

Sex Cravings That Made Leopold and Loeb Murderers

Health and Life

20 Cents

December, 1924



"MISS AMERICA" AND HER SATELLITES

In the center is Miss Marion Green, who was "Miss Philadelphia", 1923 and 1924, winning the finals this year and so becoming "Miss America". On her right are Gladys Greenmeyer and Mildred Claerber. On her left are Miss B. Allen and another lady who was too modest to give her name. Aren't they just great?

Capt. Rodrigues Leads World Health and Life Crusade

WATCH OUT FOR HIM

"Miss Alaska" and the Prudes

America's Most Beautiful Women

Why EAT Denatured Foods?

Devitalized? when you may just as well have the natural foods and the very best.—(Mr. and Mrs. Berhalter)

“BERHALTER’S HEALTH-FOOD STORE AND FACTORY, CHICAGO, ILL.”

CAPTAIN Godfrey Rodrigues, in his public lectures, hardly ever fails to call people’s attention to the importance of giving to themselves and their children the best food obtainable.

Why do you eat doctored food, food which has been robbed of important vital elements? We will answer you. Merely because they are the only kinds to be had at your local store.

WE CAN SUPPLY YOU with good foods, such foods as are recommended by Captain Rodrigues and Bernard Bernard, foods which have in them all the nutrition that Nature gave to them. As pointed out so frequently by Bernard Bernard, “foods which do not contain their full natural constituents both in mineral elements and vitamins are responsible for most ill health in humanity today. They clog the body because they are unnatural, and indigestion and constipation are inevitably set up, and from these any of the whole range of diseases may follow.”

We invite you to come to our store or send for our

FREE BOOKLET, “CONFESSIONS OF KERNEL WHEAT” AND GENERAL PRICE LIST

which will give you a full list of our foods and their prices.

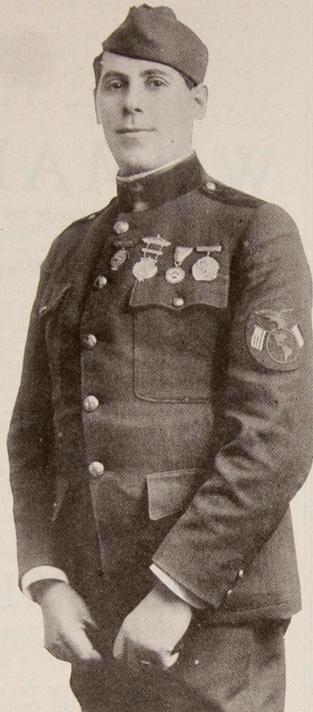
Do You Suffer From Constipation?

It can be relieved in a natural way, and with it will go a multitude of other ailments, from which you may be suffering, or from which you will suffer, unless you get rid of this constipation. BERHALTER’S COOKED WHOLE WHEAT is not a drug food, but a pure natural food which has been deliciously and scientifically prepared, so that the system can easily digest it and assimilate it, getting from it all the important nourishment it contains, and thus stimulating the natural functions of the body.

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and it will become a regular part of your diet, and your favorite dish. Its delicious flavor and its invigorating effect will win your everlasting gratitude. Try it and be convinced.



CAPTAIN GODFREY RODRIGUES IN SERVICE UNIFORM

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Dear Mr. and Mrs. Berhalter:

In my public lectures I hardly ever refrain from asking people “Why EAT denatured foods? devitalized? when you may just as well have the natural foods and the very best?” I do want to impress upon the people the importance of getting their food, both for their children and themselves, of the healthy variety you specialize in. The most unfortunate result of our so-called civilization is that foods are doctored and robbed of most of their important constituents. I wish the whole world might know that from your store they may obtain all the best foods in a natural condition, that is, containing all the nutritious elements that Nature endowed them with.

Signed, Captain Godfrey Rodrigues.

We invite you to come to our Store and find out the truth of our claims.

We make and sell varieties Whole Wheat Bread, Bran Bread, Whole Rye Bread, Cup Cakes, Fruit and Nut Muffins, Layer Cakes, Whole Wheat Pies, all 100% Whole Wheat Flour, ground on our own premises from highest grade wheat on French Buhrstone Mills. We sell highest grade Olive Oil, Honey, Peanut-butter, natural Fruit Juices, Nuts, extra fine quality un sulphured Sundried Figs, white or mission, Prunes, Raisins, Pears, Whole Wheat Flour, Wheat in kernel and other Cereals, etc., etc.

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COUPON

This Coupon entitles the bearer to one loaf, weighing 1½ lbs., of BERHALTER’S WHOLE WHEAT BREAD, choice of five varieties.

Signed, BERHALTER’S.
BERHALTER’S HEALTH FOOD STORE
H. L., 1423 N. Clark Street
Chicago, Ill.

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

DECEMBER, 1924

Vol. III

Number 11

CONTENTS

Sex Cravings That Made Leopold and Loeb Murderers. By Thomas J. Allen, M. D.	417
Beauty. By Robert Summers.	418
The Conservation of Love. By Bernard Bernard.	419
Captain Godfrey Rodrigues Leads World HEALTH and LIFE Crusade	420
Who is Captain Godfrey Rodrigues? By Southard Brown.	421
Problems of Food Combination. By R. Preece	422
"Miss Alaska" and The Prudes. By the Editor.	423
Imagination. By Warrington Dawson.	424
Artistic Dancing for Girls. By C. Thorne.	425
Physical and Intellectual Abnormalities That are Associated with Hyper-Sexuality. By a Physical Culture Consultant	426
The Clawed Spectre. By Richard Bonner	427
A Five Minute System of Exercise	427
The United States and the Olympic Games	428
With the Men of Iron.	429
"Resista" the Irrisible. By Edward W. Goodman.	429
A Builder of Human Architecture. By Eleanor B. Holwick.	430
Among the Grapplers.	431
Where There Is Love.	432
Pictorial	433
Editorial	434
The Junior Athlete. Conducted by Doctor M. N. Bunker	438
HEALTH and LIFE Fellowship Notes. By the Secretary	442
HEALTH and LIFE Congress.	442
Advice Department	445

HEALTH AND LIFE
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MANHOOD

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

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

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

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

WOMANHOOD

Every woman ought to know the facts of life; if she does not, she is in grave danger. It is a little slip which may hurl her into the abyss; and it is a little knowledge that will arm her for her battle through life. In "Sex Development" Bernard Bernard has dealt with sex facts so beautifully that every woman can read with interest and inspiration the great story of the book of life.

There is not a

passage in this book that could injure the susceptibilities of the most refined young woman, yet all that is necessary is contained in it.

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

Read This

Dear Editor, Dec. 14, 1923. Some miraculous Providence guided me to an old number of your magazine a short time ago. I immediately subscribed to it, and sent for your book: "Sex Development." I am entranced. For months I have hesitated about marrying a man who is devoted to me and I to him.

I am enclosing a check for further books. Your wonderfully sweet and pure idealism as expressed in your magazine and books has made life all over for me. And I know the new life will be beautiful and happy.

Do hurry these books to me.
Sincerely yours, D. M.
Ithaca, N. Y.

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(Love, Birth and Development)

By BERNARD BERNARD,

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

THE BOOK THAT REALLY TELLS MEN AND WOMEN THE THINGS THEY OUGHT TO KNOW

A FEW OF THE HEADINGS ARE:

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The Embryo and Its Development.	The Ovum.	Recapitulation.
Evolution of the Brain and Nervous System.	The Spermatozoon.	Assuring Happiness.
	The Origin of Altruism.	Success.
	The Urinogenital System.	The Secret of Human

Listed by the National Educational Association

Written in popular language, it can be read and enjoyed by young or old.

It fills the long-felt want of a truly reliable and scientific yet popular work of sex education.

The book is fully illustrated with diagrams. Only \$1.25 Postpaid. Send check or money order for \$1.25 for your copy now to make sure of one.

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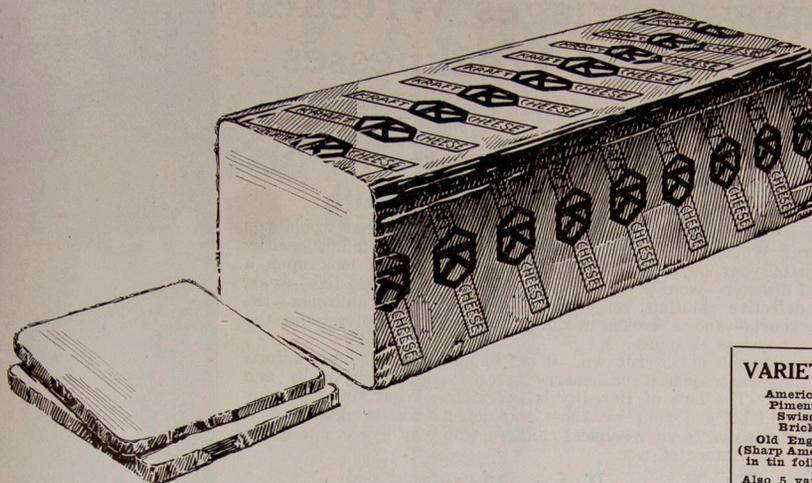
To the Publisher, Health and Life Publications,

508 S. Dearborn St., Chicago.

Please send me a copy of "Sex Development." I enclose \$1.25.

Name

Address


VARIETIES

American
Pimento
Swiss
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Old English
(Sharp American)
in tin foil loaf
Also 5 varieties
in tins

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Recipe Book
Sep. 11

What Good Cheese Means

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Happy Marriages Wrecked by Physical Weaknesses

The secret of success and happiness in marriage—socially—in business—everywhere lies in a strong vigorous body filled to the brim with lasting vitality and robust health.

LIONEL STRONGFORT.

The Curse of Neglected Health

If you could look into the mirror of your Future, what would you see there? Would you see a happy home with a loving wife and healthy children of your own flesh and blood? Or would you look upon a scene of disaster—your wife's and your own happiness blasted—weak, sickly, defective children, reflections of your physical unfitness—the divorce courts—and a broken wedding ring—wrecked lives and the end of a hopeless existence.

This picture is not overdrawn. It has happened many times before. It will happen to you if you marry before you are physically and mentally fit. The Law of Heredity is Inflexible. What you are, your children will be, and your weakness and defects will be deepened as they are passed on to your helpless children who may live to curse you for their inheritance of woe.

Fit Yourself for Matrimony

It is a crime to marry when you know that you are not physically fit. That pure girl is blinded by her love for you and does not realize your deficiencies. She thinks you are a prince among men—the ideal of vigorous Manhood. She pictures you as her husband and father of her children. You know that you are not fit—you dare not marry in your present physical condition. The future looks dark and gloomy to you. But CHEER UP—my hand is held out to you in friendship. I want to help you. I can help you with

STRONGFORTISM

The New Science of Health Promotion

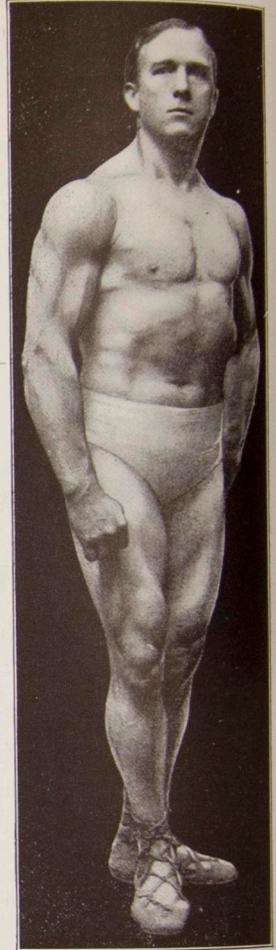
Strongfortism has lifted thousands of weak, ailing, impotent, discouraged men out of the bog of hopelessness and despair and placed them on the Straight Road to Health, Happiness and Prosperity. *Strongfortism* has aided Nature in overcoming such ailments as Catarrh, Constipation, Indigestion, Rupture, Nervousness, Bad Blood, Poor Memory, Vital Depletion, Impotency, etc., and the results of neglecting and abusing the body. *Strongfortism* has restored the Manhood they thought lost forever and has given them renewed confidence, vitality, ambition, success and fitted them for the Responsibilities of Marriage and Parenthood. It can do the same for you, irrespective of your age, occupation or surroundings. I guarantee it.

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The experience and research of a life time are contained in my wonderfully instructive book, fully illustrated, "Promotion and Conservation of Health, Strength and Mental Energy". It will tell you frankly how you can make yourself over into a vigorous specimen of Vital Manhood. It will show you how you can fit yourself to be a father and be a credit to your wife and family. It is absolutely free. Just check the subjects on the free consultation coupon on which you want special confidential information and send to me with a ten-cent piece (one dime) to help pay postage, etc. I will do the rest. Send for my free book *Right Now*. TODAY.

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Dr. Sargent, of Harvard, declared that "Strongfort is unquestionably the finest specimen of physical development ever seen."

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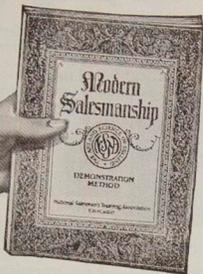
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- | | | | |
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| Thinness | Debility | Impotency | Round Shoulders |
| Rupture | Fear | Poor Memory | Lung Troubles |
| Lumbago | Vital Losses | Prostate Troubles | Weak Back |
| Neuritis | Neurasthenia | Rheumatism | Drug Addiction |
| Neuralgia | Short Wind | Increased Height | Weakness (Specify) |
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Name
 Age Occupation
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By J. E. GREENSLADE

First let me ask you two questions. One: Do you consider you are as intelligent as the average mail-clerk, farm-hand, office clerk, mechanic, or bookkeeper?

Second: If you suddenly found yourself with all the money you needed to spend, wearing the best clothes, living in a fine neighborhood, driving a good car and belonging to the best clubs—but having to make good in a job that paid \$10,000 a year, would it scare you? There are men to whom \$10,000 a year is so much that the idea of earning it themselves never occurs to them. They will always be in routine jobs at low pay. Their dreams will never come true. But yours will if you will absorb what I am going to tell you.

Now, in one quick step you can enter the field where opportunities in your favor are ten to one—the Selling field. You know that the salesman is his own boss—that his work is fascinating, interesting, and highly profitable! But the thing you doubt is your own ability. All right, but you can become a first-class, money-making salesman in an amazingly easy way.

Proof that Salesmen Are Made— Not "Born"

The story of six men who once thought salesmen were "born," who did not believe they were "cut out for selling," is on this page.

Thousands of men, like these six men who formerly thought salesmen were "born," are now enjoying magnificent earnings in the selling field. They were bookkeepers, mechanics, farmers, clerks—even doctors, lawyers, farmers, and ministers—but in a few months after writing to the National Salesmen's Training Association they were out in the field selling—and making more money than they had ever hoped to make.

Sounds remarkable, doesn't it? Yet there is nothing remarkable about it. Salesmanship is governed by rules and laws. There

is a certain way of saying and doing things, a certain way of approaching a prospect to get his undivided attention, a certain way to outwit objections, batter down prejudice, and overcome competition.

Just as you learned the alphabet, so you can learn Salesmanship. And through the NATIONAL DEMONSTRATION METHOD—an exclusive feature of the N. S. T. A. System of Salesmanship Training—you gain actual experience while studying.

Years of Selling Experience in a Few Weeks

The N. S. T. A. System of Salesmanship Training and Employment Service will enable you to quickly step into the ranks of successful salesmen—will give you a big advantage over those who lack this training. It will enable you to jump from small pay to a real man's income.

Remarkable Book Sent Free

With my compliments I want to send you a most remarkable book, "Modern Salesmanship." It will show you how you can easily become a master Salesman—a big money-maker—how the N. S. T. A. System of Salesmanship Training will give you years of selling experience in a few weeks; how our FREE Employment Service will help select and secure a good selling position when you are qualified and ready. And it will give you success stories of former routine workers who are now earning amazing salaries as salesmen. Mail the coupon today. It may be the turning point in your life.



NATIONAL SALESMEN'S TRAINING ASSOCIATION
Dept. 16-W, N. S. T. A. Building, 1139 N. Dearborn St., Chicago, Ill.

National Salesmen's Training Association
Dept. 16-W, N. S. T. A. Building,
1139 N. Dearborn St., Chicago, Ill.

Send me your free book, "Modern Salesmanship," and Proof that I can become a Master Salesman.

Name

Address

City State.....

Age..... Occupation

READ!

\$12,000 a Year!

A. H. Ward, Chicago, held a small pay job. Now he averages \$12,000 a year as a salesman.

\$100 a Month to \$100 a Week in Only 3 Months

H. D. Miller, another Chicago boy, was making \$100 a month as stenographer in July, 1922. In September, 3 months later, he was making \$100 a week as a salesman.

\$100 to \$500 a Month
W. F. Glenn, of Kansas City, Mo., stepped from a \$150 a month clerkship into a selling job at \$500 a month. One month he made \$300.

\$6,500 a Year
M. V. Stephens, of Albany, Ky., was making \$25 a week. He took up this training and now makes five times that much.

Small Pay to Big Earnings
J. H. Cash, of Atlanta, Ga., exchanged his \$75 a month job for one which pays him \$500 a month.

Now Sales Manager at
O. H. Malroot, of Boston, Mass., stepped into a \$10,000 position as a SALES MANAGER—so thorough is this training. All these success are due to this easy, fascinating and rapid way to master certain invisible secrets of selling.

EMPLOYERS

are invited to write to the Employment Dept. of the N.S.T.A. We can put you in touch with just the men you need. No charge for this service to you or our members. Employers are also cordially invited to request details about the N.S.T.A. Great Plan of instruction for entire sales force. Synopsis and charts sent without obligation.

It's EASY to Get Thin *to music!*

To show you how easy it is, I'll reduce you five pounds FREE. I will do it in five-days' time; in your home—and with your own phonograph.

MY reducing records make any figure normal, in surprisingly short space of time. In five thousand cases, I have not had one, single failure.

This method works hand in hand with Nature. That's why it brings such instant results and such a joyous state of health. No drastic denial of nourishment. No punishment of any kind.

The first day will bring results you can feel. The first week will tell on the scales. Before your second lesson, improvements your friends can see. All this I will prove—before you pay a penny. But first, read how I do it.

Ten or fifteen pounds reduction is *nothing*—one lesson can do that. If you are fifty, sixty, seventy-five pounds too heavy—I require more time. But the results will be just the same, just as sure.

Food Doesn't Cause Fat

It's *not* food that keeps one fat, or we would not see so many stout persons who eat less than a child of ten. What I give you to do causes what you *do* eat to make only blood, bone and sinew. *Nothing is left from which Nature can make fat.* Now you have the whole secret.

And realize this: reducing the Wallace way is *play*. It's downright *fun* getting thin *to music!* I tell you just what to do each day—on phonograph records as clear as a bell. Easy to un-

derstand, easier to do. Mrs. Horchler's reduction was accomplished solely through my records, sent



Both Are Mrs Horchler
A 60 Lb. Reduction!

The difference these photographs show was wrought by Wallace reduction records. Read her letter:

Dear Mr. Wallace:

Having reduced by your wonderful music method in just four months' time, it is but fair to tell you what you have done for me.

I reduced 60 pounds. My friends pass me on the street without recognizing who it is. I feel better. I appear at least ten years younger. Gratefully,

GRACE HORCHLER
4512 Michigan Ave., Chicago.

lustre. As you reduce by my method, watch the mirror as well as the scales. And now to prove that my records will reduce you.

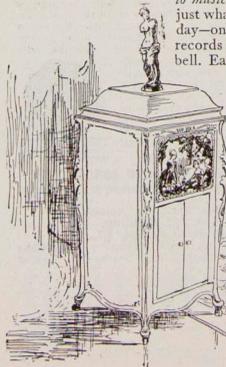
FREE Proof

Accept my five-day offer of proof; you can soon start your actual reduction. I will send you at once my first lesson free, prepaid and plainly wrapped. Try this full-sized, double-faced record five days. That's all I ask. No payment now, no promise to pay anything later. Just an out-and-out free test. Why not try it? The coupon is below.

(printed here by permission) show what was accomplished—in a little less than four months. Since this letter was written, she has removed about 10 pounds more, making her weight what it should be for her height.

My Method Lets You Eat

I employ nothing so crude as starvation; my way of reducing is *natural*. And when Nature makes you thin, neither face nor figure suffers. Remaining flesh is firm and smooth, the skin clears wonderfully; eyes are bright; hair takes on



Wallace

WALLACE
630 S. Wabash Ave., Chicago.

(485)

Please send me FREE and POSTPAID for a week's free trial the Original Wallace Reducing Record.

Name

Address

Sex Cravings That Made Leopold and Loeb Murderers

By Thomas J. Allen, M.D.

[When Loeb and Leopold first confessed their atrocious murder it was said that they were guilty of too much sex information. This was not only not true, but it was a scandalous reflection upon the vital education which probably would have prevented Loeb and Leopold from developing into the disgusting criminals they proved themselves to be.

Both Attorney Darrow and State's Attorney Crowe, in their procedure in the case, admitted that the parents had not done their duty, that they had not informed their boys of the things they ought to have known, and both held that it was sex ignorance which led Loeb and Leopold to their crimes.

There are many things that cannot be told; in fact, need not be told, regarding the conduct of these two pervers. Nevertheless, the fact should be brought out very clearly that those expert minds in direct contact with these boys, experts both for and against them in their criminal trial, agree that ignorance of essential sex education was to blame for the perverted development of these youths.

Both they read some perverted sex literature, but such was not of a truly educational nature. Sex education is uplifting. It should come in the first place from the parents, and parents who neglect their duty in this respect have no knowledge of what their children may become. It all proves that ignorance is no innocence. If you do not tell your children, they will find out, and they will find out from bad sources, and their contamination is almost inevitable. It was not sex education, but the lack of it, that led to the insatiable sex cravings which perverted the minds and morals of these two youths, and led them to a criminal condition, which both Attorneys Darrow and Crowe admit might have been avoided if the boys had been told what they ought to have been told.

Dr. T. J. Allen, physician and educator, made the following remark in answer to a questioner, who, like so many, was afraid that in giving what we know to be good there may be the risk of some harm. I present it to you as handed to me by Dr. Allen.—Editor.]

WITH regard to the giving of sex education to children, a friend has just asked, "How is one to avoid doing harm, while one is trying to do the right thing?"

You might as well ask, "How is one to avoid doing harm in performing a surgical operation, while trying to do good?" Many honest and capable physicians believe that while much good is done by surgery, much harm is done by it. But, that does not justify ignoring surgery altogether. Judge Ben Lindsey, great authority on the boy question, is advocating a law requiring that all parents be compelled to take a regular course of instruction on child care. This would include, especially, instruction in how to train the child in the matter of sex. The parent as a rule fails in this vitally important duty, for lack of such instruction. The school has failed.

It often is a good rule to do nothing if you can't be sure of doing the right thing, but by no means always. Leopold and Loeb are now in the public mind as good illustrations of neglect of parental duty, for no great skill as alienist or psychiatrist or any other foreignists is needed to analyze the case as one of failure of proper home training, in the last analysis. Young Loeb, the evidence showed, contracted a social disease at 15, although I am not saying that the sole cause of the trouble was neglect in this particular. But to fail in this great fundamental duty of the parent is always serious, despite the fact that our parents largely or completely failed with us. The need is now far greater than it was in our childhood, far greater in America today than it was in New England, or in Old England or Germany fifty years ago. Let us not evade our duty. I believe, that an "experience meeting", in which parents would tell results they have seen of neglect in this matter would wake some of us to a realization of our duty. I would promise to tell a hair-raising experience of my own in such a meeting and I know some others who would.

Since the preceding paragraphs were

written the closing plea of Darrow in the defense of Leopold and Loeb and the reply of Crowe, for the state, have been published, in which we find important evidence for the urgent need of such training and instruction, for every child, especially for every boy, as I am urging. "Both of these boys," said Mr. Darrow, "in the adolescent age, the most trying period, when the call of sex is new and strange, from the age of 15 to 20—boys without instruction are left to work it out for themselves—it may lead to excesses, to disease—it may lead to perversion. If these boys had been properly trained, they need not have been here. The parents might have done better, although they are good people whom I respect."

Attorney Crowe mentions the fact that certain evidence was omitted as unprintable and distinctly states facts that show, as he said, "sex perversion". It now appears that the awful crime began in an attempt to abduct a little girl and that the little body of the boy victim was shamefully mutilated. This was not the first crime that pointed to sex perversion. In the first article I wrote on this case, I stated that the fundamental trouble seemed to be sex perversion, and this division of my general topic, was published first, because of the desire of almost everybody for reliable expert opinion as to the fundamental causes of the trouble. I wish also here, to call your attention to the fact that Mr. Darrow attributed the crimes partly to heredity and partly to improper reading, while laying the chief blame on the parents' neglect to give the proper instruction in sex, the early death of Leopold's mother being mentioned by way of extenuation. Here is a great lesson for all of us parents.

