what is the exactly correct method of



MARGUERITE MATZENAUER. Celebrated Contralto. A type of the statuesque physique so frequently found in the great singers. © Keystone

breathing, but they all agreed on the absolute necessity of breath-control.

I listened to many most interesting expositions of the art of breathing, and I was referred to many books on the subject. I found that there were several books devoted entirely to breathing, and that every book on singing includes one or more chapters on breathing.

BREATHING REALLY A SIMPLE MATTER

In case you may fear that these breathing exercises are fearfully and wonderfully complicated affairs, I can put your mind at rest. The breathing exercises of a singer are plain and simple. A singer's lung power comes, not from difficult exercises, but from easy exercises often repeated.

An untrained amateur when singing will stand erect and you can both see and hear him breathing. You can see him shrug his shoulders as he inhales and hear him gasp for breath.

The trained singer, professional or amateur, will sing far more difficult music, and unless you watch closely, you will be unable to detect his breathing. Of course you know that at intervals he is taking breaths, but he never forces the fact on your attention. In fact a trained singer's breathing is a fine art mastered through years of practice. His control of his lungs is equal to the control of a champion billiard player over the rolling ivories.

To succeed in Grand Opera the artist must have long passed the apprentice stage in breathing. Modern opera demands acting as well as singing, and a polished performance in both respects. The opera singer must train himself to a point where his breathing is so perfectly controlled it is second nature.

An amateur can "stand up and sing his piece" but the opera



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LUCIEN MURATORE. One of those rare individuals who "have everything." A great artist, a fine painter, a strong personality, and a man of immense power.

singer must be able to sing in any position—standing, walking, sitting, kneeling or lying on his side or on his back.

I was told they practice singing in those positions, so that no matter if they are in a position which cramps the chest, they can still breathe with that perfect freedom which is even more necessary in dramatic than in concert singing.

And now I am going to get down to the breathing itself. I have been a long time getting to it because I have tried to make you realize the importance and necessity of breathing, in its relation both to a singer's art and to his physique.

THE WAY A SINGER BREATHES

If you have ever tried to develop your lungs by forced breathing you will be surprised to learn that a singer does exactly the opposite from what you did.

The chances are that you drew back your shoulders, threw out your chest and sucked into your lungs every particle of air they could hold. And when you could take in no more air, and were red in the face, you emptied your lungs in one mighty puff.

Such "forced breathing" probably does add to the lung capacity, but it has its distinct drawbacks. For one thing, it creates unnatural pressure, frequently causes dizziness and may strain the lung tissue.

Such a breathing method would be of no value to a singer, for he manifestly cannot stop every few notes, and slowly and laboriously pack his lungs full of air.



FRANCES ALDA. Possessor of a wonderful soprano voice, and considered one of the most beautiful women on the stage.

His aim is to get the air into his lungs quickly and expel it slowly.

I will tell you how he does it. (Mind! I do not say that *all* singers breathe in this way, but I know that most of them do.)

In order to get a large quantity of air into the lungs quickly, it is not sufficient to distend the ribs. You must also depress the diaphragm; which, as most of you know, is the muscle which forms the floor of the lung cavity.

If you can distend and lift your ribs at the same time that you depress the diaphragm, you are so much to the good; but the action of the latter

seems to be the important thing.

The fact that you rarely see a singer inflating his chest seems to prove that most of them practice diaphragmatic (abdominal) breathing.

Some authorities favor taking the air in through the nostrils, but the majority inhale through the mouth. Either method is all right, providing that you can instantly and noiselessly draw in a big quantity of air.

There is the first step in the breathing



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BENJAMINO GIGLI. A favored claimant for Caruso's throne; and another proof of Mr. Hale's theory that the great singers are far above the average in physique.

exercise. The second step is to emit the air slowly and steadily, so the student opens the lips a *little* way (so as to make the aperture say half an inch wide and an eighth of an inch high), and slowly and steadily breathes out.

That is about all there is to it. There are variations, but that is the main principle. A singer, being by nature an artist, knows that nothing can be gained by straining. His motto is that anything, to be effective, must be done easily. He applies this idea to his breathing exercise. He does not make the mistake of trying to inhale impossible quantities of air at one gulp, for that would mean over-exertion, over-emphasis. He knows that constant practice will make his diaphragm stronger, and bring it under his control, and that he will gain nothing by trying to force his progress.

Neither does he go to extremes when it comes to emitting the breath. He knows that it would be both silly and harmful to breathe out so slowly that it would take a minute to empty the lungs. He works within the range of ease and comfort, for he knows that practice will increase his limit in these particulars.

In time the singer's breath-control becomes a thing to wonder at. Because he uses the lungs so regularly, the very quality of them seems to improve. The whole chest is equally benefitted. The ribs grow wider placed and possess far more freedom of action. The upper part of the chest rounds out, presenting a distinct contrast to the flat upper-chest which marks the weak-lunged.

The strength of the diaphragm becomes incredible. Even the muscles of the front of the abdomen are brought under control. A singer's control of his diaphragm is like a juggler's control of his hands. He can depress it or raise it either gradually or with extreme rapidity.

Once I was talking about breathing to a well known concert singer and he gave the following demonstration of the strength of his diaphragm. He took a

croquet mallet and placed the end of the handle waist high against a wall. He inclined his body slightly forward and rested the upper part of his abdomen against the head of the mallet.

"Now," said he, "watch the effect of this inhalation." Like a flash he filled his lungs and went staggering backward across the floor. It was as though he had been hit over the stomach with a huge mallet. When the diaphragm is depressed, the upper part of the abdomen is bound to protrude a little, and in this case the downward thrust of the diaphragm and the outward bulge of the abdomen were powerful enough to move a considerable weight. Just a stunt, of course, but interesting in that it proved the immense rapidity with which a singer can fill his lungs. This control and strength of the diaphragm can be acquired by anyone, with practice.

You, for example, can benefit by abdominal breathing even if you have no intention of becoming a singer. It is not that I consider the foregoing stunt to be something admirable in itself, but I do appreciate the lung power that is necessary for its performance.

EXHALING

Just as valuable as the practice of filling the lungs quickly, is the practice of emptying them slowly. The rush of incoming air has filled the lungs without crowding them. The diaphragm is distended downwards like the bottom of a huge bowl; that makes a space where the bottom of the lungs can expand. The ribs are lifted and spread apart; that allows the upper part of the lungs to expand and creates a tension of the intercostal muscles. When the singer purses up his lips and slowly breathes out (or blows out) his diaphragm moves slowly and steadily upwards and his ribs slowly resume the normal position. The whole art, or con-

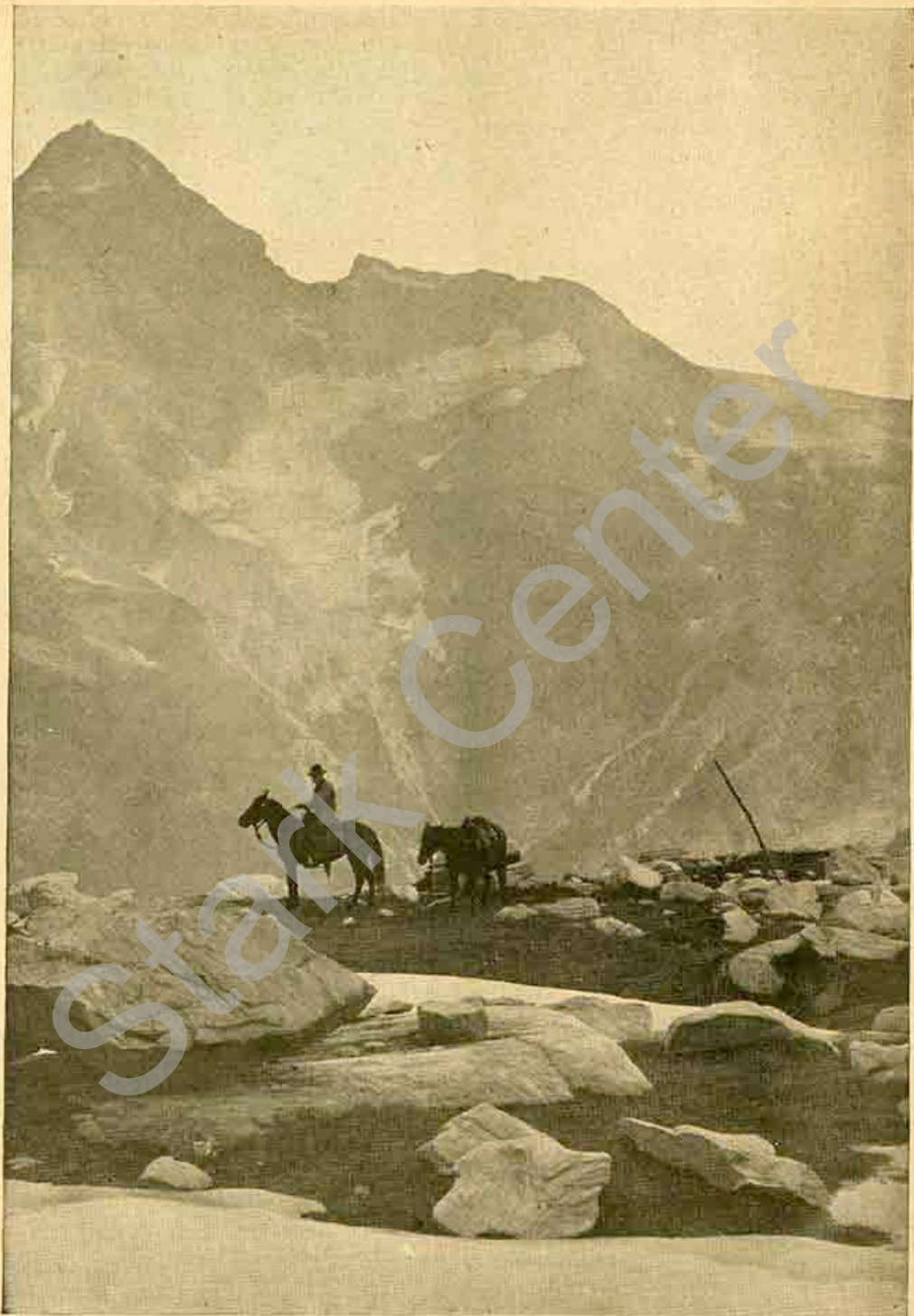


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MARTINELLI. A tenor whose vibrant voice is no more remarkable than his athletic figure.

trol, comes in keeping the movement slow and steady. The faithful practice of the exercise will yield almost perfect control of the diaphragm and intercostal muscles. Like all other muscles, these will grow in strength with moderate but steady use.

(Continued on page 64)



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Illecillewatt Glacier near Glacier, B. C. The Royal Mounted is thoroughly acquainted with this wonderful ice field.



The R. N. W. M. have their own Indian trackers and scouts.

The Royal North West Mounted

By T. Von Ziekursch

NOT your romantic Olympian of fiction, your super-hero whose feats look good before the movies and who invariably marries the heiress and saves from some terror of the wilderness, but an honest-to-goodness *he-man*, Good Samaritan of the great northwest—that is your Royal North West Mounted Policeman.

This is to be a tale of as fine a body of men as were ever drawn together under the insignia of any organization in any land, a body that has been patterned after throughout the entire world, and one that individually and collectively blushes and sputters at the guff and junk that is written about them and their work.

From the boundary of Montana and North Dakota to the Arctic, from the eastern part of British Columbia throughout that great northern part of Canada that extends to the coast of La-

brador, that is the district in which the North West Mounted does its work, and beyond that to embrace the whole of the Dominion of Canada when need be.

Less than eight hundred men, theirs is the task of enforcing the white man's law in a region as large as the entire United States, of maintaining order and peace among thousands of Indians and half-breeds, of the roughest element of whites, of mining camps and lumber gangs, of suppressing liquor running, of patrolling thousands upon thousands of miles of the white wastes of the North, of administration duty, of collecting duties and customs, of inspecting baggage, of running the mails to the far places, of being health officers and mining recorders, of being magistrates and coroners, timber-agents, acting as plain patrolmen in some of the towns, of being sheriff and bailiff, justice of the peace and soldier, judge and jury, Indian agent

and rescue worker, savior and friend, physician and veterinarian

But that is enough. That will give some idea of the myriad duties that are the North West Mounted man's.

It may not be so very long before the final chapter will be written on this splendid organization. Already several of the provinces of Canada are able to do without them, but it will be many years before the real North will be able to stand on its own feet, without the constables to whom reds and whites of all classes turn in the hour of need.

And the feats that have earned them renown throughout the world are the feats of strong men, men who have strength of character and the will to back up strength of body, men of indomitable determination, quick thinking, hard riding, fast shooting, hard boiled in one sense and gentle as a woman in another.

There is the laconic report of Corporal Field who in the dead of winter went

thirteen hundred miles alone in forty-four days to get a madman at Lake Athabaska and bring him down to Fort Saskatchewan for treatment.

And the report is as laconic as the preceding paragraph. So are the reports of the five men who were sent north on a twenty-five hundred mile journey to establish a post at Herschel Island in the Arctic where not a tree grew, and where even the drinking water for the entire year had to be supplied from blocks of ice out in a distant lake on the mainland during October, as that was the only month when the water of that lake was not polluted. This little journey, during which the party had to subsist on game killed en route, was taken because there were false reports that the whaling fleets were ill-treating the Eskimos. And then, there was Inspector Parker sent from Medicine Hat to Fort Churchill in the desolate Keewatin district along Hudson's Bay to try an old squaw who had killed her son, according to rumor. He got there after



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Another beautiful piece of country in B. C. which the R. N. W. M. knows and loves so well.



A R. N. W. M. night camp.

© Keystone View

a murderous journey to find that she was innocent and had the pleasure of a return trip with himself for company over hundreds of miles of barren waste, which even his dogs could not stand and

the last hundred miles were on foot and starvation rations.

One has to be laconic in that service and also in writing an article such as this. It is a subject dealing with

everything under the sun from sheerest adventure and romance to man-killing, soul-torturing toil, from fighting prairie and forest fires to acting as nurse and doctor, grave-digger and what-not, to whole tribes of Indians down with diphtheria or small-pox, and whites with everything from frost-bite to tuberculosis. Those are the sides of the Mounted that the fictionist rarely takes up, yet, after all, those are the sides that have won this body of men the love and respect of the North. And he who would serve must be all of a man and then some. One case will serve to give an idea of what the Mounted man is apt to, and does, find himself up against.

On the northwest side of Lake Athabaska in the Province of



© Keystone View

Horses not being available the R. N. W. M. revolver practice on ox.

Alberta is Fort Chipewyan. It is a lonely, desolate spot. Only those who have been in that part of the world in winter can appreciate what it really is when the thermometer hits fifty below and the snow is six feet deep, with every body of water a solid block of ice except in the depths.

Some years ago a wandering missionary drifted in and then went on to the Hudson's Bay Post at Peace Station. Although it is little known, many of these Posts are virtually deserted during the time of long snows, and Peace Station happened to have a half-breed who could not talk English. Now, such a predicament is dangerous for the man from the settlements of the south who is not accustomed to being cooped up weeks on end in this loneliness.

There came a day when the Mounted Police patrol passed the log hut that was the Post and the half-breed came to them with a plea to take the missionary away as he was becoming insane. This

they were unable to do as their patrol had to be pushed hundreds of miles into the bush, but they did detour to Fort Chipewyan where two constables and a sergeant are stationed. One of the constables, named Pedley, was assigned to the job. With his dog team he started off and found the missionary—a big man—a raving maniac. It was in December that Pedley started southward toward Fort Saskatchewan, which is just above Edmonton, a five-hundred-mile trip, alone with a dangerous lunatic. He put the madman in thick furs and encased him in an Eskimo sleeping bag, for he was badly frostbitten. Then he was strapped on the sled.

Just after the start came the first of the Arctic blizzards and the temperature was around fifty below zero, while the crazy missionary refused to eat the frozen meat. At times the wind was so terrific that Pedley had to tie himself and the crazy man to tree trunks and lash the sled fast while the dogs buried



The R. N. W. M.'s best friends—their dogs.



Two typical R. N. W. M. policemen.

© Keystone View

themselves deep in the snow to keep from being blown away.

In order to make the lunatic eat Pedley had to set him free so that he could exercise to promote hunger, and twice he attempted to escape. Both times the policeman had to subdue him in terrible personal combat without calling his weapons into play. There were also the gigantic timber wolves to be guarded against, and as anyone who has lived in the North knows, they actually are a menace and certainly have been known to attack groups of armed men. Huge fires saved them from the wolves and then the lunatic actually did escape and had to be tracked down.

Even this brief account does not give an idea of the terrific ordeal of that task, but Pedley got his man through to Fort Saskatchewan. In the police hospital there the lunatic recovered and only lost a toe as a result of freezing, while Pedley turned around and started right back for his station at Fort Chipewyan, only

to become insane himself as a result of the ordeal he went through in bringing the crazy missionary to safety. He eventually recovered and so far as the writer knows is now back in the service and stationed at headquarters in Regina. In all, on that terrific trip, Pedley had covered over 1700 miles under conditions that are impossible to imagine.

But that is the life of the Royal North West Mounted Policeman. In his isolated Post he is the law. Comes word that an Eskimo has murdered an Indian, or vice versa, up in the Coppermine River Country. It is a matter of an eight-hundred-mile jaunt. The mercury may show eighty below while he is on the trail and he has to cross four hundred miles of the barrens where there is nothing but bleakness and desolation—not so much as a twig for fuel or a rabbit for food. Perhaps it is a region where no white man has ever been before and where the only thing the In-

(Continued on page 68)



FRED ROHDE. In a classical pose showing a beauty of form equal to that of an Ancient Greek athlete.

Still Going Forward

If you have any fears about the physical decadence of the human race, read this article and cheer up.

Why mourn over "the departed beauty of the Ancient Greeks," when the world is producing finer physical specimens than ever before in its history?

Every season sees the creation of new records in athletic events where the supposed limit had been reached.

Every year brings forth a new crop of magnificent young athletes who are of a finer physical type than their fathers and grandfathers.

By Alan Calvert

THERE is one advantage in having a reputation for being an enthusiast on a certain subject. All those who share your enthusiasm, will, sooner or later, get in touch with you.

I confess to an enthusiasm about muscular development, and, as many readers of *STRENGTH* are aware of that fact, my daily mail always contains letters from, and pictures of, enthusiastic athletes who are striving to create for themselves the maximum of bodily beauty.

From my point of view, that is a particularly fortunate thing for the rest of you; for I can pass on to you a lot of valuable information. There is nothing more interesting than to hear of the successful experiences of the men who have reached the top of the ladder.

The advice of a man who has accumulated several million dollars might be no more valuable than the advice of another man who has gathered in only a few thousands; but the millionaire's experiences would be the more interesting of the two. The advice of a ten-second sprinter might be no more helpful to aspiring runners than that of a man who had never managed to cover the hundred in eleven seconds; but the fact that the ten-second man has competed with the elect in his sport, is enough in itself to make his experiences interesting.

The foregoing is even more true when it comes to body-building. Practically every one has, or can develop, a 13-inch biceps, so the advice of a man with an

arm of that size would not help us much. But when you meet a man who in addition to having developed a 15 or 16-inch arm, has brought the rest of his body to the same high standard of perfection, then you have a man from whom most of us can learn something.

The *STRENGTH* magazine has no apologies to offer for its urging its readers to exercise with the aim of obtaining the highest possible degree of physical perfection. In some quarters there is a tendency to patronize the man or boy who devotes time and trouble to the improvement of his physique. For our part we fail to see why it should be considered highly praiseworthy to put in three months' hard training in order to run a mile in four-and-a-half minutes, and considered foolish to put in an equal amount of time in building up a fine pair of legs and a capacious pair of lungs.

