

Acrobatic Dancing

★ Strength

MARCH

25¢



Fifteen Minutes of Exercise a Day
Wrestling Kings
How to Use the Parallel Bars

W.N. CLEMENT

"DON'T THE MILO BAR-BELLS BUILD UP THE HUMAN WRECKS, THOUGH!"

You surely have said that to yourself after viewing for months, in our advertisements, the marvelous physiques of our pupils. All our pupils could show, in contrast of pictures, a marvelous improvement over their old selves as they were before using the Milo Bar-Bells had they had a photo taken before starting with our methods.

We have, nevertheless, been able to show you from time to time, as we do on this page, what the Milo Methods will do for you, no matter how dilapidated your physique and general health is at the present time.

Look Carefully at These Two Pictures of Mr. A. Batsis

STRENGTH AND PHYSIQUE SHOW

Date—March 6th.
Place—Milo Building
Location — 2745 N. Palethorp St.
City—Philadelphia.
Time—8.00 Sharp.

and we are positive you will pronounce it a miraculous transformation. Very few of you who read this are as bad off physically as Mr. Batsis was when he started. If Mr. Batsis can accomplish such gigantic results with a Milo Bar-Bell, then you who have a better start can surely do at least what he did with his physique.

Mr. Batsis, besides building up his physique and strength, as the pictures show, also accomplished other things that the pictures do not suggest.



BEFORE USING MILO BAR-BELLS

He Overcame Stomach Trouble and Strengthened a Weak Heart

Those are improvements to be proud of, along with his present physique.

Furthermore, he is the coming champion in the featherweight class of weight lifters. But whether he ever does break records or not should never bother him, for what he has accomplished thus far is more than satisfactory, we feel sure, to himself and friends. We are proud of him, as we are of all our pupils. And we will be just as proud of you a few months after you start training with our Bar-Bells. Your physical rejuvenation is a surety under our expert's (Geo. F. Jowett's) advice. You will be given weights to start with which correspond with your strength or weakness, as the case may be.

Join These Fellows Who Are, Through Our Guidance, Rapidly Developing Into World's Strong Men and Examples of Robust Health and Magnificent Physiques

Become one of those who are following the system that is known the world over as the best, surest and quickest physical-improvement getter. Mr. Batsis, in his before picture, doesn't look as though he had the gumption to start anything. But he did have it, and by starting with the Milo System made the best start possible. You, too, have the gumption just as Mr. Batsis had, so make that start now and make it right.

You will be a happy fellow when your Bar-Bell outfit arrives. And you'll be jubilant as you try it out and find it fascinating and without fault. Then comes the great change in your health, strength and muscles, and you will be healthy and happy the rest of your life.

The Milo Free Catalogue Contains Many More Examples Like the Above

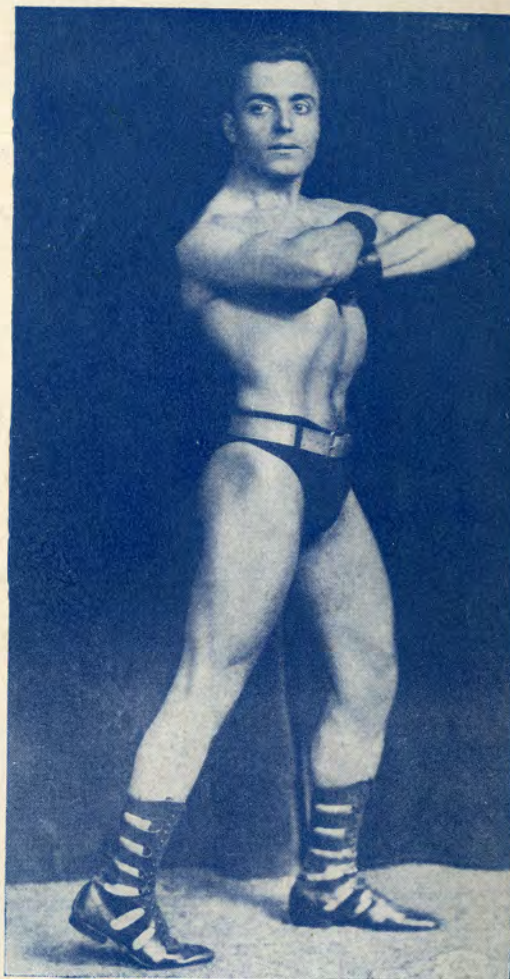
The title of the big booklet is "Health, Strength and Development and How to Obtain Them." It will impress you with many more men such as Mr. Batsis. Our prices and list of styles are also given. Fill in the coupon NOW, and mail it immediately to us. You'll have this booklet in your possession within a few days.

THE MILO BAR-BELL CO.

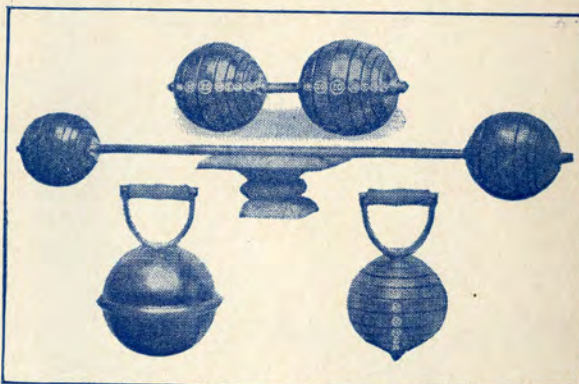
Dept. 124

2739 N. Palethorp Street

Philadelphia, Pa.