LOVE IS STRONG

Love is stronger than any wall, firmer than any adamant; or if thou cans't name anything firmer than this, the firmness of love transcends them all.—*St. Chrysostom.*

BEAUTY

By Robert Summers

Beauty is a word that some people scorn to have in their vocabulary, and if they do speak of beauty it is with contempt. Little do they realize—or do they realize?—that they are trifling with and ignoring the most valuable Gift that God gave to man.

"Know ye not that your body is the temple of the Holy Ghost which is in you?" is a quotation from the words of God, and if we read further we will find also the commandment: "Therefore glorify God in your body, and in your spirit, which are God's."

But how can we glorify God in our body and spirit if we do not keep them clean and beautiful? It is not to be done otherwise.

The body is the temple of the spirit that dwells in us and unless our bodies are kept clean our spirit is in danger of becoming unclean also. Therefore our bodies and spirits are equally sacred.

The human body is the most beautiful thing in the world—IF WELL DEVELOPED—God willed it thus. And to care for our bodies jealously is the first duty we have given us, and the last to lay aside. Therefore, why should it not be a sin to allow the body to deteriorate?

From the beginning of Time men and women have loved the beautiful. The Greeks based their great civilization upon physical beauty. The care of the body was of the utmost importance and the result was a country filled with beautiful people—physically and spiritually. We have only to remember the brave stand of the Greeks at the pass of Thermopylae to understand their readiness to give their lives for a beautiful cause. Could they have done this with weak, undeveloped bodies and spirits? It is evident that the answer would be "No".

However, as some people might point out, all good, perfect bodies are not the temple of beautiful souls. This is true only to a certain extent. Some may possess perfect bodies but if their spirits are not beautiful it can readily be read in their expression of countenance. It is invariably stamped there, plain for the world to see.

Some might say that it is easier to claim that one should have a beautiful body and soul than to get them. And they are right. However, as nothing of any value is ever given us, we should get to work to produce the most valued thing in the world—A BEAUTIFUL SPIRIT IN A BEAUTIFUL BODY.

The Conservation of Love

By Bernard Bernard



SAMSON SLAYING THE LION.

Everybody knows the story of Samson, it does not need elaboration.

THERE is an old saying that "You can't eat your cake and have it". Most of the good things of life are only to be maintained by conservation, and this is especially applicable to love.

But what do we mean by conservation of Love? Love is generally looked upon as a giving, but that is only one-half of the question. Love is equally as much a taking. Some people, unfortunately, while professing in theory that love means a giving, expect nothing else but a taking. They love—or should we call it love in their case?—because it gives them pleasure. Often in such cases, where there is a pretense of love, there is also a distinct ill-will towards the beloved. Especially is this marked when the beloved fails to arouse pleasurable emotions.

You all know the story of the man who killed the goose which laid the golden eggs. Love may be likened unto golden eggs. So long as the goose was tended and cared for, while there was patience in waiting for the laying of the golden eggs, the goose kept alive and supplied her master with her valuable products. When, however, the master became impatient, and wanted all the eggs at once, he killed the goose, and thus cut off the supply of golden eggs forever.

Likewise the man or woman, enjoying the golden eggs of love, has to give care and attention for the preservation and conservation of that love.

This conservation has been recognized as important from time immemorial, but it is the method of conservation which is all important. The old-time philosophers and saints learned to fear expression, because they saw that it sapped energy and efficiency, and caused the destruction of that very thing which was to have been the source of enjoyment.

In their fear of sex and love, they worshipped them, and looked upon repression of feeling as the greatest virtue.

That fear, and consequent abstinence, has also been recommended and carried out from the same motive by a great many people.

But this form of conservation is wrong. It is a negation, and, therefore, as far as virtue is concerned, does not count one way or the other. There is, of course, some advantage over the rash and wasteful expenditure which runs itself out in a short time, just as the goose rendered no eggs once she was killed.

This problem of conservation of love is not a new one. For hundreds of years virtuous men and women have devoted earnest thought and attention to this matter, recognizing that love is the greatest thing in all the world. Expression meant the continuance of a life of happiness in marriage, and they endeavored to think out a method of conservation whereby it is possible to enjoy free expression as well as conservation.

Individual philosophers and idealists and a few followers have proved to their own satisfaction that this is possible; but the most notorious experiment was made in a whole community of men and women, who found that not only was this possible but the results were distinctly of a most highly satisfactory nature. People who loved each other maintained all the passion and fervor, all the positive refinement, and while experiencing great and tender longings, enjoyed the satisfaction of being able to express those longings.

It is true that in some individual cases this was overdone, just as anything which is good in moderation may be overdone. However, there is less danger in this direction, in this particular form of conservation, than in any other form of conduct.

People really understand marital conduct very little. The conspiracy of silence that surrounds the subject, as well as natural reticence, prevents explicit, vital explanation. That, probably, is why so many people are unfamiliar with this method of conservation. Most books of sex education take it for granted that there is only one form of marital act, and in so doing they frequently do a great deal of harm. Comparatively little is treated—in fact, is able to be treated—of the courtship preliminaries, the introduction, the prelude, which in themselves are of such delightful nature.

So it is, that where there is merely a striving—where it is felt that the final chord is to be sought—the lack of conservation, the waste of vital forces, create the very inability to reach the heights to which they aspire.

The maintenance of love is undoubtedly the most important thing in marriage, and in life. With love a man can attain his ambition and bring out the best in himself; if that love is destroyed, then the greater part of life is destroyed, and with it ability, ambition, and perseverance.

From a scientific standpoint, and the recent researches of Steinach and other scientists with regard to the internal secretions, this conservation is invaluable. It is found that where there is waste of the life forces, catabolism is greater than anabolism, that is, the breaking down process is quicker than the building up process. Hence, premature death must ensue.

The way to conserve life is in the conservation of love; the way to maintain life is to maintain love. The scientific method of conservation permits satisfaction of the deepest longings of love, and is well worth learning.



"LOVE"
Miss Amalia Rivera, of San Juan, Porto Rico, she is posed as a personification of Love.



CAPTAIN GODFREY RODRIGUES IN DRESS UNIFORM

THE gallant figure of Captain Godfrey Rodrigues adorning this page will give you some idea of the brilliant orator, soldier, and apostle of health who is to tour the world to preach the message of HEALTH and LIFE.

Look out for him. He may visit your city or town. If he does, you are going to have a right royal time. For as soon as you see the Captain, you will be inspired. You will hold your head aloft, your chest forward, and feel how magnificent it is to be a real man.

Captain Rodrigues will take a great number of the towns and cities of the United States first, before he goes abroad. He will lecture and demonstrate before Clubs, Academies, Colleges, Y. M. C. A.'s, Theaters, and in Vaudeville. He will demonstrate the simple exercises that will make those who take the trouble to do them feel as if they are getting a little of the personality of this fine man.

Captain Rodrigues was Captain of the Queen of Holland's personal body guard. He won many distinctions as a soldier, and now he is a Captain of the HEALTH and LIFE Crusade, a crusade that is going to make for fine healthy manhood and womanhood throughout the world. Wherever the Captain goes, he will spread our message, and make it known, and you can rest assured that those who see him will be infected by Captain Rodrigues' own love of the healthy, the strong, and the beautiful.

Capt. Godfrey Rodrigues Leads World Health and Life Crusade

World Famed Orator, Brilliant Soldier, and Physical Culturist. To Tour the World for HEALTH and LIFE Magazine, Preaching Its Gospel Far and Wide

In HEALTH and LIFE every month you will read of the Captain's exploits, and we shall endeavor, as far as possible, to post you with a plan of his journeyings.

It was Captain Rodrigues who went to Washington and set President Coolidge some exercises. He marched down Broadway with Governor Smith of New York, while an enthusiastic crowd marched behind. He has been presented with the keys to more than a hundred cities, and, wherever he has gone in the past, he has been received in a right royal manner.

Another thing you will be glad to know is that he has the press of America behind him, for he has conducted hikes for most of the newspapers of the country, and he is going to conduct more hikes, and when the hikers sit down for their half-way rest he is going to tell them all about the HEALTH and LIFE Crusade, and send them all forth as soldiers in our cause.

Captain Rodrigues will also contribute articles to HEALTH and LIFE, and explain his system of physical exercises that built up that splendid manhood for him, and he will also illustrate the application of his system to women and children.

If you are a member of a Club, or Y. M. C. A., or any Institution and can assure Captain Rodrigues of a sufficient attendance, we shall be able to

arrange for him to come and visit you. Write and tell us what you can do in this way, because we are going to run this great HEALTH and LIFE Campaign for everybody, and we want old readers to get the full benefit of all we are trying to do for our cause.

LINDLAHR COLLEGE BANQUET

A banquet at the Lindlahr College set forth thirty-nine new Naturopathic Physicians to teach the people of this country the way to health. Inspirational speeches were made by Doctor Victor Lindlahr, President; Dr. William Davidson, Dean, and Bernard Bernard, Editor of HEALTH and LIFE, a beautiful valedictory was compiled by Dr. Nanna Mae Roseboom, graduating. Parts of this have so impressed the Editor that he is going to publish them in HEALTH and LIFE.

The graduating class was as follows: Frank J. Balaz, Nebraska; William F. E. Lesbach, Nebraska; Neal Barefoot, Pennsylvania; Louise M. Boyer, Missouri; Maria Paul Brossman, Canada; Esther Buchwalter, Kansas; Helen B. Clark, Tennessee; Cora Dagest, Illinois; Frank Field Dean, Illinois; Loia F. Eastham, Kentucky; Clarence C. Engelbrecht, South Dakota; Ida M. Finch, Texas; Mary Forehand, Illinois; Theodore A. Hartung, Illinois; Lawrence C. Harrell, Texas; Agnes Hahn, Minnesota; Fred J. Heinz, Illinois; Roy Hurd, Illinois; Joseph F. Jobby, Illinois; Jarru R. Jurva, Minnesota; Henry S. Kaweck, Canada; Peter Karliaking, New York; John Frankland Kirk, New Zealand; Anna K. Kurty, Illinois; Joseph Kolodziej, Illinois; John Alexander MacKenzie, Canada; Rocco Marnell, Illinois; Alma S. Nelson, Illinois; Edythe J. Perkins, Illinois; Frank F. Norman, Illinois; Charles B. Perkins, New York; Ralph W. Paulsen, Kansas; Carl Bolter, Ohio; Paul E. Renszull, Florida; Nanna Mae Roseboom, Indiana; Duane H. Snouffer, Iowa; Donald M. Thompson, Pennsylvania; Jerome T. Toms, Illinois; Albert Whiting, Canada.



COLLEGE GIRLS GET INSTRUCTION
Capt. Godfrey Rodrigues being invited by Dr. J. D. Blantry, President of Ward-Belmont College, to give his girls instruction in walking, and graceful exercises.

Who Is Captain Godfrey Rodrigues?

By Southard Brown

I SHALL never forget my first impression of Captain Godfrey Rodrigues as a I saw him wending his way majestically down Broadway, the glittering main street of New York City.

Crowds opened up almost automatically to let him pass, while from every side could be heard the interrogative murmur: "Who is that man?"

Eyes were turned upon him, not as upon some freakish spectacle, but with wondering amazement and admiration. People watched him disappear with giant strides down the avenue. And I was among the throng.

I, too, wondered who the man was. This personification of complete manhood and perfect health. At that moment I saw a bent-over, emaciated figure of a man pass by and I lapsed into a philosophic reverie upon the fallacy of the statement that, all men are born equal.

I had heard much of the good fortune of being born right, and I had also heard a little about living right. I envied this man his birth, which had given him such a magnificent start ahead of so many of his fellowmen in the race of life.

Later, when it was my privilege to become associated with Captain Rodrigues, I was surprised to learn that in his youth he was not different from the average boy.

I was not convinced until I had seen photographs taken but a few years ago, which depicted him a tall, rather thin and awkward figure, with no promise whatsoever of the perfection which he has now attained in his physical construction.

It may sound strange that the perfect man is looked upon as a freak, but one has but to travel a short time with him to realize that such is the case. It is an ordinary occurrence for trolley cars to stop while the motorman waits until the Captain with his following has reached the other side of the road. Policemen halt the traffic and give him right of way, so great is the influence of the man upon the minds of others.

Wherever he appears in public he is the synosure of all eyes. After his addresses in Chambers of Commerce, I have seen the leaders of finance crowd about him as they crowded about the Prince of Wales, but not to do homage to his fortunate circumstance of birth, but to pay tribute to the man who had made himself a King among men.

The Captain is a rather shy and retiring man to those who know him well. Contrary to what many men may think, he is far from being a poser. Left to follow his own inclinations he would far rather stay, the year round, on his ranch than to travel and preach his gospel of health and right living. And were it not that he feels it is his duty to lead others into the paths which he has discovered for himself—paths that

lead to health and happiness—he would live his life in quietness among his books and surrounded by the comforts of his home.

But to return to his work and his teaching. Why is it that Governors of States, Secretaries of Departments at Washington, Presidents of Colleges, Doctors and leaders of finance, are drawn to this man and convinced of his honesty and sincerity?

The answer is simple. It is because he is ocular proof of the infallibility of his simple teachings. This man does not need to carry his message home. He needs no eloquent pleader to convince the public that his cause is right. He, in himself, is the complete answer to all questions, and the absolute proof of the soundness of his theories.

Why does he radiate physical power; why does his silence move men far more than the stirring words of a powerful orator stirs an audience? It is because there is a contagion emanating from him. Men, upon seeing him, throw their own chests out and stand erect. He is an inspiration.

Yet on all sides rises the question: "Who is Captain Rodrigues?" This, however, is not the question which it is important to answer. The great question which is of surpassing importance to all of us is simply: "What is Captain Rodrigues?"

His legs are as sinuous as those of Venus de Milo; his arms as lithe as those of Apolla Belvedere. His whole body is covered with muscles of flexible strength.

He grew as God and Nature intended



CAPTAIN GODFREY RODRIGUES IN SERVICE UNIFORM

every man should grow. He is what he is, simply because he understands the laws of Nature as they apply to physical man, and has lived according to them.

He is not a miracle nor a miracle worker. He holds no secret that is not

(Continued on Page 456)



"OUR THANKS TO YOU, SIR"

It was Capt. Rodrigues who caused a sensation some time ago by taking a class of fat ladies and trimming them down to pleasing proportions. Here they are conveying their thanks to him.

Problems of Food Combination

By R. Preece

[Scientific food combination is probably the most important part of the whole diet question.—Editor.]

THE average person, reading the different authorities on the diet question, feels so completely mixed up by the conflicting views that he gives up hopelessly, and determines to leave the matter of diet severely alone. As often as not, he has starved himself and done his body considerable injury, and it is no wonder that he gives up this most valuable study in disgust.

Dr. William Howard Hay is medical advisor to the Defensive Diet League of America. He has been putting to the test the really scientific methods of combining foods. When he talks to his patients about diet, they have rather a hopeless look on their faces; but when he outlines simple rules of food combination, and they actually try it, they say, "Why, that isn't dieting; that is just common sense! It is easy and no trouble, and suits me fine".

So it is that the problem of food combination is probably more important than the intricate studies which delve into the compositions of foods, and which seek to discover the right quantities of different foods to be taken into the body. As a matter of fact, there is no need for this, for if the foods are combined scientifically,

the appetite itself will determine the quantity, asking for a sufficiency of the various foods, and balking at an overdose.

The reason that scientific combination has only recently made headway is that the classification of foods has been so unsatisfactory. The object was always to find out how many calories the food contained, irrespective of the composition of the food, and then to reckon how many calories were necessary to the body, and then to prepare a meal according to the number of calories required.

Is the Calorie Theory Practicable?

Calories required by the body may be a valuable indication as to how much to eat, but the requirements of different individuals vary so much that no scientific or satisfactory conclusion can really be reached along these lines. There are no two persons of the same disposition, of the same distribution of weight, or of the same rate of metabolism, so that each would require a card in his pocket giving the calories required in his particular instance. He would also want a ready reckoner to calculate how many additional calories he would want on a specially active day, or how many to strike off on an unusually lazy one. He would have to calculate according to the energy expended, and also according to the temperature of the atmosphere, for the latter considerably affects the amount of calories necessary.

But where the discovery of the calories has done harm is in making people think that calories alone matter, irrespective of the kind of food eaten, and the requirements of the actual composition of the body. Thus it was that starchy foods, because of their high caloric value, have come to be overindulged in. Before the calorie craze, we had the craze for nitrogenous foods, for it was pointed out that nitrogenous foods built up body tissue and were more concentrated than other foods.

After the experts had filled people with nitrogenous foods we had the uric acid fetish, and it was true that people were suffering from an overindulgence in nitrogenous or protein food.

Now, however, no doubt due to the calorie craze, we have an overindulgence in starchy or carbohydrate food.

The Craze Is Now Vitamins

We, that is, taking society generally, are in the transition period where vitamins are looked upon as the sole criterion and indication of the proper diet. People are trying to eat these vitamins even apart from the food which endows them with life and value. They buy them—or they think they buy them—in bottles, because authorities have lent their names to the most wild and absurd abstractions regarding vitamins.

Let us not forget, however, that in

each of the discoveries there is some amount of truth. The fault in the past has been to enlarge this particle into the whole truth. The body does require a certain amount of calories; it does require nitrogenous food; and it certainly does require in its food the life-giving vitamins; but to specialize and regulate the diet according to any one theory wholly has its positive dangers. What we have to do is to assure that we use all our knowledge regarding food, and see to it that we do not indulge in some sorts of food, and suffer starvation because of lack of others.

The only other dangerous theory that matters for the purpose of our immediate study is that calling for a "balanced diet", or rather, the general understanding of a "balanced diet". Advocates of the balanced diet seemingly believe in the calorie theory, the

(Continued on Page 447)



THE GLORY OF A YOUNG WOMAN IS HER BEAUTIFUL BODY. This is a photograph which shows exceptionally well "Miss Alaska's" beautifully well-shaped body, one of the best in all the world.



THE SMILE OF TRIUMPH After Judge Corio had apologized, Miss Alaska said: "I would gladly submit to the indignity of a dozen arrests if it would focus public attention on the fact that all women who are badly developed are indecent, whatever they wear, whereas the really well developed woman can wear the regulated swimming costume, and arouse only the admiration of beauty, cleanliness, and health in others."

"Miss Alaska" and the Prudes

By the Editor

WHEN I read in my newspaper that "Miss Alaska", so well known to you all as Mrs. Earle Liederman, wife of our own famous Earle Liederman, had been arrested because some prudish beach censor objected to her bathing costume, I was utterly amazed, and, needless to say, could sympathize with the indignation Mr. and Mrs. Liederman must have felt.

Mrs. Liederman was clad in the costume in which she was photographed for these two pages. It was the one she wore when she gained second place at the Atlantic City Beauty Contest two years ago.

Policeman Taggart, who made the objection, and, later, the arrest, took upon himself to act in a most unreasonable manner. Mr. Liederman, who came up to see what the trouble was, naturally felt the indignity as keenly as his charming wife, and it was only to be expected that he told Policeman Taggart a few things. Earle Liederman was in his bathing suit, and you can imagine what he looked like, tower-

ing above the policeman, his magnificent body vibrating with health, strength, and readiness. Perhaps it was also only to be expected that Policeman Taggart should feel a little scared and hastily draw out his revolver.

So it was that "Miss Alaska" was hurried to the police station in the police wagon. When she arrived, she was thrust into a cell adjoining others occupied by "drunks" and footpads.

You can bet Earle Liederman got busy, and as soon as he could he bailed out of prison his charming wife, and took her back to the comfort and safety of the hotel.

The prudes hadn't things all their own way, however. The case came before Recorder Corio; and even Michael Bird, the chief beach censor, while making the charge, admitted that Policeman Taggart had been over-zealous, if he had not actually exceeded his duty. Judge Corio saw immediately that something was wrong, and that "Miss Alaska" and her husband had been most shamefully treated. He dismissed the case, and offered most profuse apologies.

So, you see, as far as this particular case was concerned, everything finished up rapidly. But what an awful condition of affairs, to think that these prudes cannot curb their imaginations, and that even the purest minded may become their victims?

When interviewed on the matter, Mrs. Liederman made some most pertinent remarks, some that I have always felt to be perfectly true.

"If a girl is modest in her mind and unconscious of her physical charms she can wear anything that suits her figure in perfect modesty. The only women who offend my sense of modesty are the lazy, lolling type, who have allowed their figures to take on the lines of a hippopotamus. Some of them ought to be arrested for the way they look in their street clothes, regardless of bathing suits. And when they go to the beaches they would have to wear divers' suits to keep within the bounds of propriety."

That is perfectly true. Those people who dislike the human body are usually those who neglect it, and a neglected body becomes an indecent thing. How can anybody be anything but shocked to see a fat, shapeless woman, perhaps with the line of her corset protruding, and her hips and thighs overemphasized to a disgusting degree. As a matter of fact if you looked into the matter, you would find that many of the prudes dress in this manner.

A beautiful figure cannot be sensual. It can only provoke admiration, a love of the beautiful, and a desire to obtain the same brilliant health that goes with



MISS ALASKA

Miss Alaska (Mrs. Earle E. Liederman), the world famous beauty, who was a victim of beach prudes, and was arrested at Atlantic City. At the trial she was dismissed, with apologies by Judge Corio and Chief Beach Censor Michael Bird.

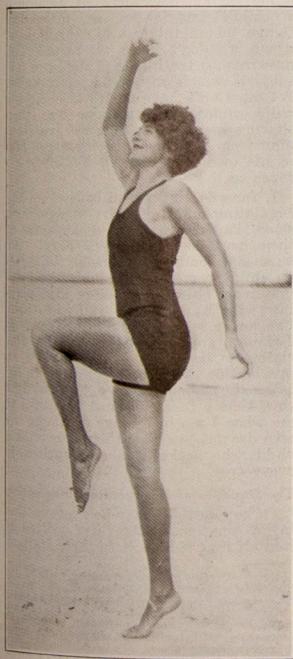
it. Every woman can be beautifully developed. So Miss Alaska is not saying anything so very terrible. As she herself says:

"This may sound bitter, but with the exception of a small percentage of women who suffer from glandular and other disorders it is perfectly possible for any woman to have a pleasing figure. I know, because before I married my husband I was a pretty scrawny object myself. It was only by the exercise of a little self discipline and fifteen minutes' exercise every morning that I began to reach the proportions I wanted to have."

Miss Alaska, as you know, came second in the national beauty contest the year before last. Last year, when everybody expected her to win first place, the organizers of the contest found a new rule, by means of which they kept her out of the contest. In any case, among a very large number of people who take interest in these matters, she is today considered the unofficial "Miss America."

WOMAN

O, the shrewdness of her shrewdness
 When she's shrewd!
 And the rudeness of her rudeness
 When she's rude!
 But the shrewdness of her shrewdness
 And the rudeness of her rudeness
 Are nothing to her goodness
 When she's good.



DANCING TO HEALTH

Filled with the sheer joy of life, "Miss Alaska" dances her way to health and fitness at Atlantic City.

Using the Mind and the Soul

A COURSE IN APPLIED PSYCHOLOGY

By Warrington Dawson

(Author of "Opportunity and Theodore Roosevelt")

FIRST SERIES: THE FACULTIES OF THE MIND

Article III

IMAGINATION

THE forms which may be taken by the human imagination are as varied as they are broad, entering into all human activities and covering the whole scope of human faculties.

But I wish to say explicitly, and in the crude words which alone are adequate to express my meaning, that imagination is radically different from lying. I have studied particularly one so-called "imaginative" child who merely loved lies as he loved the taste of stolen sugar. The type of man who attributes to himself adventures he has never had is not a victim of imagination, he is either wilfully a liar or pathologically a mythomaniac. And the other type of man who imagines that adventures narrated by anybody save himself are necessarily inventions is suffering not so much from an ill-regulated imagination, as from the disorder named petty jealousy.

With small children especially, it is of utmost importance for parents to watch out that the lying habit is not inculcated in them by unwise servants or foolish guests. Suggestion of this sort is generally responsible for blurring a child's mental images so that he may be genuinely confused before learning to think that confusion is amusing, and then that it is clever because of the things he can put across by this means.