I suppose it is all in the point of view. I have known people to go to art-galleries, stand in mute admiration before the statues of the ancient Greek athletes, and then raise their eyes and hands and sadly deplore the decadence of the human race. These people are members of that large class that can see nothing that is good unless it is removed from them by several hundred years of time, or several thousand miles of space.

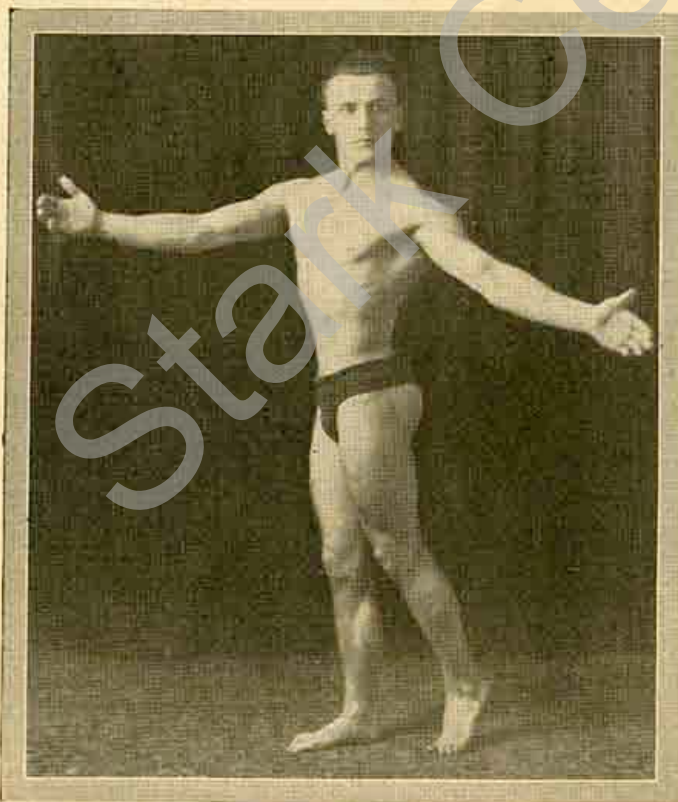
Are you aware of the fact that there are nearly twice as many people in the world as there were a hundred years ago, and probably ten times as many as there were in the days of the ancient Greeks.

What has that to do with it? Just this: the human race is not deteriorating, but, if anything, improving. It takes many, many generations to make any marked changes in the physical make-up of any species of animal, human or otherwise. We live in an age of mechanical conveniences, and many people have allowed themselves to deteriorate through lack of exercise that is necessary to the maintenance of health and physical beauty. Bad housing conditions and underfeeding have in some sections of European cities debilitated the health and stunted the physique of the generation that is subjected to such conditions; but a change to proper feeding and sanitary conditions always results in a tremendous and immediate improvement not only in the health, but in the physique of the debilitated.

The power of a human-being to "come-back" is nothing short of amazing. Remove the children of stunted parents from a congested city district and bring them up on a farm, and those children will rival the country-born in



JACK STATON. In this conventional pose he makes the most startling muscular display on record.



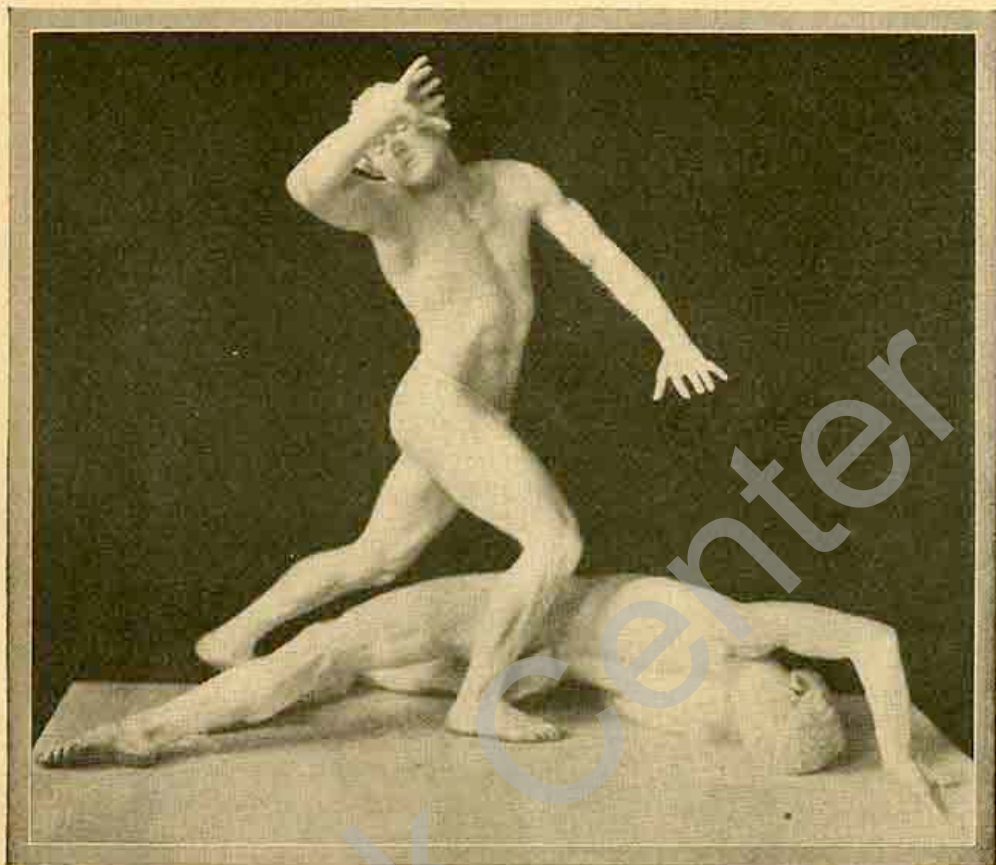
JACK STATON. His waist seems small because he has rotated his body so as to display the breadth of his shoulders.

stature and physique.

Take a thousand grown men from city factories, enlist them in a regiment, send them to camp, and drill them, and march them, and exercise them, and at the end of a few months they will be physically transformed.

Knowing all these things, I get peeved when I hear one of those "glory of the past" people raving about the Ancient Greeks. Take this from me. There is today—this minute—more raw material for athletes than ever before in the history of the world.

If you are one of those who think that physical beauty vanished from the earth with the Ancient Greeks, let me tell you that in our present-day athletic clubs, our



FRED ROHDE, and his partner, Mr. McDonald. They acquired their beautiful figures by graded exercises with the weights.

football squads, our vaudeville stage and on our bathing beaches, can be found men and boys as beautifully built as any Greek who was ever immortalized in marble. I can introduce you to men whose physical proportions would make any sculptor, ancient or modern, gasp with astonishment and delight.

I never walk a mile on a crowded street without seeing several strikingly well-built men. Men who have the bodily framework, and beautiful proportions, and who, if they were subjected to the extensive training of the athlete, could develop the superb musculature of either the Ancient Greek or his modern prototype.

Bear with me a little longer. When you do see these Greek Statues, what

sticks in your mind? That this particular ancient athlete had such and such a record in running or jumping? No! Because no such records have been mentioned. What you *do* remember is that you saw some reproductions of superbly beautiful human bodies; that those statues have been preserved for centuries, partly because they are magnificent works of art, and partly because they reproduce the highest physical beauty of that period.

Some authorities claim that the old Greek sculptors never used one model for the entire figure; that they used one model for the legs, another for the chest, etc. Other authorities claim that the models were not Greeks at all, but negro captives from the north of Africa. That may or may not be so. Of one thing,

however, I am convinced. These statues do not represent the physique of the average citizen of Ancient Greece, but of the *champions* of that time. I doubt if the average Greek was any better built than is the average citizen of southern California.

Here is something else. *You won't find any statues of the Ancient Greek citizens who sat on the bleachers and admired the athletes. Athletes, gladiators, and soldiers you will find, but never spectators. Think it over. They say the Greeks had "the cult of Beauty." In-*



JACK STATON. An original pose in which he contrives to show every separate muscle in his back.

stead of wasting our time applauding the Greeks for cultivating the beauty of the body, why not make it a modern movement.

Now, having lectured you to my heart's content, I will tell you of three of your own fellow-citizens, whose desire for fine physical proportions took the very practical form of being willing to work to get those proportions.

Mr. Fred Rohde

of Portland, Oregon. I have known Mr. Rohde, through correspondence, for several years. In fact I can recall him when he had a 36-inch chest, a 13-inch arm, and a thigh measuring only 20½ inches. These, by the way, are the measurements of the average untrained man of middle height.

Mr. Rohde is about 5 feet 5 inches in height, so you can see that at the start he was no better than the rest of you.

At that time he was not a youth whom you would pick out as having in him the possibilities of great physical strength and unusual beauty of form.

Just the ordinary, everyday chap, except that he had one great asset; the fixed desire to improve himself physically. Like many others of our present-day Apollos, he found that the quickest way to build up every part of his body was to practice developing exercises with moderately heavy bar-bells and weights. Like most other bar-bell devotees, he found that it was peculiarly easy for him to master the tricks of tumbling and hand-balancing, and he has devoted considerable time to those forms of gymnastics. Old subscribers to the magazine will recall that small pictures of Rohde have appeared from time to time, but none of those pictures did

justice to his remarkable development.

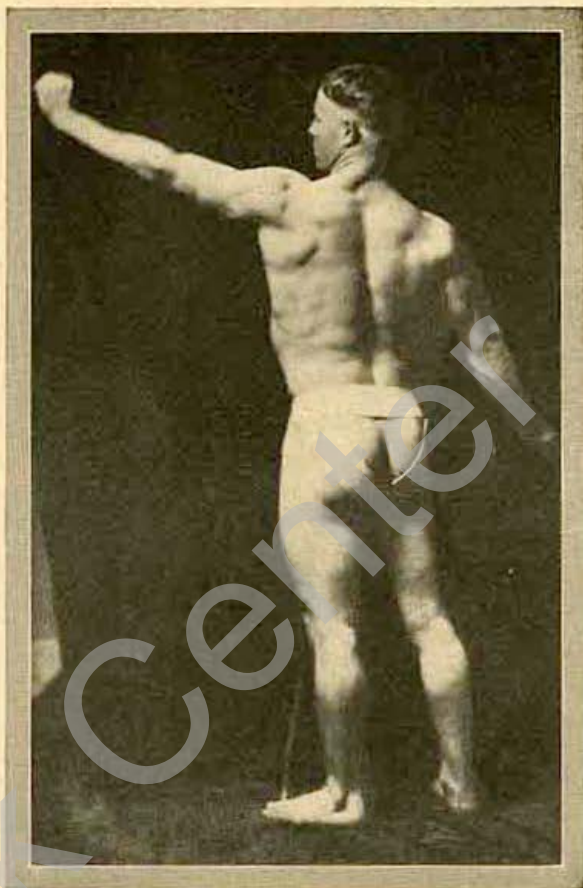
In the December number in my article on "Dancing," I said that a person, man or woman, could have a beautiful form, even if their arms and shoulders were not heavily muscled. I claimed that the general effect was created by the lines of the body from the armpits down. I think Mr. Rohde's pictures prove my case. Take the picture where he is posed as an archer. Lay a piece of paper over the top of the picture so that it covers the head, arms and shoulders. Now you see just his body and legs, and I think you will admit that, even without seeing the arms and shoulders, you would have known that he was the statuesque type of athlete.

Rohde's arms are big, although they look almost slender in this picture. What catches your eye is the piled up masses of muscles across his shoulders, the huge cables of muscles on either side of the spine and the phenomenal development at the back of the thigh. There you have the true marks of the "strong man"; not the arms, nor the development of the front of the body, but the chain of muscles, running with hardly a break from the base of the head to the heels; the muscles that hold the body upright, and that enable a man to lift, shift, or carry ponderous objects.

In the group pose, Mr. Rohde is the standing figure. Again he has made no effort to display the arm muscles. In fact the only tensed muscles are those of his legs, but still the shape is there.

Look at the reclining figure. Another beautifully shaped body, though more slender than Rohde's.

When sending me these pictures Mr. Rohde wrote as follows: "The other man in the picture is a Mr. McDonald. He is a professional dancer, but some



ARTHUR GILDROY. An athlete of the Herculean type. He has the big bones which support a rugged muscular development.

time ago he quit the stage because he was dissatisfied with his figure. He thought he needed more development, so as to have a better stage-presence. With the help of my bar-bells, and the exercises I was able to teach him, he has developed a noticeably fine physique. He has greatly increased in size without interfering with his speed. He says that his gain in strength has given him better control of his steps, especially in his high leaps. He is still training and says he won't stop till he reaches his limit."

I have had many letters from Mr. Rohde, but strange as it may seem to you, we have never discussed lifting. I do not know what his records are. It would surprise me to hear that he ever

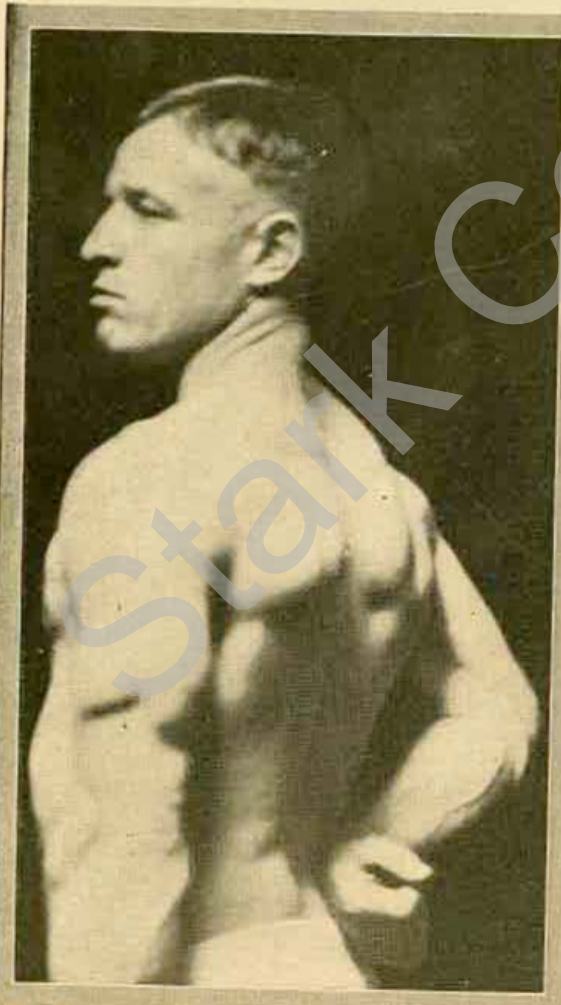
tried for records. His one aim has been to secure perfect proportions, and so when he writes me it is not about lifting, but about possible improvements in his physique.

Stick that archery pose on the wall of an art gallery among a lot of photos of the old Greek Statues, and a lot of the visitors would rave over him as an example of the departed beauty of the ancient athletes. Bless you, they wouldn't spot him as a modern.

His present measurements are:

Height—5 ft. 5½ inches.

Weight—150 pounds.



ARTHUR GILDROY. Posed to show the breadth of the forearm and the extreme development of the triceps.

Neck—15¾ inches.
 Normal chest—38 inches.
 Upper arm—15 inches.
 Fore-arm—12¾ inches.
 Waist—32 inches.
 Hips—35½ inches.
 Thigh—25 inches.
 Calf—14⅞ inches.
 Wrist—7⅜ inches.
 Ankle—8¾ inches.

Mr. Jack Staton

I guess I missed out when I said "three fellow citizens." Mr. Staton comes from Vancouver in Canada.

Here is another fellow who is after physical perfection. I have his letter before me. It says:

"I have a 40-inch normal chest, 15¼-inch neck, 14-inch upper arm, 12¼-inch forearm, 29-inch waist, 35-inch hips, 21-inch thigh, 13⅝-inch calf, 6⅝-inch wrist, 8½-inch ankle, stand 5 feet 5¼ inches and weigh 136 pounds.

"I am a professional wrestler and tumbler. Have done everything in athletics. Field and track sports, hand-to-hand balancing, Roman Rings, trapeze, horizontal bar, statue-posing, and tumbling. Can chin myself twice with either arm.

"I have just secured a bar-bell and I intend concentrating on building up a perfect physique. That sounds like 'big-talk,' I know, but there's nothing like trying."

I got that letter after I had written the first part of "The Mat" on page 57.

So now I have *three* started, Mr. Staton, and the two mentioned in "The Mat."

Mr. Staton is starting in where most men leave off. His present development would satisfy ninety-nine men out of a hundred, but he considers it only a start.

(Continued on page 66)

Sleep, the Health Builder

All of you who are suffering from insomnia, nightmares, etc., read this article by Mr. Eubanks. We are sure you will benefit by it, for Mr. Eubanks gives you quite a few hints on how to get rid of these unpleasant habits—for habits they most certainly are.

Train your sub-conscious mind to guard you against bad dreams. Auto-suggestion will help you to throw off a nightmare every time and also bring on sleep. All you need is grit.

By L. E. Eubanks

AIR is the only essential of human life that ranks above sleep in importance. Thirst and hunger affect the organism more slowly than does unrelieved activity. Action, muscular or mental, produces characteristic toxins in the blood, and when these accumulate beyond the safety limit, nervousness, breakdown, insanity, or death results. Only in the perfect relaxation of sleep can Nature balance her accounts of expenditures and nutrition.

But the necessity of normal sleep has been so often discussed that I shall not attempt to add to what has been said on this point. Sufficient to say it is absolutely and imperatively essential to man's health, happiness and efficiency. Sleeplessness is as old as physical mistakes and guilty consciences. Since the world began we have had causes for this complaint, and the strain of modern life has multiplied them many times.

Broadly speaking, normal health and a calm mind are the only requisites for healthful sleep. Remove the obstacles of these two blessings and the "sweet restorer" will attend you faithfully.

Dealing with the physical causes of insomnia, we find constipation, heavy suppers and sedentary habits chiefly re-



sponsible. Constipation is a serious cause for it develops chronicity of the trouble by undermining the general health and poisoning the nerves. It must be cured by exercise, plenty of fruit and occasional enemas.

Probably one of the most common causes of insomnia is the heavy supper. If this meal is taken late and there is a predisposition to restlessness, the victim is "in for it" nine times out of ten. And even if he sleeps, dreams and nightmares are almost certain. Normal sleep is not necessarily dreamless, but if the rest is much broken by dreams there is something wrong.

Few lead a sedentary indoor life and retain sound health for long. To do so requires knowledge and care. I think any business that precludes the spending of at least one hour a day in the open air had better be given up. For the victim of sleeplessness outdoor air is of fundamental importance.

When you lie down at night it depends on the nerves whether you will sleep; the disturbance—mental or physical—defeats your purpose by "stirring you up." Make the nervous system stronger, less susceptible to disturbance, by breathing more fresh air; a nerve cell uses four

times as much oxygen as a muscle cell. When the muscular system starves under the influence of indoor life, imagine the hunger of the nerves for air! Exercise, to help in the trouble, must not be too strenuous nor too prolonged. If one is not very strong and is unaccustomed to physical exertion, extra discretion must be used. Just before retiring exercise the waist muscles and lower extremities mildly, and follow with a warm (not scalding hot) bath. Do not take cold baths at night. The exercise may take the form of a walk; nothing can beat a half hour in the open air just before your bath.