AFTER USING MILO BAR-BELLS



AS THEY LOOK WHEN MADE UP SEPARATELY

The Milo Bar-Bell Co.,
Dept. 124, 2739 Palethorp St.,
Philadelphia, Pa.

Gentlemen:

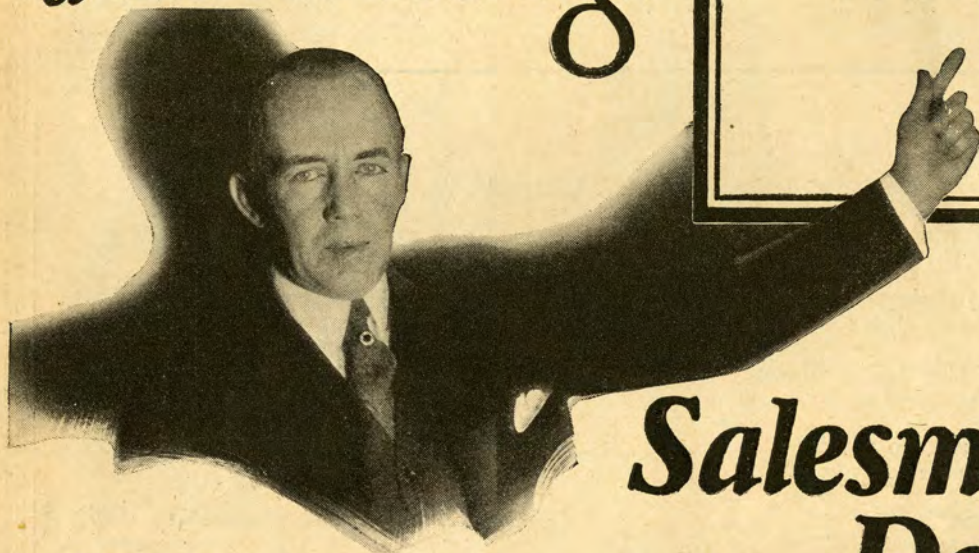
Please send me, without obligation on my part, your free booklet entitled "Health, Strength and Development and How to Obtain Them."

Name.....

Address.....

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

Does Your Present Job Offer You These Things?



Big Pay
Unlimited Opportunities
For Increasing Earnings
Permanent Employment
Your Own Boss
Promotion
Travel

Salesmanship Does!

Don't let the word "selling" scare you, for it is remarkably easy for any man of average intelligence to become a first-class salesman. And then your future can be as big as you want to make it.

THE majority of men are shackled down to poorly paid positions because they are either afraid to strike out for better things—or they condemn themselves to a life of drudgery because of preconceived notions about what they can do.

Take salesmanship for instance. To the vast majority a salesman has to be "born" to his task. Nothing could be further from the truth; it is a vicious fallacy that has kept thousands of men from enjoying the good things enumerated in the panel above. Possibly, you, too, think that selling is a "gift."

You cannot be blamed for what you think—but you are utterly to blame if you do not investigate as to the soundness of your thoughts. For what you may think may be the thing that is tying you down to deadly routine and poor pay.

Proof That You Can be a Master Salesman

During the past eighteen years the National Salesmen's Training Association has taken men from all walks of life and made them into producing salesmen. There's a statement you should investigate—but look at a few typical examples of the thousands of success stories in our files and literature:

A. H. Ward, Chicago, earned better than \$1,000 a month within one year after he completed his training. Today

he is an executive of Postl's, Chicago. J. H. Cash, Atlanta, Ga., increased his earnings from \$75 to \$500 a month. F. M. Harris, a telegraph operator, increased his earnings to \$6,000 a year—and is now a Sales Manager. Warren Hartle, railway mail clerk, stepped into the \$10,000 a year class—so did O. H. Malfroot, of Boston, Mass.

You may think the foregoing are exceptional cases—but if you are seeking a real opportunity you will withhold your thoughts until you get all the facts.

Why You Can be Taught to Sell

You may think it remarkable that this Association can teach men at home during spare time to sell so quickly and easily. But there is nothing remarkable about it—for Salesmanship is governed by fundamental rules and principles. There are certain ways to attract attention, arouse interest and make prospects act—certain ways to overcome objections, batter down prejudices, outwith competition and get results. Once you know these secrets of master salesmanship you can duplicate any of the successes this remarkable System of Salesmanship Training has been responsible for.

Exceptional Demand for Trained Salesmen

City and traveling sales positions are open in every line all over the country. For years thousands of leading concerns have

called on the N. S. T. A. to supply them with salesmen. Employment service is free to both employers and members and the fact that thousands have secured positions through this service is a glowing tribute to the thoroughness and practicability of our System of Salesmanship Training and Employment Service.