Children Are Naturally Honest

The child is naturally honest, straightforward, outspoken; he has an inborn sense of justice; but very early in life he realizes his state of physical inferiority, surrounded by people much larger than himself who rule his life and cross his whims. Once he has been taught that inaccuracy is funny, he won't be long in discovering that it has immediate advantages for him which, if artfully handled, may almost equalize his chances against those big people who know so much and have so much power. But though I do believe in certain hereditary physical lesions and certain hereditary physical weaknesses, because they are scientifically established anatomical facts, I do not believe in hereditary moral failings—unless the small "victim of heredity" is brought up under the example and influence of the corrupt parent. That sort of "heredity" should be spelled "propinquity," for it is neither more nor less than a moral contagion as tuberculosis is a physical contagion.

Nature designs child-natures to grow

straight and healthy as she designs child-bodies to grow straight and healthy—as she designs animals and plants, too, to grow each in its normal way according to its kind. But just as the body may be distorted by the sins of the fathers or the ignorance or negligence of parents and nurses, so the mind may be distorted by its surrounding influences.

For the unspoiled child who has observed a ray of sunlight, that remains engraved upon the memory as a ray of sunlight for which he presently learns the name, and his imagination will glorify both the true thing and the real name.

How Children Are Educated to Lying

If, however, for the purpose of diverting either yourself or him, you give him wrong facts or wrong labels, you are then helping to blur his images. In other words, you are doing your best to distort his mind so as to make of him a liar for life.

I once knew a dear old doctor who was guardian for a boy and a girl whose father had been his friend and whose mother was the sad heroine of one of the most sensational criminal cases of modern times. The old doctor took very seriously his task of bringing up these two children so that they should be normal. He said to me, "I keep a very close watch on their imagination. I used to play a game with them, hiding biscuits behind my head and pretending I drew the biscuits out of my head. I was alarmed for their imagination when I found out one day that they actually believed I had biscuits in my head!" It never occurred to the old gentleman that the only thing wrong with the children's imagination arose from the lies he was telling them as a "joke."

On the other hand, as an example of healthy and helpful imagination in young people, I have often mentioned the case of a boy I once saw, watching two wrestlers in a Y. M. C. A. gymnasium. The boy had taken sides so strongly that he was unconsciously imitating all the attitudes of his champion, and even his face reflected the phases of the contest as he made each effort or failed in it and struggled against his adversary's holds. He had risen from his seat, quite unaware that he was among the spectators; he had exteriorized himself and absolutely imagined he was in the ring; his face

was beaded with perspiration which his breath came hard and resolute and his muscles expanded and contrasted with his "grips." Some people near me laughed at him. But I thought him so admirable that I was glad he could not hear the rude laughter. And I'm sure that at the end of the match he knew more about it than anybody present, because he had lived every phase of it.

How Much Should a Child Be Told?

We must use our judgment and our experience as to how much we should tell a child on any one subject at any one time; but where we must not err is in this, that what we say must never go contrary to established facts.* This is not saying, however, that we injure a child's imagination by discussing things which interest him and about which we don't know all facts. The unvarnished truth is that there are few subjects which any of us really know. We must only have a care to make the child understand that we are then sharing his fancies, that we are stepping from our world which escapes him to his own world which too often escapes us.

I, for one, am a firm believer in the regulating effect of fairy stories upon a child's imagination. I approve of them as I do of "Uncle Remus." No harm ever came to a sensibly brought-up child from personifying animals or inanimate objects, any more than playing with a doll or a railroad train. I've never seen a fairy myself, nor do I know any responsible adult who claims to have seen one. But it's an unscientific attitude to deny things because they remain unseen. I know just this, that a forest is most beautiful to me when I am in it alone dreaming my own dreams—or else when I am with a child who seeks elves and sprites in every tree.

The Dangers of Exaggerated Imagination

Of course there may be exaggeration in imagination. Balzac has written of himself that if he noticed three Italians

Note: Perfect examples of the method for handling a grave and delicate subject, so as to implant necessary understanding in a child's mind, without arousing a dangerous form of imagination, are found in Bernard Bernard's "Beginning Marriage" and "Sex Development." These are without exception the most helpful as well as most healthy sex books I know. Bernard Bernard's excellent hand-book entitled "Sex Development" should be in the possession of all parents and all High School teachers.—W. D.

(Continued on Page 443)

Artistic Dancing for Girls

FOR HEALTH, WEALTH AND A CAREER

By C. Thorne



Photo by J. Hargis Connelly, Chicago
AMELIA ALLEN
 Now a dancing star of the Follies. She danced her way from the Farn to Broadway.

AMONG the many professions in which girls and women are creating new interest and adding new and greater luster is the one of fancy dancing. Here is a profession or art, old in itself, which lately has vastly improved both in financial returns and in the ever increasing demand for new dancers and dances.

The average girl no longer looks to marriage as the fulfillment of all desires, but even should this be a desired goal in distant view, she wants first to live and enjoy a profession of her own choosing.

A Well-Paid Field

Artistic or fancy dancing is a well-paid field into which a girl may enter; it is not overcrowded, the physical returns are great in health and physique, while the highest rewards of the art are ever in sight of the earnest and aspiring artists.

To see some of the greatest dancers is to have the impression created that a life-time of training and study is needed. In the old-time ballet, with its severe technique and form, this was partly true, but in modern artistic dancing the work of the novice is much easier and the time of study greatly shortened.

The life work of the dancing artist

is now limited only by the time she herself decides to enjoy. Of course, it could happen to but few girls to rise to the heights of the great Anna Pavlowa, who at the age of fifty years has lately had an increase in salary of from \$6,750 a week to \$10,000.

How Pavlowa Works

The great Pavlowa is the greatest dancing star of the ages and is more-over an artist in many other arts. Composing her own dances and ballets, and directing a large company, Pavlowa shows the greatest heights to which an aspiring artiste can climb. Of course, such a great career as that of Mme Pavlowa is not won easily, but by a lifetime of study, training and sacrifice. Girls who are in poor health and spirits will quickly overcome this handicap in the exercise and training necessary for the novice, though, of course, a person in good health has a natural working advantage.

To show the disadvantages that may be overcome, however, the wonderful career of Shura Rulowa is an expiring example. Attacked with infantile paralysis, she was for three years strapped to a board. Determined to make good, she started in with simple, easy exercises, and with mind, body and spirit all doing their part, won her way through years of struggle to success, fame, riches, health and happiness. Her wonderful body is today a study in perfect strength and suppleness, and when I talked with her last, she was completing payments on a beautiful Long Island home she had bought.

Into the profession of dancing a girl must put heart and soul, if she intends to make good, for at first the demands are exacting and some of the work at times becomes drudgery, but the stretching, balancing, and posturing must be gone through, as they are the basis of all good dancing art.

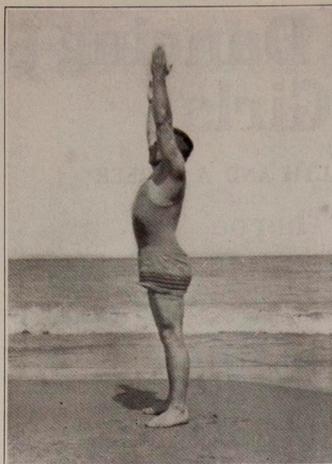
Hints for the Novice

The novice must try at all times for the inspiration of the dance or the mood expressed. It is by the time put into this study that the futures of the dancers are determined, whether they will be artistic stars or merely dancers. The art of pantomime and spiritual feeling must be brought out and developed along with the inspiration of the

(Continued on Page 451).



Photo by J. Hargis Connelly, Chicago
RUTH PAGE
 A distinguished pupil of Anna Pavlowa. She is making more than good.



EXERCISE I

IT has always seemed a very strange thing to scientific men that human beings with any abnormality should usually be hyper-sexual. It might be imagined that on account of the abnormality, that is, the variation from type, for that is what it really is, there should be sterility, so as to keep the race in general, uniform.

Yet it is in this very peculiarity that we see the harmony of natural law and a means of evolution.

If only those individuals of normal, that is, the average or general type, were prolific, and all deviations sterile, it is obvious that the uniformity of any species would remain. But we know that there are no two things alike in Nature. Individuals of the same species vary, and thus, through a process of millions of years, have organisms developed from the simple to the complex.

Hyper-Sexuality Perpetuates Abnormalities

But it is this fact of hyper-sexuality associated with abnormality that has permitted perpetuation of the abnor-

malities, and so the natural law which assigns hyper-sexuality to those individuals abnormal in some way is not something which ought to baffle scientists and biologists, but, on the other hand, to give them clarity of thought with regard to the understanding of the evolution of forms.

By abnormalities, I do not necessarily mean good or bad. In the sum of Nature there is probably nothing either good or bad. For instance, take that crustacean which during its early life is an active individual and in later life attaches itself to the body of a fish, losing its appendages, and becoming purely a parasite upon the fish. We would call this deterioration. Yet it is a development, from Nature's standpoint. In the first instance one, or perhaps several, of the individuals began fastening themselves against the fish, and became abnormal. With their abnormality developed the hyper-sexuality and extra fecundity.

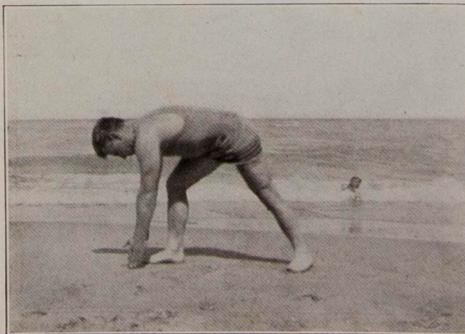
Take what is the most brilliant example of all, the tapeworm. In early life the tapeworm is active, and in its earlier evolutionary life, possibly mill-

ions of years ago, was an active creature. It became a parasite, and, from the human point of view, it deteriorated, until it has become a mere sac for absorbing nourishment at any part of its body, while its whole interior is given over to reproductive functioning.

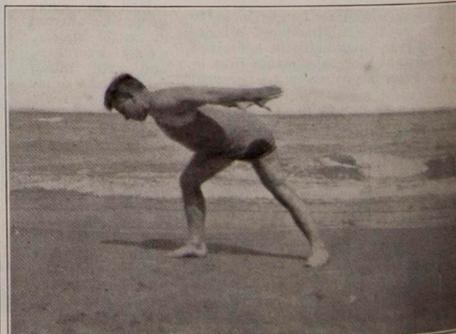
A Stimulant to Evolution

But Nature moves onward in a myriad directions. Let us imagine the time when the highest organism on this earth was the reptile. A few individuals among the reptiles developed webbing on their fore limbs, enabling them to move about more freely. From a human point of view, this was a distinct progression. If that abnormality, or tendency towards abnormality, had been associated with sterility, we should never have had the evolution of the bird. But fortunately Nature has associated any abnormality with a hyper-sexuality. And so, when individuals tend to develop in any direction, there is an enormous striving on the part of Nature to perfect that new development.

(Continued on Page 453)



EXERCISE II



EXERCISE II

The Clawed Spectre

FEATURING THE ATHLETE DETECTIVE

By Richard Bonner

[This is the first installment of a serial thriller that you will enjoy.—Editor.]

A DEATHLY shriek rent the stillness of the night. It came from the country mansion of Richard Bolingbroke. The silence that followed the shriek was more intensely deathly, if possible, and certainly more tragically ominous.

It was the shriek of Richard Bolingbroke himself. Bolingbroke, in his earlier days, had been Amateur Champion Heavyweight Boxer. He could undoubtedly have become the professional Heavyweight Champion, but he had found his real work in scientific study and the endeavor to clear away superstitions and ignorance from the minds of men.

His scientific work had brought him fame and fortune. He was fabulously wealthy, and until a few months previous had maintained his superb physical fitness and robust health. Since that time, however, he had rapidly developed into a nervous wreck.

To those about him Bolingbroke was an enigma. Why he should suddenly crumble was not known. He himself positively refused to divulge any irregularity in his surroundings, and, having had his faith destroyed in medical doctors by his investigations, and what appeared to him as their entire lack of scientifically balanced thinking, he refused all aid except that of his old time trainer, Sam Filson, who, truth to tell, had begun his career as a medical man, but had given it up in favor of the profession of athletic trainer.

Bolingbroke and Filson were fast

friends, in spite of the fact that Filson was an employe of Bolingbroke. It was a case of master and servant, if you like, with an attachment amounting to fervent devotion to each other.

However, on no account would Bolingbroke acquaint Filson with any indication that would lead the latter to understand the reasons for the terrible nervous prostration from which his master and friend was suffering. Bolingbroke's condition was getting so very serious as to indicate an end to his life unless something could be done.

On hearing the shriek on this occasion, Filson rushed to his master's side, as soon as he could scramble out of his bed.

"My dear Richard!" he exclaimed. "What can I do?"

Bolingbroke was shaking from head to foot, jerking and shuddering in spite of all his efforts to regain his calm.

"It's nothing, my dear Sam," he stammered. "Go back to your room. I'll be all right."

"Let me at least get help for you. I have some very good friends who were fellow students of mine, and I know that as physicians they are honorable."

"Sam," thundered Bolingbroke, in spite of his condition, "with all due respect to your friends, I want nobody here telling me I'm neurotic. And I don't want their bromine, or other dope."

Filson knew better than to argue with his master, especially at such a time as this. He made him as comfort-

able as possible, and then went reluctantly back to his room.

Bolingbroke was determined not to allow those around him to think that he suffered from hallucinations, or that his mentality was anything but strong and well balanced as it had always been. He therefore switched off his light as soon as Sam had left the room. He was not in any condition for reasoning, He was simply prostrated, obstinate, and determined to carry through his conviction that whatever existed in this world, in the Universe, or anywhere, is of purely natural origin, and capable of a scientific explanation.

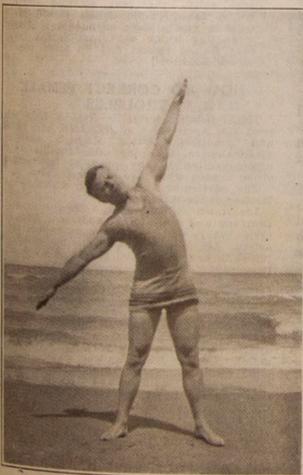
However, within five minutes, almost without knowing it, he had picked up the telephone, and had called the number of the Merrill Detective Agency.

By the time somebody at the other end was speaking to him he had already laid down the receiver, repenting of his action.

A detective agency, however, is not so easily rung off; anyway, not the Merrill Detective Agency, and a detective was immediately assigned to trace through the originator of the call, and to get some explanation, if possible.

Bolingbroke endured another ten minutes of the agony due to his terrible condition, and then he again picked up the telephone receiver. Before he really realized what he had done, he had already rung up John Blount, the Athlete Detective, and was connected with him.

(Continued on Page 451).



EXERCISE III

A FIVE-MINUTE SYSTEM OF EXERCISE

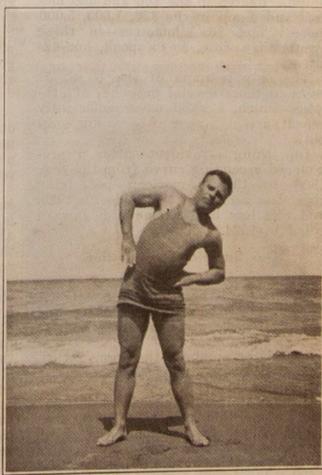
Do the exercises illustrated on these two pages, and master them properly, and you will have a fine little system, that will keep your bodily organs in trim.

Exercise 1. Hands straight above the head, bend the body forward, then backward, alternately, eight to twelve times.

Exercise 2. Stand at attention, arms at sides. Lunge with the right foot, and touch the ground with your hands. Go back to the Attention position. Four movements with the right lunge, four with the left lunge. Then do four with the right lunge with arms thrust backwards as in the illustration. Repeat the same movements four times with the left lunge.

Exercise 3. Arms outstretched at side, alternately bend the body to right, then to the left, from twelve to sixteen times each side is sufficient.

Exercise 4. Place the hands on the hips, and circle the body, that is, move the body round and round so that the head will describe circles.



EXERCISE IV

The United States and the Olympic Games

The American Victory From the French Standpoint

The Following Interesting Account of How the American Victory in Paris Strikes a Frenchman is from the Pen of M. Alfred Spitzer, in the French Paper "Sporting". We Are Indebted to Mr. F. A. Hornbrook for the Translation

[I believe the whole object of this article was to spur Frenchmen and French athletes on to ensure that they make a better performance at the next Olympic Games. The object of the writer evidently was not to decry the American victory so much as to tell French athletes and athletic coaches that if they buckle in, get the same training as we enjoy, they will stand a good chance of beating America at the next Olympic Games.

I think it necessary to explain this as, while reading it, you may think that the Frenchman is merely making an inglorious excuse for our great victory. Our athletes have earned their great victory and instead of feeling sorry for ourselves for having big, strong, muscular men to choose from, we are proud of this glorious position.—Editor.]

THE United States has carried off the palm of victory amongst the nations at the Athletic Tournament of the Olympic Games.

I estimate that it is for them after the manner of a Prhrhic victory.

The U. S. A., having the numbers, quality and quantity, has certainly scored an advantage over little Finland. However, one must remark that they only achieved one single victory in pedestrian sport, viz: the 200 metres, in addition to the two hurdles, 110 and 400 metres, one of these even being the subject of a caution. This is not a triumph. Beaten in the 100 and 400 metres and again in the 800, 1,500, 5,000 metres and 10 kilometres—in these events they were, so to speak, non-existent.

The only triumph of the U. S. A. rests in those special branches of athletics which, I shall never sufficiently repeat, are in danger of becoming acrobatic.

One thing is evident—after a pronounced ascending curve from the year 1896 to 1912, American pedestrian sport lost a rung of the ladder in 1920, and this loss has become a downward trend in 1924.

Our Superior Organization

The U. S. A. has the net advantage over all the other countries. It has universal sporting organizations and above all more athletic clubs than exist anywhere else.

It has the numbers, the organization, and, that which other countries lack,—the money.

In spite of all this, in pedestrian sport alone, taking only the places that really count, first, second and third, it had second in the 400 metres, first in the 800, third in the marathon, first in the 110 hurdles, first and third in the 1,500, 3,000, 5,000 or the 10 kilometres.

These are not laurels of which a

sporting country can be proud, above all such an athletic one as the U. S. A.

I think after these results, which confirm those of Antwerp, one will cease to speak of the superiority of the American methods of training, as also of the American trainers.

We Possess the Super Impulse

I have seen these methods at sufficiently close quarters at the London Games in 1908, and I have again seen them at closer quarters this year at the Paris Games, and I have come to this conclusion: that in order to arrive at great international form, and, over and above that, for Olympic form, one thing alone exists—the super impulse.

The one who has the quality, and who can endure to the end, reaches the goal; those who can't get there for one reason or another, stop enroute.

Our Fine Material

The American coaches are like all others. Let them have the poor French material and organization and the even poorer French finance, and one would see the result.

The American coaches need a lot of excellent human material, lots of dollars, and lots of ordinary material, and also lots of equipment, and even with these factors they fail to get complete results.

I will even go further, and say this: should any one entrust to any of the best American trainers, one of the French athletic clubs, without extra finance or material other than those at their disposal, I am certain that this club would not even reach the same results as it does now. Further, it is certain that the U. S. A. has a certain superiority in the sports that are essentially theirs; but in certain sports, such as football, cycling, fencing and water polo, they are like crusaders. One of the great advantages of the U. S. A. in the ultra muscular speciality of sports, comes from the race itself, usually big and strong, from the



F. A. HORN BROOK
Internationally famous physical culturist who translated this article from the French.

muscular culture of the race, and from the precocious sport culture.

At the age of nine there are school boy tests for 100 yards. All the young Americans begin in the same way. In France there is much opposition when one talks of making the youngster of seventeen go in for sports.

Consider, then, the fight with equal weapons under conditions so different, and this will explain everything.

[We are interested in the French point of view, but we still maintain that no criticism can lower the glorious victory obtained by the United States at the recent Olympic Games. The best men won. May that always be so at forthcoming Olympic Games. Paavo Nurmi, the great Finn, received sincerest congratulations from every country taking part in the Games. Especially has he received applause from the United States. This is the real spirit, the real sporting spirit, which the Olympic Games should inculcate, and all the abominable unfair wrangling which took part at the recent Games should find no place anywhere.—Editor.]

HOW TO CORRECT FEMALE TROUBLES

The following letter is from a lady who read the April issue of HEALTH and LIFE, and practiced Doctor Mosher's exercises given therein, with the same benefits which have resulted in the cases of innumerable other women who have practiced them.

The particular exercise upon which Doctor Mosher relies is as follows:
Lie down on the back. Then alternately protrude and draw in the abdomen. This exercise may be done whenever opportunity offers. Dr. Mosher says that it has never yet failed to have a decided benefit on all female troubles.

Here is the letter from this most enthusiastic reader:

Illinois, October 15, 1924.

Gentlemen:

Please send me two copies of the April issue of your Magazine, the one containing the article on painful menstruation. I read this article one day while waiting in my doctor's office, and thereafter practiced the rule therein given with splendid results. Now that I am sure of the benefit derived from the author's system I want my doctor to read the article. I also intend to call it to the attention of others.

If the system works as well with other women as it did with me, certainly a copy of this article ought to be in the hands of every doctor.

Assuring you that I am pleased at the chance that led me to scan your Magazine, I am,

Yours very truly,
(Miss) R. L.

With the Men of Iron

PUSH THE A. C. W. L. A.—BONOMO GETS FIVE YEAR FILM CONTRACT.—FAKE PHOTOGRAPHY.—RESISTA.

all in weightlifting, you ought to be a member. You can get all particulars from the President—George F. Jowett, 2741 Palethorpe Street, Philadelphia, Pa. Write to him and give him your ideas, and tell him how you can push the cause.

Joe Bonomo, strong man and wrestler, has just signed a five years' contract with the Universal movie people. Bonomo is a HEALTH and LIFE enthusiast, and has devoted his life to the development of his body and getting strong. Now he is reaping the benefit.

If you see a photograph of a feat of strength it is no proof that the feat was performed. At the top of this page is a photograph of David P. Willoughby, the American Amateur Champion Weightlifter, with a heavy barbell raised at arms' length over his head. Doing a one-hand stand on this barbell is a man weighing from 140 to 150 lbs. This would be a prodigious feat, not only for Willoughby, but also for the balancer. But, friends, this picture merely shows skill in the art of fake photography. It is possible to make a photograph showing an invalid bent pressing the world, one hand anyhow. The only real proof of a lift is its official recognition by the A. C. W. L. A.

Joe Johnson, of Muskegon, Mich., who, within his rights, criticised a record which had been messed up by various reports, has written his satisfaction regarding the explanation given in HEALTH and LIFE, and is as keen as ever to do his bit to make the A. C. W. L. A. really go. The following is another letter of his, showing the right spirit.

Dear Friend:
I (one of your multitude of readers) am writing to let you know that HEALTH and LIFE and the A. C. W. L. A. in general, are going strong with us.

The reorganization of the Association is a decided step forward for it. Now we should have action. Previously it has been a one-sided affair, Calvert and E. Liederman (who have done so much) being left out, entirely. It can be also regarded as an all-around recognition of the fact that an Association exists.

Bravo, Willoughby. He should hold the World's Amateur Record for his weight for the R. H. C. and jerk which is only 209 pounds. Good luck to him!

Eagerly waiting for next month's copy of HEALTH and LIFE, I am, as ever,
The same old enthusiast.

JOE JOHNSON.

E. W. Goodman, of the Los Angeles Athletic Club, has been to see Resista, a young lady who defied his efforts, and those of other strong men, to lift her from the ground. He sent in the following article on Resista. Maybe when she visits your neighborhood you can also go and have a shot at raising her from the ground.

"Resista" The Irresistible

By
EDWARD W. GOODMAN

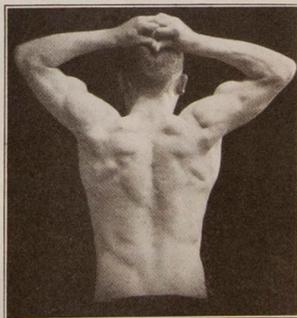
Imagine a dainty vision of petite femininity, endowed with mysterious powers enabling her apparently to change her weight, at will, overcome the laws of Nature and set at naught the strongest attempt to lift her! A little lady, weighing approximately 115 lbs., who, when she permits you to raise her from the floor, seems as light as a feather—but, when she "puts on the pressure," resists the most powerful effort to raise even her heels from the floor!