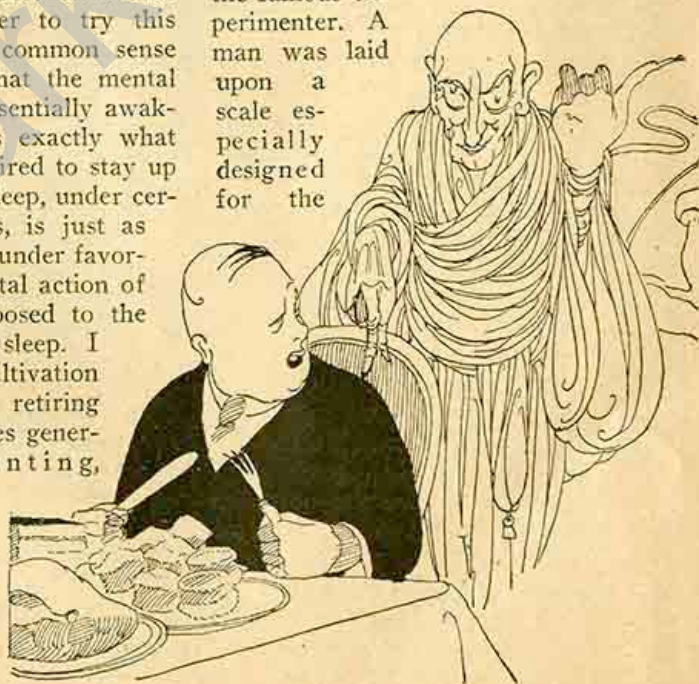
The mental causes of sleeplessness are sometimes extremely hard to remove. First of all, do not "fight"; fighting the complaint is the surest possible way of fastening its grip upon you. Fight the cause, certainly, but do it in the daytime. When you go to bed "forget it" by all means. The most foolish advice that can be given victims of insomnia is that they "will" to sleep. Some misinformed person caused a friend of mine considerable additional suffering by inducing her to try this method. It seems that common sense should teach everyone that the mental action of "willing" is essentially awakening. Determination is exactly what we depend on when required to stay up all night. The effort to sleep, under certain unnatural conditions, is just as great as the effort not to, under favorable conditions; and mental action of any kind is directly opposed to the relaxation necessary for sleep. I am convinced that the cultivation of a blank mind after retiring beats any and all practices generally recommended, counting, imagining so-and-so, etc.

Autosuggestion can be advantageously used. We know of many persons who can wake at any hour they

choose simply by impressing that time on the mind when they retire. It follows, logically, that pleasant anticipation of a good night's rest, confidence that you are going to sleep well and long, will have a salutary effect. The acquaintance I have referred to slept every other night regularly for several weeks. Her spells of restlessness happened to come on alternative nights a few times, and she fell to expecting them. They came, certainly!

A very common cause of insomnia and the one hardest to remove is over-activity of the mind. If you puzzle and worry all day over anything the brain is very apt to keep on working through the night. It sometimes seems impossible to lay the matter aside until morning. Perhaps you sink into a fitful sleep from exhaustion only to wake in an hour or two still at work on the problem.

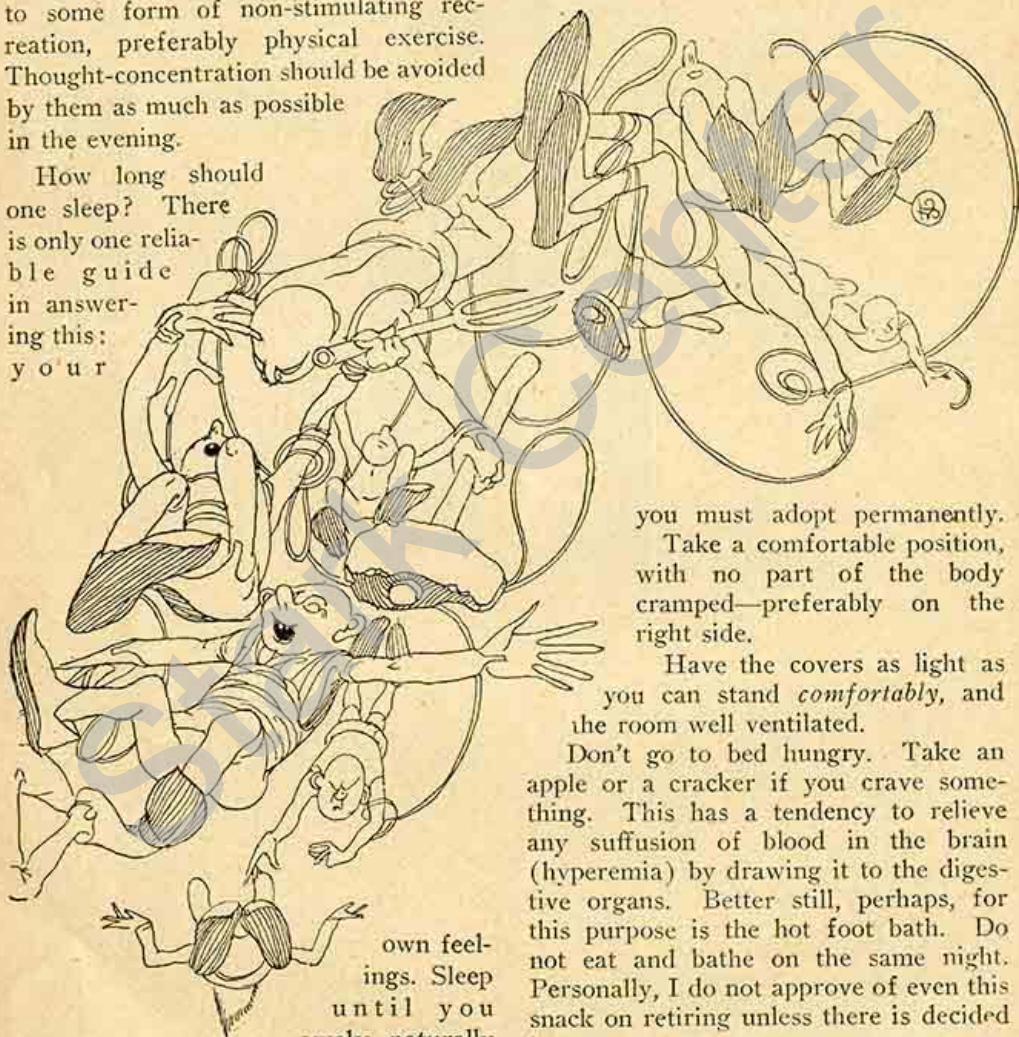
The ideal condition for sleep requires that the brain be as nearly free from blood as possible—a state scientifically termed anemia of the brain. That thought actually draws the blood to the head was convincingly shown by Masso, the famous experimenter. A man was laid upon a scale especially designed for the



work and the apparatus balanced exactly, the subject meantime assuming a "blank mind." Next, a mental problem was presented, and the suffusion of blood necessary to calculation promptly caused the "head end" of the balance to sink.

People of mental and nervous temperament should divert and calm the mind several hours before bedtime. All brain workers should devote the evening to some form of non-stimulating recreation, preferably physical exercise. Thought-concentration should be avoided by them as much as possible in the evening.

How long should one sleep? There is only one reliable guide in answering this:
y o u r



own feelings. Sleep until you awake naturally and feel refreshed. Do not fix the number of hours by some friend's rule; he may do nicely on six and you may require nine to be at your best;

he may be a robust man of vital temperament, you may be a woman, nervous and frail.

While you are building up the general health and acquiring mental control which, as I have said, are the fundamental requisites for sleep, you may avail yourself of a few simple suggestions for immediate use. The first two

you must adopt permanently.

Take a comfortable position, with no part of the body cramped—preferably on the right side.

Have the covers as light as you can stand comfortably, and the room well ventilated.

Don't go to bed hungry. Take an apple or a cracker if you crave something. This has a tendency to relieve any suffusion of blood in the brain (hyperemia) by drawing it to the digestive organs. Better still, perhaps, for this purpose is the hot foot bath. Do not eat and bathe on the same night. Personally, I do not approve of even this snack on retiring unless there is decided hunger.

Subject the body entirely nude to a brief air bath just before rolling in. The reaction will come when you cover up, bringing a delightful sense of warmth

and comfort. Henry Ward Beecher caused much amusement at a dinner some years back when he gave Senator Conkling the secret of his ability always to sleep well. He stated that one need merely to thrust a foot out, allow it to get cold, then draw it back. His friends' incredulity probably gave place to gratitude if they tried the plan. Simple propositions are not always unscientific.

Sleep out if this is at all practicable. Do not be afraid to start at any time; while it is easier to begin in the summer or early fall, the thing is just as beneficial and just as feasible any other season, *provided you keep warm*. As long as you sleep warmly, nothing but benefit can possibly come from the venture; and that you must assuredly do by using ample covers.

All sorts of plans for outdoor sleeping have been suggested, but don't give up merely because you can't have special quarters. If no better plan suggests itself, you can arrange a protection from curious eyes, and get your head, at least, out of the window. Two-thirds of all the oxygen inspired by the lungs in twenty-four hours is absorbed during the eight hours given to sleep, and no effort is too great that will insure a free and copious supply of the great elixir at that time. As I have said, make the beginning in summer if you can—but *make* it. Have a fine sleeping porch if you can—but sleep out *some* way. If you are an indoor worker, here is a way to get even with the outdoor worker who sleeps inside.

I have spoken of dreams; but I believe further discussion will be interesting and very helpful to those who suffer from restlessness. Many of us are accustomed to scoff at dreams and dreamers, and for the most part perhaps nocturnal imaginings are of little import.

But there are dreams and dreams; we should not be too ready to laugh them off.

Recently I read of a man who dreamed at least twenty times that a large black cat sprang upon his bed and clawed his throat. Not easily frightened, he paid little attention to the repeated nightmare, until, having occasion to consult a physician because of a cold, he learned to his amazement that there was a growth in his throat. Very naturally, he immediately understood the significance of his dream. An operation on his throat ended the black cat's visits.

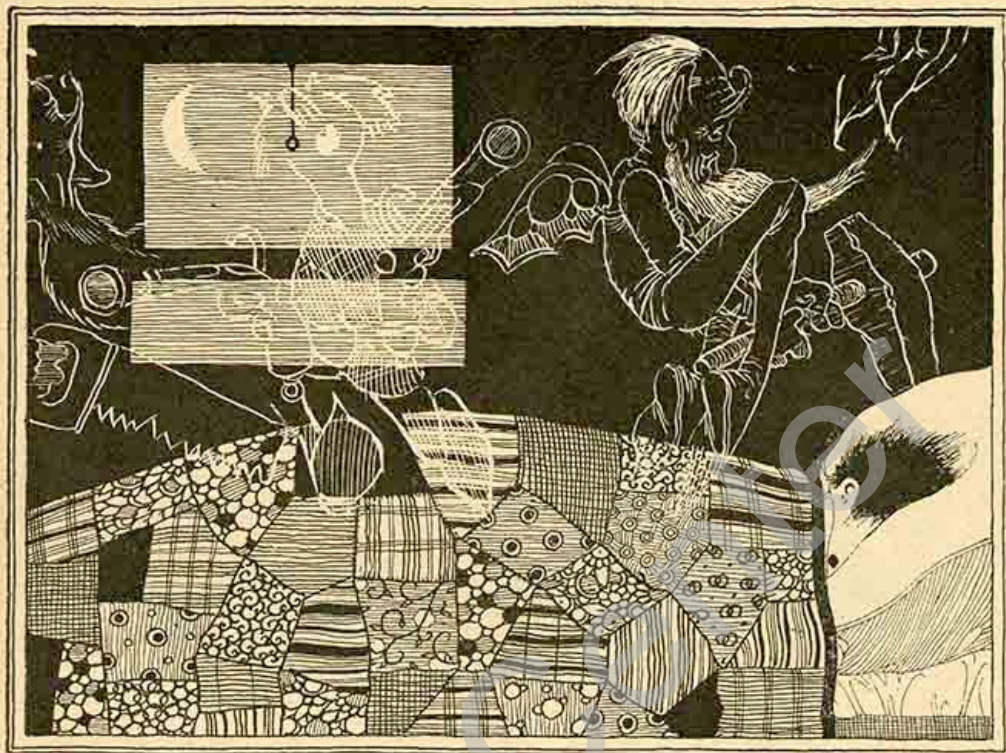
Some physicians say that certain diseases predispose the patients to definite types of dreams. For instance, tuberculosis is apt to cause illusions of flying.

I have read a number of these cases—one man dreamed again and again that he was flying in an airplane, though he had never been in a machine in his life. Sufferers from heart trouble often have gruesome dreams in which they hold the breath through fear of some threatening danger. Usually they wake with a great start and extreme weakness.

Of course, it is not claimed that all dreams are indicative of disease; not at all; but when they recur often on the same general lines it is wise not to ignore them. It can do no harm to make a searching inquiry into the state of health.

Perhaps the most easily proved connection between dreams and the dreamer's physical condition lies in the unrest from dietary indiscretions. Who has not dreamed of great thirst on a desert, etc., after overeating of ham, fish or something of that kind which produced unusual thirst? Mince pie, eaten at night, will make me dream every time; it never fails—and the dreams are invariably unpleasant. It hurts me in other ways, too, so I know in this case





that the dream is significant to me.

I am sure that the most common cause for unpleasant dreaming is eating too much and the eating of unsuitable foods at night. The custom, now regarded in cities as old-fashioned, of eating dinner at noon and making supper light is a lot better for the health than "lunching" at noon and "loading up" for supper.

Particularly if one is not getting much physical exercise, heavy suppers are apt to cause dreams and nightmare—sometimes horrifying visions that can hardly be shaken off even after one wakes. The boy that plays hard every day and the manual laborer go to bed tired, and they sleep so much sounder than idle or sedentarily employed persons that a dream has to be particularly vivid to trouble them. Often the laborer will say that he never dreams. It is more likely that he does, but is so tired that the illusions do not rise distinctly into his consciousness. The mumbling of an intoxicated sleeper proves that he is dreaming,

but the stupor is so deep that he will usually disclaim any dream when he awakes.

An unsettled mind, worry over anything, is a cause of dreaming—and a help to all other causes, as it makes us sleep so lightly that trifles annoy us.

From these facts it is plain that daily physical exercise in the open air is one of the necessary steps toward dreamless sleep—anyway, toward a sleep that is not easily disturbed. But do not exercise soon after supper—not at all in the evening if you are weak and easily made nervous. It is better to get your exercise in the afternoon.

Regular daily exercise suited to your physical condition and light eating, especially at night, with avoidance of foods you know disagree with you—these are two big steps. The third is your position in bed. Do not lie on your back. Organic action seems to be at its weakest in this posture, the circulation is slug-

(Continued on page 76.)

Keeping Down Flesh by Means of Exercise

By Gertrude Artelt

who has been acclaimed as "America's Most Perfectly Formed Woman"

As dictated by Miss Artelt to David Wayne of the STRENGTH staff of writers.

Poses and advice by Miss Artelt and a description and analysis of Miss Artelt's exercises by Mr. Wayne.



Fig. 7

"I AM a devout believer in exercise, but I do not consider that it is necessary to go through a daily drill if you are taking part in outdoor sports and games. My idea, Mr. Wayne, is that anything that makes you use all your muscles will keep you in shape. You can take that both ways; 'shape' as meaning condition and 'shape' as meaning figure.

"A person simply cannot be shapely unless the body is equally and harmoniously developed. Most people know that, but *what* they *don't* understand is that shapeliness and condition are almost the same thing, and that exercise which produces one, is bound to produce the other.

"I believe that one woman out of every three lives in dread of becoming stout. They say that worry makes one thin, but that kind of worry does not seem to help reduce the waist line.

"You men like to joke about a woman's weakness for fibbing about her age. You don't realize that every woman firmly believes that she is only as old as she looks. And there is nothing like surplus flesh for making one look middle-aged and settled. Every woman's ambition is to be referred to as a 'slender young thing.' Fat is a real affliction. It destroys the illusion of youth.

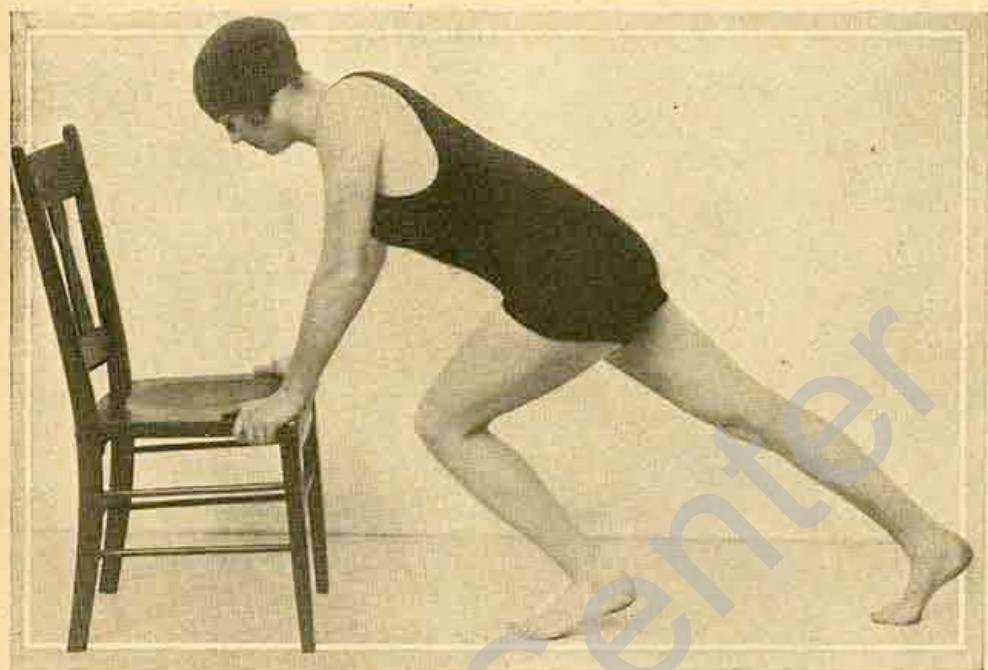


Fig. 12

"Of course, a girl can 'get by' if she knows how to dress. I think some of these costume makers have made fortunes by advertising styles that 'make you look slender.'

"But why stop at trying to *look* slender? Why not *be* slender?"

"I believe that if women realized that it is muscular activity that makes one slender every girls' gymnasium and every swimming tank would be thronged, and that the women would crowd the men out of the golf links and tennis courts.

"If we can only make these stout women understand that fat can't exist in an active muscle, we will be doing something, Mr. Wayne!

"I have known dozens of women and girls who took up exercise, and grew stouter instead of growing thinner, and naturally they think exercise is a waste of effort. Those women were unwisely taught. All they learned was to do 'free-hand' movements. They stood as straight as soldiers and

waved their arms this way, and that, for a few minutes. They used only their arm and shoulder muscles, and some of them are still wondering why they failed to reduce their waist and hip measures. Arm exercises are easy—so easy that they don't even make you puff. But arm movements do not remove flesh from the waist and hips, and those are the places where the fat puts in its first appearance.

"If a woman wants a slender waist, she must use her waist muscles, and use them every day. If she wants to reduce her hips, she must use her legs, not once in a while, but regularly.

"When a woman commences to get stout, she notices that it is a trouble to climb a flight of stairs; it tires her, and 'makes her puff so.' Instead of taking this as a sign that she is out of condition, she kids herself into thinking that stair-climbing is dangerous, and she avoids it as much as possible. What she should do is to make a sport of stair-climbing, and to seize every opportunity



Fig. 10

to go up and down, until she can again scamper up the steps the way she did when she was a lad. When stair-climbing no longer winds or tires her, she will find that her fat has disappeared.

"You know, I feel that I have not anything of value to tell the girls that go in for outdoor sports. They have already learned the lesson. The girls and women I would like to inspire are the ones who are gradually getting bigger and heavier, and who have not the least idea of how to help themselves. A married friend of mine sadly said to me,

'Every day, in every way, I am getting stouter and stouter.' Believe me! the hardest exercise she ever takes is to lace her own shoes—and soon she will not be able even to do that.

"I am strong for outdoor games, principally because in games you want to win, and you cannot win unless you are in shape. There are many games for girls and taking part in any one of them is enough to produce thorough physical fitness.