Send for Remarkable Book "Modern Salesmanship." It is Free

Naturally, you will want to investigate and find out for yourself what Salesmanship offers you, how it is taught by a method that gives you the equivalent of actual experience while studying, and what facilities are offered you by the Free Employment Bureau of the Association. Just mail the coupon below and we will promptly mail you a free copy of "Modern Salesmanship"—the book that has started thousands on the road to bigger pay. There is no obligation.

NATIONAL SALESMEN'S TRAINING ASSOCIATION
WORLD'S OLDEST AND LARGEST SALES TRAINING INSTITUTION

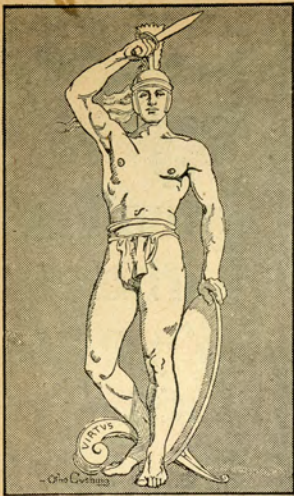
National Salesman's Training Association,
 Dept. C-21, N. S. T. A. Bldg., Chicago, Ill.
 Send me FREE your book "Modern Salesmanship" and proof that I can become a Master Salesman.

Name

Address

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

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



Strength



MARCH, 1926

Vol. XI

No. 1

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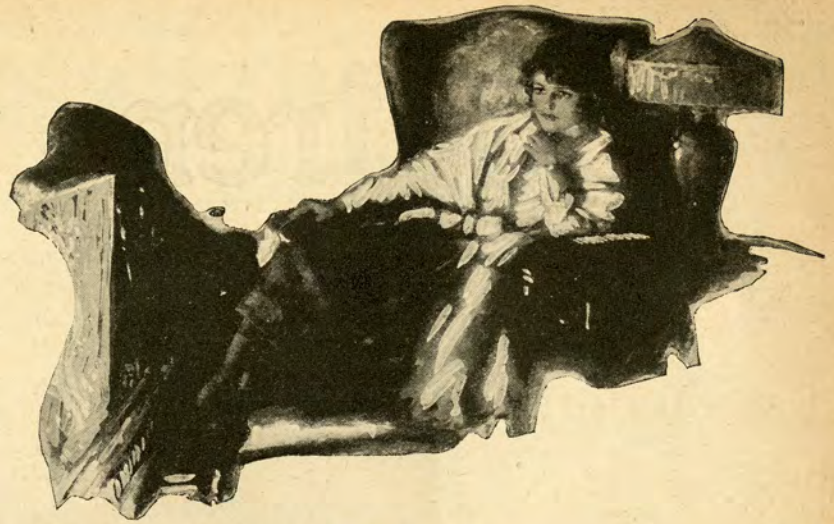
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"Why doesn't he love me as he used to? Is it my fault or his?"



What Is The Chief Cause of Unhappiness In Marriage?

ARE men by nature polygamous? There is no subject more clouded than this in a fog of misinformation, ignorance, stupidity, prejudice and passion. Many people honestly think that men, and women too, are naturally polygamous, and that when a couple swears at the altar in the deep sincerity of a new love to be faithful to each other throughout life, they assume a task that, for physiological reasons, they will find practically impossible.

Others believe, just as intensely, that monogamy is not only possible but natural, and that unfaithfulness (in thought as well as in act) is simply an indication of a weak moral fiber.

What is the truth? ARE men and women naturally polygamous? There is no use blinking the fact that they SEEM to be so. Many men (and some women) after marriage are actually unfaithful to their life-partner. Still more are willing to be unfaithful, and are restrained from becoming actually so chiefly by the fear of consequences.

Let us face the truth. Everyone knows HOW RARE it is to find a man and woman who are "as much in love" with each other, even a few years after marriage, as they were in the glowing days of courtship.

Everyone knows how common disagreements are between husbands and wives; how coldness gradually appears; how antagonistic they often seem to be one to the other, as if there had grown up an underlying hostility, suppressed only for the sake of appearances before others, or "for the children's sake."

Divorce courts tell the tales of "love grown cold"; but they tell *but an infinitesimal part* of the whole story—of suffering, bitterness, jealousy, disillusion—that takes place in the homes of this land.

So it does seem as if a lifelong love between one man and one woman is the rare exception and not the rule. Finding unhappiness or disillusion with their mate, most men and women turn in imagination to someone else whom they think they can love. TOO OFTEN THEY DO SO

IN FACT, and soon once more they are disillusioned.

What is the cause of this state of affairs? That is the whole question. Are men and women JUST BY NATURE polygamous? Or is there another cause?

The most recent scientific answer is, "Yes, THERE IS ANOTHER CAUSE, men and women are NOT by nature polygamous. Moreover, practically all unhappiness in married life can be laid definitely at the door of the man; to be specific, to the ignorance of most men about a few simple and vital facts that it is inexcusable for people not to know, BUT WHICH VERY FEW MEN AND WOMEN DO KNOW."

This is the striking conclusion that has been reached in a remarkable book recently published, which has been hailed (by people who think) as genuinely epoch-making. Its effect on the personal lives of men and women is bound to be far-reaching. The work is by Wilfred Lay, Ph.D., a New York psychologist.