The writer (who is distinctly critical in viewing feats of skill, strength or agility) made innumerable attempts at the Hill Street Orpheum during the week of September 15th in Los Angeles, to lift Resista and accomplish what no one else has so far done, but without success. Still sceptical, he was invited behind the scenes and given a practical demonstration such as he has never before witnessed. Resista was raised by him alternately at "light" (Continued on Page 458)



A VITOLAXING MEDALIST

Alfred Nocrstrando, of Tooele City, Utah, who has gained phenomenal development and restored abundant health by means of the VITOLAXING System.



REMARKABLE BACK MUSCLES OF BRITAIN'S STRONGEST BOY

Eric Tregrove is achieving great distinction, not only for his great feats of strength for a boy of sixteen years, but for his astounding development for one of his age. There is not the slightest doubt that one day Tregrove will be one of the most distinguished athletes in the world. Mark these words!



FAKED PHOTOGRAPHY

The above is not an illustration of a feat of strength so much as an expert exhibition of faked photography. David P. Willoughby, American Amateur Champion, is doing the lift. The handstand was done on another bar altogether, and was only later patched into the photograph. This is published to show you that more than a photograph is needed to prove lifting ability.

THE A. C. W. L. A. reorganization promises good results. What will interest you most as a good idea is that it will widen its scope of activities. It will not only be the official body to determine championships, records, rules, regulation of lifts, etc., but will also endeavor to show what a great thing weightlifting is for body building, and as a health movement. All that pertains to making the body fit, that is, everything that will assist the weightlifter, will be boosted by the Association. If you are interested at



JACK SLUCE, THE PHYSICAL MARVEL
Acrobat, tumbler, gymnast, and Man of Iron, devoted to our great cause, he recently gave an exhibition of his skill at Kazoo's Vaudeville, Detroit, Mich.

A Builder of Human Architecture

The Work of Austin, America's Bloodless Surgeon

By ELEANOR B. HOLWICK

[Most of the surgical operations cutting into feet and other parts of the anatomy are entirely unnecessary. Skilled manipulation can adjust the body, and it will stay right if the patient takes the trouble to exercise and avoid the faults which set up the deformity in the first place. In years to come most of the surgeons will be bloodless surgeons. Read this article on the work of Austin. It will interest you.—Editor.]

NEAR the skyline in one of Cleveland's big buildings, each day one can find a vital, energetic man at work. His task or trade or profession is that of a builder. A builder, not of houses, or roads, or bridges, but a builder of men. We have builders that specialize—some build hotels, some apartments, some banks or roads. In the same way this man would specialize; he would build *arches*. Arches to carry the weight of man through all his difficulties in life.

Patients hobble in, are carried in and invariably Walk Away.

Foot and various bone troubles are corrected—instantly—in many cases. It is all accomplished so quickly, so easily, that one is apt not to realize the great skill in "Constructive Surgery" that brings about these remarkable results;—results that are permanent.

Month by month this work has been going on, unheralded—except by grateful patients who have found freedom from the bondage of pain and mis-



WHAT SKILLED MANIPULATION CAN DO
Using his knee as a fulcrum, Austin has pushed the bones up into their correct position, and built Nature's arch once more.



THE FINISH OF A GOOD JOB
Nature at first requires a little assistance. A pad is bandaged around the foot, until the muscles have become strong enough to hold the bones in position. With care, this pad is necessary for only two or three weeks.



A FALLEN ARCH
Nature's beautiful arch of the foot has fallen. The joints have given way, causing not only shapelessness, but also severe pain.

is placed under it we see—the beautiful arch has taken shape. Nature's bridge. Could anything be more wonderful? When you think of the human foot having twenty-six bones—all more or less affected—out of alignment by the fallen arch—and yet responding instantly to this man's magic touch. Feet, too long for shoes on the market, the result of fallen arches. Feet with hammer toes, the result of short shoes, shortening of the ligaments. Feet with bunions. Feet with "Mortimer" toes. Feet with almost all the bones twisted—turned as in the children,—club feet, and then see these later—normal feet.

Will wonders never cease? We were impelled to loiter—one case came after another and we found that foot troubles were legion. We watched a woman hobble in—Bunions. With the same ease we saw the trouble disappear as magically, apparently, as others. The tortured foot was held firmly—a quick working of the other hand performed the operation and we were told by the patient that the pain was gone.

Long Feet Are Not a Joke

We found on the records one instance of a man having so long a foot, after his arch broke down, that the factory had to make special shoes for him. There was not a shoe on the market large enough. This man's feet were shortened two and three-quarter inches in one treatment by the setting of his arches. That was four years ago, and today there has been no change in the feet from the day that the arches were set properly.

A man fairly carried in—came from one of the noted hospitals, where he had been for six months. Fallen arches. Could it be possible—he walked away. No pain, no cast. Three weeks after the setting of the arches he took a position which compelled him to be on his feet twelve hours a day—and he has held it these two years.

(Continued on Page 456)

ery, and have therefore broadcast the name of him who released them.

That man is A. L. Austin. Why are Austin's methods so successful? Why don't others use them?

The real secret is in the inborn knowledge that this man possesses of bone structure—a knowledge that made itself apparent even in childhood. This natural ability has been developed by experience over a long period of years.

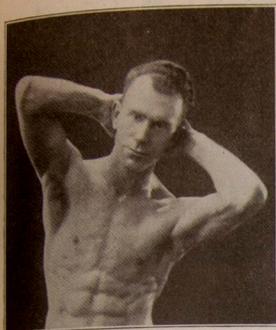
Austin's operations are executed with a sureness of touch,—a deftness of manipulation—that shows him to be a "Master Mind" in not only bone structure but in all that pertains to the body. The desired results are attained without preliminary experiments—X-rays, etc. which some surgeons seem to find necessary.

Reconstructing a Broken Arch

The flat foot comes in,—We watch him carefully sit down in front of the patient—reach over, grasp the foot—then, after a deft move or two with his hands,—sometimes using the knee as a fulcrum—joyfully exclaim—"there, we've got it!"—then reaching for a rule, and lo—the contour of the foot has changed, and as the rule

Among the Grapplers

TALABER NOW MIDDLES CHAMPION.—WHO TAUGHT ROTH?—CAN WEIGHTLIFTERS WRESTLE?



H. L. RALPH

A Chicago business man with a magnificent body.

THE mat is well rolled down for the season, and big and little grapplers all over the country are active. We are going to see many changes and surprises this winter. Joe Parelli, who won the Middleweight Championship from Johnny Meyers last season, has already lost it this season.

Talaber, of Chicago, is now Middleweight King, having defeated Parelli two falls to one.

The match was a very exciting one, and one of the largest crowds gathered for a wrestling match during the last two years, attended. The first fall was won by Parelli in good style. He clamped on four Head Throws (wrongly referred to as Flying Marcs in the press) one after the other, Talaber being shaken to such a degree that he was easily pinned. But it took Parelli 1 hr. 3 mins. 20 secs. to accomplish it. The second fall was won by Talaber with a Double Wrist Lock in 15 mins. 5 secs. In the third

session his Flying Marc was his own undoing. It gave Talaber the opportunity to clamp on a Full Nelson, punishing his opponent severely until at 15 mins. 30 secs. Parelli was exhausted. In fact, he was so badly done in that he could hardly leave the ring after the bout. Here's wishing luck to the new champion!

Among the Big Boys, Zbyszko is still going great. He recently wrestled the big Finn, Charles Lappanen, to a draw in 90 mins.

John Frieberg recently defeated Jack Taylor, former Heavyweight Champion Wrestler of Canada. Demetral and Gardini both have started a winning season.

The following letter comes from an interested reader of this section of the Magazine:

Editor HEALTH and LIFE:
In this month's issue of your magazine you claim you taught Robert Roth, the Swiss Champion, to wrestle in five minutes. The facts are, in 1916 Roth won the cantonal crown of Berne both at "Swiss style" and "lutte libre". In 1918 the championship of Switzerland, and also in 1919 and 1920. Also you claim weight lifters cannot wrestle. How about Hackenschmidt, Aberg, Lurich, John Lemm, Racevich, Pedersen, Paul Pons, Christol, Kara Ahmed, Zbyszko, Fritenski, Gus Sepp, Karl Abs, Ernest Roerber, Karasick, Muldoon, Nolewelski, Van Der Berg, Jowett, De Riaz, and Ewald Redam? These are only a few of the many who are stars at both games.

Yours,
JOHN HELMBACH,
Formerly of Berne.

Roth also won the Olympic Games in Antwerp in 1920, and the facts are as stated in the August issue of HEALTH and LIFE.

I did not say that I taught Roth the complete science of wrestling. I simply said that, in company with S. V. Bacon, winner of the Olympic Games in 1908, we offered suggestions in the Catch-as-catch-can style, which Roth put into operation and won the Olympic Heavyweight Title.

I have never made such a broad statement as that weightlifters cannot wrestle. Many great weightlifters have been great wrestlers, and vice versa. Hackenschmidt was the holder of World's weightlifting records, and was also a world champion wrestler; Ferdinand Gruhn was Champion Wrestler, and in-

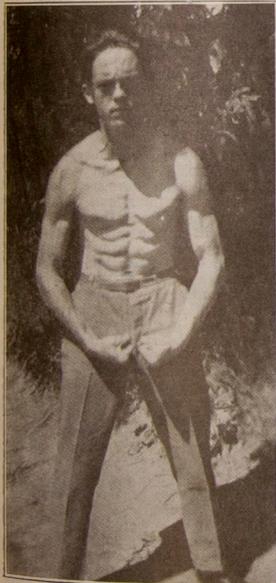
ciently won a place in the first rank of weightlifters, being the only man of his period to raise more than 400 lbs. above his head (2 hands). However, what I have alluded to is that because a man is a great weightlifter, is not to say necessarily that he can wrestle, or because a man is a great wrestler he cannot necessarily lift weights. There is an art and science in each, and each must be studied conscientiously. A man who specializes in weightlifting to a certain degree neglects his wrestling, and a man who specializes in wrestling usually neglects to a certain degree his weightlifting.

However, in the olden days weightlifting and wrestling were very closely combined. But take the wrestlers of today. Very few of them could perform anything near weightlifting records.

I once was wrestling on the lawn at the back of my house when a champion weightlifter, one whose heavyweight records stand to this day, came to visit me. He suggested a work out. In spite of his 40 pounds or so advantage over me, he was easy to hold down, and by the way, this man had been a member of the famous Antonio Pierri troupe of wrestlers.

Nobody would like to see the two great sports of weightlifting and wrestling united more than I would. Most of the old time wrestlers gained their great strength by training in weightlifting, and as weightlifters they had advantages because their muscles were quickened by wrestling practice.

(Continued on Page 458)



RUSSELL ANDERSON

This picture illustrates six weeks of abdominal exercises which corrected a bad case of constipation. Mr. Anderson is 18 years old, formerly of Beloit, but now lives in Chicago.



JULIE BERTÉ

This is an original pose by Mr. Berte, who is a HEALTH and LIFE enthusiast, and a lover of the great outdoors.



CHAS. SCHWARTZ

He is developing a fine body. He is 20½ years old, and weighs 130 lbs, and is a real, honest-to-goodness HEALTH and LIFE enthusiast.

Where There Is Love

A PLAY IN FOUR ACTS

By Bernard Bernard

(FOURTH AND FINAL INSTALLMENT.)

[Act I. began this play by Frank Hardart, a man of the world, not yet free from the results of his evil living, marrying Gertrude, a girl of sixteen, despite the protests of George Goodfellow, a former acquaintance of Hardart's. Disastrous results follow in Acts II and III. In Act IV, Scenes I and II, Gertrude, now a mature woman, meets Leonard Sandal, and they fall in love.—Editor.]

CHARACTERS:	{	FRANK HARDART	GERTRUDE
		GEORGE GOODFELLOW	GERTRUDE'S MOTHER
		LEONARD SANDAL	GIRLIE—GERTRUDE'S DAUGHTER
		GERTRUDE'S FATHER	MABEL—A MAID
		A DOCTOR	MEN AND WOMEN
		JOHN—A PORTER	

Act IV. Scene III.

(Scene: Drawing room. Present: Gertrude.)

Gert: Strange fate continues her tricks. Several times again has she thrust us to each other's company. On each occasion has the unity strengthened, till now we find it far too strong to break. What am I to do? For my own part, I would gladly give myself for Leonard's dear sake. Oh, what a crisis in the life of a girl is too early matrimony! What does the World hold for her? What has it held for me? How greatly could I "love, honor, and obey" dear Leonard. What joy to be his helpmeet? What harmony in Soul? What happiness—true and deep, not the light frivolity and uselessness of morbid pleasure—in his eternal and sweet company. My soul is his; my heart is his; my all is his. Let him take all; it is his—not by the law of Man—but by the law of Nature. What would I not do to realize the union of our two Souls. And yet I must not. Oh, my god, my king, my Soul-mate, you are so near and yet so far away. If you could but know the love I bear you, you would scorch up in its flame. Passion—love. Passionate love, not loveless passion, consumes me. I did not dream that love could be so strong, so overpowering. The firm, tender touch of his strong hands sets my heart on fire; to quench the desires of my Soul—the striving for Unity with its mate. Yet, here am I tied to a villain. Still must I live in such unholy bondage; and forfeit the calls of my passionate Soul. Oh, wicked, wicked world that profanes the noblest of emotions with the sting of scandal. (Enters Leonard.) So you are come. (They embrace passionately.) Oh, was ever love so strong as this? Why did you come? Do you know not what it means? (They sit down.) Tell me, Leonard, darling, why have you come?

Leon: I do not know. Something stronger than myself draws me here. But let me not talk to you, let me not; for what proceeds within my Soul is far too holy for mortal words. I want to comfort you; to help you bear the burden of your hard life. Perhaps I am wrong. I know I tread within the

thrall of dangerous ground. Your very vision, your voice, your presence, your dear self holds more power over me than a hundred hands.

Gert: Oh, what an age has it seemed since last I saw you, my king, my god, my only Soul. Each minute of separation has eaten itself deep into my heart. Absence from you, dear heart, is like the gloom of a winter's night. I know no light but you; I want no light but you. Don't say I am false to the bond of marriage I made when a girl. I would be false to keep it. Was not the very bond itself false? Not a month had passed, and I was in agony and pollution from his earlier malpractices. I bore it—I bore it long and patiently. I thought it was woman's part to suffer—to suffer for her lord and master. But, oh, what crime, what humbug is in such philosophy. What right has a disease-ridden dog to a pure, chaste girl? None, I say, absolutely none; and the union he would make is false, criminal, and unholy. Such union profanes the sacred pledge of marriage, drags the finest impulses to the lowest depths; and murders the World to come. I could have borne so much had that been all; had the lost sheep returned to its fold and purity. But it was merely the preface to the worst to come; which drove the sparks of womanhood right from me, and left me a wreck, a tool, a plaything, in the hands of a mad and diseased dog.

Leon: Gertrude, don't tell me any more. Gladly do I listen to your tales of woe when I can help you to bear them; but they was too strong for my weak nature, and I am overcome.

Gert: Yet mine is merely parallel to thousands of similar cases.

Leon: Too true, too true.

Gert: Many thousands of poor, young women—with no hope of freedom from the tyrants who maltreat them, who make the holy bond of marriage a devil's tool. Oh, Leonard, my sweet one, you have told me beautiful stories of Nature; you have shown me the Truth in Life and Nature. I pour out my Soul on you; and yet I would for your dear sake be careful of letting you into my life and the troubles it holds. We shall be scorned by the

World. It takes a pleasure in voluptuous scandal. Those poor Souls who themselves are caught in a net similar to that which has held me, who would free themselves but dare not, would condemn us most. What a curious thing that is: that those who would themselves be free, whose own matrimonial bonds are false, should be those who condemn most severely? Love should be true; love should be free as the beautiful flowers of the field, so that the earth should be peopled with beautiful children, unbound by the hideous bonds that bind a pure good Soul to a fiend. But I weary you; you do not talk. Why are you so silent?

Leon: I can best bear my own emotions in silence.

Gert: Perhaps it is because I monopolize the conversation, which you did when first we met. But then you spoke of happiness, I now speak nothing but misery and reproach.

Leon: I forgive you that much—I understand the secrets of your heart.

Gert: Do you remember, dear heart, how beautifully the sun was shining? There had been storms earlier in the day when lightning and thunder tore the earth; but that afternoon Nature's gladness lit up the earth and was made more apparent by contrast with the black, gloomy clouds and antagonisms in Nature which we had experienced that morning. Everything to me seems bright while you are here, bright as that first day when you brought gladness to my heart. It has been bright ever since. (Puts her arms around Leonard, he responds.) I wonder, darling, whether to-day will end my life's dark, gloomy clouds and antagonisms, and begin the days of sunshine that never will end? My god, my star, my all. In you do I put all my life. In you do I live. To you do I give myself, that have not myself to give. Oh, sweet, sweet love; oh, tender joy.

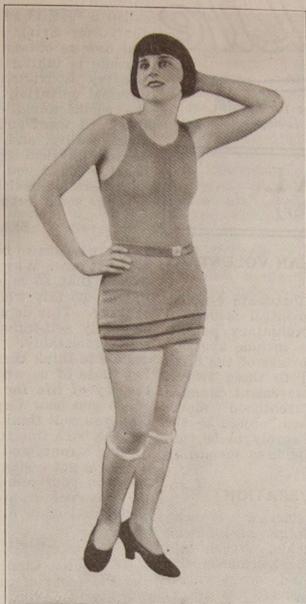
Leon: Gertrude. Dear Soul. *Gert (lights lowered):* Darling, my sweet, my true Soul's mate, I love you, I adore you. My life is you. My Soul is you. Oh, sweet, sweet joy of love. Let the world judge. Let them know my life, my love, and then ask, "Did She Wrong?" (Lights low.) Oh, my Soul's true love.

America's Most Beautiful Women as Judged by this year's Beauty Contests

(Atlantic Fotos)



MISS ATLANTA
GEORGIA
ESTELLE BRADLEY



"Miss Fort Worth" (Texas) Hazel Doolin.



MISS TAMPA
FLORIDA
VIRGINIA MCRAE

"Miss Tampa" (Florida) Virginia McRae.



815

Peggy Joyce and her sister vacationing at Atlantic City. Peggy was not judged in a beauty contest this year, but does that matter?



MISS SIOUX CITY
IOWA
ALTA STERLING

"Miss Sioux City" (Iowa) Alta Sterling.

Health and Life

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

EDITORIAL

(Written by the Editor)

WHEN WE SAY BIRTH CONTROL WE MEAN VOLUNTARY PARENTHOOD

The term "birth control" is a very unfortunate one, because what the supporters of the birth control movement really mean is "conception control" or "voluntary parenthood". Birth control can even be made to include abortion and infanticide, and inasmuch as the supporters of the birth control movement are so utterly opposed to these two it would be a very wise thing if the whole movement changed its name, and became the "Voluntary Parenthood" movement. There are those, of course, who will object to the name because it says what it means, but surely to be considered an advocate of abortion and infanticide is something far worse than to be honest in our labels.

ACTUAL BIRTH CONTROL IN OPERATION

When we talk of "birth control" in America we mean "conception control". The opponents of the movement insist falsely that we include abortion or infanticide, or even race suicide, in their endeavor to kill the birth control movement. The term "birth control" gives them a handy whip wherewith to chastise. As a matter of fact, to show how unfortunate is the term "birth control", note that in Czecho-Slovakia an *actual* birth control bill has just been passed by the National Assembly. This bill makes it legal for any woman to terminate her pregnancy at will until the third month. Abortion is to be legal, that is. The only conditions are that regular doctors must perform the operation.

There is no need at all for abortion. There are several scientific and safe methods of controlling conception where desirable. In view of this, abortion becomes an atrocious crime, whether legalized by a civilized government or not.

THE STRENGTH OF MOTHER LOVE

Those who think that the granting of conception control information to the public would end in race suicide will be interested to know that in England, where the manhood of the country has been depleted so considerably by the War as to render a huge number of women mateless, there is a determined movement on the part of a great number of unmarried women to become mothers. In fact, the authorities are "alarmed" at the increase in illegitimate births. And this is in spite of the fact that the scientific methods of the control of conception are common knowledge in England, and that there are many, many books given to the description of such methods. These women are prepared to face the scandal and stigma they will have to suffer because the War took the men who would have been their husbands from them. They are prepared to do this because their mother love is stronger than anything else within them.

THE HEALTHY SPACING OF CHILDREN

It is an outrage on human nature to say that human beings will shirk all the responsibilities of parenthood if they are given a chance to avoid them. Those who make this charge, of course, must feel that they would do so themselves. But Nature has planted within the human race the desire for parenthood greater than the desire for anything else. If those who have lost all sense of parenthood are stamped out in their own generation, is it such a terrible thing for the human race after all? But the whole argument condemning conception control for this reason is absurd. To be able to space children in the family at desirable and sensible intervals means not only healthier and better children but also happier and more contented fathers and mothers.

OUR GREAT HEALTH AND LIFE CRUSADE

Since HEALTH and LIFE began, in addition to the work through its columns, it has been carrying on what I have called a "HEALTH and LIFE Crusade", a crusade to make for better living and more understanding as to what are, and how to obtain, the better things of life. This Fall the crusade is taking on many more added activities. Captain Godfrey Rodrigues, brilliant soldier, orator, lecturer, and physical culturist, is going to tour the country, and in fact the whole world, to preach the gospel of HEALTH and LIFE. I want you to give him your support when he visits your locality, and I want you to witness the work he will do for physical upliftment and the cause we all have at heart. When you see him you will realize that he is truly an apostle of health, and maybe you will be able to help him arrange some lectures or displays. Let me know if you can.

SELF-INDUCED DEPRESSION

There seems to be somewhat of a depression over the country just now. Why there should be it is very difficult to know, except that so much time has been devoted to the election of the officials who will represent the people of this great country. This depression, like all other forms of depression, is purely self-induced. We are only miserable because we think miserably. Things are bad mostly because we endeavor to think them bad. And that is how they become bad. Let those of us who know this truth do our little bit to gain the joy of life for ourselves and infect our fellows with it. When you hear Captain Godfrey Rodrigues, or even just see him, you will think this is one of the finest worlds you could ever be born in. It surely is, if you keep your body healthy, fit, and strong, and know what it is really to live. After all, if you've got a sluggish liver, or a sluggish blood circulation, how can your mind be active, alert, and cheerful? Putting the physical organism into good trim is the physiological basis for bestowing happiness and efficiency.

CRIMINALITY IS PATHOLOGICAL

Dr. Victor Lindlahr, Chief of the Lindlahr Sanitariums, and President of the Lindlahr College, at the recent graduation banquet of the Lindlahr College, in his Presidential address, said that the profession of the physician was probably of more importance than that of the Minister of Religion, because we are rapidly learning that most criminals ought to be patients for a physician. A criminal disposition is a pathological condition, and it will be for the physician to cure it. Dr. Lindlahr voices the growing conclusions of science. The human race has struggled through savagery and barbarism, wreaking vengeance and displaying its spleen, itself acting criminally, towards those unfortunate sufferers from pathological criminality. Especially has the recent research with regard to the ductless glands brought out a better understanding of criminality. Whereas a past "civilization" burnt witches, epileptics, and lunatics, the future will put all criminals away in safety, until they can be cured. When it is known that epilepsy can positively be cured (I can give anybody proof who wants it), and when it is realized that a criminal disposition may be caused by brain malfunctioning, the victims may be pure cases for the physician. In other cases it will be recognized that a sensible and scientific education can submerge the savage instincts we all possess, and draw out the more human and higher qualities. And that is the meaning of the word "doctor", if it is not "teacher". Doctor Lindlahr, as head of a great institution, both curative and educative, will do a great life work, worthy of the example set by his illustrious father, if he uses his energies, and the wonderful resources at his disposal, to let the world know the truth of that sentence he expressed in his Presidential address.

VIRTUE CANNOT BE ESTABLISHED BY LAW

There are, unfortunately, a number of people who are under the impression that human beings can be made good by law, that there is only one way to make people virtuous, and that is, with the "big stick". It is reported that Alfred J. Kvale has been sued by his wife because he became most abusive to her when he got "drunk". Mr. Kvale is the son of the Rev. O. J. Kvale, one of the men who helped to bring about the law of prohibition, and who would, if he could, have every person guilty of what he calls an immoral act, cast away to the dungeons. It ought to be apparent to everybody that the whole philosophy of the Rev. O. J. Kvale must be wrong. If he held the big stick over his son it may be the very reason why the son is now reported to be a drunkard, just as the fact of the existence of the laws of probi-

tion is definitely known to be responsible for some case of drunkenness which would never otherwise have occurred. Please do not misunderstand me. Friends. Wine, strong drinks, and intoxicating drinks of all kinds are highly injurious to the body, and inciters to crime. It is also my opinion that prohibition has been of great benefit to this country in the main. You would realize this if you could walk through some European cities as I have done, and see the awful and disgusting types of men and women, aye, and even children, wasting their lives and ruining their bodies by taking alcoholic poison. But the point I wish to bring out is that the best way, the real way, to achieve virtue is to inspire virtue. If children were brought up and taught in the right way, to love beauty and goodness, to realize the glories of a clean and well developed body, and to be filled with an ambition to lead a useful and healthy life, all the temptation in the world would not injure those children.