"As figure-makers I would place tennis first, then hockey, then ice-skating, and lastly, golf.

"Swimming is the best of all, because it makes you use every muscle, and because you can keep it up longer. Some people may exclaim at this, because they have seen pictures of girl swimmers who appeared to be heavily built. Let them look at those pictures again, and they will find that while the girl may be big and have well-rounded arms and legs, she never has a big waist nor lumpy hips.

"Swimming keeps the waist line down. Why? Because the legs do their share in driving the body forward through the water, and consequently are continually in action. In the crawl, the legs are used less than in any other stroke, but in the breast stroke the leg action is very vigorous, because first, you bend your legs and draw the knees up toward the body, and that causes a

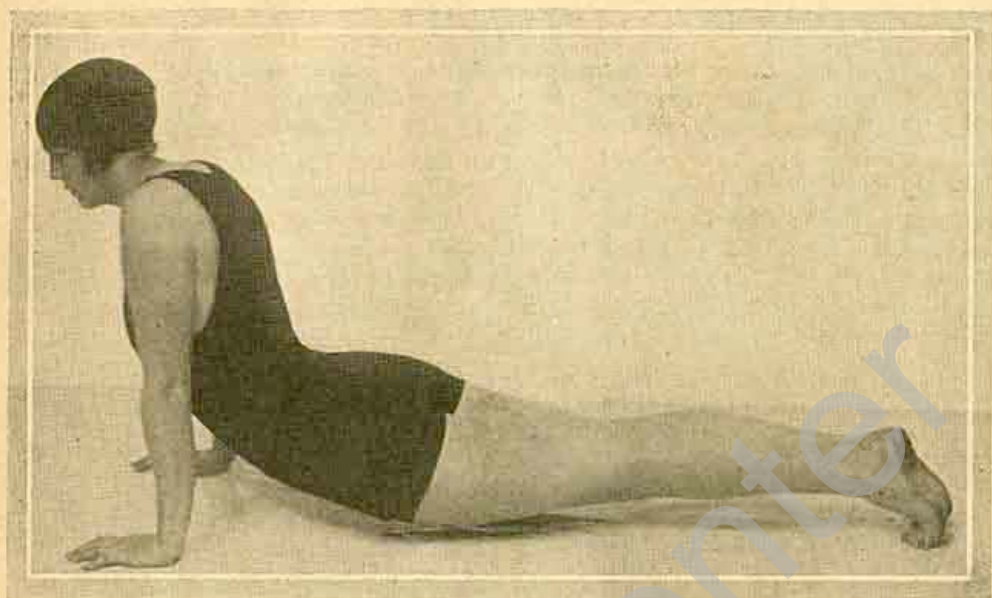


Fig. 8a

contraction of the muscles over the stomach; then you shoot the legs out, and that means a contraction of the lower back muscles. In the other strokes, while the legs are not quite as active as in the breast stroke, they are, nevertheless, brought into action in a way that involves accompanying contraction of the waist muscles. Oh, yes, swimming is like jumping. It takes a strong back as well as strong legs. At a competition in Chicago I cleared 8 feet 1 inch in a standing broad jump, and I was using just the muscles that I had strengthened by the leg drive in my constant swimming.

"The fascination of swimming is that, just as in golf, you are always trying something new. You are either trying to out-distance some new competitor, or mastering a stroke, or learning another fancy dive. You always feel that it is in you to do just a little better, and you are willing to practice unendingly. You get exercise without knowing it.

"I suppose the same thing applies to most games. My friends who are tennis players are just as keen on their game as I am on mine, and certainly

these girl tennis champions are an up-standing, trim-waisted, clean-limbed lot. Sounds as though I was talking about a lot of race-horses, doesn't it? Well! there you are! A race horse is a beautiful creature. You never see a fat one. Maybe I made a good comparison, after all.

"My fear is, that some girl who reads this may say, 'Oh, I am too fat to play tennis. I'd look a sight jumping around a tennis court, all red in the face, and perspiring like a water-cooler on a hot day.' That is just the girl who *ought* to play tennis, and if such a one reads this talk of mine, I would like to say this to her, 'Go to it and stick to it. Take it easy at first. Have some one teach you the strokes, but let your first opponents be somewhere near your class. Don't try and play six sets the first day out. Start with one or two sets and gradually increase. If you get utterly winded, call for time until you get your breath back, but don't quit. Try for everything that comes your way. You will get just the exercise you need. You will have to run forwards, and backwards, and sideways. You will have to

lean this way, and bend that way, and stretch the other way. And after you have done all this every afternoon for several weeks, you will commence "taking in" all your clothes, and you will wonder why you ever thought you were getting stout. You will find that it no longer tires you to go up and down stairs, and best of all you will find that exertion no longer makes your whole face red (the dread of every girl), but brings the color only to your cheeks.'

"If it is hockey you try, don't quit because on your first day out, those slender girls run rings around you, and are just getting warmed up when you are ready to drop. Just remember that when you have run as much as they have, and as often as they have, you will be just as supple, as active and as enduring as they are now.

"The great thing about tennis and hockey is that they make you leap about, and spring into the air. Until you can leap and spring you are not in good condition. Walking is all right as mild exercise,—better walk than do nothing,—but just walking will not restore the youthful outlines.

"Golf is harder exercise than most people realize. At golf I am a mere beginner, but I can realize the exercise possibilities in it. I do not mean the walking, though you have to do a lot of that. I mean the climbing hills, and swinging the clubs.

"Just suppose a beginner at golf plays eighteen holes. As a beginner she will probably take 140 strokes, and in half of them she will take a full-swing. I won't attempt to describe the strokes. I am not good enough for that, but in a full-swing you do not move only the arms. Your whole body rotates almost as it does in one of the exercises I showed in my first talk. Count up the strokes in your long game and add all your practice swings, and you will find that your body muscles get a good deal of exercise in an afternoon's play.

"But there! Mr. Wayne. If you get me talking about outdoor sports, I never will know when to stop. I only hope I have made it clear just why these games do help you reduce, and how they positively *keep* you reduced.

"I know there are lots of girls and

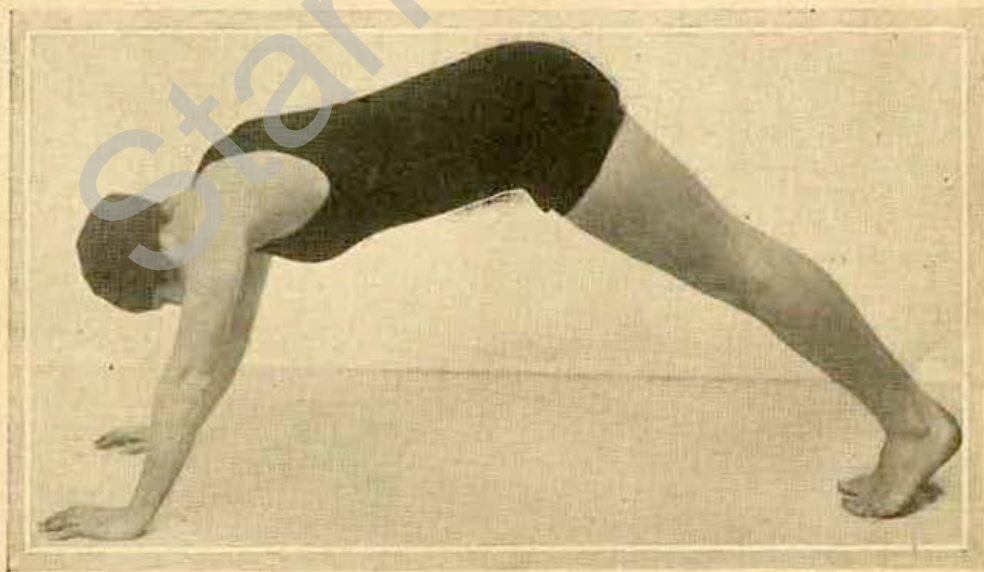


Fig. 8b

women who are too busy for games. All of us cannot put in three or four afternoons at swimming, playing golf, or tennis. But every woman and girl can spare ten or fifteen minutes a day for some kind of exercise. And since most of them are after slender figures, first, last and all the time, I will show you some of the exercises I practice in the winter when outdoor stuff is impossible. Five of these exercises are for the muscles of the waist and hips, and the sixth exercise is one that strengthens the ankles and keeps the arches of the feet from falling."

* * * * *

EXERCISE 7.

The following is Mr. Wayne's description of the exercises performed by Miss Artelt:

This is a simple stretching movement. Miss Artelt stood as in Fig. 7, with her weight resting on the right foot. She reached as far upward and forward as she could with her right hand, and as far downward and backward as she could with her left hand. At the same time she brought the left foot to the rear and stretched the whole body. Then she reversed the position and rested her weight on the left foot, and reached upward with the left and downward with her right hand. This exercise should be repeated a dozen times. You should work slowly and steadily. The reaching motion stretches all the muscles of the waist region, both back, front and sides; and the tendency of the exercise is to make the waist smaller in comparison with the chest and hips.

EXERCISE 8.

The eighth exercise brings very vigorous work to the muscles along the front of the abdomen. Miss Artelt supported her weight on the palms of her



Fig. 11

hands and on her toes. Then, *without bending her arms*, she allowed the body to sag as in Figure 8-A. Note that her hips do not quite touch the ground. Then she slowly and steadily raised her hips as high as she could as in Figure 8-B. I noticed that she breathed in as she lowered the body, and out as she raised it.

This exercise is fairly strenuous and at first you may be compelled to let the hips rest for a moment on the ground each time that you lower the body. Also you may find that when you start, it

is impossible for you to bring the body higher than in a straight line. But you must persist until you can raise the hips as high as Miss Artelt does. The higher you raise the hips, the more vigorously the muscles contract on the front of the abdomen. Vigorous muscular contractions burn up surplus fat. Surplus flesh makes its first appearance along the front of the abdomen, so that this exercise is one of the most valuable in Miss Artelt's program. Repeat this exercise three times the first day, and increase by one each day until you are able to make twelve repetitions.

EXERCISE 9.

This is another exercise which develops the muscles at the sides of the waist and removes the unsightly lumps of fat that accumulate at the top of the hips.

Stand erect. Hold the arms above the head and parallel to each other. Keep the legs perpendicular to the floor, and bend the body as far as you can to the left, and then as far as you can to the right, and repeat one dozen times. Breathe out as you bend to the left, and breathe in as you bend to the right.

EXERCISE 10

This is an exercise which develops the calves of the legs in a way that will give them a pleasing outline. It also strengthens the ankles and prevents flat feet. Stand erect. Fold your arms and raise as high on the toes as you can just as Miss Artelt does in Figure 9. Repeat twelve times with the feet parallel. Rest a minute and then repeat twelve times more, but this time put the heels together and turn the toes out. Rest another moment and repeat twelve times more, but this time stand with the toes turned in. Breathe in as you rise, and breathe out as you lower the heels.

EXERCISE 11.

This is an advanced variation of exercise 4, which appeared in the February
(Continued on page 75)



Fig. 9

Broad Shoulders and Deep Chest

Many of the readers of STRENGTH, we think, wish to attain broad shoulders and deep chests. You all know that the man who carries his chest high, with shoulders square and well back, impresses everyone as being one who is not afraid of opposition and who can overcome all difficulties.

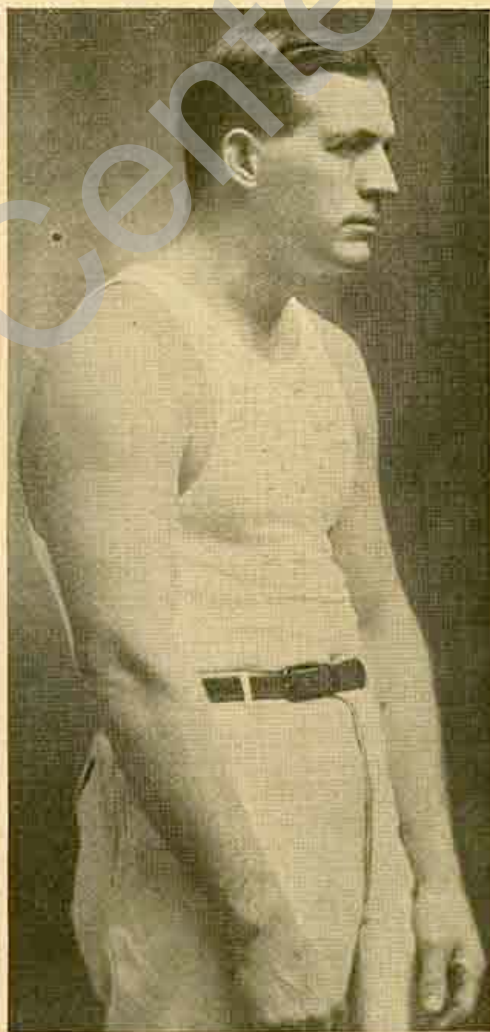
If you will read Mr. Mason's article you will get a good many valuable hints and exercises on how to obtain broad shoulders and deep chests—an appearance that is an asset to anyone—man, woman or child.

By J. Leonard Mason

WE are all familiar with a certain figure of a powerfully built man who stands with well braced feet, leaning somewhat forward, high up on his great back rests a huge ball. It is the figure of Atlas holding the world on his shoulders. Mythology tells us how this rather heavy burden was transferred to the shoulders of Hercules and that Atlas tried to make Hercules assume the responsibility permanently, but the cunning Hercules "got out from under" by asking the slow thinking Atlas to take back the burden for a moment while he adjusted his lion skin pads for a long session. With shoulders once more free Hercules promptly changed his mind about accepting the job and sauntered off, leaving the indignant Atlas to follow his regular line of business.

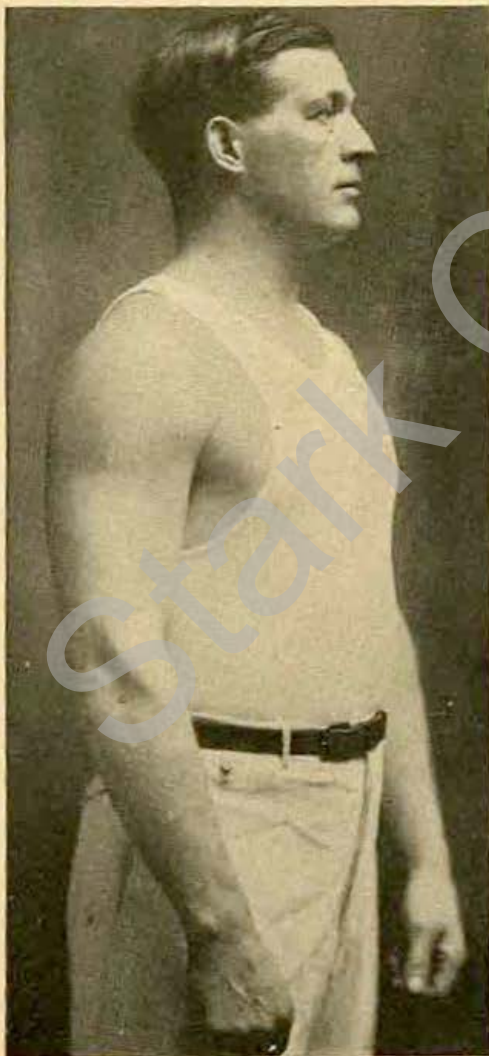
As depicted by sculptors and painters, there is no doubt that either of these men could carry any burdens which might be placed on their mighty shoulders. Among us present day human folk, how many can say, "My shoulders are broad and my chest deep and physically I can do my day's work, and carry my burdens satisfactorily."?

You may be easily satisfied and if you are doing pretty well in keeping out of the doctors hand you are willing to "let it go at that" as the saying is. But there are times when we long to be more than "just ordinary" in physical strength and stature.



Incorrect standing position.

We want the power and the endurance to work harder, to shoulder our responsibilities without a waver and to keep on fighting for the realization of our fondest dreams. How much physical condition has to do with success! Read this quotation from the pen of Dr. R. Tait McKenzie, the noted director of physical education. He calls for "men" (and women too) with clear brains, flushed with blood, driven by a sound heart and purified in capacious lungs, with an unimpaired digestion, erect carriage and elastic step whose bodies are the keen,



Correct standing position.

well tempered instrument of the well trained and well stored mind. These are the sort of men and women from whom we may expect audacity in the approach, courage in the attack and tenacity in overcoming those obstacles which stand in the way of success and progress. "What a fine interpretation of perfect condition that is!"

In acquiring strong broad shoulders and deep chests let us begin with the very positions we take when walking, standing or sitting. It is important to correct faulty habits of posture during the growing period in childhood and youth before the bony structure becomes more or less rigid.

It is a common fault among your people to allow the chin to drop forward so that instead of the head resting on a straight spine, the neck and back form an undesirable curve known as round back. Of course, the chest will drop and flatten at the same time. When starting to correct these posture faults begin with the head.

About the best advice which I have heard to overcome this fault of thrusting the head forward was by R. J. Roberts, a famous physical instructor in Boston for many years. He would tell his pupils to "press the back of your neck against your collar button." He might have added, "then keep it there!" It is the same as saying, "keep your chin in," only expressed in a way which can be easily understood.

Immediately upon getting the head in a good strong position the other faults begin to correct themselves, the chest becomes higher and fuller and the back flattens out. Study the relative position of your head, chest, back and shoulders before your mirror. It will give you a better idea of your posture than if you depend entirely upon how these changes in position feel. One's feeling is generally pretty reliable, however, and if you really think about it you can tell whether you are standing erect or

slouching lazily. Anyone whose bones are not rigid and set in a faulty position can help himself wonderfully by simply training his muscles to hold the body in a good position. You can do this as you go to work each morning and wherever you are during the day. Whatever your work, whether it requires you to stand, sit or walk, practice good posture in every position you take and in every movement which your work requires.

The first indication we have of a man's physical power is shown by the depth of his chest and the breadth of his shoulders. The man who carries his chest high with shoulders square and well back, impresses us as being one who is not afraid of opposition and who can overcome difficulties.

Personal-ity counts for a great deal towards your success and a favorable physical appearance is a big factor in making up a pleasing personality. A good appearance in public is an asset to any man or woman in whatsoever business, profession, or trade he or she may be engaged.

The most important reason why broad shoulders and especially deep, well-rounded chests are desirable, is from the standpoint of health, vigor and vitality, these last being synonymous. The chest is a box, and whether in your particular case it be just a little weak box, an ordinary sized box or a full-sized powerful box, it contains the most valuable possessions you have, the fountain

and breath of your life, namely, your heart and your lungs. These vital organs should have all the room you can give them to work in; they must not be cramped. Give them plenty of space in which to function properly and you will be rewarded with abundant vitality, but cramp them and impede their perfect function and ills of the flesh will surely visit you sooner or later. The stoop shouldered, flat chested person is more susceptible to coughs and colds which may lead to serious lung trouble.

Let us get a few fundamental facts in mind regarding the chest and shoulders before talking about the exercises which will develop them. The size of the chest muscles does not determine the condition of the chest. These may be well developed yet the whole chest lack the depth and fullness it should have, especially in the lower or ninth rib region.