This book has been called by Dr. Lay "A Plea for Monogamy." It is a "plea" only in the sense that it pleads with men and women to become acquainted with certain facts that will change the whole course of their lives. In another sense, it is far more than a "plea" for monogamy. For it tells, simply and clearly, the very facts that Dr. Lay pleads with men to learn. It is, indeed, a brilliantly illuminating scientific analysis of the way in which most married couples live together; why trouble breeds quickly in such households; and how such trouble can be avoided.

The book proves, beyond all question, that monogamy is not only possible, but the ideal and idyllic relation between men and women; that where a man is as fully informed as he should be, polygamy is not only unnatural but unthinkable; and that no TRULY

HAPPY COUPLE ever even entertain the thought of another person; that with such people love deepens after marriage, instead of waning; and that all the bickering, the bitterness, the misunderstanding, the suppressed hostility, that exist between many husbands and wives, EXIST ONLY because of simple ignorance on the part of the man.

Obviously, it is impossible, in an article of this kind, to outline except in the most general terms the contents of this great work. But enough has been said to indicate that it is a book that every man and every woman, no matter how long married, should read at once and carefully. It is safe to say that it will prove a revelation.

One thing at least is sure: It will open wide the eyes of those innumerable husbands and wives who see disagreement and disillusion gradually carrying them even farther apart, and it should at once bring them together again.

Above all, this book should be placed by every father in the hands of his son who is about to be married, and by every mother in the hands of her daughter, who looks forward so wholeheartedly and sincerely to an everlasting love. With such young people this book will mean that *there need never be disillusion*, that their dream of youthful love perpetuated will indeed come true.

Because so little can be said of the contents here the publishers are willing to send a copy of this book to anyone for examination. You may read it through, and you will want to, for unless you are a rare person it will probably mean more to your life than any book that you have ever read. Then after reading it through, if you do not agree that it is one of the most momentous and valuable books you have ever read, it may be returned—within fifteen days—and your money will be refunded. Simply mail the coupon below, or a letter.

PERSONALITY PRESS
71 West 45th Street Dept. 343 New York City

PERSONALITY PRESS, Dept. 343,
71 West 45th Street, New York.

Please send me, in plain wrapper, a copy of "A Plea for Monogamy," by Dr. Wilfred Lay. When the book arrives, I will give the postman the sum of \$4 plus the delivery charges. If within fifteen days I care to return the book, I may do so and you agree to return my money.

Name

Address

City State

If outside Territorial U. S. please send cash with order.

Extra Heavily Tensioned

FIVE and TEN-CABLE

Progressive Exercisers

At Prices of \$3.00 and \$5.00 Respectively



Let me start you on my personal system of muscle training and I'll very shortly make you into the type of man you'd like to be. You'll notice substantial improvements from the first day. I will put a he-man's chest under your chin. I will actually envelope you with muscle—both inside and outside. The first 4-weeks' training will astonish you. In 12 weeks you will look, feel and be like an entirely different man.

You can't beat my course and cable exerciser at any price.

One of the Greatest Muscle Building Courses the World Ever Produced

Just Fill In the Coupon Below and Mail TO ME With \$3.00 or \$5.00 and LET'S GO!

Jack Sandow
Room S-3
Federal Life Building
Michigan Ave. and Randolph St.
Chicago, Illinois

Please find enclosed $\left\{ \begin{array}{l} \$3.00 \text{ for your 5-cable Exerciser} \\ \text{and 12-weeks' course} \\ \$5.00 \text{ for your 10-cable Exerciser} \\ \text{and 12-weeks' course} \end{array} \right.$

Name

Address

City State

If I could talk to you face to face, I am positive I could convince you in short order, and you would be so impressed that you would not be satisfied until your desire for a better body had been realized.

Come on then! Let's get started, for time is fleeting and every day counts!

Its a 12-weeks' Course and It's FREE

I give you, free, the most complete course you ever laid your eyes on. And, Oh boy! isn't the expander set a great exerciser? And just think of the price--it's hardly a price at all. A few dollars are all that are needed to bring you this great 5 or 10-cable progressive exerciser and my FREE personal 12-weeks' course.

A few minutes a day for 3 months is all that is required. \$3.00 or \$5.00 is all it costs you or ever will cost you if you get the right system at the start.

**Wish You Had Muscles Like That Fellow's?
Wish You Had His Pep, Strength and Ability?**

The new strength, pep, vigor and muscles that I will put into and on each and every part of your being will be the biggest money's worth you ever bought in your life--there is nothing else worth near as much to every man and woman as the power and enjoyment that comes from physical health and strength.

Show Me That You Are Made Of Real Stuff

I wish you were here in Chicago with me so I could slap you on the back and say, "That's the boy--Let's you and I go."

Take up your pen--not tomorrow but this instant, before this slips your mind--and fill in the coupon below, which gives you the advantage of this wonderful offer. I am going to keep tabs on the mail for your order.