WHAT IS BEAUTY?

The Hearst papers are having the leading beauties give their views as to how to become beautiful. Each beauty has her own prescription. Some are exceedingly good. There seems, however, to be no standard as to what is beautiful. Is a woman with a Roman nose, a Grecian nose, or a snub nose, beautiful? Beauty, as a matter of fact, cannot be described in that way. It is like art and music, if it is to be enjoyed it has to mean something. Really, the material side has not so much to do with the question as the meaning it expresses. The great personality expresses itself in spite of the shape and the material. Therefore, it does not matter nearly so much what a person has to begin with. He or she can build on that, and make it express a great and beautiful soul. This quite a rugged face can radiate the light of beauty, the light of strength and sympathy which holds those who gaze upon it in an admiring awe. This beauty is to be obtained by a life that concentrates upon the healthy, the strong, and the beautiful, submerging the base and the unwanted, and expressing the radiation of a soul of light and understanding.

THE BEAUTY THAT IS WORTH WHILE

Of course, what appeals to one person as beautiful will not necessarily appeal to another. My newspaper just informs me that a certain world famed

beauty has again been divorced. It refers to this lady's beauty as having procured for her four millionaire husbands, and this is supposed to create envy in other women. It ought to create pity. How much rather would this lady have had that type of beauty that would have brought her one love. She could not have had four divorces without heartrending tragedy in her life. A beauty that would have given her this one love which would have lasted throughout her life, would have been a real possession for which she could be envied. "Better to have loved and lost, than never to have loved at all." But "Better to have loved and won, and never to have lost at all."

READERS LIKE OUR COVER

This month I had intended to have HEALTH and LIFE dressed differently, to have an artistic sketch on the front, as I informed you last month. But so many readers have told me that

right not to explain, but to fog with a number of phrases that have little or no meaning, and to make use of a lot of expletives (words also which have no meaning). A man who takes advantage of those educationally or intellectually weaker than he is himself is just as much a bully as a huge ruffian who boxes a child's ears. All the bluff, the "bull", as it is termed, is mental bullying. "Bull"—is not that short for "bullying?"

DOCTOR HAY'S TEXT BOOK

Doctor Hay, as you all know so well, is a fervent booster of "Correct and Corrective Eating". He tells me that he presents patients of his with a copy of this book on the condition that they read it through from cover to cover once a week for four weeks. It would interest you to know the remarkable results he has obtained by trying out these food combinations and principles on gymnasts and athletes.

"TO ERR IS HUMAN, TO FORGIVE DIVINE"

The Rev. Clinton C. Cox is conducting a campaign to find out whether wives should forgive husbands, and whether husbands should forgive wives. If he would think the matter out a little, he would find the problem quite a simple one. There is no general rule that would apply. A woman who truly loves a man would probably forgive that man for something that happened in the past. A man who truly loved a woman would do the same thing. That would be noble and good. But to make it a general rule that wives and husbands should always forgive would probably have a very different effect. In fact, it has been considered that the wife should always forgive the husband for his past "sowing of wild oats", although no like forgiveness towards his wife could be expected even from the same husband. In an individual instance there may be nobility in forgiveness, but in a general system, which would make it appear that youthful wild oats in both men and women do not matter, because they will be forgiven, may have a very detrimental effect.

EASY FORGIVENESS MAY INCITE BAD BEHAVIOUR

Recently a play has endeavored to discuss the same problem. In the earlier scenes there is a beautiful love story. But the wonderful husband turns out to be quite a roué. He is, however, forgiven by a loving wife, even until "seventy times seven", and

(Continued on Page 458)



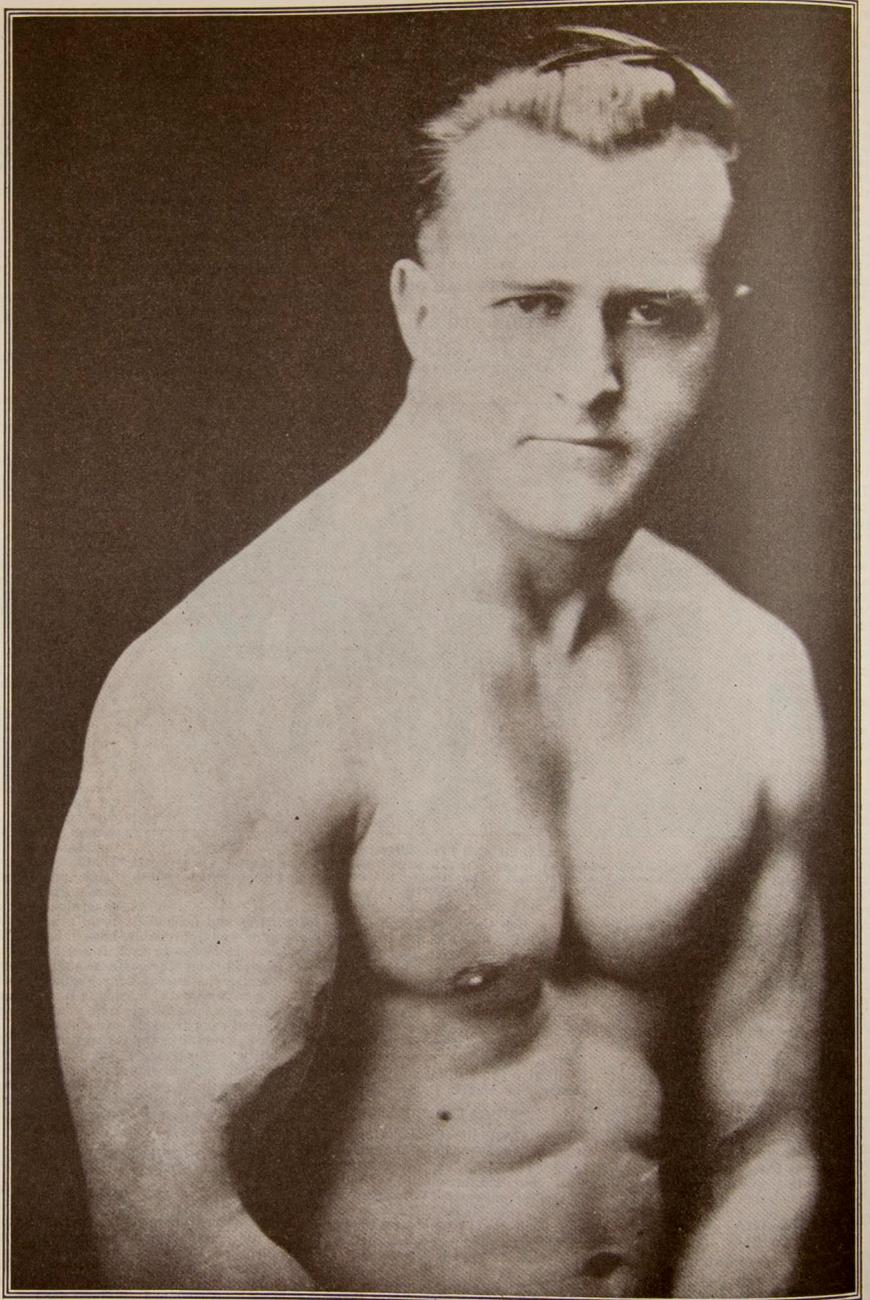
HEALTH AND LIFE ENTHUSIASTS

Who are Professional Guards at Brighton Beach Baths, Brooklyn, N. Y. From left to right: Captain Otto Ahrens, Captain William Johns, Stanley Kinsever, John Joe Russell.

they prefer the photographic cover of HEALTH and LIFE, and that it would be a pity to change it, that I have kept to the same type of cover as usual. What do you think about it? Drop me a line, if you will, and let me have your opinions. It is your Magazine, and I would like to have your views on this, or any other matter pertaining to it. Maybe, next month, or the month after, I will give you a different cover, so that you will be able to judge better.

EDUCATED BULLIES

Doctor William Howard Hay, M. D., Medical Adviser to the Defensive Diet League of America, in an interview with your Editor, after he had read a sterling paper on "Lowered Alkalinity" at the Medico-Physical Convention, said that he prefers to explain his ideas to people because they do not understand. This is a splendid standpoint to take up. There are so many people who, because others do not understand, think that it gives them the



EARLE E. LIEDERMAN
The Muscle Builder

Author of "Science of Wrestling", "Muscle Building" and "Here's Health"

If you were dying tonight

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

A Re-built Man

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

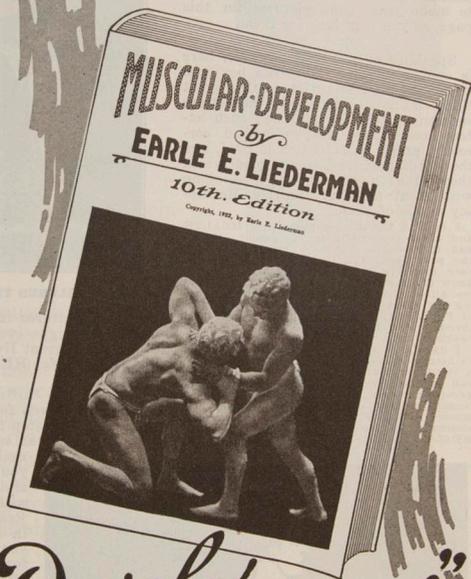
All I Ask Is Ninety Days

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

A Real Man

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

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



Send For My New
64 Page Book -

"Muscular Development"

IT IS FREE

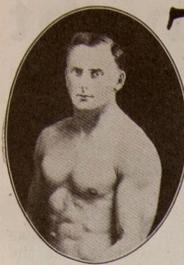
It contains forty-three full-page photographs of myself and some of the many prize-winning pupils I have trained. Some of these came to me as pitiful weaklings, imploring me to help them. Look them over now and you will marvel at their present physiques. This book will prove an impetus and a real inspiration 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 to-day—right now, before you turn this page.

EARLE E. LIEDERMAN
Dept. 911
305 Broadway, New York City

EARLE E. LIEDERMAN
Dept., 911, 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."

Name
Street
City State

(Please write or print plainly.)



The Junior Athlete

Conducted by Dr. M. N. Bunker

Angeles boys are trying, too.—Shirley McComsey, 414 S. Western Ave., Los Angeles, Calif.

Great! Why not a team of I. A. L. HEALTH AND LIFERS. Go right after them, old boy, and we will pub-

NEVER in years have I had as many letters about a picture as about that of Kenneth Althouse, published in September. Artists and those interested in physical perfection have written commenting on the picture, and some have even asked for copies. Because of this I have asked Kenneth to make some more pictures for this page, so you may look for them.

Speaking of pictures, however, here is one of another California boy who writes an interesting letter. One great thing is noticeable about the letters written by live boy athletes; such letters are almost always spelled correctly, proper punctuation is used, and the wording of the letter is good, which shows that a clear brain goes along with stout muscles. Shirley McComsey is one of these.

I read in the August number of HEALTH and LIFE the article on the Junior Athlete, and it interested me very much, especially the part about the I. A. L. I would like very much to join this organization, and I know of others who would also. Please send me all of the information you can concerning it. I am a pupil of Charles MacMahon, of Philadelphia, and although I am not half through with his course I am becoming exceedingly muscular. I am only 13 years old.

I have a boy friend who, with me, wants to become a member of the Club. There are a few churches in the city of Los Angeles, and in the 110 lbs. division we won every game we played but one, and speaking of a team, I am sure I could interest them in becoming HEALTH and LIFERS. I am enclosing a picture of my back, and I want HEALTH and LIFE enthusiasts to know Los



SQUATTING EXERCISE



WILFRED TREMBLAY

lish their pictures in a group on this page. Let's go—everybody, one, two, three, and a great Hurrah for the first I. A. L. team for HEALTH AND LIFERS.

The rest of you folks had best keep an eye on your step for here comes another Californian who shows us some real stuff. He is one you will want to see and keep in touch with all the time. Read his letter, but in between make up your mind that California shall not carry off all the honors. Get your letter in—now!

This is Arthur Blackmer's letter—and if it sounds pretty strong, just keep an open eye for Arthur says he is going to prove it with pictures—and I am only hoping he will come around this way after he gets on the stage. He says:

"I am very interested in your Department called the 'Junior Athlete' and have read this section from month to month, but I became so enthusiastic about reading the other boys' let-

ters this month that I thought I must write myself.

"I am but fourteen years old, but I have made up my mind that I am going to become one of the strongest athletes known. I weigh only one hundred and ten pounds, and stand five feet in height, but I have several feats of strength, two of which cannot be equaled by some professional 'Strong Men'. My feats of strength are as follows:

1. I can place a solid iron fall bar five-eighths inches thick between the rows of my front teeth, and then permit two persons each weighing one hundred pounds to bear down on it, while I grasp it with my hands and bend it into a pretzel.

2. With my teeth I can bend and break off a thick iron spike that is ten inches long and a half inch thick. (The spike is first driven into an oak board, then with some padding in my mouth I bend and break it.)

3. I can take a twenty-penny nail in my first and with one blow drive it through an one and one-half inch board.

4. I can tear in two one thousand pages of any telephone directory that you will give me.

"I realize that the first two feats of strength with my teeth, which are mentioned, above, are impossible to some professional 'Strong Men'. Unlike most boys who exercise, I exercise every other day, and I believe that in doing this I get much better results. The reason for doing this is because I take a rather strenuous form of exercise for my body. The fact of my retiring at nine o'clock and rising at six, keeps me in a refreshed condition. My meals consist chiefly of vegetables, fruit, and whole wheat bread.

"Boxing, wrestling, and hand-balancing are a few more of my pastimes. I am very sorry to state that I have no photos to enclose in this letter, but in about a month will send you some photos of me doing feats of strength in actual performance on the stage. I am going to become a professional 'strong man'. With best wishes, and trusting that you will publish this letter, I am Arthur Blackmer."

And then as an afterthought Arthur adds this post script which you can see means business:

"I might also add that the feats of strength mentioned in this letter I will do at any time, if a person wants to see me do them. I am never out of condition. I sure wish you were living close so that you could see me do my iron jaw stunts. I got my strong jaw by constant teeth and neck exercise, such as hanging by my teeth, biting on leather, etc."

Arthur doesn't wish that I lived close any more than I do, for his stunts are "Some stunts". However he's got us started now, and some other fellow should produce some mighty startling record next.

Even if you are not putting on anything unusual, let us hear from you. We need five hundred letters before the first of the year—and then we could have the liveliest page in history. Your picture is what counts—so write that letter and get that picture now. I am mailing McComsey a copy of a new boys' story because he sent both letter and picture. The book I am sending him is Spaniard's Cave, by Ralph Henry Barbour, and published by The Century Company of New York. This book sells for \$1.75 and is just out. A boy's father is going to Bermuda on a business, and the boy, Joe, is going to be left behind with no one but the housekeeper. Good fortune, however, slips in a trick and Joe goes to Ber-

(Continued on page —)

Don't be a Runt!

Are you short? How do you feel in the presence of others who tower above you as if you were an insignificant worm?

The best stuff is often done up in small parcels. Many a small man has twice the brains of a big man. **But the world does not think that way.** If you are a little runt you will likely be treated as an insignificant nobody.

It is agreed that appearance is possibly of first importance to any man. If you are short, not only do you appear insignificant to your fellows, but you **feel** insignificant. You have what the psychologists call the "inferiority complex".

Let Me Increase Your Height

Let me add a few inches to your stature, and give you a fair chance. You can

BE^ATALL

My system is a perfectly natural one. I send you complete instructions and the apparatus, all complete. I ask only one fee, which is an absurdly small one, and I keep in touch with you personally during the Course.

Your health will be improved. Your muscles will take on a finer tone, and your mental attitude will be vastly improved.

I have given years of study to the matter of increasing height, feeling that so many people are handicapped through lack of inches. I am willing to give you the benefit of all my studies, and put on those inches which will make you feel better in every way. No more need you sneak up unnoticed. No more need you crane your neck and look **up** at others, and have others look **down** on you in a sort of patronizing way. With your extra inches you will look them **straight** in the eyes, and look **down** on all the small ones.

My system is quite a pleasant one. You will enjoy following my instructions, and

You Will Be Surprised

at the results.

Don't be a runt any longer. Let me increase your height so that you need not be ashamed of yourself.

The price of this Course is \$5.75. Don't waste any more time. Fill in the Coupon now, and let's get to work. Let me show you what can be done. Wear a man's sized suit. Be a man's sized man.



Magnificent Six-foot Figure of Captain Godfrey Rodrigues.

COUPON.

Captain Godfrey Rodrigues,
Health and Life Publications,
508 S. Dearborn Street, Chicago, Ill.

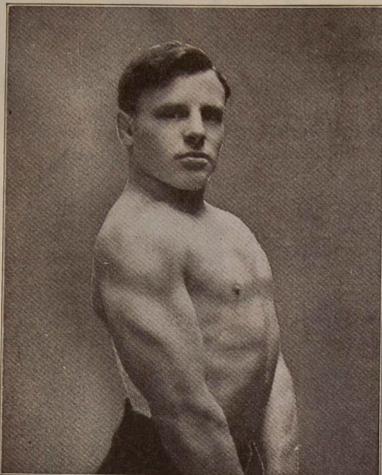
Dear Captain:
I want to take your COURSE for HEIGHT IN-
CREASING, and enclose \$5.75. This price includes
all instructions and apparatus. On another sheet
of paper I am giving you my measurements and
other particulars which you will find useful.

Name

Street Address

City State

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His splendid health and superb physique he owes to the Physical Culture Course he has given to the world in "Health and Fitness."

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Blackheads.	Correcting Internal Troubles.	Obesity.
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	The Relief of Constipation.	Deformities.
	A Diet Scheme, With Sample Menus.	Catarrh.

Besides the above you receive the complete system of special exercises. DR. KATZOFF, M. D., Ph. D., eminent physician of Bridgeport, Conn., says of "Health and Fitness":

"Health and Fitness" is a practical, timely and most interesting book. It teaches prevention of illness by following Nature's laws. I wish for it a million circulation. Simon Louis Katzoff, M. D., Ph. D. Samuel Ehrenberg writes: "I received 'Health and Fitness' and can't thank you enough."

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I enclose M. O. for \$1.25 for which you are to send me "HEALTH AND FITNESS" together with your complete system of special exercises. It is also understood that I have the privilege of personal advice from Mr. Bernard, the author, on any matter not dealt with in the course.

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Health & Life Publications

Room 20, 508 S. Dearborn St., Chicago, Ill.

Health and Life Fellowship Notes

By the Secretary

Dear Friends:

This month I want to occupy these notes with a letter I have received from a reader of "HEALTH and LIFE". He was attracted to the magazine by the paragraph on the September cover—"What Have You Told Your Boy?"

* * *

There are many thousands of fellows in a similar position to his who make the same wish—that they had been told.

* * *

Some fellows think that they can "get away with it", and enjoy a good old time. They do not go far before they find out their mistake. With all the discussion as to the prevention of these terrible social diseases, there is only one way to be free of them, and that is by keeping the body healthy, strong and beautiful, and refrain from doing anything that your better nature tells you should not be done. No boy would take chances with his body if only he were told. It is our duty to tell all boys—tell all those with whom we come in contact—of the dangers of an irregular life. A healthy life is worth living. It brings joy and happiness and no regrets in later life.

* * *

This is what my correspondent writes:

Dear Sir:

I am on my way from Pittsburg to New York to seek a little rest from a damnable disease that I am afflicted with. I saw your September issue of "Health and Life", and my eyes stayed upon the words "What Have You Told Your Boy?"

I cannot find words to express what passed through me as I read those words. They brought back memories of old and tortments lasting twenty years that need never have happened if only my own parents had read those words and acted upon them.

I was well known among a good class of people, and associated with the best in town, which was but a small one and decided to go east, to New York. My father dealt liberally with me regarding money before I went—but money is not everything!

In wandering about from town to town I met a friend. Together we went to a restaurant and were served by what I thought at the time were two handsome little girls. The result was, a little party, and before I left that party I was ruined. So I made my way back to my father.

When my father saw me enter the house, he knew at once that something had happened. He begged me to tell him what was wrong, but I was silent. In about five days, however, I was in bad shape, and I had to tell him. He gave a yell and told me to hurry to a doctor.

I had about fifty treatments and was told I was all right. That was twenty years ago—two years ago I discovered I was almost dead and went immediately to have treatments. I have now had two years with practically no improvement, and I am about all in and discouraged.

As I read those words, "What Have You Told Your Boy?" it brought all these things to my memory. If some good doctor had told me some twenty years ago I would now be healthy and strong.

* * *

Need there be anything added to this? A few words could have saved this man's life, could have kept for him all that makes life lovely and worth while. Isn't it the cruelest world that allows any young boy or girl to go out into its battles and turmoil without acquainting him or her with the dangers that are to be expected? Are not those who prevent such education in a great measure to blame for such trag-

There Is A Way Out

The most heart-rending result of unwise behaviour in youth and young manhood is what is often expressively called "loss of manhood". Pep and energy have disappeared, and the result is a practical impotence, very frequently an inflammation of the prostate gland, commonly called prostatitis, and a generally run-down nervous condition.

Such a victim frequently flies to drugs, but finds therein no help. He tries all the artificial methods suggested both by quacks and orthodox physicians.

He has to pay the price. The only way out is to stop the waste that he has brought on by his own behaviour, a waste now unconscious, perhaps, but surely taking place. Even if this waste does not happen during sleep, it does so at other times, with the result that his whole nervous system is depleted, his functions lack efficiency, and he is robbed of the energy and life so much craved.

The additional irritation of the prostate gland makes desire a tormenting accompaniment, and this puts the finishing touches upon a lamentable condition.

There is a way out, and we have proved it. The restoration of manhood along natural lines, by exercise, exercise of a scientific nature to restore nervous co-ordination, replenish the depleted nerve centers, and bring about balanced functioning of the body, which will be able to rid itself of aggravations and irritations and conserve for right and legitimate use the forces of life.

Case 501, quoted below, illustrates the above very appropriately:

PHYSICAL CULTURE CONSULTANTS,
Chicago, Ill.
Gentlemen:

I have tried for many years to overcome my sex weakness by clean living and exercise, but I haven't seen any change. I have read all kinds of books and have practiced faithfully with barbells for two years, and can't see any improvement in my sexual troubles. I am blue and depressed all the time, worried because I think I am sexually dead through my wild and foolish living of several years ago. I have gone home at nights and sat down and tried to study my condition, and tried to diagnose my case, so I might know better how to treat myself. But I am unable to. I am nervous, blue, worried and depressed, have catarrh, and my prostate gland is inflamed".

FIRST REPORT.—"I have carried out your instructions to the letter, and I am sure the soreness in the back is much better. I think my nerves are better, but I still feel worried. I went to my doctor today for treatment for my prostate gland, and he said it was very much better, and that once a month now would be enough to massage same."

SECOND REPORT.—"I can truthfully say that my nerves are much better, very much so. The catarrh is better. Thanking you for all you have done for me."

WHAT WE HAVE DONE FOR OTHERS WE CAN DO FOR YOU.

You are invited to consult us. The correspondence is kept private and confidential, and you are under no obligation by so doing.

Make this a new era in your life. Be a real man, a he-man, a manly man. We will deal with your case in a sympathetic manner. You will find that we understand as you thought nobody ever could understand. Send, as a preliminary, for the following book:

— SEND FOR —

"Sex Weaknesses, Their Cause and Remedy"

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

— CONTENTS —

CHAPTER I.
Sex Weakness a Pathological Condition.
The Physical Basis of Sex Weakness.—
Barbaric Habits of Our Forefathers.—The
First Step to Perdition.

CHAPTER II.
Inheritance From a Remote Ancestry.
Heritages From Remote Days.—Sex Con-
trol.—Why Sex Excesses Degrade.—Hu-
man Life a Struggle Against Ancestral Pas-
sions.

CHAPTER III.
Does Man Progress or Retrogress?
The Greatest Factors in Sex Knowledge.
—How Perversions May Be Eradicated.—
How Ignorance Leads to Sex Weakness.