Therefore, it is important to emphasize those exercises which will raise the ribs and cause the chest walls to expand,

such as stretching the arms high overhead and forcing them way back as they are lowered to sides. The muscles which do this lie in the back and shoulders. They are powerful groups and when contracted the effect on the chest is splendid. Doing the simple exercise just mentioned with forceful stretching of the chest and contracting of the back muscles will relieve a cramped working position and keep the chest in pretty

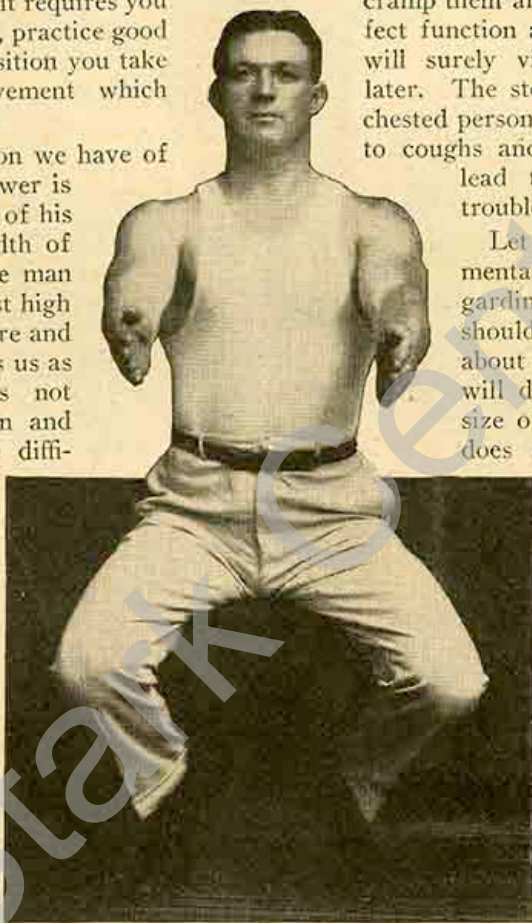


Fig. 3

good condition. Repeat the movement ten to twenty counts each time you exercise and find two or three periods each day for doing it.

the whole body becomes refreshed. Deep breathing as well as holding a good posture can be practiced anywhere. Out in the fresh air is, of

The part which breathing has upon the chest walls is also an important factor to consider. We know that breathing is a muscular action and that the diaphragm, that great fan-like muscle lying between the thorax and the abdomen at the lower ribs, is constantly working like a bellows in the process of pumping impure air from our lungs and allowing the fresh air to enter. The more you develop and strengthen the muscular action of breathing by conscious practice the stronger it will become when you are not thinking about it. When we breathe fully and deeply, more oxygen is taken into the lungs and

course, the best place to breathe atmosphere. But don't become a delicate breather even if you have to spend most of your working moments indoors. If this is the case, open the windows, let some fresh air in the office, shop or classroom, then take your breathing exercises. Have plenty of fresh air in your sleeping

room. You will breathe better when asleep. Some one said, "Night air is bad." "Well," was the reply, "it's the best air we can get after sundown."

It is a well known fact that singers and public speakers usually have finely shaped chests. They breathe deeply and keep the chest well expanded when in

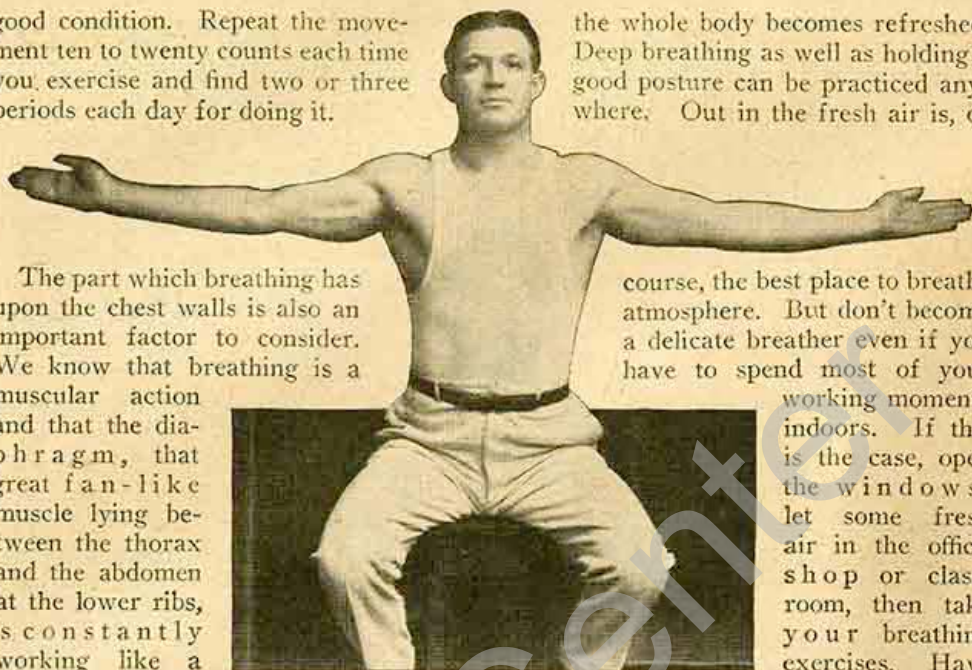


Fig. 4

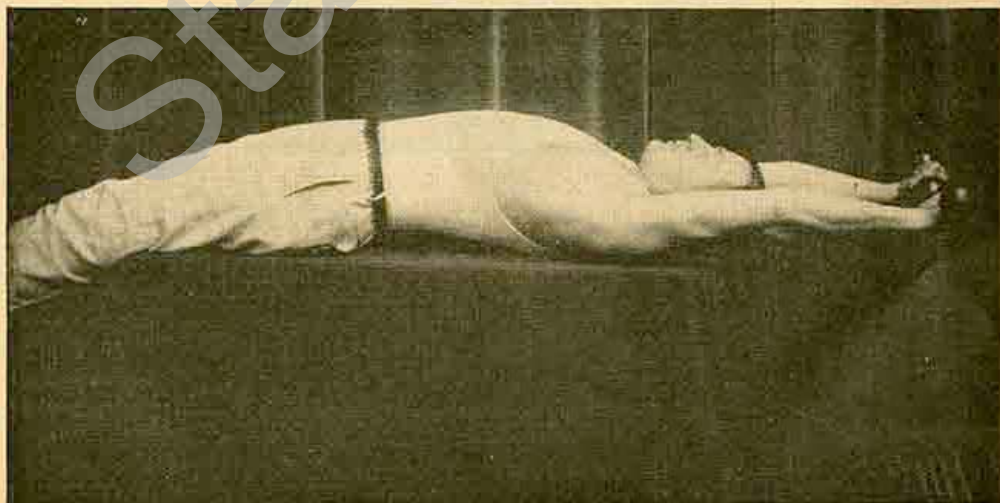


Fig. 5

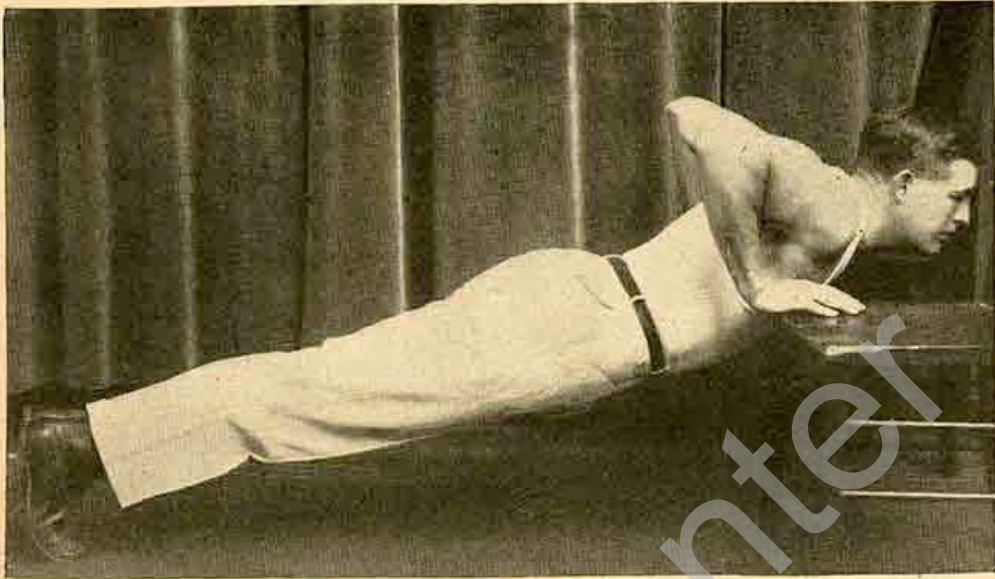


Fig. 6

action. Consequently it becomes high, full and deep. Singing and public speaking may be well regarded as very healthful exercises.

A rigid chest is not desirable. It is brought about by exercise or work which develops and shortens the muscles which contract the chest while neglecting those muscles which raise and expand it. Constantly moving the arms and shoulders forward or working in this position without a corresponding amount of pulling back exercise will cause this cramped and rigid condition.

Chest capacity means the amount of air which can be taken in and expelled from the lungs. This depends largely on the mobility of the chest as well as the size of the lungs. This mobility or chest expansion can be taken with the tape measure by those interested in their progress. Place the tape just below the large chest or pectoral muscles; then deflate the chest by breathing out all you can. Measure your deflated chest. Then inhale all you can and take the measurement fully expanded. The difference in the two measurements is your expansion. The measurement of the upper chest over the pectorals and high up under the

arms is more of a muscle measurement but may be interesting for you to take from that standpoint. It is better to have some one take these measurements for you as it is awkward to do it yourself.

To be able to breathe deeply and easily is very important in all strenuous athletic sports; i.e. swimming, wrestling, boxing, track and all active games. Endurance depends largely on one's breathing apparatus. Engaging in active sports and games is obviously beneficial. For those who have not the opportunity to so exercise daily, they can do some stationary running, skipping, hopping and jumping at their own homes.

It is quite possible that a person can practice correct posture and deep breathing yet still be lacking in a desirable muscular development on chest and shoulders. Strong, well developed chest muscles are a protection to the heart and lungs. They function in an important way in all our daily movements. Heavy, strong muscles around the chest and entire thorax region will not decrease mobility if those splendid muscles are developed evenly and kept pliable and responsive. (Continued on page 72)



BOXING

Prepared by William J. Herrmann

of Herrmann's Institute of Physical Training, Boxing, Fencing, Wrestling and Selfdefense, of Philadelphia

LESSON TWO

(Continued from the February issue)

AFTER you can retreat, as described, in good form and style then learn to also retreat by springing instead of stepping back. Retreating by means

of spring steps is fine practice and develops a good boxing balance. Practicing retreat steps will supple the legs, add speed to the boxer's foot work, develop confidence, give poise and keep one from getting rattled by an opponent's rushing advance.

Skill in retreating is one of the vital points in self-defense, as important and, at times, even more so than skill in advancing. Just as the novice should constantly practice advancing by stepping in with the left foot following it sharply with the right, so should the reverse or the retreating step be likewise practiced until it also can be done instinctively at full speed in best of form and style. Be sure your body and hands are not thrown out of position by any rapid change of ground. Be always ready and in position to instinctively hit or block as combat conditions may warrant. Don't drop the hands. Practice before a mirror is helpful.

CIRCLING AROUND YOUR MAN

Advancing is usually done by first moving the left foot forward and then following it by the right; retreating by first stepping backward with the right foot and then following it with the left. In circling around your man, either to the right or to the left, the left foot usually moves first but not always. It depends upon your opponent's position, as well as your own, and on which foot you are carrying the most of



Benny Leonard

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your weight at the moment. The principle of using that foot first which carries the least body weight, obviously makes for a quicker and easier change of ground.

If your body weight at the moment is resting more on your right foot than on your left, then in taking ground to your side, step to your right side with your left foot first and follow it instantly with your right foot. However if your body weight at the moment was resting more on the left foot than on the right, then in taking ground to the right, step to your right side with your right foot first, following it instantly with your left.

In circling to your left, should your body weight at the moment be resting more on your right foot than on your left, then step to your left side, with your left foot first and follow it instantly with your right.

However, in circling to your left should your body weight for the moment be more on your left foot than on your right, then step to your left side with your right foot first, following it instantly with your left.

In circling to your right or to your left, pivot slightly the balls of your feet in order to keep facing your opponent.

By adopting these steps you keep in good position with the right foot in back

of the left. The left foot should always be in advance of the right foot and the toes of the left foot should point directly forward at your opponent at the finish of any change of ground in circling around an opponent.

Be sure you don't lose good position of arms, feet, legs and body in making quick changes of ground. After any change of ground always be in good position,

poised and ready to attack or defend as combat conditions may warrant. Also be sure you keep your eyes on your man and never drop your hands.

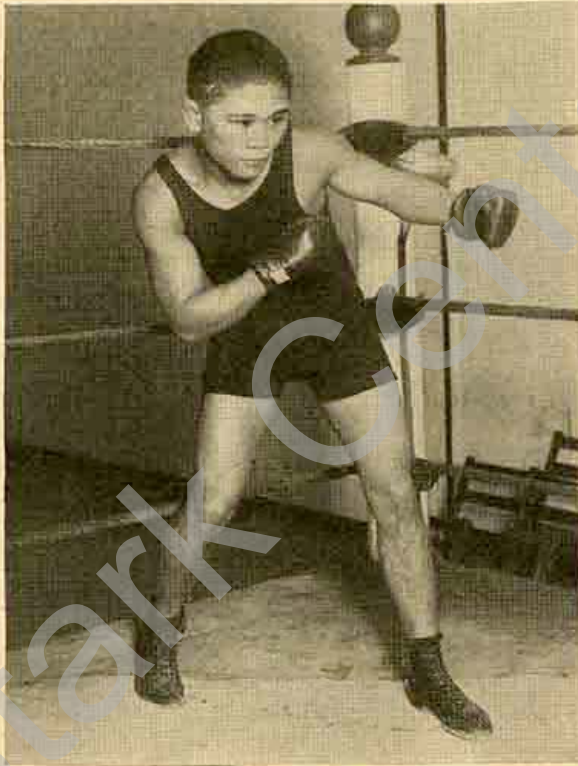
LESSON THREE

PRELIMINARY SPARRING MOTIONS

After you can advance, retreat, circle to the right and circle to the left, as described in the preceding lesson in elementary footwork, then learn the

following sparring motions to be used either alone or in combination with them as may be necessary.

In maneuvering for an opportunity to secure a good opening, don't keep either your hands or your feet in any one fixed "on guard" position. Keep them on the move in some good recognized sparring motion. Good sparring motions are the basis of most of the clever "in and out" work so helpful in confusing an opponent. Moving arms to and fro, forward



Pancho Villa

© Keystone

and backward, also enables you to more readily, quickly and unexpectedly hit or guard with either hand as may be necessary.

Although performed on a smaller scale these sparring motions are so similar in action to the start of an actual hit or the taking of a guard that your opponent, in consequence, will be less able to accurately determine the real from a false. Good sparring motions are many, but one of the best to learn at this stage of your lesson is the following:

In performing this sparring motion let your arms move to and fro a short distance in such a manner that as one hand moves slightly forward the other travels slightly backward. This keeps both hands always in ready action. One hand is always in position to hit while the other hand is in readiness to defend.

Don't open up. move the hands alternately forward and backward a short distance. In a general way your left fist moves forward in a direct line from your left elbow to your man's jaw. As your left hand recovers, move your right hand forward and outward, about six inches, so as to momentarily be about twelve inches or so in front of your jaw.

The left hand usually moves forward and backward over a slightly longer distance than that traveled by the right. Although the left hand is usually more in front of and a lit-

tle below the position of the right hand, in performing this sparring motion it is never extended its full reach. The left arm extends its full length on a straight hit but not in this sparring motion.

In this sparring motion hold your left fist so that the thumb is up, and inclined just a little to the right. Do not uselessly twist your wrists, nor wobble your hands while the arms alternately move forward and backward. In a straight left lead at the head, it is advisable to turn your left hand so that the palm side of the left hand faces downward when the hit lands, but don't uselessly twist your hands while sparring for an opening.

The palm side of the right hand faces outward; in other words the padded part of your right hand glove is towards

you, not towards your opponent. This is a safer and stronger position from which you can more readily move your right hand to block, guard, parry or fend aside your opponent's punch.

Practice until you can perform in good form these maneuvering motions of your arms; then learn to do them in combination and in time with a slight stepping in and stepping back motion of the feet. Use your feet as well as your hands in sparring for an opening. In using your feet in co-ordination with the above motions of the arms, make it a point to always use your left foot in time with your left arm. As your left



Harry Greb

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arm moves forward, let your left foot also move forward as if to step in, but without actually advancing unless necessary. In recovering withdraw your left foot the same time you withdraw your left arm.

In retreating, as the right foot steps back let the right hand go slightly forward as if to guard, at the same time slightly drawing back the left arm in time with the slightest backward motion of the left foot.

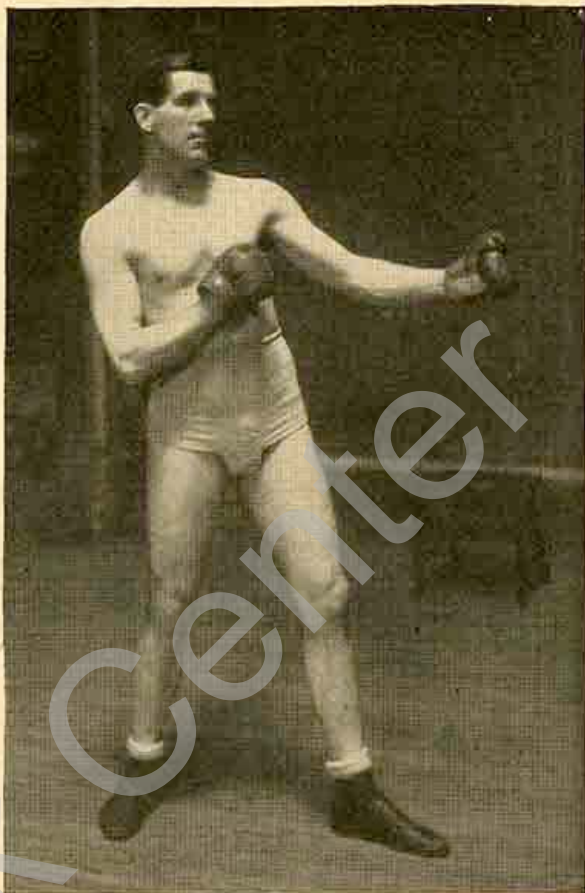
Although there are many styles of sparring motions, the action of the arms and feet just described will be of most value to you at this stage of your lesson.

Vary the above sparring motions at times by using your hands in more or less of a long, elliptical sort of motion instead of moving them in more direct, straight lines. Still another variation is to use two consecutive forward motions of the left arm while making but one motion with your left foot.

Do not confine yourself to but one sparring motion. Mix them up. Learn to use them all to good advantage. It will add to your versatility. The more good, effective sparring motions you have at your command the greater your resources and the less liability of your opponent solving your attack or defense, especially if used with changes of style and position.

In moving your arms, don't open yourself up, be careful you don't wing your elbows, thereby unnecessarily exposing your body. Also avoid using your arms in a stiff, strained, or awkward manner. Let your muscles be free, easy and supple. In sparring for an opening don't tense your arms as it interferes with your speed and dexterity.

Practice these preliminary sparring motions until you can do them in good



Jim Corbett

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form and style in an easy and graceful manner. In maneuvering for an opening you can use the actual action of the arms, not only alone, or in time and combination with your feet, but also in combination with advancing, retreating and circling to the right or circling to the left around your man. Always be ready to develop your sparring motion into an actual hit or guard, or both, as may be necessary.

Instead of merely using a small step as your left hand moves forward you can use an actual advance step, either for the purpose of closing up or to keep proper distance, should your opponent give way or retreat. In countering, when your opponent advances or forces you to

give way, use short retreat steps in combination with sparring motions, in order to again maintain proper distance.

In retreating, draw the left fist in as your right foot moves back. In advancing let your left arm travel forward in co-ordination with the forward step of your left foot. Be sure to practice these moves correctly, faithfully and diligently. Learn to do them in the best of form and with the least expenditure of energy. Make it a point to always time the action of your left foot and left arm together.