**I Am a Builder of Strong and Muscular Men---Try Me
My Apparatus Has Over 200 lbs. Resistance With 10 Cables Attached**

It can be made so that a child can use it, and powerful enough for the strongest man. Try it and you'll proclaim it the best muscle building exerciser you can buy--without exceptions.

erciser you can buy--without exceptions.

The elastic cables in my exerciser make it the best Expander you can buy.

Spring expanders are easily weakened if pulled beyond their expansion point

Besides, when the springs, while being pulled apart, rest against your flesh, you are pinched severely between the coils as they come back to their normal position.

Get Elastic Cables—The SAFE KIND

JACK SANDOW

Room S-3, Federal Life Building
Michigan Ave. and Randolph St., Chicago, Ill.



They Called Me a "Human Clam" But I Changed Almost Overnight

AS I passed the President's office I could not help hearing my name. Instinctively I paused to listen. "That human clam," he was saying, "can't represent us. He's a hard worker, but he seems to have no ability to express himself. I had hoped to make him a branch manager this fall, but he seems to withdraw farther and farther into his shell all the time. I've given up hopes of making anything out of him."

So that was it! That was the reason why I had been passed over time and again when promotions were being made! That was why I was just a plodder—a truck horse for our firm, capable of doing a lot of heavy work, but of no use where brilliant performance was required. I was a failure unless I could do what seemed impossible—learn to use words forcefully, effectively and convincingly.

In 15 Minutes a Day

And then suddenly I discovered a new easy method which made me a powerful speaker almost overnight. I learned how to bend others to my will, how to dominate one man or an audience of thousands. Soon I had won salary increases, promo-

tion, popularity, power. Today I always have a ready flow of speech at my command. I am able to rise to any occasion, to meet any emergency with just the right words. And I accomplished all this by developing the natural power of speech

possessed by everyone, but cultivated by so few—by simply spending 15 minutes a day in the privacy of my own home, on this most fascinating subject.

Wonders with Words. In it you are shown how to conquer stage fright, self-consciousness, timidity, bashfulness and fear—those things that keep you silent while men of lesser ability get what they want by the sheer power of convincing speech. Not only men who have made millions but thousands of others have sent for this book—and are unstinting in their praise of it. You are told how to bring out and develop your priceless "hidden knack"—the natural gift within you—which will win for you advancement in position and salary, popularity, social standing, power and real success. You can obtain your copy absolutely free by sending the coupon.

WHAT 15 MINUTES A DAY WILL SHOW YOU

- How to talk before your club or lodge.
- How to address Board Meetings.
- How to propose and respond to toasts.
- How to make a political speech.
- How to tell entertaining stories.
- How to make after-dinner speeches.
- How to converse interestingly.
- How to write letters.
- How to sell more goods.
- How to train your memory.
- How to enlarge your vocabulary.
- How to develop self-confidence.
- How to acquire a winning personality.
- How to strengthen your will-power and ambition.
- How to become a clear, accurate thinker.
- How to develop your power of concentration.
- How to be the master of any situation.

There is no magic, no trick, no mystery about becoming a powerful and convincing talker. You, too, can conquer timidity, stage fright, self-consciousness and bashfulness, winning advancement in salary, popularity, social standing, and success. Today business demands for the big, important high-salaried jobs, men who can dominate others—men who can make others do as they wish. It is the power of forceful, convincing speech that causes one man to jump from obscurity to the presidency of a great corporation, another from a small, unimportant territory to a sales-manager's desk; another from the rank and file of political workers to a post of national importance; a timid, retiring, self-conscious man to change almost overnight into a popular and much applauded after-dinner speaker. Thousands have accomplished just such amazing things through this simple, easy, yet effective training.

Send For This Amazing Book

This new method of training is fully described in a very interesting and informative booklet which is now being sent to everyone mailing the coupon below. This book is called, *How to Work*

Now Sent FREE



NORTH AMERICAN INSTITUTE

3601 Michigan Ave., Dept. 2063, Chicago, Illinois

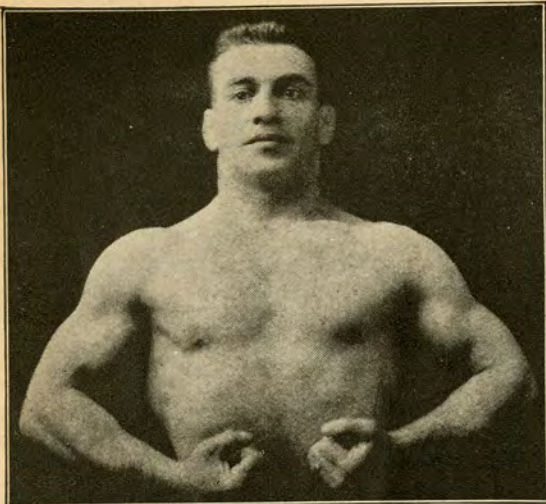
North American Institute,
3601 Michigan Ave., Dept. 2063,
Chicago, Illinois.

Please send me FREE and without obligation my copy of your famous book, *How to Work Wonders with Words.*

Name

Address

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



GUS J. CLEM
STRONGFORT PUPIL

Whose Physique is the admiration of all who see him at his institute of physical culture, Tarpon Springs, Florida.