CHAPTER IV.
Physical and Educational Neglect.
How Physical Neglect Induces Sex Weak-
ness.—How Cases Become Chronic.—Crim-
inal Neglect of An Important Subject.—
Drive Away Ignorance.

CHAPTER V.
The Nervous System and the Sex Impulse.
The Sexual Centers of the Brain and the
Spinal Cord. The Nervous Workings of the
Sex Impulse.—Disturbing the Nervous
Structure Sexually.—How to Avert Unwant-
ed Sex Passions.

CHAPTER VI.
The Heredity Factor.
Shall We Sterilize the Unit?—The Men-
dellon Law.—Predispositions to Sexual Ex-
cesses May Follow Mendel's Law.—How Sex
Excesses Cause Degeneration.

CHAPTER VII.
The Psychology of Sex Weakness.
Mental Functions and the Mental Appa-
ratus.—The Importance of the Desire for
Knowledge.—Mental Influences on Sex and
Health.—Is the Sexual Instinct Due to
Chemical Action?—How to Control the
Mental Sexual Function.

CHAPTER VIII.
A Word of Sympathy.
Our Duty to Those in Distress.—Foot-
prints of Vice.—Hope and Encouragement.

CHAPTER IX.
Sex Weaknesses and Their Cure.
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ROOSEVELT—MAN OF ACTION AND OPPORTUNITY

We urge every ambitious man and woman to read "OPPORTUNITY AND THEODORE ROOSEVELT", a fascinating and inspiring story about the Great American. Few men knew Theodore Roosevelt more intimately than Warrington Dawson. We are confident that each chapter will hold you spell-bound.

Ex-President Roosevelt's sister, Corinne Roosevelt Robinson, has written to Warrington Dawson about "Opportunity and Theodore Roosevelt":—

"I cannot tell you how much I like it! You have done something gold unique, and you have done it so beautifully! It is literary, but so clear and simple that the uneducated is true, but has the charm of a tale of adventure (which it is); it is full of love and comprehension of its subject, but is entirely devoid of sentimentality. Also the conclusions drawn about the Colonel's character and characteristics are wise and penetrating. I loved the preface, and from the first line to the last I found much to admire and nothing to criticize. You have added a real and worth while light on a many-sided character, and have given a record to the world of those rare experiences which no one else could give."

Senator Henry Cabot Lodge, the intimate friend of Ex-President Roosevelt, writes to Warrington Dawson this book:—"I read it last evening with very deep interest and enjoyed it thoroughly. I was glad to see how well you understood Colonel Roosevelt, and

dies? They oppose this education because it is not pleasant to them. But we have to face many an unpleasant fact, and in doing so we can avoid much misery and pave the way for a brighter and better life.

Let us do our little bit to dispel the darkness of ignorance, and to banish forever the tragedies of silence. Yours for the healthy, the strong and the beautiful,

SECRETARY.

Health and Life Congress

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

STRONG MEN ARE MADE

I used to believe the old ideas about strong men being born that way, and never knew that any man could make himself over if he chose, until one day I found a copy of the Health and Life Magazine and read things that caused me to think. I concluded that if I practiced lifting weights the same way Milo practiced lifting the calf (that is, adding more weight at frequent intervals) I also could soon attain the necessary development for quite heavy weight lifting.

I started working with weights, and one of the first things I learned was that development comes in spurts. You may work faithfully for a month and not see any appreciable difference in the size of the muscles, and then note a difference of possibly a half inch in a few days.

In the seven months that I have been exercising, I have increased my chest measurement three inches, and I intend to gain three more inches in the next year. By prac-

ticing special exercises tending to develop the inner side of the biceps muscle, I have increased my arm measurement one-half inch in the past three weeks, and am keenly interested in the scientific use of weights as a means of muscular development.

My best lift is 100 pounds from floor to overhead with one arm. This shows you what a 145 pound man can do if he will, and no doubt many have more natural ability to start with than I had.

You will find that as you approach your ideal of physical perfection, your will power and strength of character will have developed also, and that as it should be, for it is only with a strong body and a clear mind that we as a race can claim our rightful heritage of health, happiness and long life.

ROY HOLDEN.

AN ENTHUSIASTIC IRON MAN

Dear Sir:

I have been reading your wonder "Health and Life" and it has been an inspiration to me and friends of mine. I have seen people in book stores pick up this magazine, take a glance at it, then drop it back on the counter; if they only knew what they could learn from that magazine they would more than take a glance at it.

I wrote you some time ago of myself about taking up weight-lifting, which I have done and I am not sorry; for it has improved my physique, and I am glad that you, who you asked me to send you a picture of myself. This is my first chance to do so and I am enclosing a small snap shot.

This has been my first work of posing and as I am not well acquainted with the art of posing I would like to learn. I had this picture taken while on my vacation in Wisconsin.

I am 19 years of age, 5 feet 3 inches tall, in stocking feet, and weigh 116 pounds stripped.

I am, JULE BERTI.

A VITOLAXING ENTHUSIAST

Dear Sir:

Just a line to show my appreciation of the wonderful course in Vitolaxing, my girls are very glad. The entrance salary was taught by Mr. Fred Van Norstran and his splendid daughter, who taught me the knack. I also was shown some other exercises by Mr. Van Norstran, a strong man. He says my improvement is wonderful.

My neck is 16 in.
Biceps, right 14 in.
Biceps, left 13 in.
Chest 40 in.
Thigh, right 20 in.
Thigh, left 20 1/2 in.
Calf 14 in.
Ankle, left 14 in.

Yours for future success, and remember I am now for ever one of the advocates of your doctrines.

ALFRED NOGSTRAND.

INTERESTING EMPLOYMENT

Physiotherapy Aide.

Physiotherapy Pupil Aide.

Examinations for physiotherapy aide and physiotherapy pupil aide will be held throughout the country on November 5 and again on December 10, 1924. They are to fill vacancies in the Public Health Service and the Veterans Bureau. The entrance salary in the Public Service for physiotherapy aide is \$1,920 a year, with quarters, subsistence and laundry, and for physiotherapy pupil aide, \$720 a year with quarters, subsistence and laundry, or \$1,200 year will allow. The entrance salary under the Veterans Bureau for physiotherapy aide is \$1,680 a year, and for physiotherapy pupil aide \$1,440 a year, depending upon the training and experience of the appointee.

The duties of physiotherapy aides consist of administering physiotherapy in its several branches—massage, electrotherapy, hydrotherapy, mechanotherapy, thermotherapy, active, passive, resistive, and assistive exercises and remedial gymnastics; keeping daily record of the work and progress of each and every patient coming under direction; and making the required reports of the activities of the reconstruction work in physiotherapy.

The duties of physiotherapy pupil aides are the same as those of physiotherapy aides, except that they are pupils under the supervision and instruction of the chief aide in all the work now mentioned.

Competitors will be rated on mental tests, practical questions, and education, training and experience.

Full information and application blanks may be obtained from the United States Civil Service Commission, Washington, D. C., or the secretary of the board of U. S. Civil Service examiners at the postoffice or custom house in any city.

that you had the comprehension which affection gives."

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Enclosed you will find \$1.95 for which you are to receive the post-paid copy of Warrington Dawson's OPPORTUNITY AND THEODORE ROOSEVELT.

Name
Street Address
City State

Using the Mind and the Soul

(Continued from Page 424).

walking behind him, and imagined a story about one of them planting a knife in his back, he would imagine the consequent pain so acutely that he would cry out. Deeply as I reverence Balzac, I consider he would have done better to write the story and make his readers cry out. If HEALTH and LIFE had existed in his day he could have taken better care of his nervous system, and could consequently have had better control over his imagination. For just as a disordered body shatters the order of the nerves, so shattered nerves are the most serious enemy of co-ordinated imagination.

While advocating no system, because I like no arbitrary limitations, I have mentioned methods for developing the faculties of observation and of memory, and I purpose to outline methods for developing the faculties of co-ordination, understanding, and will-power. But I hesitate at even suggesting a method for developing the imagination. Of all our faculties, it is perhaps the most personal to us, the most intimate. It is beyond all others the faculty which stands for ourselves and which we must use for ourselves. Something of our innermost nature pervades it: the color of our imagination is harmonic to our soul-color. Consequently we must develop our imagination in the manner which may be best fitted to us. Even general advice on the subject must be given with circumspection. The person totally deficient in imagination can no more be argued with than a cabbage can be argued with. And the person of ill-regulated imagination is the readiest of all to resent imaginary grievances.

If your observation, memory, and co-ordination are what they ought to be, your imagination either is what you want it to be or can be fashioned as you want it to be. Otherwise begin by disciplining, and continue by developing, your observation, and your imagination will take care of itself under the high guidance of your understanding and your will.

How to Quicken the Imagination

Yet there are means for quickening your imagination. One way is with music, which strikes at the heart and so reaches the imagination. Another way is through painting and sculpture, which strike at the senses of form and color and so reach the imagination. Still another way is by poetry, which, striking at our sentiments, so reaches the imagination. But the surest and most direct way is by the reading of novels—good novels.

By good novels I don't mean any one kind more than another. What I hold out for is sound craftsmanship, honest endeavor, on the part of the writer. I don't care for character-novels as character-novels, or romantic novels as romantic novels, any more than I do for detective novels as detective novels. What I care for is a novel written by a man of sound observation and trained memory and true imagination, who has furthermore mastered his trade of writing. The reason that there are



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All natural methods of healing are applied strictly in accordance with individual requirements. Among our healing factors are:

Natural diet reduced to exact science, adapted to any constitution and disease condition. Pleases the palate, eases the digestion, unexcelled anywhere.

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Please send me free and postpaid, your catalog of the Lindlahr Sanitarium (Chicago) and the Lindlahr Health Resort (Elmhurst, Ill.), also literature describing natural healing methods.

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Street and No.

City and State

few great novelists is first that relatively few writers take the time or the trouble to deliver the best goods of which they are capable. But a very big "secondly" lies on the souls of the sort of people who "just read to kill time"—not realizing that they are thereby killing their own faculty of imagination not only by their choice of books but by their attitude towards the books they read.

The commercial methods applied by the vast majority of publishers to-day have resulted in machine-methods among contemporaneous novelists, many of whom are neither more nor less than bluffing the public as some manufacturers bluff over the nature of their output. Most detective novels, espe-

cially, are quite unworthy of the name of imagination. What they have is not imagination but mechanical invention, not just as they have most frequently no plot at all but only a succession of startling episodes piled one upon the other, and just as the smoothness of their writing pretends to be style but is not. There are extremely few writers of our day who are capable of stimulating readers to lastingly vivid pictures of life such as can be gathered and reproduced only by an observant and penetrating mind gifted with language. The test of a novel is what remains to you as a permanent mental acquisition when you have laid it aside. But it is also a test of yourself.

(To be Continued.)

The Cleanest Yet Most Outspoken Book Published

THERE is not a man or woman, married or unmarried, who does not need to know every word contained in "Sex Conduct in Marriage." The very numerous tragedies which occur every day show the necessity for plain-spokenness and honest discussion of the most vital part of married life.

It is impossible to conceive of the value of the book; it must undoubtedly be read to be appreciated, and it is obviously impossible to give here a complete summary of its contents. The knowledge is not obtainable elsewhere; there is a conspiracy of silence on the essential matters concerning sex conduct, and



the object of the author has been to break the barriers of convention in this respect, recognizing as he does that no marriage can be a truly happy one unless both partners are free to express the deepest feelings they have for each other without degrading themselves or bringing into the world undesired children.

The author is an idealist who recognizes the sacredness of the sex function and the right of children to be loved and desired before they are born.

Let us, then, see that our own marriage conduct brings us happiness and enjoyment in itself and for our children.

A BOOK FOR IDEALISTS BY AN IDEALIST

The greatest necessity to insure happiness in the married condition is to know its obligations and privileges, and to have a sound understanding of sex conduct. This great book gives this information and is absolutely reliable throughout.

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PARTIAL CONTENTS.

DEDICATION.
INTRODUCTION.
Sex Binds All Life in One.
Sex Communion.
CHAPTER I.
Heroines Who Are Unhonored.
Sex Tragedies in Childhood.
The Consummation of Marriage.
The Art of a Beautiful Conception.
The Immorality of Excess.
The Conservation of Sex Energy.
CHAPTER II.
Anatomy and Physiology of the Sex Organs.
The Female Sex Apparatus.
The Male Sex Apparatus.
Coitus.
The Physiology of Coitus.

The Rock on Which Many Marriages Founder.
The Spontaneous Expression of Love.
CHAPTER III.
Those Who Should Practice Conception Control.
Only the Fit Should Reproduce.
The Husband's Function to Woo.
The Wife's Function to Respond.
Why Women Have Been Subjected.
The Complete Confidence of Man and Wife.
The New Human Race.
CHAPTER IV.
Desirable Sex Conduct.
Life and Sex Energy.
Sex Fear Destroyed.
The Failure of Restraint.
The Immorality of Preventing Conception Control Knowledge.

CHAPTER V.
Initiation to Matrimony.
Men Who Marry in Ignorance.
Should Married People Occupy the Same Bed?
Preparation for the Firstborn.
Combating the Pains of Childbirth.

CHAPTER VI.
Monogamy or Free Marriage.
Is Divorce a Remedy for Bad Marriages?
Hereditary Passion.
The Limitation of Populations.
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Name

Street

City State

(Please Write Plainly.)

Advice Department

Enquiries will be answered through these columns free. Readers should give a non-de-plume; where this is not done, the initials will be used. Those desiring an answer by return of post must enclose 25c to cover cost of postage, paper, etc. Name and Address must be given for purposes of good faith. These will not be printed.

J. W. READING, PA.—Your diet needs a great deal of improvement. You are combining your foods very badly. You should get a copy of "Correct and Corrective Eating", and learn how to combine your foods so as to get the maximum of nourishment from your system, as they are now doing. You need much more fresh fruit and fresh garden vegetables in your diet also. This is the best way to get rid of the pimples and boils. Of course, you absolutely must exercise. It is essential to you a good course of exercise to do very much to help you to get rid of your troubles, including the habit you mention. You have the fight of your life because you do not like yours it is so much better to get the advice and help of experts, who will know just what exercises you should do, what foods you should eat, etc.

I very strongly advise you to get a copy of "Six Weaknesses, Their Cause and Remedy", from the Physical Culture Consultants, Room 403, 200 North Dearborn Street, Chicago, Ill. This will help you to understand your own case, and will show you the lines along which your case would be taken care of by them. You can have every confidence in them. If you find it difficult to produce the necessary fees all at once, I know that they will be pleased to meet you in the way of taking installments.

P. H. CALIF.—The reason you can't put on weight is firstly because you do not exercise correctly and sufficiently, and secondly because your diet is wrong. You ought to do at least fifteen minutes to twenty minutes a day exercising. Get a copy of "Health and Fitness", and do the exercises there and note difference. Include in your diet more fish farmers. Have a good protein meal each day, consisting of eggs or meat or fish. Have plenty of good soups and stews. The sandwiches are alright if they consist of bread and vegetables, but should not consist of bread and meat. These two foods, if eaten together, retard each other's digestion, and so prevent nourishment. The wheat plan would be to get a copy of "Correct and Corrective Eating". Keep away from calomel or any other medicine. Exercise and right eating are all the medicines you require.

J. H. N. Y.—Should read "Six Weaknesses, Their Cause and Remedy", price only 75c, from Physical Culture Consultants, Caxton Bldg., Chicago. This would explain your case at more length than it would be possible to do here. You have nervous irritation, which could be overcome by a special course of physical culture. The aim should be to stimulate the supply of nutrition to the now depleted nerve centers, and especially to the sympathetic nervous system, and so to relieve the present irritation.

(MRS.) F. J. CALIF.—Reform the diet of that boy of yours. Read the chapter on this question generally in "Correct and Corrective Eating". Give him plenty of fresh garden vegetables. Knock out bacon, mush, crackers and stews, taking the liquid in which the vegetables have been stewed as well as the essence of the vegetables themselves. This will contain the very necessary salts which he is lacking at present. Get him to fling his arms backwards as an exercise to correct his round shoulders. Could you get him to do the exercises in "Health and Fitness"? They would be excellent for him. At any rate this book would give you an idea as to the sort of exercises to give him.

J. N. NEER.—Your wife should get rid of the constipation, which frequently deadens the sensory nerves, and so brings about the condition of which she complains. Get her to eat correctly. Some good exercises should do

more than anything to help her, and would also tend to make adjustments of any malformation. Those given in "Health and Fitness" would be particularly valuable, because they involve mainly the vital muscles. If no improvement is made in three months, would advise the minor operation. It is not at all serious.

S. M. WIS.—The idea of wanting to put on a lot of fat is no good to you. Eat a good all round diet. The milk will do you good, but don't take more than you are taking now. Exercise regularly, live correctly, and if you are of the greyhound type, be satisfied so long as you are developing your muscles and they are of a good texture. You did not mention your height in your letter, so I cannot tell whether you are skinny or well built. The reason you can't gain weight may be that you have all the weight you can reasonably stand for your particular build, etc. Nature won't let you get out of order, which would happen if you got over weight. Have you tried molaxing? That is good for putting on muscular tissue.

W. T. PA.—Read some good reliable literature on the subject, as there are many things you ought evidently to be enlightened upon before you take the next step. "Beginning Marriage" and "A Course in Marital Conduct" you will find facts that are of vital importance to you and to your future wife. "Development" also will be of help to you. But read the other two first. All advances should be made carefully and gently. There will be a certain amount of accommodation the one to the other. These and other subjects are dealt with in the books.

S. W. ILL.—I understand you are still suffering the results of your early habit and the Physical Culture Consultants would strengthen the control centers of the sympathetic nervous system, build up the centers now depleted, so that you would have absolute control, and able to enjoy normal functioning. Yours is not a very difficult case. Three months of the following detailed instructions will get results.

M. S. WIS.—Yes, it is very important that you get rid of the habit, as early as you possibly can. Your lack of exercise, inactivity and your poor complexion are undoubtedly in some measure due to it, and until you have rid yourself of it, you are not gaining yourself a fair chance in life. It is your greatest fight, and you must see it through. You will never regret the struggles you are making. Cut down heavy foods, both proteins and starches. Proteins are the various meats, eggs, fish, etc.; you may have some, but don't have too many. The starches are potatoes, bread, etc., of that class of food. Don't take too many of these. "Correct and Corrective Eating" will tell you how to take these, and when, and how to combine them with other foods, this being of very great importance. Yes, it is a good plan to do five miles walking a day. But you ought to take other scientific exercise as well. I do not know whether the Wisconsin doctors are prescribing drugs. They are injuring the boys in their charge if they are doing so. Personally, I do not believe it. Your best plan would be to get a copy of "Six Weaknesses, Their Cause and Remedy", price only 75c, and also write to the Physical Culture Consultants, Caxton Building, Chicago, about your particular trouble. It would certainly be a good thing if you discontinued smoking.

M. P. N. Y.—It is the abnormal blood congestion in and about the organs that causes dilatation of the vessels of the scrotum, setting up varicocele. Varicocele frequently causes impotence, and is usually in sex cases as well. I do not know whether the attention as early in its development as is possible.

F. B. OHIO.—Get a copy of "Eating To Correct Ill Health" and follow out the careful and detailed instructions given there in the chapter on "High Blood Pressure". At present your foods are badly mixed up and need re-arrangement. You must also get rid of the constipation, the two, of course, being associated. By following the diets outlined in the chapter suggested, you can achieve both of these objects. Then, when you return to a normal diet, you must still be careful to arrange your foods better. For instance, meat and potatoes together are a bad mixture, and meat being a protein and the potatoes a starchy food. These two foods should be kept severely apart, as should also milk and eggs and milk. An ab- solute essential for your improvement is plenty of fresh fruit and fresh vegetables, rightly combined with other food. Yet I notice that you take very little of these foods. Your lack of healthy hunger is entirely due to this unfortunate combination of the food, and the consequent poisoning in the alimentary canal, the constipation, and the

high blood pressure. You must also exercise. Walking is not sufficient, for you need exercise of a scientific nature. That given in "Health and Fitness" would be excellent for your particular case, as would also a course of "Vitrolaxing".

M. S. MICH.—Often the result of some earlier habit. Sometimes, if the person is in a good and fit condition, it goes away of its own accord.

(MRS.) C. ENG.—I quite understand and sympathize with your position. I wonder if you have the right psychological outlook with regard to the marriage relationship? With the difficulty of obtaining really good so often the cause of marital misunderstandings and inability, I very strongly advise subject, with the object of setting you right on points that may now not be clear to you. Our series of books were written from the standpoint of an entire sympathy with just such difficulties as you mention, and with a very sincere desire to enable married people to obtain that happiness in the married state which it is their right to enjoy. I wish you could read some or all of them. Before re-marriage you should also see that you are in really good condition physically. Do you get plenty of exercise? This is absolutely essential for any woman who hopes for perfect normality and naturalness in marriage. If you are not already exercising of a scientific nature, get it. Why not take the course given in "Health and Fitness"? It would be exceptionally good for you, involving the use of the vital muscles of the body. There is also the question of your diet. You do not tell me anything as to the way you eat at present, so I can offer no criticisms as to that, but it is very important that you know how to eat in the right scientific combinations of foods, as explained in "Correct and Corrective Eating". Get a sufficient of fresh air and do deep breathing exercises while in the open air. Having then the right ideas and ideals, with a splendid physical condition induced by right living generally, right eating, right exercise, there is no reason why in a second marriage you should not obtain the real and true happiness you probably missed in your former one.

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THE JANUARY ISSUE OF
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will smash all records. Some of the most fascinating articles that have ever been published will appear, and you will be held spellbound by some of the features.

GREATER LOVE HATH NO MAN THAN—DR. HALL-QUEST

"Greater love hath no man than this—that he lay down his life for his friend". This immortal passage has been quoted in honor of heroes throughout the centuries. Here, however, is another question. Dr. Hall-Quest laid down his love for his friend. Was it a noble thing to do, or should he have fought for the possession of the woman he loved? You will be thrilled as you read this article.

NEVER TOO EARLY TO TELL

At what age should children be told, and what should they be told? Thousands of tragedies have had their source in parental silence. The object of this brilliant article is to enable parents to know when to tell their children, what to tell them and how to tell them.

DON'T CALL IT LOVE, MR. HIGHT

The Revd. Mr. Hight said it was love that prompted him to murder his own wife, and incite his lover to murder her husband. What it was, and what it is that brings out the worst in men and women, often being called love, is dealt with in this remarkable article.

A POLICE OFFICER'S LOVE STORY

You will enjoy this story exceedingly. All the pathos and tragedy of Love, as well as its glorious triumph, is revealed in this story.

EXERCISES WHICH KEEP ME FIT—Captain Rodrigues

A series of fine exercises of an original nature, which keep the Captain in such splendid condition, will be illustrated. Most of these exercises have never before been published anywhere.

HOW I MADE MYSELF A VENUS

Miss Blossom Vreeland was once a skinny hopeless girl. She became fired with the ambition of becoming a Venus. In next month's HEALTH and LIFE she describes exactly what she did, and the exercises she performed which made her perfect. Today she is renowned throughout the world for her beautiful figure, and for her pose as "Venus".

FEEDING AWAY WOMEN'S COMPLAINTS

This is an article which goes fully into the cause and nature of women's complaints. It will give diets that have accomplished the seemingly impossible in correcting women's ailments. No woman need suffer from the usual troubles, if she reads this article, and acts upon it.

THE CLAWED SPECTRE

will also be continued with a thrilling installment next month. There is a treat in store for the "Men of Iron". The Grapplers are so busy all over the country that the "Among the Grapplers" section will be unique next month. There will also be additional features which we believe will make the January issue of HEALTH and LIFE the best we have yet produced.

Owing to our advertising campaign and our great HEALTH and LIFE Crusade, which is being led by Captain Godfrey Rodrigues, we cannot urge you too strongly to make sure of getting your copies in advance. Go to your Newsdealer, give him your order. Don't let him tell you he can't get it. He can, if only you insist that he get it from his wholesaler, or from our Head Office. We will supply him. Of course, a better plan would be to send in a dollar bill, together with your name and address, and have the Magazine sent to your door each month for six months.

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Using the Mind and the Soul

(Continued from Page 443)

Vance Thompson's Really Scientific Detective

The importance of imagination has been stated with emphatic and reiterated clearness by that pre-eminently brilliant American novelist, Vance Thompson, in building the character of his great detective, Guelpa. What other scientific detectives are asserted by their authors to be, Guelpa appears as being really, without saying so, because Vance Thompson is himself scientific and philosophical too. Guelpa does not repeat himself, but as his leit-motif comes constantly, "Use your imagination—Appeal to your imagination—Consult your imagination." And when lecturing the Chief of the Sureté, Guelpa says: "Your inspectors, I know, have developed the art of observation and it is all very well to know how to see things—but that is not enough. Something more—a flash of intuition—is necessary to recognize the details that are really important."