If, when sparring for an opening, you wish to draw your man on, in order to bring him within your striking distance, you may at times use several retreat steps in succession. By making the last one shorter than usual and then suddenly stepping in with a quick hit, you will often be able to strike a sudden and unexpected blow to good advantage.

Again, should your opponent persistently advance on you in such a manner as to force you back too far, or compel you to repeatedly retreat, you may be able to keep him off as you retreat by threatening him with your left. Extend

your left towards his face in such a manner that he will risk running a foul of your left fist, as your right foot steps back.

BREAKING GROUND

"Breaking ground" is a ring expression, meaning to get out of distance—out of reach of your opponent. Every move a boxer makes, in which he backs away from, or gives ground to an opponent, is practically breaking ground. Nevertheless, technically, the term "breaking ground" refers to that particular form of good get-away foot-work generally resorted to in order to place a wider separating space between your opponent and yourself rather than that usually cleared by the average length retreat step.

Don't confuse breaking ground with either a back-step or with a retreat step, or with getting away in disorder, "tin canning" around the ring, "dogging it" or running away from a punch.

The action of the feet in back-stepping, retreating and breaking ground, as well as the tactical reasons governing their respective uses, are all somewhat different.

BACK-STEPPING

In a "back-step" you step back with your right foot just far enough to safely pull away from a punch coming your way. Don't step back too far, only far enough to get out of reach of the blow or you may have difficulty in recovering your position, for the logical thing to do, after successfully pulling away from a punch by means of a back-step, is to immediately follow it up by stepping in and hitting your opponent, before he can recover.

(Continued on page 78)



Mickey Walker

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THE MAT

*A new department replacing the old-fashioned editorial.
Not a "question-box," nor a "readers' service," but a department where
you can fight for your views, or where you can sit in the reserved seats, and
watch your fellow readers "go to the mat" in defense of their convictions.*

IT IS surprising how easy it is to start something. For instance, I recently sent out a circular announcing to some of you that I intended to publish, in *STRENGTH*, some articles by a man who is striving to obtain the World's Record Measurements. This gentleman (whose name I cannot yet announce) has, by study and training, almost achieved his ambition: That is, he has gotten his normal chest to 51 inches, biceps to $17\frac{3}{4}$ inches, thigh 28 inches, calf $19\frac{1}{2}$ inches, and so on. These measurements are phenomenal, especially when you consider that he started with a 36-inch chest, 11-inch biceps, and 13-inch calf.

I have known men with even bigger measurements, but those chaps were fleshy, while my friend is solid muscle. His first article by the way, is going to be on the development of the neck, and as his own neck measures a clean 19 inches, his advice is well worth taking.

But here's the point. As soon as the circular reached one of our Brooklyn readers, he wrote me and gave me a list of his measurements, and his phenomenal gains, and said that he was also working for the very peak of development.

So here are two enthusiasts, from widely separated towns, both striving for the same thing; and I know that the older man (who is writing the articles), will be really pleased to hear that he has a competitor—no! not competitor—fellow-worker! and will do all he can to help the younger man.

Metaphorically speaking they are going to the mat, but in the friendliest rivalry. Where you come in, is that this department of *Strength* is "The Mat" and all of you readers are occupying reserved seats, as it were, for reports of their progress will be reported here.

You Can Go to the Mat

This department is open to any reader who wishes to write in on any topic concerning matters relating to health, muscular development, sport and athletics. I cannot promise to print all the letters, but you can depend on me to publish the ones that bring up questions of interest to all of us. Here is one to start.

CAMDEN, N. J.

It is surprising to me that you never have discussed the merits of long limbs vs. short limbs. I think that is a point that you and your writers have neglected in their discussions of physical power.

I know that a long-armed and long-legged man is generally a big man, but I am not simply implying that a good big man is better than a good little man. That has been written up again and again.

My angle is that a long-limbed man has an immense advantage over the short-limbed fellow in practically all competitive sport, be it of the mild or the "strong arm" class.

Since I happen to be in the long-armed, long-legged division I suppose you'll think I am biased. Perhaps I am, but I've been interested in athletics these many, many moons, and I've seen the great ones come and go, and could reel you off a string of names of long-limbed champions that would fill a book.

Here's how it seems to me. Go back to the time when men fought by throwing stones. Some genius comes along with a sling, and picks his opponents off at long range because he has, to all intents and purposes, *lengthened his arm*. Come down to date. Haven't most of the "speed" pitchers in the big league Hall of Fame, been long-armed. I think so. And they last longer, because on account of those long arms they can give great momentum to the ball with less exertion, (and consequently less fatigue) than the short-armed pitcher uses. Take hammer-throwing; again the long-armed man wins because his hammer swings in a wider circle and he gets up more momentum in his preliminary swings.

Think of shot-putting and Ralph Rose who was six feet seven inches tall, and who did over fifty feet; and don't forget that when the shot left his hand it was already a foot higher, and a foot further forward than when it left the hand of a stocky short-armed man. That extra foot elevation at the start meant nearly a yard in distance flight as I figure it.

In tennis, the long-limbed man covers court with fewer strides and has a longer reach. In boxing a long reach is an inestimable ad-

vantage. Little Joe Walcott, standing only five feet five inches, could lick most of the big heavy weights of his day, but Walcott had arms of great length.

There's another angle. When you find a short man with long arms you invariably find he has a very deep chest. Check me up. I think you will find I'm right.

Rowing coaches usually fill their crews with long-limbed men. Most college crews are six-footers throughout. The rangy oarsman has more power because of his longer levers.

In fact the only sport I know where short arms are an advantage is dumb-bell lifting—in some of its forms. I feel that a man with short thick arms can "muscle out" more than a long armed man can—I have tried the "iron game" myself. In fact I take pride in the fact that at any time I can take a 200 pound bar-bell and put it overhead. I use both arms and make my legs help. I think you call it a "two-arm-jerk." But I can't "muscle out" very heavy weights.

When it comes to the legs the same rule applies *except* in long distance running. Most sprinting, hurdling and jumping records are held by the long-legged tribe. It stands to reason. A long-legged man when he high-jumps does not have to raise his body as high in proportion to make his hips clear the bar. In sprinting the big stride helps a lot, and when going over the high hurdles the long-legged man simply romps over them, where the short-legged boy is doing a series of high jumps.

When you consider kicking a football, the length of limb helps just as it does in pitching a baseball. The kicker swings his leg "all in one piece" and the bigger arc the foot describes, the further the ball will go.

Is this all true or isn't it?

VINCENT BODINE.

Boy, please page some short-armed champions. Perhaps some of you followers of sport can answer Mr. Bodine.

NEW YORK CITY.

Have you ever published any pictures of Sandow in your magazine? If not, will you publish some in the future? Can you tell me something about his *career, records, etc.*

ERNEST CEIKE.

Yes, Mr. Ceike, we *have* published Sandow's pictures in the past, and will again.

How about it? Sandow's last visit to America was in 1903, when he got \$2,500 a week from the Keith Circuit.

Old timers, like myself, naturally think that everybody knows all about Sandow. But, you young chaps, is he anything more than a name to you? Did you ever see a really good set of pictures of this celebrated man?

Sandow is no longer the record hold-

er, but he was, in his heyday, probably the most beautifully-made male human being of the last fifty years. On top of that he was *the* great pioneer. His personal example induced hundreds of thousands of men to take up body-building exercise.

I am one of the very original Sandow disciples, and if *you* want, I can write him up in **STRENGTH**. But first I must know that you want such a story, and that means more than one of you must write in and ask for it.

What Sort of Articles Do You Want Most?

It is a real pleasure to me to see how quickly you respond when we do hit the spot. Many of you are weight lifters, and Mr. Jowett's lifting articles brought us many letters of praise. In fact they still come in, and as there is a demand for his work I can promise you some more helpful articles by him.

As I figure it, some of you tried out the methods he recommends, and got immediate results in the way of improvement in lifting power. Surely that is the real proof of a writer's value.

But the rest of you? You are not all lifters; I know that, but you would hardly be reading **STRENGTH** unless you were interested in some aspect of sport, or health, or athletics, or body building. We can help you, if you will help us. If enough of you will write me and tell me what kind of articles you need, I will see that you get them.

Please note that I said *need*, not want.

If I can entertain you, well and good! But my aim is to help you. I don't care what your need is so long as it is in the field of **STRENGTH**. I don't care whether it is advice about straightening a crooked back, how to learn to run a mile in 4½ minutes, or how to improve your ability as a swimmer. Anything in the way of physical endeavor from playing quoits to flying an aeroplane.

No, I don't know it all, but I know the people who know. I can get articles from specialists in any line of athletics.

Charley Paddock has written for you on sprinting, Miss Artelt is writing on weight reducing for women, Jowett on lifting, Hermann on boxing, and if your letters prove that you want articles on fancy diving, or hand balancing, or the quickest way to gain weight, I can give you articles from authorities on those subjects.

What About Fiction?

STRENGTH has never run any fiction, and if it does it will have to be short stories on sporting subjects.

I still have a weakness for a well-told tale where the hero with the clean straight punch, lays out the rough guy with the foul tactics; or where the husky tackle tears holes in the opposing line.

But how about *you*, what is your wish in the matter?

On Mr. Coue

I, for one, most positively do *not* believe that you can kid yourself into physical perfection, or athletic ability.

If you wanted to be the full-back on the college team, it wouldn't help you to sit in your room and assure yourself that every day you were getting better and better; especially if the other candidates were out practicing the fundamentals, and fitting themselves into the team-play.

And if you have weak lungs and an inherited tendency to tuberculosis, I believe that fresh air, mild exercise and proper food will be of more help than repeating a charm. I do not know how you feel about it, but they will have to show me.

No, sir! I maintain that if you want to make a success in any line, you must first learn how, and then apply your knowledge to your own betterment. That is where the mutual helpfulness of this department comes in. I'll help you by getting the information, the "know how" that you need; and you can help me, and yourself, and your fellow enthusiasts by airing your views. We may not always agree, but if you have any firm convictions about the superiority of any methods of body-building, or the

peculiar fascination of any game, or the supremacy of any particular class or nation of athletes, I'll go to the mat with you. Or else I will find you a worthy opponent who will either argue it out with you, or perhaps back you up. I, for instance, do not entirely agree with Mr. Bodine's views as expressed in his letter, but before I express myself, I am willing to give any of you first chance at him.

If you believe that swimming, for example, produces a finer type of physique than wrestling does, I'll find some one to go to the Mat with you. *But*, you must go further than merely expressing your own personal preference and opinion. You cannot expect to convince us without some proofs. Tell us why you think, what you think.

If you have found some particular sport, or game, or exercise that has built you up, pass it along. Maybe some of the rest of us need just the knowledge that you possess.

Sports, games, hiking, exercise, diet—whichever happens to be *your* fad, will prove to be likewise the fad of hundreds of others who read this magazine.

There is only one subject I bar. I will not publish any discussions of personal conduct, or sex-morality.

Have a Hobby—Physical Supremacy

Young chaps taking up athletics or gymnastics, frequently hesitate between a plan that promises all-round development, and one that promises championship form in one event or game. Personally, I believe in all-round work first and specialization afterwards. You cut yourself out of a lot of fun if you have only one line.

I once knew a man who specialized in three sports: sparring, shooting and swimming. He divided his time between them, and could do the hundred yards in 10-15 seconds, hold his own with most professional middleweight scrappers, and make four bull-eyes in five shots at any range. Some of his friends told him

that if he would drop any two of the sports he could, by concentrating, get in the championship class in the remaining one.

He declined to take their advice. He said that no championship would compensate for the fun he'd lose. And he challenged anyone to beat his program. For he said, "If necessary, I can hold my own with most anybody in any kind of a row, fists or guns; and if I should get licked, I can run away." Something in that, too.

My sympathy is always with the fellow who tries to master his subject. I really mean it. If you're going to play a game, play it hard. Don't be an "also-ran." If your body needs improvement, don't be satisfied with just enough health to keep you on the job. Superabundant health can be yours, if you'll only take the trouble. It may mean self-denial, it may mean sweating at exercises, or it may mean taking up golf. But no matter what it is, your progress will be ten times as fast *if you know how*.

The STRENGTH magazine, and particularly this department, will be glad to help you to knowledge.

So, go to the Mat with your troubles.

Letters Published Only With Your Consent

Even if you do not care to enter into the public discussions in this department we will welcome any letters, whether they contain suggestions or criticisms. If your letter is intended for our eyes alone, simply mark it "don't publish" and it will be considered as confidential.

I have one particular advantage that few editors enjoy. I have, through other business relations, acquired what you might call a "correspondence acquaintance" with at least two thousand of you. I mean that by exchanging letters we have become pretty well known to each other, and while I feel that I know your ideals and opinions, and that you know mine, I wish to say that I am particularly anxious to hear again from those of you who

have at any time during the past twenty years helped along the cause of various athletic activities in which we have all been interested.

As I write I see on my desk a letter from A. E. Snyder of Seattle, in which he gently chides me for an error I made in a recent article. Mr. Snyder and I have never seen each other, but I know his opinions just as well as I know those of my personal friends.

I might as well answer him here:

If in the article in that other magazine I said that Apollon had a 54-inch chest, it must have been a slip of my pen. You will note that the measurements I mentioned in my book (which was published in 1911) differ only slightly from the measurements given in my article about Apollon in "Strength" last April.

Such a difference is easily explainable. A man of Apollon's huge physique can, and will, vary an inch in chest girth and a half inch in arm and leg girth according, as he is in training or out of it. Why, in the fall of 1921 Henry Steinborn Milo weighed 215 lbs. the night he made three world's records; ten days later he weighed close to 230 lbs. That extra 15 lbs. was not all at his waist line—it was spread all over him, and his measurements were undoubtedly a trifle greater than when he was in hard training a fortnight previous.

As to writing for "Strength" more articles about the famous strong men of the last generation, I am afraid I can't oblige you. Wonderful as those chaps were, there are present day countrymen of ours who are just as well worth writing about.

A. C.

* * * * *

Readers' Service Dept.

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

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

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

If a Snake Had Brains

He would still be a snake. With his present body he would be forced to continue crawling on his belly. So he would be no better off

Of What Use Is Your Brain?

A snake is the lowest and meanest of animal life while mankind is the highest. Do you make use of your advantages? Your brain is used to direct your body. If you don't keep the body in fit condition to do its work, you are doomed for failure. How are you using this wonderful structure? Do you neglect it or improve it?

Examine Yourself

A healthy body is a strong, robust one. Do you arise in the morning full of pep and ambition to get started on the day's work? Do you have the deep-full chest, the big, mighty arms and the broad back of a REAL HE MAN? Do you have the spring to your step and the bright flash to your eye that means you are bubbling over with vitality? If not you are slipping backward. You are not a real man and you cannot hope for the admiration or respect of others. *Awake!* Get hold of yourself and make yourself THE MAN YOU WERE MEANT TO BE.

90 Days

Will you turn your body over to me for just 90 days— That's all it takes—and I guarantee to give you a physique to be really proud of. Understand I don't promise this—I guarantee it. In 30 days I will increase your arm one full inch and your chest two inches in the same length of time. And then just watch 'em grow. From then on you will feel the pep in your old backbone. You will start doing things that you never thought possible. You will amaze yourself and friends as well. Do you crave this new life—these new joys—this abounding health and strength? If you do



EARLE E. LIEDERMAN as he is to-day

Send for My New 64-Page Book

"Muscular Development"

It contains forty-three full-page photographs of myself and some of 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. 703

305 Broadway, New York City

EARLE E. LIEDERMAN,

Dept. 703, 305 Broadway, New York City.

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

Name

Street

City State

Eating Enough Without Eating Too Much

By Richard Barclay

In modern restaurants where food values are carefully tabulated men are frequently seen with menu cards and pencils, endeavoring to decide upon a meal that will furnish the number of calories necessary for the adult male.

Nature, as a rule, will prompt a man to choose the foods required for his system if he will allow her to dictate. If there is a shortage of protein in the body, there is likely to be a corresponding craving for meat, fish, eggs, cheese or nuts. If carbohydrates are needed, bread, cereals, fruits and vegetables are looked at with delight. Where fats are needed, the demand is for lamb, pork, sardines, eggs, cheese and nuts. The trouble is that when nature's choice is ordered, foods are usually eaten in too large quantities or in such combinations that when the quota of fat is obtained, for instance, the system is cluttered up with an excess of protein or carbohydrates.

An egg, five ounces of beefsteak and a glass of milk will supply the average man with sufficient protein for the day—but the average man refuses to regard himself as supplied with this allotment. In addition he eats a couple of lamb chops, two or three generous pieces of cheese in his noon sandwich, and several other foods rich in protein, before he feels he has had enough for the day. As a result, he acquires a headache, gas in the stomach, and an attack of that "tired feeling"—especially if it is spring.

The egg, beefsteak and milk took care of the protein requirement quite satisfactorily. The remainder of the food eaten during the day should have consisted largely of carrots, celery, lettuce, asparagus, cauliflower and a host of similar foods. In other words, what is commonly called "hay" or "horse foods" were needed—foods filled with fibre but noted for their lack of nutriment.

It is not advocated that a man eat an egg, a few ounces of beefsteak and a large quantity of "hay" and wash this down with a glass of milk every day. There should be a change of foods, but "horse foods" should not be neglected as they so often are.

Where fats are needed, the green olive steps in on a hot day when pork, bacon, and nuts do not seem to appeal. The green olive by the way, which so many look on merely as an appetizer, produces over 900 calories to the pound. Six large green olives have the same food value as an egg. Olive oil, cottonseed oil, and refined lard are the three 100% fats listed by dietitians. Most people rebel against partaking of these "in the rough" but few fail to appreciate two or three green olives when lifted from their bed of chopped ice.

If starch is needed, tapioca will fill the bill for it is practically pure starch. When cooked into a nutritious jelly it is something well worth ordering for dessert. Common? Perhaps it is! But it's not common enough on most tables.

About the safest way to ascertain what is needed to obtain a sufficiently nutritious meal without overloading the stomach, is to secure a good book on foods and food values and learn just where each vegetable, grain, fruit and meat stands on the list.

Spinach is "The Broom of the Stomach"; tomatoes, the container of the anti-scurvy vitamins; cabbage and lettuce the protective foods; carrots, beets and radish, the correctives for constipation; asparagus, the kidney aid; rice, a starch food that forms the staple article of diet for over half the world; green olives, the fat containers. Most of these are not used frequently enough. Few, if any, are ever used to excess.

Control Is What Counts

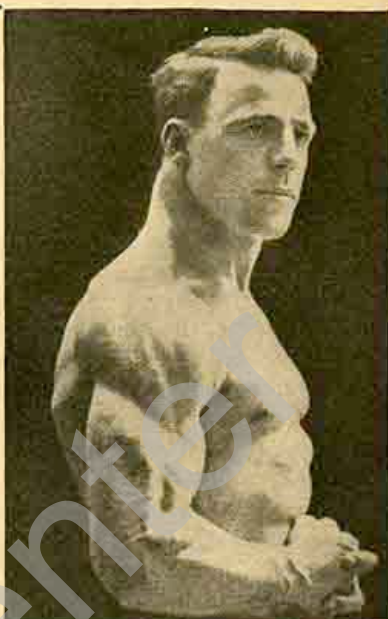
Control of your arm if you are a baseball pitcher—of your whole body if you are a golf player or fancy dancer—of your voice if you are a singer—of your lungs if you are a swimmer.

MUSCLE CONTROL

By MAXICK

is a marvelous system whereby the muscles are developed and brought under control, the internal organs invigorated, and the health made perfect—

Without { The use of Apparatus, without Fatigue, Breathlessness, Abnormal Blood Pressure or Danger of Strain.