Commendations From Physicians

Dr. C. H. Smith, of Pittsburg, Kansas, says: "I have this day, April 10, 1925, had the pleasure of examining physically Mr. Gus Clem, and I find him as near a perfect specimen of physical development, for a man of his height and weight, that I have ever seen. It has been my privilege for the past three years to examine the athletic students of the Kansas State Teachers College, and of the many hundred students and young men whom I have examined, Mr. Clem by far excels anyone in this part of the country. I have personally taken his training. His physical condition, when seen in action, would thrill anyone."

Dr. Cyrus L. White says: "Mr. Gus Clem, Physical Director and Trainer of the Pittsburg Business Men's Club, is an exponent of physical fitness and development such as even physicians seldom see. Clem has power, endurance and rhythm of motion that are remarkable."

Mr. H. L. Church says: "Gus Clem physically, considering his age, height and weight, is the best developed man that I have ever seen or examined. As a physical cultural director he cannot be excelled."

Dr. Howard Fain, of Baylor University, states that G. J. Clem is without question the best physically developed man, carrying the weight of 148 pounds, that he has ever examined.

Clem the COLOSSUS

Startling Florida By His Feats of Strength and Magnificent Physique

THE RESULT OF STRONGFORTISM

NO wonder Gus Clem has Florida by the ears. No wonder his feats of strength astonish beholders. No wonder his manly, symmetrical body is so much admired. Clem's physique is the result of my teaching him the principles of STRONGFORTISM.

Gus Clem has only recently moved from Pittsburg, Kansas, to a promising field in Tarpon Springs, Florida, where he is rendering the same splendid account of himself as he did in Kansas. What Pittsburg thought of his powers, Florida will think of him also. Clem has "the goods." As his teacher, I know him to be one of the finest physical specimens I have ever developed. Examining physicians corroborate my opinion.

Gus Clem is teaching Floridians the Strongfort methods of physical development, knowing these principles to be sound and scientific. What I have made of him, I can make of others—outstanding physical specimens capable of doing wonderful things.

STRONGFORTISM Is Supreme In the Field Of Physical Culture

What Newspapers Say of Clem

When located in Pittsburg, Kansas, Gus J. Clem established himself as a teacher of Strongfort methods in physical culture and he made for his system a great reputation. The results were so astounding that Clem and STRONGFORTISM were much talked about.

Here is what the Pittsburg Headlight had to say April 25, 1924: Mr. Clem's muscle conservatory, to use smaller words for his physical institute, which is next door neighbor to the Moose hall on West Fifth Street, has become the mecca for men who are a bit below par in physique and health and for others who aspire to exceptional development. Mr. Clem's own physical development comes near perfection and affords a model toward which the pupils are inspired to work. Lionel Strongfort, internationally famous physical trainer, whose system Mr. Clem teaches, declared on a recent visit here that he never saw a man of finer physique, and he comes as near having seen them all as anyone. The "Daily Dozen" is the most rudimentary of the mathematics of exercise in comparison with the Clem curriculum. "Pittsburg will soon be able to challenge any town in the country to a physical development contest," one of the "bugs" said today.

Clem Making a Hit In Florida

Tarpon Springs, Florida, "the Venice of the South," is now getting the benefit of Gus J. Clem's experience in the practice and teaching of STRONGFORTISM, and his location there is joyfully acclaimed by the residents, who are delighted to have one of the world's strong men as a director of a real physical culture institute.

Secretary C. E. Woods, of the Tarpon Springs, Florida, Chamber of Commerce, writes me:—

"Gus Clem is located here in a fine building, brand new and very commodious, and is gaining friends by his gentlemanly modest bearing, as well as by his physical prowess.

"He gave an exhibition here last evening, without any preparation, and charmed our people. He is a beautiful specimen of manhood and is also a fine, genteel gentleman, who will make his way, anywhere. We expect to get up a nice class of men and women for him."

My letter to Tarpon Springs, Florida:—

"My dear Mr. Woods:— August 28, 1925.
"It is my sincere opinion that you may consider yourself fortunate in being able to induce my pupil, Mr. G. J. Clem, to become a member of your community.

"I have thousands of splendid pupils all over the world—still I feel myself safe in saying that Mr. Clem ranks among the finest specimens of Manhood in this country. I know Mr. Clem personally and have considered my relationship with him as that of a friend.

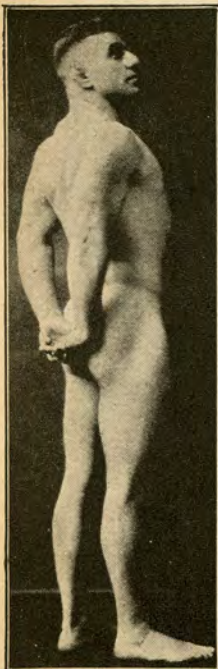
"I extend my heartiest congratulations to your community and compliment you in your choice of a man as highly qualified as Mr. Clem.

"LIONEL STRONGFORT."