Intuition in this sense is almost synonymous with imagination, but means also just a little more. Nor could intuition itself hold a steady course to a triumphant conclusion without the cohesive as well as inspiring power of imagination.

Read the novels which you like, regardless of the category in which they are labelled or of the commercial displays made by their publishers. But if they only thrill at the moment and leave no imaginative pictures behind, then you may be sure something is wrong either with your selection of books or with your management of all your mental faculties. For there is some kind of novel which will not only interest you but will stimulate you and be a help to you. If it's a very commonplace kind, fix in your mind the thought that you may be able to do better; but have a care to let the thought be father to the wish.

The forcing process is even more deadly to imagination than it is to desire.

The theme of imagination is as inexhaustible as the resources of this great faculty itself. But I have touched on the main aspects inseparable from a discussion of imagination taken separately from other faculties. There are other aspects to be discussed later, just as some have previously passed before our attention. Furthermore, it must be borne in mind that the term "imagination" is often used improperly. When I come to the subject of Will Power, I shall examine notably the attitude taken by Monsieur Coué of Nancy towards what he calls imagination.

Meanwhile we must examine the faculties of Co-ordination and Understanding which add permanent value to the illuminating flashes of Imagination.

(To be Continued.)

WHATEVER YOU DO

Whatever you do don't miss next month's HEALTH and LIFE. It will have something of particular interest for you.

Problems of Food Combination

(Continued from Page 422.)
nitrogenous theory, the vitamin theory, and all the other theories that have not been able to mention now, excepting the all important one of food combination. Therefore at every meal they insist on mixing all the foods required by the body. Calories in right amount are there, vitamins are present, and starches and proteins are well represented, and the well-balanced dieticians lean back and think all is well. All is not well, for they have entirely ignored the question of food combination.

The Basis of Scientific Combination

It must be very obvious that some foods will combine well together, while others will not. It is obvious that some foods require one kind of digestive ferment, while others require a different kind. Not only this; some foods affect each other, practically directly. So it is that when we eat a protein or nitrogenous food the stomach secretes an acid digestive ferment; but when we eat a starchy or carbohydrate food, the stomach secretes an alkaline digestive ferment. Starches and proteins are therefore absolutely opposed, and should never be taken together, as is so commonly done.

It does not require the reasoning of a super-intellectual to understand this simple problem of bio-chemistry; yet how many people today, yes, even diet authorities, eat meat sandwiches. An animal cannot be made to eat sandwiches! Give one to a dog. What will he do? He will open the sandwich and eat the meat. In all probability he will leave the bread, although had he been offered the bread alone he may have eaten it.

There would possibly be little harm in taking protein food alone and following it with starch. However, the safest plan of all is to separate these meals absolutely so that there will be no chance of digestive disturbance.

Causes of Catarrh

Inasmuch as starchy or carbohydrate foods call for an alkaline digestive medium, it is obviously wrong to

eat acid foods with them. Fruit pies are highly injurious, because of this mixture of starch and acid. Grape fruit and lemons, splendid articles to be included in the diet, do an extraordinary amount of injury if used at the same meal as is a starchy or carbohydrate food such as cereal breakfast foods, toast, waffles, or cookies. It is in this way that so much gastric fermentation, and catarrh, which are so very prevalent in this country, are caused. The "balanced diet" has certainly much to answer for!

There is obviously no harm in taking acid fruit at the same meal as protein, or nitrogenous food. Practically the only food we have to omit while taking proteins, are starches, or alkaline ferment producing foods.

This is just common sense, and it is not at all difficult to understand. A chart, which has been sent to the Editor of "HEALTH and LIFE" by an enthusiastic reader of "Correct and Corrective Eating", and reproduced at the end of this article, will give you an idea as to how foods may be combined to the best advantage. On the left hand side we have the alkaline ferment producing foods, the starches, and on the right are the acid ferment producing foods, the proteins. In the center are neutral foods, the sweet fruits, which may be combined with either starches or proteins, or alkaline or acid media. That is why the maker of the chart calls them neutral foods. The acids (fresh fruits, etc.) on the right may be combined with proteins, if desired.

"The Proof of the Pudding"

Now the whole of the question resolves itself into: "It is scientific, but does it work?" Thousands of people who have changed from the old haphazard way of eating to that embracing scientific combination, report such delight, such improvement, such eradication of ills, such pleasure in eating, that these reports alone prove the workability and value of the change. Dr. William Howard Hay has made a great many tests on members of the Y. M. C. A. gymnasium at Buffalo, N. Y., and in every case the most extraordinary improvement has been observed. Instances where a boy has been able to do 35 deep knee bends as

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YOU HAVE A BEAUTIFUL FACE

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 self 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 failure or success of your life. Which is to be your ultimate destiny?

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M. TRILETY, Face Specialist, 2186 Ackerman Bldg., Binghamton, N. Y.



Eating to Correct Ill-Health

By BERNARD BERNARD

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

(Containing 240 pages)

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

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

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

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

People do not get ill only through overeating. They get ill through overeating certain classes

of foods, and by going without the necessary ones. They will get ill through faulty food combination. These bad methods of eating set up auto-intoxication, and a blood stream that welcomes disease. In reading "EATING TO CORRECT ILL-HEALTH" you will find out how to eat so as to eliminate the poisons attacking your body and causing your indisposition, and to establish a clean, healthy blood stream that will give you protection against all forms of ill-health.

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

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

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

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

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

LIST OF CONTENTS

- The Cause of All Disease.
- Eating to Eliminate.
- Eating to Combat Consumption.
- Tuberculosis In Other Organs.
- Goitre.
- Catarrh and Asthma.
- Rheumatism.
- Indigestion.
- Constipation.
- Fatness and How to Reduce It.
- Thinness—And How to Put On Flesh.
- Eczema.
- Piles.
- High Temperature.
- Cancer.
- Diabetes.
- Anaemia.
- Acidity.
- Sex Weaknesses.
- Bad Breath.
- Headache.
- Kidney and Bladder Trouble.
- High Blood Pressure.

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PHYSICAL TRAINING for BOYS

By Dr. M. N. Bunker

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

There are ever so many illustrations, both of athletic boys, and also of the exercises that will surely make you strong and fit.

It has good cloth binding, and contains 170 pages of vitally interesting reading matter. You will be exceedingly pleased with it.

Send in your dollar now, while you feel like it, and get a copy of Dr. Bunker's great book, PHYSICAL TRAINING FOR BOYS. It will make a real red blooded, muscular man of you. Send now only a \$1.00 bill, or money order to it.

HEALTH and LIFE PUBLICATIONS
508 S. Dearborn St., Chicago, Ill.

his maximum before the change was able to do 65 after a few weeks.

A boy doing 16 arm stretches with body raising from the ground as his maximum, after a month of scientific training was able to do 36. Similar improvements were made in nearly every instance.

What is more, these boys could never have been induced to diet. They simply do not, call this diet. It is only "arranging" their food differently, and it makes them enjoy their meals much more than they ever did before.

A Simple Food Chart

Dear Sir:
I have read your book, "Correct and Corrective Eating", and it is the best book I've had the honor of owning.

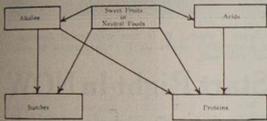
I have been an ardent Physical Culturist for six or eight years, but it was not until I finished reading your book that I completed my education in this line. "Balanced Diet" is now my religion and your "Correct and Corrective Eating", my Bible.

I am sending you a simple Food Chart that I devised and if you have not already used a chart like this I will be glad if you make use of it if you see fit to do so. No doubt it could be improved by you and elaborated.

Your Sweet Fruits I have called a "Neutral Food".

I will shortly work on an invention that I hope will greatly increase and spread the good work your book is already responsible for.

Yours truly,
THOMAS HERMAN.



The Junior Athlete

(Continued from Page 438.)

nuda by using his wits, saves his father an important business deal, and then has a wonderful visit with Ned, whom you would like. The two boys discover the Spaniard's Cave, and there Joe shows his real stuff by meeting an emergency—and unconsciously gets his father a very important contract. It is a great book, and I am sure Shirley will like it—and you fellows who get it will like it, too. It is a great book. * * *

There are several other good books out this fall that you live fellows will want to read. "A Human Boy's Diary", although it is an English book, published in this country by MacMillan Company, was so interesting I did not put it down until I had read it from beginning to end. Can you imagine a boy writing all his thoughts and experiences when away from home attending a boarding school? Well, this is what Mr. Philpotts has given us in this book, and you will like it because it is such a "chummy" book. If you live where you have few pals be sure to read it—and then write me how you feel about it. * * *

Frank G. Carpenter, the world explorer and traveler, is dead, but Doubleday Page & Company have pub-

Pull Your Disease Out by the Roots



H. Lindlahr, M.D.

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

Nature Cure Brings on the Healing Crisis

It was at this juncture that a book on Nature Cure fell into my hands. It appeared to me as the true philosophy of life, health, and disease. I put its teachings to the test. The test did not fall me. Through my impoverished blood on a natural basis and promoting the elimination of waste matter and poisons from the system—in short by giving Nature's own healing forces the ascendancy over the disease condition, a healing crisis was brought about and the disease, itself, was banished as completely as if it had never existed. Today I am hale and hearty, vigorous, full of life and vitality. And I am positive in my knowledge that Nature Cure will do for other disease-ridden sufferers all that it did for me. I have proved conclusively that in the course of any disease, a healing crisis can be brought about by Nature Cure Treatment. And when, through the bringing out of the healing crisis, the disease has run its course and normal health has been restored, the system, having undergone its purge, is stronger and more vigorous than before the disease attack. This has been demonstrated in thousands of the worst chronic cases which I have helped to restore to normal health. (Signed) HENRY LINDLAHR, M. D.

NATURE CURE AN EXACT SCIENCE

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

Treat Yourself at Home Without Drugs
This \$2.40 Book Sent Free

There is nothing that is vague or mystical in this book—"NATURE CURE." In Dr. Lindlahr's inimitable style and with remarkable clarity of expression, it throws the cold, white light of Scientific Truth upon the inconsistencies and contradictions of the hundreds of cults and sects which have so long bewildered those who are earnestly seeking health. It deals in a way that you can readily understand, with the simple, fundamental laws and principles of Nature that control the processes of life—birth, health, disease and cure. It gives clear and explicit directions for applying to each individual's case at home the same methods of Nature Cure treatment which Dr. Lindlahr himself employs at his two famous health institutes—the Lindlahr Sanitarium of Chicago and the Lindlahr Health Resort of Einshurst, Ill. It tells you why, and gives you proof of the fact that every acute disease is in itself, the result of a healing and cleansing effort of Nature. And it shows you how to bring about, either in acute or chronic disease, the healing crisis which leads to recovery. You will find this book a revelation in the art of right living—a never-failing well of inspiration and helpful understanding for anyone who suffers from disease in any form. It is a book which should be in every home throughout this broad land.

Dr. Lindlahr considers his book, "Nature Cure," of such great importance to the health and happiness of mankind that he will send a copy to any address merely upon receipt of the coupon.
Mail the coupon right now—today—and by return mail receive your copy of this remarkable book. You may keep it five days, which will allow you ample time to read it carefully. If you are then convinced that the truth it reveals, the information it gives on how to treat yourself, then simply keep it. If you are not convinced, simply return the small cost of the book, send us the price—\$2.40—and keep it otherwise tell us in 5 days that you do not want it and we will tell you where to send it. No obligation on your part.

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

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WHAT ABOUT YOUR BOY?

If you want your boy to form a taste for good things, good literature, sound views on life, here is a story, "Buz and Furry", that you can put into your boy's hands, and he will be thrilled from start to finish. It will not only have been pleasurable to him, but it will help to form his character, without any preaching or moralizing, merely because he will want to be like Buz, the hero of this most delightful dog story.

BUZ AND FURY
By WARRINGTON DAWSON

You could not present your boy with a better book, from every point of view. It will make a beautiful present, too. It has good stiff binding, with gold lettering on front and back.

Send in M. O. check, or currency for \$1.75, and the book will be sent to you postpaid immediately. Send now to
THE HONEST TRUTH PUBLISHING CO., 508 South Dearborn Street, Chicago, Ill.

Could I Stand On Your Stomach?

When all the muscles of the body are in good condition they are as strong as steel when flexed, and soft and loose when relaxed. I could stand on a fit man's stomach without causing him any discomfort, but if I stood on yours, I would probably go through.

The remarkable thing about the VITOLAXING System is that it can take you in a poor and weak condition, and build you up into muscular strength. Instead of those weak, meager muscles it can give you muscles of steel. It will give you a back that you can show with pride to your friends. It will give you arms that will make you delighted every time you take your coat off. Above all, it will give you a stomach coated with such good muscular tissue that your vital organs will be functioning at the highest rate of efficiency.

After all, the most important muscles of your body are those surrounding the vital organs. It is these that VITOLAXING takes into consideration first and foremost. Then it builds up an armor plate of muscle all over you. This makes you feel well protected, so that you know you can take care of yourself in every way.

VITOLAXING

The greatest discovery of modern times. Health and strength are obtained in an incredibly short time by this astounding new system.

A WONDERFUL DISCOVERY

Indigestion, Constipation, Nervous Debility, Sleeplessness, Rheumatism, Obesity, Sciatica, Dizziness, Headache, etc., etc., disappear like magic.

It is Nature's own method of developing the body and any organs in particular, and **RESULTS ARE GUARANTEED.**

What VITOLAXING has done for Mr. Fulcher it can do for you.

There is no need for you to be weak, ailing, or undeveloped. You can enjoy the health and strength that are your heritage and right. You can feel the pulse of perfect fitness in your veins. You can realize your ambitions, if you go about it the right way, and VITOLAXING is the right way.

What Is Vitolaxing?

The old system of exercising is all right but it was Professor Tyndall who explained that in ordinary exercises there is a great deal of wasted energy. For instance, if you lift a weight your energy is wasted in the raising of that weight, to a very great degree. If you do arm bending and stretching, you are still wasting energy in the movement of the limbs, except, of course, that there is slightly less waste than in the raising of weights. The ideal method, as suggested by Professor Tyndall, was to secure some movement which would conserve all the energy and use it for the rebuilding of health and strength.

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

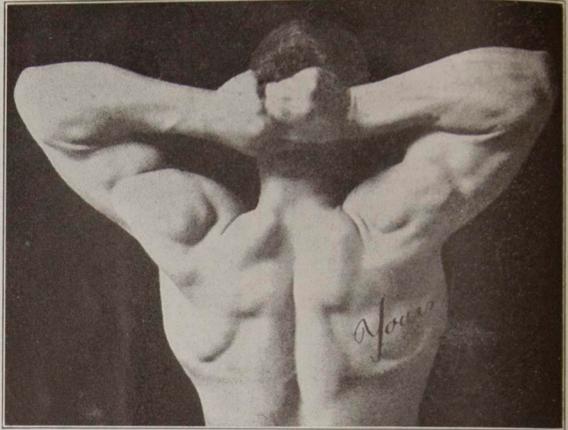
You can imagine then, how wonderfully responsive the body must be to VITOLAXING. The practice of the system bears out all this. An inch can be put on the biceps muscle of the arm within a month. Proportionate increases can be made all over the body where desired. Thus a superb body may be developed in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

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

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

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

During the course of VITOLAXING you are given personal instruction. The system is



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

adapted to suit your case, and it is quite an easy matter to follow out the very clearly given instructions and attain the physical condition you desire.

We would also like to mention that possibly the most beneficial thing regarding VITOLAXING is that, being as much mental as physical, or perhaps to explain it more clearly, the control of the mental over the

Gentlemen:

You will learn by referring to your files that I began my training on "VITOLAXING" one month ago.

I wish to say that after thoroughly testing it out, and putting one month of enthusiastic work into these exercises, I can truthfully say that of the half dozen different systems that I have practiced for the last six years I have definitely decided that "VITOLAXING" holds more benefits for my particular needs than any other.

I have been subject, for the last few years, to frequent bad headaches. Can I happily state that I have not had a single one since beginning "VITOLAXING"?

My tongue was heavily coated at the time of beginning my training with you; today it is clean, rosy, and of a healthful sweetness.

My digestive apparatus was on strike a large part of the time, and specialized in periodic upheavals that racked and distressed my whole system. Now I am rarely conscious of even possessing a stomach.

I have been underweight for years, and no amount of exercising ever enabled me to regain any of my lost weight. It is a fact, however, and a rather wonderful one to me, that I have gained just 2 pounds on one month of "VITOLAXING".

Your grateful pupil,
(Signed) W. W. Fulcher.

physical, the power of mind is developed to a remarkable degree. Business men have found this extraordinarily valuable. They become clearer witted, have a keener sense of perception, and problems that worried them before give them no trouble. VITOLAXING, in other words, is one of the greatest discoveries for vital physical advancement the world has ever known.

Start Right In NOW

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

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

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

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

VITOLAXING, 21, Caxton Bldg., S. Dearborn St., Chicago, Illinois.

Please send me your course, VITOLAXING, by return mail. I will pay the postman \$4.75 when he delivers it to me.

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

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

NAME

CITY

STATE

(Please Print Plainly)

lished this fall his "Mexico" that I am reading now. The reason I speak of this book here is because you fellows will find it a wonderful help to understand and appreciate our neighbors on the south. There is a growing interest down there in athletics and sports, and Mexican boys are longing for the friendship of you fellows on this side of the line. This book contains more than a hundred photos, and is by far the best book I have ever seen about Mexico. We have quite a number of boys who are interested in athletics and after reading this book you will understand their letters as we publish them.

Now, because we must save some space for the pictures we will explain just a little about our I. A. L. and then the exercises.

The I. A. L.

This is a Junior athletic club, worked out as a result of thousands of letters received from boys interested in athletics, physical culture, and keeping clean and healthy. Already the membership extends all over the known world, the only requirement being that each member pledge himself to six months' regular exercise and training, with an earnest effort to keep clean and healthy. The membership fee is 15c, which includes a membership button, general health letter, correspondence privileges with other members, etc. Each month in HEALTH and LIFE we have illustrated exercises which you can follow. These are simple but health building, and will do you much good. Here is our work for this month:

Exercise 1

Squat as shown, balancing your body, arms extended. Hop across the room, turn around and back again. Repeat until your legs get tired, or you feel you are losing your balance. If you have stopped for a second or two, do it, but try to keep your balance and keep hopping. Do this twice a day, and you will soon find that your legs are becoming like steel.

Exercise 2

After you have followed the first exercise long enough to keep your balance good, then change by adding this feature. Hop across the room, and then hop back again, but do it backwards. For a change fold your arms across your chest, but hop forwards and backward and then write me what results you get. This drawing for the exercise was made by a beginning artist and physical culturist, who has been training for a long time.

Now—Everybody!

Get in line for the I. A. L. Send your fee for membership and button to this Department. Send your letters and pictures—and do it at once. This should make our next issue a live one. Will you do it?

Next Month

We shall have another photograph of Kenneth Althouse, one of Wilfred Trebbley, and one remarkably fine picture of Battling Kid Dugan, one of the most remarkably, indeed perfectly, developed chaps I have ever seen. Dugan is a wonder for outline and is making his mark as a boxer. He is only seventeen, and is a marvel. If you are in or near Kansas City you should go and see him. That is his home, but he has boxed all over the Missouri Valley, and if you want to see an almost perfect build go and see him. We shall have a picture next month. Shall we have yours?

KEEP YOUR HAIR CLIPPED

A photograph also of Efram Zimbalist, Jr., son of the great Russian violinist, whose mother is Alma Gluck, the great singer, will also adorn the Magazine. The object will be to show you how splendid closely clipped hair can look on a boy whose head is well shaped. That is the healthy way to grow, boys. Keep your hair clipped short. Give your brain a chance to work at its best.



Artistic Dancing for Girls

(Continued from Page 425)

dance. This advice was given to me by Mme. Pavlowa in an interview in which she gave a message to the future dancers of America.

To show again the draw-backs and handicaps which a girl can overcome, take the case of the famous dancing star, Miss Amelia Allen. Born and reared on a farm, where dancing was frowned at, Miss Allen had to make her own way against much objection on all sides. Still, in spite of all, she won out and today is a noted dancing star in the Follies, dancing, as she laughingly told me, from the farm to Broadway. With Miss Allen in the Follies is another famous dancer, Miss Ruth Page, a pupil of the great Anna Pavlowa. Miss Page started her dancing career at an early age and has appeared in nearly every country in the world. Her work shows careful training, study, and application, and like her famous teacher she is a great artiste, in the inspiration and moods of the dance.

Miss Page gave me her message to the girls of America: "If you like dancing go into the work with all the determination to make good and you will succeed. Do not specialize in certain dances but take up the general artistic side of dancing and you will be certain of work; after that you can branch off into any desired line you want to."

Thus the art of dancing offers a broad field to any girl, and has many beneficial returns.

The Clawed Spectre

(Continued from Page 427)

Blount and Bolingbroke had been exceedingly good friends for many, many, years. It was therefore to be expected that Blount would become enthusiastic as soon as he recognized the voice of his old friend. But the call coming, as it did, in the middle of the night, suggested to Blount that all was not well with Bolingbroke. Before he had had time to question Bolingbroke, the latter shouted into the phone, "Please leave me alone. I'm all right. It's a mistake."

Blount put down the receiver. "There's no mistake," he muttered to himself. "I had intended to take a vacation, and rest up a little, but I cannot see my old friend Bolingbroke in trouble. I should get no rest anyway. If I can help him, I will."

It was no Blount's idea to get a case just now. He had only just gone

I Can Teach You to Sing Like This!

—Eugene Feuchtinger

I do not mean I can make a Caruso out of every man—or a Mary Garden out of every woman,—but

I can teach you in a few short months a basic secret of voice development which Caruso discovered only after years of persistent effort

HERE IS THE SECRET! This is a picture of the human throat, showing the all important Hyo-Glossus muscle. Biographers of the great Caruso tell us of his wonderful tongue control. Caruso himself speaks of it in his own writings, as the basic secret of vocal power and beauty. But tongue control depends entirely on the development of your Hyo-Glossus muscle.



The Hyo-Glossus muscle in your throat can be strengthened just as surely as you can strengthen the muscles of your arm—by exercise.

Professor Eugene Feuchtinger, noted vocal scientist, famous in Europe before coming to America, was the first man to isolate and teach a method of developing the Hyo-Glossus.

If you are ambitious to sing or speak, or merely improve your voice for social or business purposes, here is your opportunity. If you suffer from stammering, stuttering or other vocal defect, here is a sound, scientific method of relief. Under the guidance of Prof. Feuchtinger himself, you can practice these wonderful silent exercises in the privacy of your own home. For this method of training is ideally adapted to instruction by correspondence.

100% Improvement Guaranteed

Thousands of men and women have already received the benefits of the "Perfect Voice" method. If you will practice faithfully, your entire satisfaction is guaranteed. In fact, if your voice is not doubled in power and beauty, your money will be refunded. You alone are to be the judge.

Free Book

Your World." It will open your eyes to the possibilities of your own voice. It will indeed be a revelation to you. Get it without fail. Mail coupon now.

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Please send me FREE, Professor Feuchtinger's book, "Enter Your World." I have put X opposite the subject that interests me most. I assume no obligations whatever.

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By AUSTIN

America's Bloodless Surgeon

Why Have FLAT FEET?

They can be corrected in a few treatments.

Arches set—No casts used.
No mechanical appliances used.

YOU WALK AWAY.

What is more, you can attend to all your work. The more you walk, the better you become.

All foot troubles corrected—sometimes instantly.

Dr. A. L. Austin.

My dear Doctor:

It will probably be of some satisfaction to you to know that after over eighteen months of considerable service, the arches in my feet are still where you put them—in the proper place.

I have not used the pads which you made for me since the second week following your last treatment, nor have I had occasion to use support of any kind. I am also happy to say that the tired ache which I used to experience never returns.

Besides the physical comfort which I now enjoy in this respect I also have the satisfaction of wearing a pair of shoes as long as anyone would expect to wear them and I need not discard them because they are out of shape.

I will be very glad to have anyone examine my feet and see the remarkable work you have done for me.

Sincerely yours,

(Signed) L. D.

YOU CAN HAVE THE SERVICES OF THE GREAT AUSTIN

at a reasonable charge.

Corrective bone work of all kinds, adhesions, ligaments adjusted, etc.