MAXICK

HERE IT IS IN A NUTSHELL—You, Mr. Reader, can harden your arm muscles; you can “make biceps” at will. If you do it a couple of *dozen* times daily you will not only keep your arm muscles in condition, but you will make them increase in size and shapeliness. But can you, at will, thus harden the muscles of your legs, shoulders, abdomen and small of the back? Do you realize what it would mean to you in health, strength, development and vigor if you could?

This book of Maxick's shows you *in detail* how to gain control of every muscle in the body. It has more than 50 full-page illustrations showing the exact positions which enable you to voluntarily contract and relax each muscle. It's easy, fascinating, and once learned, never forgotten.

YOUR GYMNASIUM IS ALWAYS WITH YOU

because you soon get the art of flexing (and thus exercising) every muscle in the body. In fact, while in your seat in the middle of a long railroad trip you can, by Maxick's method, get as much muscular exercise in five minutes as you could from an equal time spent at tumbling or wrestling—and all without attracting the attention of your neighbor, without getting red in the face or once breathing rapidly.

The author, by means of muscle control, obtained what is acknowledged to be the finest developed body in the world, and incidentally acquired such strength that he is conceded to be the strongest man of his weight in the universe to-day. He takes *his* exercise while sitting in a chair reading the daily paper.

This book has run thru edition after edition. Not a general discussion of the subject but a complete detailed course. Remember its name.

MUSCLE CONTROL

Sent Postpaid for **\$2.00** Cash, Check, or Money Order

THE ATHLETIC BOOK COMPANY

2100 N. Third St.

Philadelphia, Pa.

Singing as an Aid to Chest Development

(Continued from page 21)

The muscular development is only one of the many benefits derived from breathing exercises. Far more important is the increased size and power of the lungs themselves. As the lungs grow and demand more room, nature sees that they get that space. The whole chest grows larger, the shoulders get broader, the upper back gets square and flat, and the whole body is invigorated. I personally have known scrawny individuals to gain from 10 to 20 pounds by practicing breathing exercises alone.

It seems that the continual deliberate raising and lowering of the diaphragm causes an increased activity of the digestive organs in the abdominal cavity.

AVOID FORCED BREATHING

In my investigations I found that some writers and some singers advocate breathing exercises that seem to me to be unnecessarily strenuous. For example, one or two authorities state that "rapid increase in lung capacity can be obtained by packing the lungs with air by means of a breathing tube."

It is a known fact that after you have inhaled, through the nose or mouth, every bit of air you seemingly can hold, it is possible to take in quite a lot more by sucking in air through a tiny aperture, like the broken stem of a clay pipe. That seems to me like forcing nature. I am sure that such a practice would cause dizziness. There are a number of authorities who advocate lying flat on the back while practicing the breathing exercises. That is all right, for it is known that the chest expands most easily when the body is in a recumbent position. Still others advocate reaching aloft with the arms to assist in spreading the ribs, and pressing against the ribs with the hands to assist exhalation.

It seems to me that such mechanical aids are defeating the whole aim of ex-

ercise, which is to give you *mental* control of the diaphragm and intercostal muscles, and to give these muscles the power of independent action.

So, for all of you who want big lungs and big chests, I recommend just the one exercise I have already described.

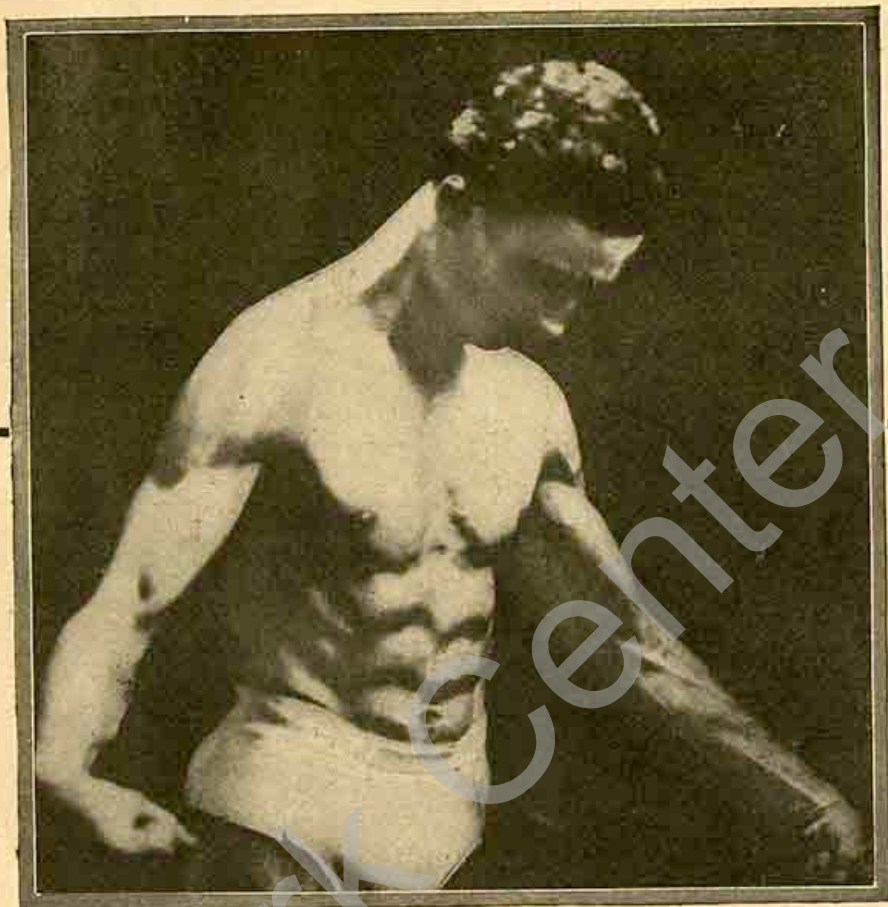
How often must you practice. Why! whenever you get a chance. In the books I consulted it said to practice from three to six times every day and never more than ten minutes at a stretch. Those directions were for students of singing and for you I think that two daily sessions of ten minutes each will be sufficient. But it must be done day in and day out for a year.

Don't practice it while walking on the street, for then you must breathe at your normal rate.

THE ALL ROUND BENEFITS YOU WILL RECEIVE

Remember that the benefits from breathing exercises are not confined to the lungs alone. I have already mentioned that you will get a bigger chest, broader shoulders and a flat back. I have said that your digestive organs will be invigorated. I can further tell you that breathing exercises will round out scrawny necks; they fill up the hollows behind the collar bones, and in some cases they add to the size and power of the arms and legs. The bodily improvement may come from a better aeration of the blood, a better circulation, or from the enlivening jolt to the digestive organs, but it comes. You can be certain of that.

I only wish that I could go ahead and tell you more that I have learned about the super-normal strength, beauty and vitality of the members of the singing profession. I have gotten a lot of extra data since I wrote the first section of this article.



Boxers—Weight-lifters—Athletes

LEARN TO MAKE THE MOST OF YOUR STRENGTH AND ABILITY!

Do you know where experts look to determine whether or not a fighter is in condition? Do you know that arms, legs, wind are of secondary importance to this one part—the abdomen?

No matter how well developed your arms, legs, or chest, unless your abdomen is in perfect condition, you are not fit. A fighter who neglects this never amounts to much; a ball-player, runner or gymnast is greatly handicapped until he learns the secret of "Abdominal Control"; weight-lifters can never hope to perform their maximum lifts until they develop the trunk muscles to an unusual degree.

As you will notice from the above photograph, which I had taken for publication in Physical Culture Magazine, I am a light man. Yet, I can outdo many heavier men in lifting feats because my muscles are all developed in proportion. I am an expert in hand balancing and tumbling because there is perfect co-ordination between all my muscles—each has sufficient strength to meet all demands upon it.

Most people are surprised when I tell them how I attained this wonderful development. Yet, it's a simple logical method that will enable any one to increase their general fitness

100% and make their abdomen many times as powerful as at present. I used no weights or apparatus of any kind, and the only reason I ever go to a gymnasium is to practice "stunts" or meet friends. Yet, many mistake me for a finely trained boxer, when, as a matter of fact, the only training I do is a few minutes each night at my home.

The amazing development my method has enabled me to attain so easily and the great strength it has brought many of my friends, made it easy for my friends to persuade me to publish it for the benefit of STRENGTH'S many readers.

I honestly believe that "ABDOMINAL CONTROL" is better than any course of physical instruction ever published. It is so very easy to follow the instructions and they take up so little time that the results will surprise you. It will enable you to accomplish things which are now impossible, it will make you exceptionally strong, it will enable you to overcome indigestion, thinness, vital depletion, skin disorders, round shoulders, weakness and many other ailments.

Every one who really cares to have a strong, beautiful body and perfect health should take advantage of this opportunity to secure a copy of "ABDOMINAL CONTROL" at the present low price. It will be sent anywhere upon the receipt of \$2.00 cash, check or money order; all charges prepaid.

JOHN M. HERNIC

547 Riverside Drive Suite 5-B New York City

Still Going Forward

(Continued from page 34)

Well, here's the best of luck to him.

Now here is a man with very light bones. Often men write and ask me if it is possible for a small-boned man to get any development at all. Here is their answer. Mr. Staton's wrist is only $6\frac{5}{8}$ inches, which is much below the average. Nevertheless, he has a $12\frac{1}{4}$ -inch fore-arm and 14-inch biceps. But he has not reached his limit. I told him that he *can* get a $12\frac{3}{4}$ -inch fore-arm and a $15\frac{1}{4}$ -inch biceps at the *least*—possibly more.

As a matter of fact I believe that most small-boned men can equal Mr. Staton's *present* measurements, *provided* they have his energy and his ambition.

Small bones and big muscles make an impressive combination. Small bones mean small joints. Staton and Rohde are the same height. Rohde's thigh is four inches larger than Staton's, but Staton's joints are so small that his legs look big. It is hard to believe that his thigh is only 21 inches in girth.

In the picture where he faces you, his waist looks extremely slender, but that is because he has rotated his trunk so as to show the full breadth of his chest. His waist may be small, but it is not weak.

If he writes me and asks me how to improve his back development, I'm blessed if I know what I am going to tell him. When a man has already got everything, how can you tell him how to get more?

Take that full-length back-view. It is a new pose to me. The man shows more separate and individual muscles in his back than I have ever seen displayed in a single pose. He shows them all; he hasn't missed one. He must have wonderful control.

Then the other picture, the one with arms aloft. An old familiar pose this! Sandow originated it, and I have shown similar pictures of Nordquest, Matysek, Snyder, Klein, and a lot of others. Some

of them were much bigger men, but not one of them equals Staton's display.

I wonder what he will look like when he builds up to the point where he is satisfied with his development. Here's hoping he lets us know.

Mr. Arthur Gildroy

of Gebo, Wyoming.

Mr. Gildroy is 5 feet, $4\frac{1}{2}$ inches tall; an inch shorter than Rohde and three-quarters of an inch shorter than Staton.

I purposely picked out three men of about the same height so as to let you see the different types of development.

If you posed Mr. Rohde as Apollo, and Mr. Staton as the Flying Mercury, you would have to pose Mr. Gildroy as Hercules. Funny how bodies differ, just as faces do!

Two men may each wear a size 7 hat, and have entirely different shaped heads, and totally dissimilar faces. Two men may each have 15-inch biceps and have different shaped arms. It all depends on the underlying bones, and the way the muscles are attached.

Mr. Gildroy has an extremely rugged type of development. He is built for power. I like his standing pose, but regret that I cannot see more of that mighty right arm. All I get is an impression of a powerful triceps and an Herculean fore-arm.

He is the biggest chested, and broadest shouldered of the three. Like Rohde he has great cables of muscles along each side of his spine, and he has a pair of legs that look capable of supporting any weight.

In the half-length pose you can again see the great thickness of his back muscles, the highly flexed triceps on the back of his left upper-arm and the very unusual breadth of his fore-arm.

I had some difficulty in getting these pictures from Mr. Gildroy. Whenever he wrote me it was on the subject of lifting, and how to improve his records.

I knew his weight and I knew how much he was lifting, and I could figure out that he must have considerable development. So I asked him for pictures and got these, and was lucky to get them, as I know from experience that he would rather write a six-page letter about the details of a lift, than six lines about his muscles.

That's because his interest has been in lifting, and his development is, to him, a mere by-product. Several months ago I wrote of a man who could put up a 100-lb. kettle bell in each hand—a very difficult stunt. That man was about the same size as Gildroy, and when he read the article he wrote me at once. He didn't even mention the other man's build. All that interested him was that here was another fellow of his own size making a lift that he couldn't master. When I explained the method of getting the kettle bells to the shoulders (the hardest part of the lift) he mastered it at once and had no trouble in getting them overhead.

Here are his best lifts to date. (Remember, he weighs 135 pounds.)

One arm snatch, 135 pounds (his own weight).

One arm bent-press, 187 pounds.

Two-arm-jerk with bar-bell, 205 pounds (heaviest bell he owns).

One-arm military press, 80 pounds.

Two-arm-jerk with kettle bells 100 lbs. in each hand.

He tells me that just before sending me the pictures he tried a one-arm bent-press with 200 pounds, and while he got his arm straight he could not stand erect with the bell; but then he was tired because he had pressed 150 lbs. once, and 170 lbs. twice, just before attempting 200.

Here are his measurements:

Neck—17 inches.

Normal chest—41 inches.

Waist—32 inches.

Biceps—15 inches.

Fore-arm—12 $\frac{1}{4}$ inches.

Wrist—7 $\frac{1}{8}$ inches.

Thigh—22 $\frac{3}{4}$ inches.

Calf—14 $\frac{1}{2}$ inches.

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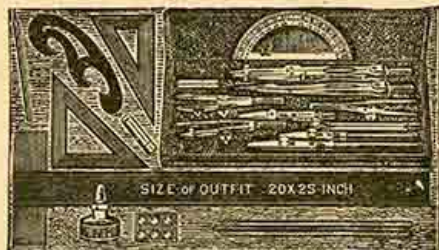
COPY this drawing today and send it to me, giving me your age. There are no conditions requiring you to buy anything. So, if you are interested in drawing, send in your sketch right away. I will give to any person of 16 years or older free, just for sending a copy of this drawing, a 6-inch Ivorine Pocket Rule and a 6 x 9 book on "Successful Draftsmanship."

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Nervousness	Deafness
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The Royal N. W. Mounted

(Continued from page 27)

dians and Eskimos know of the white man's law is the hearsay that travels into these inaccessible regions.

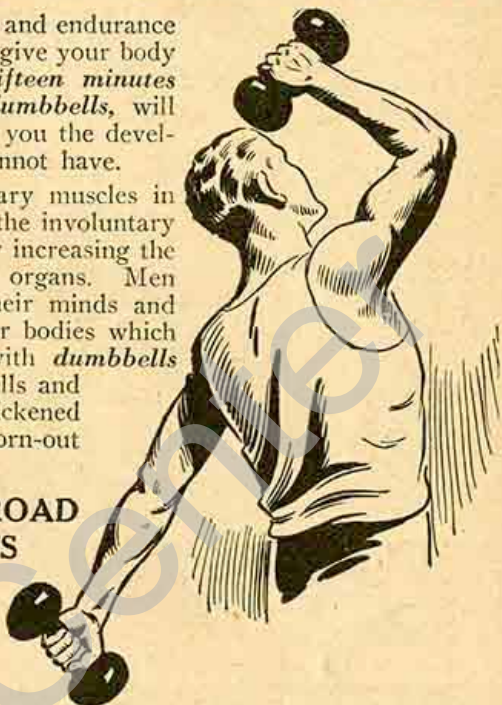
He starts from the Post with his dog sled. If he is lucky he has an Indian or a half-breed special constable with him as guide, company and interpreter. More often he is alone. Then he bucks the wilderness. Today he makes fifty miles on the open ice of a river, then for a week he averages ten miles a day fighting every step through piled whiteness, then he digs into the snow with the dogs and spends three or four days living like an animal deep in its burrow while the wind hits a hundred miles an hour, driving flakes that are solid ice and that would tear the skin off a man's face if it is exposed. He eventually makes moccasins for his dogs and goes on. It takes him a month, two or even four months. He gets there at last and is met by levelled guns and told in no uncertain terms to get out. And he must not start a fight, but if it starts he must finish it. And he must get his prisoner. Get him he does. And those who have levelled the guns at him must be arrested, too, for the law says that no man can threaten him without being punished, and if one is left to go unpunished the whole prestige that has been built up in more than forty years of the Mounted is apt to come crashing down because he was a weakling.

Perhaps he has a dozen of them now, for he cannot leave their women and children behind to starve and freeze. Now he has that lovely journey back, with his prisoners doing everything possible to impede him and perhaps only waiting a chance to use a knife on him. It is Summer and the North is at its best when he arrives back at the Post and the whole gang are sent off to headquarters to be tried. It is found that the murder was justified according to the code of the North, for the other man had been caught robbing his food cache (the

HAVE YOU HAD YOUR EXERCISE TODAY?

If your aim is to obtain unusual vitality and endurance coupled with remarkable agility, you *must* give your body a certain amount of daily exercise. *Fifteen minutes every day*, exercising with a pair of *dumbbells*, will keep you in good condition and will give you the development you so earnestly wish for and cannot have.

If you begin to strengthen the voluntary muscles in your body you will also be strengthening the involuntary muscles, such as your heart, lungs, etc., by increasing the circulation of the blood and respiratory organs. Men and women who are constantly using their minds and bodies are destroying certain cells in their bodies which *must* be replaced. Vigorous exercise with *dumbbells* will tear down the weak and worn-out cells and tissues, and the blood (its circulation quickened by the exercise) will quickly replace the worn-out cells.



FIRM, HEALTHY MUSCLES—BROAD SHOULDERS—DEEP CHESTS

If every man and woman would practice a few simple exercises with a pair of dumbbells suited to their own physical condition, for fifteen minutes each day, they would greatly improve their physical and mental condition. Every doctor will tell you that the condition of the nervous system and the brain depends entirely upon healthful muscular activity. If the body does not get this muscular activity it cannot perform its functions properly and, in consequence, the entire system becomes inefficient. Daily exercises with a pair of dumbbells will produce *firm healthy muscles, a solid body, broad shoulders and a deep chest*. You will keep your body toned up and strong enough to be free from danger either of incurring serious disease or any lighter ailments.

HEALTH GOES HAND IN HAND WITH SUCCESS AND THE COURAGE TO DO THINGS

The effect of dumbbells exercises on a tired-out system is remarkable. Do you hope to be successful when you are constantly tired and over-worked and when your body does not have proper attention? You cannot! Make it a habit to exercise every day and see how you will add life and energy to every muscle, every vital organ and every body cell—to your entire body. After all, your health is the most precious possession you have, and through it you either obtain or lose success and happiness.

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most sacred thing in the North). He is sentenced to two years and those who threatened the constable get six months each. But they have been punished and that is the main idea—to impress on savage and civilized minds alike the fact that they will be punished for the evil they do.

And they are. The writer knows of a case where three men were murdered up in the land of the gold diggers, and there was not a clue. But with the aid of the Indians the criminals (there were two) were apprehended in a little over a month, one of them being caught in Laredo, Mexico.

Mostly the Indians do help. Throughout the years they have learned that the men of the Mounted are their best friends, and there are many Indians serving with the Mounted. But, despite this, many of the police have been killed by the Indians.

But the long battles against the snows and the trailing of murderers is not the only thing that occupies the Mounted. Their record during the gold rush was amazing, and even today with the oil rush on up the Mackenzie they are doing the same thing. It is they who see to it that no fools are permitted to invade this land of the North without adequate food and who go to the rescue of those who are overtaken by illness or frozen, or who meet with any of the thousand and one accidents that are bound to occur on these frontiers.