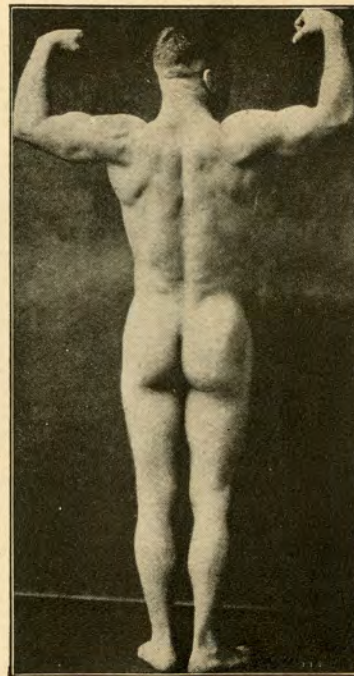
If you are not as strong as you would like to be—if you lack pep and punch let me tell you more about STRONGFORTISM. See next page.

LIONEL STRONGFORT,

Physical and Health Specialist for Over 25 Years
Dept. 134 Newark, N. J.

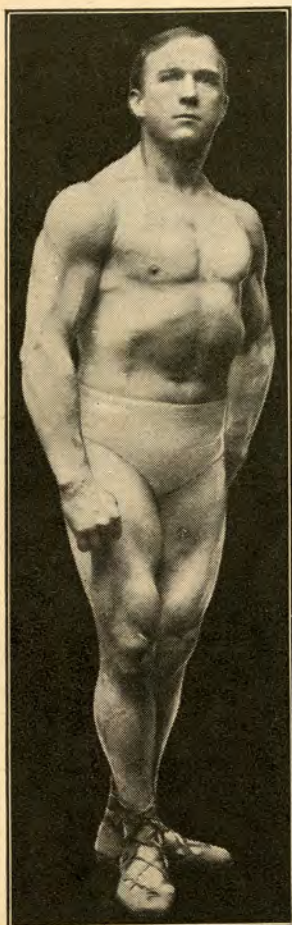


Showing Clem's
Marvelous Physique



Clem in
Another Pose

You Can't Keep Your Weakness FROM THOSE WHO KNOW YOU



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

THERE'S no use trying to hide your physical shortcomings. You may as well own up, look the facts squarely in the face, and make up your mind not to slink off in a corner and keep out of the company of other men and women; but determine to be a man among men and a better man than most men. You can do it. I will show you how.

When you were born the very first thought that entered the minds of your parents was—Is he physically perfect?—Is he Healthy?—What does he weigh?—and those same loving parents devoted their lives to keeping you well, healthy and strong—to start you out to battle with the world physically and mentally perfect—they cherished the hope that all through your life your body might be clean, internally and externally—that you might be a REAL Man. How have you measured up to their expectations? Have you abused their confidence by neglecting your body until today you are not even half a man? You owed your parents a debt to keep your body pure and wholesome that they could always look upon your manly form with pride and admiration.

What Is the Matter With You?

Think deeply—reason with yourself—analyze your mental and physical condition, your habits and your method of living and thinking—it may be Nervousness, Constipation, Indigestion, Insomnia, Weak Heart, Weak Lungs, Rheumatism, Rupture, or any one or more of the many ailments that result from neglecting and abusing your body.

Dissipation has robbed the world of many a brainy man—excesses have greatly increased the army of physical and mental defectives—drugs and dope have destroyed many thousands.

If you are downhearted, feel out of sorts half the time, don't enjoy life, don't enjoy your meals—if you are restless—impatient—nervous—all of these symptoms show that your internal organs are not functioning properly—that you need repairing—rebuilding—rehabilitation. These are the physical ailments and defects that are robbing you of the joy and sunshine of a healthy, happy life; and preventing you from being successful in the home—socially—in business—everywhere. But don't lose heart, because you realize that you are not up to the standard of vital, vigorous manhood. Even if you are almost a physical wreck, I can help you. It doesn't matter what your condition is or what caused it. It may be your fault and it may not. The only thing that really matters is that you should regain your Health, Strength and Vigor. I WANT TO HELP YOU.

I Am A Builder of Men

Look at my picture—a real photo of me—it reveals my perfect physical condition. Don't you know that it is beyond the power of mortal man to look as I do if he has not Health, Strength and Vitality? I built myself by the same methods with which I am willing to build you—if you will but let me. My life has been made happy—first because I have followed Nature's way of keeping myself in perfect physical condition—and next because I have been the means of lifting many and many a man from the throes of despair—from the paths to the grave to the heights of health and success, and made them realize life was really worth while.

Mind you, I am not advocating something that I have not tried myself—thousands upon thousands have wondered at my physical strength and appearance—thousands envy me when they could have just the same health, mental vigor and vitality that I possess.

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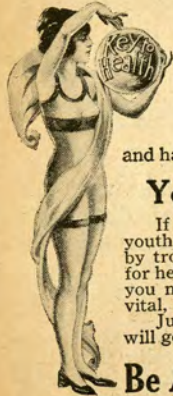
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(Continued on Page 10)

Charleston!

Why dance in the old-fashioned way when it's so easy to be up-to-date—when it's so easy to learn the Charleston, the new French Tango, the Ritz Waltz—all the steps that the smartest New York society people are doing?

NO one enjoys dancing with a "walk around" who thinks he's getting by because he knows a few old-fashioned steps. You simply can't dance that way to the new ballroom music. You must know the latest steps, the joyous modern steps that everyone is doing!