Write now to the Manager

AUSTIN INSTITUTESCOFIELD BUILDING
CLEVELAND, OHIO

At the side here you see the great Austin actually at work.



The top picture shows the flat foot before treatment.

The center picture was made a few minutes later, Austin having put the foot into its correct position.



The lower picture shows the bandaging, composed of a soft pad, which is only required for a short time.



Then the patient dispenses with it, and is rid of his trouble forever.

through a terrible ordeal, which had sapped considerable of his energy, and he had, in addition, arranged to take part in a contest with a heavyweight champion within three weeks.

Nevertheless, John Blount determined to call upon his friend Bolingbroke, and he quickly dressed himself and prepared to start right away.

To his surprise, immediately on getting into the street, a man came up and addressed him.

"You're Mr. Blount? I'm John Sloan, of the Merrill Agency. Mr. Bolingbroke is seeking your help. May I be of service to you? Here is my card."

"How did you know that Bolingbroke was seeking my services?" questioned Blount. "It was not till five minutes ago that I knew myself that Bolingbroke had determined to get into touch with me."

"I know it, Mr. Blount. But as a member of the same profession as myself, you should know that detectives find out many things that are somewhat astonishing, and it certainly is an honor to receive this, your compliment, Mr. Blount."

They were now in a car, and were speeding away to the Bolingbroke Mansion.

After traveling forty miles or so, Sloan, who was driving, brought the car to a standstill in the middle of a swamp.

"I'm afraid, Mr. Blount, we're stuck," said Sloan.

"That's unfortunate," said Blount. "What made you come here?"

"This is a short cut across, Mr. Blount, and I thought I could make it. Sit back, and perhaps I can churn back out of it."

In spite of all his efforts, however, the car refused to move.

"Well, Mr. Blount, I'm sorry, but that finishes it. What shall we do?"

"I'm not finished, Sloan, until I've had a turn at that wheel. But before I get there, get out and fix the chains."

"Ah! Mr. Blount, I had not thought of that. I will do so at once."

In about twenty minutes the car was free, and they were once more speeding along. They had not gone more than another ten miles when the engine stopped.

"Well, well! That's terrible, Mr. Blount. Wait a bit, I'll fix it."

Sloan lifted the hood and tampered about with the engine, while Blount meanwhile inspected the various parts which are usually the first to go wrong, Magneto, plugs, feeder, every part of the engine seemed to be in perfect order, and Blount was just about to examine the gasoline tank when Sloan exclaimed:—

"Well. What do you know about that, Mr. Blount? Isn't that just too ridiculous? I turned on the emergency tap so as to shut off gasoline automatically after fifty miles. That's too bad. Come along. We must make up for lost time."

Again they were off, this time with Blount at the wheel, and they did not stop until they got right to the Bolingbroke country house.

The dawn was just beginning to break. There was an awful stillness, and even Blount himself felt that something was not right within the house, which loomed up darkly before them. He was just about to ring the bell,

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CONTENTS

CHAPTER I INTRODUCTION	CHAPTER VI MAINTAINING MARRIED HAPPINESS
CHAPTER II TO THE BRIDEGROOM-TO-BE Preparing for Marriage Courtship How to Propose	Freedom in the Expression of Love Laws Governing Conception Voluntary Parenthood Normal Habits
CHAPTER III TO THE BRIDE-TO-BE How to Discover the Right Man Things Necessary to Know The Romance of Courtship	CHAPTER VII MARITAL ABNORMALITIES AND HOW TO CORRECT THEM
CHAPTER IV THE HONEYMOON Early Phases Rules of Conduct Harmony and Mutuality in Love	Results of Solitary Habits Spermatorrhoea Prostatorrhoea Sterility in Men Sterility in Women Impotence in Men Lack of Affection in Women Lost Manhood Hysteria
CHAPTER V BEGINNING PARENTHOOD Prenatal Influences Marital Conduct During Pregnancy The Best Diet for Easy Delivery Twilight Sleep A Child of Love	CHAPTER VIII PHYSIOLOGICAL HYGIENE Technique of Cleanliness
	CHAPTER IX THE ART OF COURTSHIP IN MARRIAGE Arnold Bennett's Rule Artifices to Maintain Love

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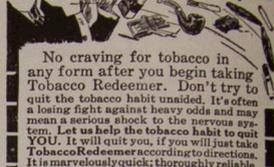
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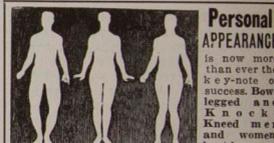


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when another deathly scream rent the air.

Without waiting to ring, Blount forced his way in through a nearby window, determined, if possible, to find some cause for the unusual happening.

He had frequently been to Bolingbroke's residence, so he knew it fairly well. He made his way to his friend's bedroom, and there beheld a most terrible sight.

Bolingbroke, on his bed, was trembling from head to foot in a neurotic unconsciousness, while beside him was the body of Sam Filson, his friend and trainer, bleeding profusely from a wound in the head.

Blount looked around for John Sloan, of the Merrill Detective Agency, but there was not a sign of him to be seen. (To be continued next month.)

Physical and Intellectual Abnormalities That Are Associated With Hyper-Sexuality

(Continued from Page 426)

This, I believe, the first time that this reasoning has been applied to the problem of hyper-sexuality as being associated with abnormality. But I believe that along this line we shall find the light of a great many explanations in evolutionary development.

However, from the point of view of those of us who are seeking to use natural law to assist us in understanding our own troubles and difficulties, and to make life more pleasant, more progressive, more filled with good things, we find this most interesting and useful information. We find that it is not a curse of Nature to endow the abnormal individuals with hyper-sexuality. Nature, of course, has other laws which stamp out those that are unfit.

Here we come to distinctly disadvan-

tageous abnormalities. One of the first times I heard that this question was baffling was with regard to a type of human beings who are deformed in body and mind. The legs are short, about half the normal length, and excessively bowed, and the mind has a distinct tendency towards criminality, destruction in particular. These unfortunate human beings are never capable of earning a living in society. They are either doomed to a life in prison or in homes for the infirm or the insane.

To the biologist who does not reason it seems extraordinary that this type of individual, suffering from an abnormal and undesirable condition, should have such exceptionally capable powers of reproduction. But it is, as I have stated above, Nature's effort to perfect and preserve any deviation from the type.

Fecundity in Ratio to Chances of Survival

There is, however, another law of Nature which enters into it at the same time. That is, that the hyper-sexuality is also in direct relation to, and in accordance with, the chances of survival. Thus, those with the least chance of survival have a greater sexuality than those with more chances of survival. The tapeworm, the classical case already mentioned, lays about ten million eggs. This is its only method of self-preservation, for, if it laid less, it would soon be stamped out, because very few of those eggs ever have the chance of coming to maturity.

In a less degree are the physical and intellectual abnormalities of what we sometimes term more or less normal individuals associated with hyper-sexuality. If there is an intellectual giant,

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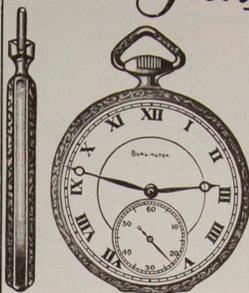
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 To the Editor

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A Builder of Human Architecture

(Continued from Page 430)

Our visit to see Austin was a lesson in itself. Feet, yes, we knew that we had feet—they were—well, just feet. A part of our anatomy that seems to get in other people's way, gets stepped on—occasionally get other people in our way, precipitate us into their arms on street cars and other places, but to be considered in the light of a complex piece of wonderful engineering by our Creator—never!

The Wonderful Structure of the Foot

To know that we have three arches, twenty-six bones, a wonderful set of guy ropes in the ligaments and muscles,—think what a few guy ropes too taut or too loose might do to a structure—then imagine what the giving way of a whole arch might do to the undermining of the house or body in which we live.

We find that Nature intended us to have contact with Mother Earth at three points on the foot. The heel and two points at the ball of the foot. Few people know at the ball of the foot, we have—or should have—an arch, cross-wise of the foot.

The advent of the automobile has brought a train of foot ills. Women especially, wearing a light shoe and using the gas pedal—force bones out of their natural position and have what is known as "Metatarsal" trouble. The "Metatarsal Arch" is that part of the foot across the ball,—the junction of the main foot and toe bones.

When these bones are not in their proper position to each other there is in cases excruciating pain,—a pressure of the metatarsal bones on the delicate nerves beneath the foot. What agony! Only those who have suffered know. Then the after trouble—callosities, Mortimer toe, etc. This man gives relief instantly. He plays on the Metatarsal as one would run a scale on an instrument—and as would a "Master Musician"—he gets harmony.

Who Is Captain Godfrey Rodrigues

(Continued from Page 421)

known to other men. He lives in the same world that all the rest of us live in, and his simple secret, if it is a secret, is that he lives differently. He simply gives his body a chance.

I have seen the majestic Jungfrau rear its head into the crimson clouds at dawn and I was thrilled at the spectacle. I have stood on the brink of the Grand Canyon of Arizona and I have contemplated the unspeakable grandeur of the sight. I was struck with awe at the infinite silence that pervaded this bit of God's handiwork. I have seen the power of God rushing over the crest of Niagara and have been transfixed, but I have never been so moved and impressed as when I first saw this man who has realized to the fullest degree the opportunities which are offered to every other man.

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Such is Captain Rodrigues!

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Among the Grapplers

(Continued from Page 431)
lice. Wrestlers and weightlifters of today have specialized too much.

Here is another letter that will interest you greatly:

Dear Sir:
With much interest I read Clifford Thorne's article "The Zbyzsko vs. a Famous Champion Wrestler" in the September issue of HEALTH and LIFE. I have been a close follower of the wrestling game for several years and have been practical all the great grapplers in action.

I was somewhat surprised to learn from Mr. Thorne that Zbyzsko had twice won the wrestling title from Ed. Lewis, and that the first time he won it was previous to the war. Here is the history of the catch-as-catch-can heavyweight wrestling championship for the last twenty years.

Frank Gotch won the title from George Hackenschmidt in the early part of 1908. Hackenschmidt had laid claim to the title by his defeat of Tom Jenkins at Madison Square Garden in March 1905. Jenkins had defeated Gotch in February of that year and then again defeated the great Iowan in May, or shortly after Jenkins had met defeat from the "Russian Lion". No doubt but that Jenkins had it on Gotch at this particular time and it is quite evident that Hackenschmidt would have easily defeated Gotch had they met in 1905, as Jenkins when he did meet Hack, was but a toy in the hands of the great Russian. However, Gotch being fully determined to win the title and keep it in America, went into extensive training during the winter of 1905-06, developing speed, agility and strength and mastering many holds and a block for each such hold, as well as mastering the laws of leverage.

In the spring of 1908 Gotch and Jenkins met for the sixth and last time, Gotch easily winning. With the exception of an accident which cost him the Beell match, Gotch never lost a fall, much less a match, from this time until his death. In April, 1908, Gotch and Hackenschmidt met for the first time in what perhaps is known and will be known as the most illustrious "mat tussle" in the history of wrestling. After two hours of work Gotch managed to win the title by default. After that time he met hundreds and defeated them all easily, the most noteworthy being Yusuf Mahmout, Stanislaus Zbyzsko and George Lurich, outside of Hackenschmidt, whom Gotch met, in 1911, for a second time and again won all time who was supreme, by winning in straight falls within twenty minutes. Gotch was recognized as the title holder until 1917, shortly before his death, dating perhaps from the night when Earl Caddock defeated Joe Stecher. Gotch was present at this match and coached Earl, which perhaps had more to do with Caddock's victory than anything else. It can perhaps be said that Gotch gave the title to the winner of this match. Just like Jeffries had given the boxing title to the winner of the Burns-Hart fight. Caddock held the title until the early part of 1920, having defeated during his championship career, among others, Ed "Strangler" Lewis, Wladek Zbyzsko and Charley Cutler.

Caddock lost the title to Joe Stecher, who "came back", or perhaps it can be more truthfully said, had at all times been Caddock's master. Stecher lost the title, after holding it nearly a year, to Ed "Strangler" Lewis, who had developed the head-lock to a new perfection. In the early part of 1921 Stanislaus Zbyzsko, having returned from Europe where he had been since 1924, won the title from Lewis in 23 minutes in a one-fall match. In the latter part of the same year Lewis regained the title from Zbyzsko and has held it since. Lewis has defeated Zbyzsko several times since securing the title for the second time, but never has Zbyzsko again defeated Lewis, the only time being when he won the title.

I take issue with Mr. Thorne in that Zbyzsko now "is easily the second best wrestler in the world". With respect to the old man I contend that either Marin Plastina or Hans Steinknecht can easily defeat him. John Pesek seems to be able to get the best of Zbyzsko also. I also contend that Zbyzsko was not the best foreign wrestler at the time he met Gotch in 1910, when no doubt Zbyzsko was in his prime. According to Gotch himself, Yusuf Mahmout was better than either Zbyzsko or Hackenschmidt. The writer saw Mahmout in action with but a few nights between one of the times he saw Zbyzsko in action, and I am fully convinced that the Turk was at least the equal of the Pole. When Mahmout met Lewis and Stecher in 1922 he was but a shell of his former great self.

I would like to know more about this Gama, the great Hindu. Zbyzsko is quoted as telling a local sport writer that Gotch and Gama were the greatest wrestlers he had ever met. It must be remembered that Zbyzsko once did meet Hackenschmidt, in 1911, but never Mahmout. Now what I would like to know is did Hackenschmidt defeat Gama, as Mr. Thorne claims, while Zbyzsko could not defeat the Hindu? According to my records Gama defeated Zbyzsko in London either in 1917 or 1919, long after Hackenschmidt's retirement and that Hackenschmidt and Gama never actually met. Mr. Thorne does not say what the outcome of the Gama-Zbyzsko match was. If Hackenschmidt and Gama met, it must have been prior to 1911, as Hack has not wrestled since. I wish the editor of HEALTH and LIFE would publish a pose of Gama if he has or could get hold of one.

Truly yours,
RUDOLPH C. OLSON.

Gama was one of a troupe of Hindu wrestlers who visited England just before the war. Imam Bux, a member of the troupe, defeated Maurice Deriaz in a few minutes with a simple Head and Ear lock. This created great interest in the Hindu wrestlers, and Gama was reckoned to be the best. When he met Zbyzsko the match went on for hours without either gaining a fall. Zbyzsko knelt on the ground, and Gama was helpless to move him. That was the end of the wrestling game for many years in England, as people were disgusted at watching Zbyzsko sit around for several hours with Gama unable to move or get hold of one.

Hackenschmidt never met Gama. The probability is that he or Gotch would have defeated Gama. Zbyzsko never tried to, he only prevented Gama from doing anything.

Editorial

(Continued from Page 435)

they live happily ever after. Probably a direct result of this play has been the pardoning of husbands by wives, but not with the effect shown in the play. Those who start off badly haven't such an easy time becoming virtuous. Besides, easy forgiveness is not such a deterrent to bad behavior, and may even be an incitement to it. In fact, it is questionable if a man or woman has the right to forgive the mate who will thereby become the parent of diseased children.

SACRIFICING LIFE FOR MOMENTARY PLEASURE

It is just the same with regard to the double standard of morals, which is as yet not abolished. For some strange reason, men are still supposed to be allowed to have a profligate youth, while the chastity of a young woman must remain unquestionable. When "Hindle Wakes" was first played it created a sensation because it pointed out that it was no worse for a young woman to have week ends with a young gentleman, than it was for a young gentleman to do the same thing with a young woman. But in the play, if you have seen it you will remember, the parents of the young man are ready to forgive this in their son, but under no circumstances would they forgive the young woman. At the time, this play did a great deal to destroy the double standard of morality. The conclusion which people came to at the end of the play was that if it is good for young men, it is certainly good for young women, and if we must forgive young men we must also forgive young women. It would have been far better to point out that immorality, profligacy, or "wild oats" in a young man are just as serious as they are in a young woman, and that the only way to a healthy and happy married life is to conserve pur-

ity of body and purity of character. We are only just emerging from a barbarism of ignorance. After all, would any young woman, or would any young man, risk their whole future life and happiness, ambition, and everything that is dear to them, if they only knew? **AN IMPORTANT MARITAL ASPECT SEVERELY LEFT ALONE**

If the Rev. Clinton C. Cox would seek to make marriage a more stable and happy condition than it is among the generality of folk today, he would point out that the very first and most important question of all is an understanding of sex conduct. This matter, as far as I can trace has not even been mentioned by the Rev. C. Cox, except in its "forgiveness" aspect. If people married because they really loved each other, if they put aside prudishness, sex fears, and superstitions, and learned to adapt themselves to each other so that this part of life gave them complete soul satisfaction, most of the other difficulties that worry Mr. Cox and thousands of others who talk about married difficulties would never occur, because most of those difficulties are aroused through irritability set up by non-satisfaction of the first essentials.

I am sorry that the Magazine was delayed a few days this month in its publication. My printer had an accident, fell down and broke his ribs, quite a little copy came in late, and numerous other things happened to prevent the Magazine coming out on its right publishing day. I therefore determined that I would give you a real bumper issue, so I have joined the November and December issues in one.

The publisher I hope you like the result. The price has been the same as it has been heretofore, but the printer has promised not to have any more delays. I hope to have some new weather eye open for it each month. Next month I would like to surprise you with the real bumper issue we are going to have. About double the number of the usual copies are being put out this month, and the circulation indicates a similar increase for the following month. So you can look out for some real good issues of this Magazine. Especially will you find next month's Magazine of intense interest.—Editor.

With the Men of Iron

(Continued from Page 429)

and "heavy" poundages—or not at all when the lady so willed!

That the ability to lift Resista is not dependent on leverage, "cross-pull" or advantages of weight, or the exertion of leaning relative positions during the lift, the writer is firmly convinced; Resista just seems to get heavy—while she suddenly, whenever and however she wills, and wherever she may—stret or stags.

Even when held in mid-air, Resista has a way of making herself so heavy that something has to "give" and down she comes with a bang! In fact, Resista has the huskier man, she nonchalantly accomplishes her performance in utter defiance of the laws of gravitation, or, perhaps, it would be more correct to state that she either nullifies, or increases and intensifies the gravitation of her own body!

Giving one of the most remarkable and interesting exhibitions from an educational, weightlifting or inviting scientific standpoint, Resista either discounts or overcomes the laws of physics to raise her as you would a child, or you may struggle vainly against tons of invisible force—while she remains rooted to the floor!

The next time you see Resista is just a little girl—small, delicate, dainty and wistful charming. Perhaps it is the disconcerting nearness of an entrancing smile, or the way she looks at you, or perhaps it is the hypnotism of her personal charm, perhaps—well, see her, all you Strong Men and Doubtfuls, be convinced. Resista is irresistible!

Knowledge Is the Key to Marital Happiness

YOUR special attention is drawn to "A Course in Marital Conduct," which is now ready. It has been specially compiled to give facts, so that the expression of love in marriage may remain a beautiful and real thing always.

Most of the misunderstandings and difficulties amongst married people today would be totally done away with if only the vital facts concerning marital conduct were made known in such a way as to maintain that idealism essential for real marital happiness.

Most of the marital misunderstandings and difficulties arise, however, because husbands and wives do not feel free to express themselves as they have the right to do. There is usually some fear present, fear that it is wrong, fear of unwanted pregnancy, fear of pain, or a hundred and one other things that disturb what should be the most sacred body of married life.

In this "Course in Marital Conduct" are laid down for the first time the rules of conduct for what the author has termed a "communion of love," also "continence communion." It is similar to what has been termed "Karezza," but it is a communion that is based on the highest spiritual communion.

This is the highest form of communion that an idealist could possibly conceive, because it gives absolute control of the sex forces, preserving the secretions to build up the health, strength, and vitality of the body, while permitting spiritual satisfaction and expression of love.

Of course, there are many other things of a very vital nature dealt with in the course. The complete functioning for the purpose of procreation is also dealt with in detail, and all the numerous functions which ought to be known by every married man and woman in order to assure success and happiness in marriage.

You will consider this course the very cream of Bernard Bernard's work. In it he has given something with which you will be more than satisfied.

LET LOVE GUIDE YOUR MARRIAGE

Love should be the guiding principle in marriage. But it can only be this when knowledge of its privileges and responsibilities is possessed by both husband and wife. Any good physician or judge will tell you that serious marital misunderstandings are always caused by incompatibility. This can be remedied by reliable information that will allow both husband and wife to be free and natural in the most sacred and private experiences.

A COURSE IN MARITAL CONDUCT

By BERNARD BERNARD, Phys. B., M. P. C.

has been compiled especially to meet the needs of the married or those about to be married. It is written in plain, blunt language, so that every point is perfectly clear.

Obviously it is not possible to convey here more than a mere suggestion of what the course contains. Only actual reading of it can do it justice.

Contents of "A Course in Marital Conduct"

The Course is written in a series of 27 letters to Husband and Wife, six special ones to the Husband, and six special ones to the Wife by Mary Bernard (Mrs. Bernard Bernard).

LETTER 1—To Husband and Wife.
The Intimate Nature of Marriage.—Discussing Intimate Conduct Together.—Husband's and Wife's Equality.—Equality of Privileges and Responsibilities.—The Beautiful Side of Sex.—The Sacred Side of Sex.—True Harmony and Success in Marriage.

LETTER 2—To Husband and Wife.
The Determination to Agree.—Reciprocity.—How to Avoid Misunderstandings.—Causes of Irritability.—Sexual Causes of Nervousness.—How to Avert Incompatibility.—The Realization of Romantic Dreams.

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LETTER 5—To Husband and Wife.
Two Forms of Communion.—Communion for Reproduction.—Communion for Love.—Sexual Malfunctioning.—Indulgence Prompted by Passion.—Communion Prompted by Love.—Periodical Love Communion.

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The Technique of Begetting Children.—The Importance of Being Parents, and Not Merely Becoming Parents.—How to Avoid the So-called Children's Diseases.—Pre-natal Influences.—The Act of Immortality.

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Production of Male and Female.—The Best Time for Conception.

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LETTER 11—To Husband and Wife.
Inability to Conserve is Pathological Condition.—Retaining Life Forces Ensures Physical, Mental, Intellectual, and Spiritual Efficiency.—Men and Women Who Fear Sex.—Parents Who Neglect to Give Vital Warnings to Their Children.—Parents' Educational Duties.

LETTER 12—To Husband and Wife.
When Communion Should Be Indulged.—Position.—No Danger in Conservation of Forces.—Asylums Filled With Sufferers from Over-Expenditures.—Neurasthenia and Impotence Caused by Lack of Control in Expenditure.—The Habit of Too Frequent Loss.—The Habit of Conservation.

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The Cave Man Idea Criticized.—Rules for Husbands.—Wooling.—How Husband Should Entice Response.—Love Will Steer to the Heart.

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Inability to Function Normally.—Irritation of the Sexual Nerves.—The Approach of Abnormalities.—How Communion With Conservation Promotes Glad Efficiency and Youthful Longevity.

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Physiological, Psychological, and Emotional Satisfaction.—Spiritual Attunement.—Premature Sex Communion During Pregnancy.—Avoiding Physical Dangers.—The First Law of Life.

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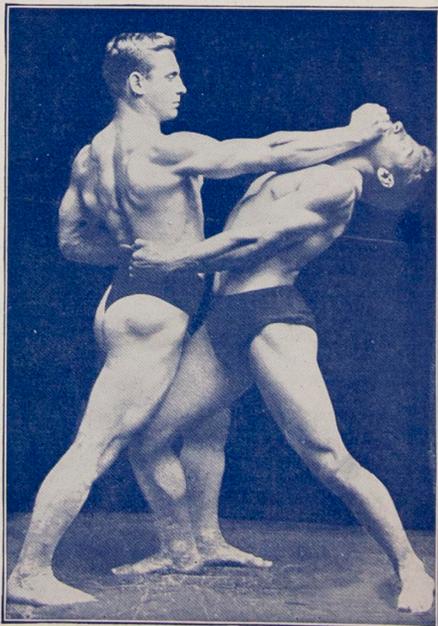
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The following is a list of the athletes, physical culturists, and artists' models who posed for the pictures:



ATHLETIC CHAMPIONS

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

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

PHYSICAL CULTURISTS

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

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

ARTISTIC

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Les Syrenes.
Salambo and Matheo
A Study of the Nude
The Slaves.
The Vine.
The Sundial.
Ecstasy.
Consolation.
Le Baiser.
The Tempest.
Rising Woman.
Braccio Nuovo.
L'Aurore et Cephalé.
Apollo.
Energy in Repose.
Psyche Receives the
First Kiss of Love
The March of Love.
Beauty and Development
Climbing up the Cliff.
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