Individual prowess they must have but must not use it except when unavoidable. Which calls to mind an incident in one of the frontier towns where a notorious bully who also fancied himself with the shooting irons had established himself in authority. It was beyond the district jurisdiction of the Mounted, but when said bully took to shooting the mustaches from some of the leading citizens to show off his marksmanship a hurry call was sent to the nearest Post of the Mounted. The constable who responded rode his wiry Albertan range pony two hundred miles

in something less than four days and found the object of his search in a saloon. The desperado whipped out his gun and the bullet hit the ceiling when the constable seized his wrist.

As the writer remembers it, the report that was turned in was also laconic in this case and merely stated that the bully was in the hospital under arrest and that the constable would have to requisition new parts for his own uniform.

In passing it might be mentioned that the constable took the bully's gun away from him and then fought it out with fists. The saloon was wrecked when the fight was over and so was the bully, who spent five weeks in the hospital and very narrowly escaped dying of severe concussion of the brain that was sustained because he refused to give in when he had been soundly trounced.

Now to briefly tell about the kind of men who are picked for the Mounted. They must be between twenty-two and forty years of age, must prove their character is exemplary and be thoroughly investigated and must be able to read and write either French or English. No married man is eligible. The minimum height is 5 feet 8 inches and the minimum chest measurement 35 inches, while the maximum weight is 175 pounds. In other words tall, rangy men are preferred, as this type stand the hardships best. The period of enlistment is five years, and six months of that are spent in training at Regina.

And the pay is magnificent. The Constable's rate is one dollar a day while the non-commissioned officers get up to a dollar and a half. The maximum salary for the commissioner himself is only \$3,000 a year.

That is your Royal North West Mounted Police, your guardian of the law of the North—probably the most perfect, physically and mentally, constituted body of men that has ever been gathered.

MIZPAH JOCK No. 44



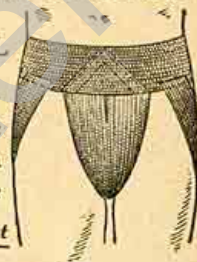
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Watch for the April issue of STRENGTH. We're going to run some more articles by Alan Calvert, Ralph Hale, T. Von Zickbursch and Dr. Farris.

Broad Shoulders and Deep Chests

(Continued from page 51)

Consider the shoulders in their relation to the chest. They may tend to flatten if they are allowed to hang forward. If the shoulders slope, that is, if the line from the base of the neck to the shoulder tips drops down considerably, practice the specific shoulder exercises, raising the arms straight overhead sideways many times, also, the forced shrugging or lifting the shoulders with medium weight iron dumbbells in each hand.

Children's clothes should hang properly from their shoulders. Parents should see to this, for things like poorly adjusted shoulder straps or suspenders may cause bad posture in a growing child if such poor adjustments of clothing are continuous. In most up-to-date schools desks and seats are adjusted to suit the size of each pupil. This should always be done when children are kept seated for long periods. Adults, too, should see that they are able to work at their desks without having to stoop over, flatten the chest or round the back and shoulders.

A Discovery that Gives New Meaning to the Years that Follow 40



A REMARKABLE discovery has been made about the conditions that come to men past middle age. Already thousands of men have been restored to health after every other method has failed. Every man approaching 40—or who has begun to feel the effects of declining years—should read every word of the facts given here.

Doctors and Scientists have long recognized

that the cause of many ailments common to men past 40 was the disturbed condition of a certain gland. And it is so common that 65% of all men past a certain middle age have this irregularity.

But at last a wonderful new hygienic principle has been discovered that has been used with phenomenal success in thousands of cases. This amazing new method is especially effective in prostatic disorders, chronic constipation, aches in back, legs and feet, and sciatic pains. Statesmen, bankers, lawyers, doctors—men in every walk of life, are using this method.

Many cases are reported where relief was obtained when the surgeon's knife had seemed inevitable.

What This Discovery Can Mean to You

If approaching age has already begun to encroach upon your health—your physical and mental vigor and alertness—if you are suffering with any of the painful conditions mentioned above—you should not delay a single day in finding out about this wonderful discovery. It can mean as much to you as it has already meant to thousands and thousands of other men. There are no electric rays—no lessons, no exercises, no movements or massage. By simply writing for information you will receive full details.

Free Book

For a limited time we are distributing Free, an interesting, instructive booklet called "Why Many Men Are Old At 40." If you will write at once you will receive a copy of this valuable booklet. There is no obligation. But write immediately before the edition of these books is exhausted. It will be mailed in plain cover. Address

THE ELECTRO THERMAL CO.
6419 Main St. Steubenville, Ohio

Children need instructions in good posture. It is just as important to train the body as the mind. When your child gets old enough to appreciate the value of a strong, healthy body, he will thank you for the times you insisted upon his sitting up straight and not slouching as he walked.

But for those who have not been fortunate enough to reach adult age with a strong, well-developed body, do not despair of gaining it even yet. Nature responds wonderfully at any age if given a fair chance. You cannot expect, however, that any amount of exercise will overcome the insidious results from loss of sleep, over-eating and other indulgences detrimental to health which you may be allowing yourself.

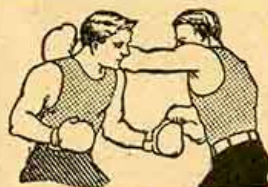
A strong physique will resist these excesses for some time, but it is best to follow the whole cycle of good living and not feel that, because you are in good condition from faithful training, you can draw heavily on the bank of health. Some day you may find this account overdrawn.

Hold up your head, throw out your chest, square your shoulders and banish all fear and worry. With such an attitude of body and mind you may go forth to your day's work with confidence in yourself and be an inspiration to your friends and associates.

EXERCISE

There are numerous movements with and without apparatus which when practiced are excellent for the deepening of the chest and development and broadening of the shoulders. Several of the simpler ones which are most effective are herewith given. It must be understood that all cases of faulty formation of the chest and shoulders will not respond well to exercise. If much discomfort is felt in the region of the spine after exercise it may be evidence of more than posture trouble. Then it would be advisable to get expert advice from a reputable source regarding one's whole physical condition. But in most cases excellent results can be depended upon from conscientious exercise and correct living.

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We have been MANUFACTURING apparatus for over 25 years for CHAMPION ATHLETES in every branch of PHYSICAL ENDEAVOR to suit their particular requirements. We give you the benefit of our and their knowledge in choosing the apparatus required.

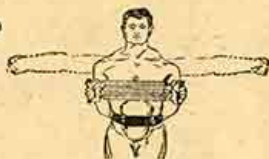
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These exercises may be done with or without dumb-bells. Without dumb-bells you get the benefit of greater stretching allowed by the freedom of the arms, while the dumbbells give the muscle work necessary for their development and consequent strength. Follow both methods for complete results.

ARM RAISING WHILE IN STANDING POSITION

1. Arms start straight down at sides: raise them overhead straight *forward* and return.
2. Arms start straight down at sides: raise them overhead straight *sideways* and return.
3. Arms start being held shoulder height straight forward: Swing them back as far as you can and return.

ARM RAISING WHILE LYING ON THE BACK ON THE FLOOR, OR PREFERABLY ON A NARROW BENCH OR TABLE

1. Arms start straight down at sides: raise them straight upward and carry them back as far as possible and return.
2. Arms extended straight out sideways: raise them sideways to straight over head position and return.

PUSH UPS OR DIPPING EXERCISE

1. Take position known as the leaning rest, face downward supporting the body on hands and feet. This can be done on the floor, edge of the bed or table or between two chairs. The last named position has the advantage of allowing the chest to go farther forward and the shoulders farther backward: keeping the hands about six inches wider than the shoulders, lower and raise the body as many times as you can.

STATIONARY RUNNING, HOPPING, JUMPING AND SKIPPING

1. These exercises to be done lightly and rhythmically keeping well up on the balls of the feet. Continue this until breathing is well accelerated.

BREATHING EXERCISE WITH ARM RAISING AND RISING ON THE TOES

1. Take a long deep inhalation counting four slowly, at the same time raise arms slowly overhead forward and rise on toes; exhale slowly counting four

Our Advice is FREE

Just what is your PHYSICAL condition?
What defect do you wish to RECTIFY?
What particular branch of SPORT do you wish to excel in?

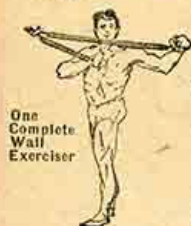
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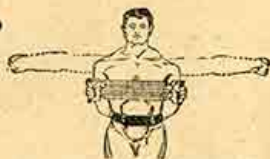
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1. Arms start straight down at sides: raise them overhead straight *forward* and return.
2. Arms start straight down at sides: raise them overhead straight *sideways* and return.
3. Arms start being held shoulder height straight forward: Swing them back as far as you can and return.

ARM RAISING WHILE LYING ON THE BACK ON THE FLOOR, OR PREFERABLY ON A NARROW BENCH OR TABLE

1. Arms start straight down at sides: raise them straight upward and carry them back as far as possible and return.
2. Arms extended straight out sideways: raise them sideways to straight over head position and return.

PUSH UPS OR DIPPING EXERCISE

1. Take position known as the leaning rest, face downward supporting the body on hands and feet. This can be done on the floor, edge of the bed or table or between two chairs. The last named position has the advantage of allowing the chest to go farther forward and the shoulders farther backward: keeping the hands about six inches wider than the shoulders, lower and raise the body as many times as you can.

STATIONARY RUNNING, HOPPING, JUMPING AND SKIPPING

1. These exercises to be done lightly and rhythmically keeping well up on the balls of the feet. Continue this until breathing is well accelerated.

BREATHING EXERCISE WITH ARM RAISING AND RISING ON THE TOES

1. Take a long deep inhalation counting four slowly, at the same time raise arms slowly overhead forward and rise on toes; exhale slowly counting four

bringing arms to sides, forcing them way back so as to open wide the chest walls and lower the heels.

Increase number of counts as good control of the breathing is gained.

CHEST WEIGHT EXERCISES

Exercise with the chest pulley weights when you have the opportunity. In this connection remember that the exercises done facing the weights enlarge the chest walls, inasmuch as the back muscles contract stretching the muscles in front and raising the ribs.

All exercises should be continued until the muscles have been thoroughly worked. When time is a factor, however, a little exercise is better than none at all. Increase the number of times each movement is done as your strength increases; also, repeat an entire series of exercises several times.

You will soon find that the muscles gain endurance very quickly and the chest and shoulders gain the size and position you had hoped for.

Keeping Down Flesh by Means of Exercise

(Continued from page 46)

number. Bend over at right angles. Bend the left leg at the knee, touch floor with left hand, and hold right hand aloft as in Figure 11. Now, without moving the feet, swing your arms and shoulders so that the left hand is up and the right hand down. As you do this, straighten the left leg and bend the right leg. Repeat at least twelve times, breathing in rhythm with the swings. This exercise has a triple value. By keeping your arms in line and making your shoulders swing with them, you

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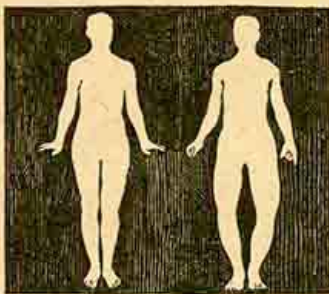
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employ the muscles which rotate the trunk on the hips. The bent-over position causes a certain contraction of the abdominal muscles and also stretches the muscles of the back of the legs, and of the back itself.

EXERCISE 12.

I have saved this exercise for the last because it is one that will make you puff. Select a strong chair and lean over as Miss Artelt has done in Figure 12. The left leg is bent at the knee and advanced, and the right leg is stretched out straight behind. (Note that Miss Artelt's body forms one straight line from her head to her right heel.) Now spring an inch or so in the air and reverse the position of the feet; that is, bend the right leg and bring it forward, and shoot the left leg out behind you. Always keep on the balls of the feet and breathe in as the right knee comes forward and breathe out as the left knee comes forward. Keep it up until you are out of breath, and each day try to add a few repetitions. The more you do the exercise the quicker you will reduce.

Sleep—the Health Builder

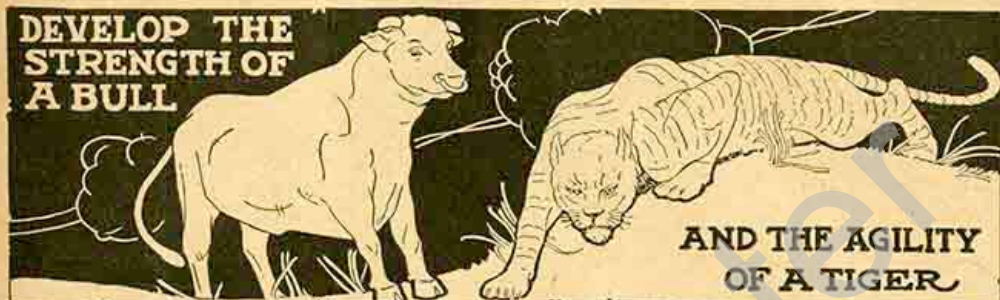
(Continued from page 39)

gish, and the body generally weak. Often a person who wakes immediately if he starts to snore when on his side will warble most musically when on his back and be unable to rouse himself. Most nightmares, the ones from which the sleeper has the hardest fight to free himself, occur when he is on his back. This position for sleep is not healthful in any way.

Don't sleep face downward; if you do, the abdomen, as it expands in normal respiration, has to press against the bed, and this discourages proper deep breathing. Also, you either have to get the nose too deep in the pillow or twist your neck painfully, and these things are common provocatives of bad dreams and morning stiffness of the back and neck.

Sleep on your side. It is commonly stated that sleeping on the left side ham-

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pers the heart's action, and this probably contains some truth—anyway, for persons with weak heart action—but a better reason for preferring the right side is that it favors the passage of food from the stomach into the small intestine, facilitating digestion; and any measure that aids digestion makes for pleasant, restful sleep.

Avoid any cramped, twisted postures, and keep the arms and legs fairly straight, so that the circulation is not impeded. Of course, the bed must be comfortable and the room airy. Many a dream of being choked comes from the poisonous air of a stuffy bedroom.

Boxing

(Continued from page 56)

As a rule only the right foot moves back in back-stepping. However, at times your left foot may instinctively move back just a little, not in order to actually retreat, but just that natural movement of the left foot made in order to maintain a good boxing balance, in case you slightly over-stepped yourself in stepping back with your right foot.

Be sure you always back-step in good form and style and never drop your hands, for should you lower your guard, or get into a bad position, or worse still lose your balance, you would be exposed to an effective punch by an opponent who took advantage of your error by quickly following you up.

(Continued next month)

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IN THIS DAY and AGE attention to your appearance is an absolute necessity if you expect to make the most out of life. Not only should you wish to appear as attractive as possible, for your own satisfaction, which is alone well worth your efforts, but you will find the world in general judging you greatly, if not wholly, by your "looks," therefore it pays to "look your best" at all times. Permit no one to see you looking otherwise; it will injure your welfare! Upon the impression you constantly make rests the future or success of your life. Which is to be your ultimate destiny?

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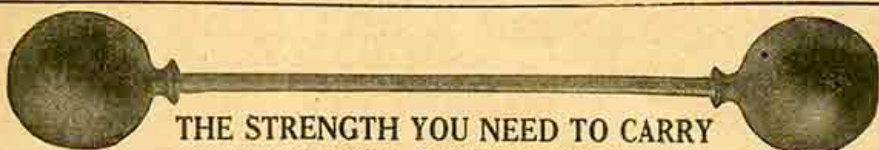
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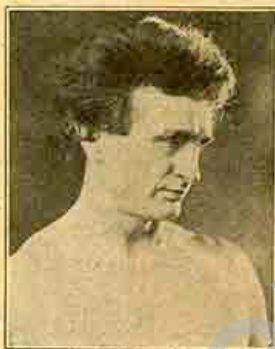
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Now frankly, I do not want pupils of that kind. I am after the man with some ambition. If you are mortified because you have to wear a 44-inch belt, don't be ashamed to tell me about it. I can show you how to reduce your waist line to 34 inches in a few weeks.

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QUALIFICATIONS REQUIRED. Nothing except a real desire to be better than you are now.

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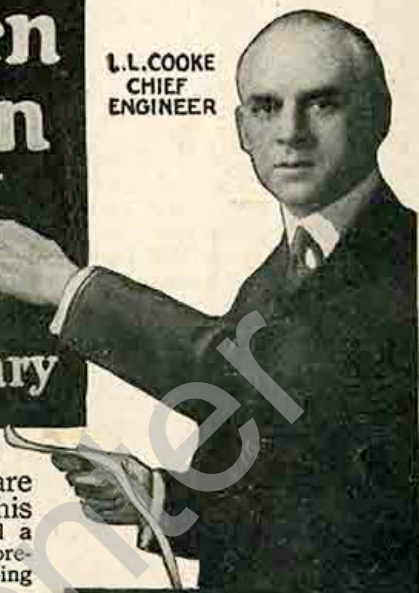
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I Want 1000 Men For Big Jobs in ELECTRICITY

Previous Experience Unnecessary

L. L. COOKE
CHIEF
ENGINEER



Men trained in Electricity—Electrical Experts are in greatest demand right now. Thousands of men are needed to keep pace with the amazing growth of this Wonderful Industry. The opportunities for advancement and a big success are the greatest ever known. I need more men to prepare for big paying jobs. No matter what kind of work you are doing or how much you earn, Electricity offers you more.

Be a Certificated **Electrical Expert** Earn \$70 to \$200 a Week

Today even the ordinary Electrician—the “screw driver” kind—is making money—big money. But it's the trained man—the man who knows the whys and wherefores of Electricity—the “Electrical Expert” who is picked out to “boss” ordinary Electricians—to boss Big Jobs—the jobs that pay. You, too, can learn to fill one of these jobs—spare time only is needed. Be an “Electrical Expert” earn \$70 to \$200 a week.

Age or Lack of Experience No Drawback

You don't have to be a College Man; you don't have to be a High School graduate. If you can read and write English, my course will make you a big success. It is the most simple, thorough, and Successful Electrical Course in existence, and offers every man, regardless of age, education or previous experience, the chance to become, in a very short time, an “Electrical Expert,” able to make from \$70 to \$200 a week.

I Give You a Real Training

As Chief Engineer of the Chicago Engineering Works I know exactly the kind of training a man needs to get the highest salaries. Hundreds of my students are now earning \$3,500 to \$10,000 a year. Many are successful ELECTRICAL CONTRACTORS.

Your Satisfaction Guaranteed

So sure am I that you can learn Electricity—so sure am I that after studying with me, you, too, can get into the “big money” class in electrical work, that I will guarantee under bond to return every penny paid me in tuition if, when you have finished my course, you are not satisfied it was the best investment you ever made.

FREE Electrical Working Outfit, Radio Course and Employment Service

I give each student a Splendid Outfit of Electrical Tools, Materials and Measuring Instruments absolutely FREE. You do PRACTICAL work

AT HOME with this Outfit. You start right in after the first few lessons to WORK AT YOUR PROFESSION in a practical way. I also furnish them supplies, a complete Radio Course, Special Lessons for men going into business for themselves and free employment service and many other things that other schools don't furnish.

Get Started Now; Mail Coupon

I want to send you the “Vital Facts” of the Electrical Industry including my Electrical Book, Proof Lessons and a sample of my guarantee bond all FREE. These cost you nothing and you'll enjoy them. Make the start today for a bright future in Electricity. Send in the coupon—NOW.

L. L. COOKE, Chief Engineer

CHICAGO ENGINEERING WORKS
Dept. 1193 2150 Lawrence Ave. Chicago, Ill.

Use This “FREE OUTFIT” Coupon

L. L. COOKE, Chief Engineer
Chicago Engineering Works, Dept. 1193
2150 Lawrence Ave., Chicago, Ill.

Dear Sir:—Send at once the “Vital Facts” containing Sample Lessons, your Big Book, and full particulars of your Free Outfit and Home Study Course—all fully prepaid without obligation on my part.

Name.....

Address.....

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

The “Cooke” Trained Man is the “Big Pay” Man