Those lumbering dances they used to do before jazz laughed its way into the ballroom—those awkward, old-fashioned steps—get rid of them! Learn to dance the new way and see what a difference it makes. Not only will you be more popular, not only will you be a favorite partner, not only will the girls like to dance with you, but—you yourself will get more joy out of dancing!

No longer will dancing be a ballroom duty, but a pleasure! At the end of a dance you won't feel tired but exhilarated. You can dance all night the new way, and enjoy each dance more than the one before. It's great!

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Of course you want to dance the new way! Why don't you let Arthur Murray teach you—his fascinating, quick, at-home way—without partner, without music, in the privacy of your home? You'll get real pleasure out of it. Quicker than you'd imagine possible you'll learn how to do all the modern jazz steps that make a dancer popular.

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You can become one of the most popular dancers in the ballroom. You can acquire an easy assurance, a grace and poise and confidence that will make you a most desirable partner. You can become skilled and clever in all the joyous new dance steps that everyone is doing.



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While There Is Life There Is Hope

The causes of many a young man's weakness are of a nature which, due to prudishness, do not permit him to gain the real help that ought to be given him. Habits, in the first instance contracted through insufficient control, for physical reasons, mostly, leave him with a further debility.

The only advice he usually receives is an exhortation which only depresses him mentally; this means an added load upon him and makes control more difficult. The more he becomes depressed, the more he persecutes himself, and the less chance has he of restoration.

There is a physical cause, and therefore remedy, for the condition. The building up of the depleted nerve centres, the strengthening of the physical forces for control, the diversion of the life forces to desired channels give the physical condition which will result in the disappearance of sex weaknesses.

How many cries have gone up to Heaven from victims who would be freed from the demons of unwanted temptations! But "Heaven helps those who help themselves." The mere crying and worrying adds only further aggravation and degradation when the practices recur. To get down to the physical cause and correct it means taking away the demon temptations. By our methods the body itself is put into such condition that the temptations—which are really physical aggravations—do not occur.

Drugs will not do it, cannot do it. We have no drugs or pills, or foods to sell; we are Physical Culture Consultants who will build up your reserve so that your weakness disappears and ceases to aggravate you.

We are out to help the down and outer, not the seeker after big muscles; although many a young man is forever prevented from developing his muscles because of a sex weakness that is dragging him down.

We can help you over that stage of life that brings you temptation and remorse, and, having recovered, you can go right ahead and make a success of your life.

You are invited to consult us. All correspondence is held strictly private and confidential, and you are under no obligation in so doing.

Make this a new era in your life, be a real man, a he-man, and manly man. We will deal with your case in a sympathetic manner, and you will find that we understand as you thought nobody ever could understand.

Send for

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How I Reduced My High Blood Pressure

And How You Can Get Quick, Sure, Permanent Relief Without Drugs or Medicine

By Malcolm Adams

WHEN I was fifty years old, I looked only forty and felt like thirty.

I hadn't had a sick day in years. I played golf and rode horseback and thought I was in fine physical fettle.

Then I began to have dizzy spells, dull pains in the head and peculiar flutterings and oppression in the region of the heart.

It was not until I was examined for some life insurance—and rejected—that I found out that I had excessively high blood pressure and some symptoms of kidney trouble.

This bad news astounded me. I could not understand how a man who had lived as sanely as I had should be so afflicted.

But I soon found out.

I told my troubles to a man who, for many years, has been to me "a guide, philosopher, and friend." He told me to get and read a little book entitled, "Curing Diseases of Heart and Arteries." I did so. And in that book I found the *cause* and the *cure* for my trouble.

In less than four months after getting and following these simple, common-sense instructions I was re-examined for insurance, my blood pressure was found normal, my kidney symptoms had disappeared and the company issued my policy without further question.

Since then I have had no return to the dizziness, headaches or heart flutterings, and feel perfectly well and strong in every way.

If you have any of the symptoms I had, don't worry. But don't neglect them. It is Nature's way of waving the red flag of warning. You are getting the signal "Danger-Ahead." So, "Stop, Look and Listen."

Even if you do not have exactly the same warning symptoms I had, you may still have a dangerously high blood pressure. And if you neglect it you are running the risk of eventually dying of apoplexy, Bright's disease or diabetes.

So, don't take any chances. Find out, from time to time, just what your blood pressure is. **Dangerously high pressure is common among men of 45 and over and frequent in younger ones.** And Bright's disease is usually indicated, caused by the excessive pressure forcing albumin through the kidneys.

Most people believe that hardened arteries with high blood pressure is incurable. And so it is, if it is treated in the old way. But treated properly at least four out of five will recover so completely that they can live far beyond the allotted three score years and ten, and be well, strong and active.

In most cases correct treatment reduces the blood pressure from twenty to thirty points the first month. If you want to know how—do as I did, get a copy of "Curing Diseases of the Heart and Arteries," by R. L. Alsaker, M. D., and follow its common-sense instruction.

This treatment causes the hardening of the arteries to stop immediately, and then the blood pressure begins to decrease. Usually the sufferer is out of all danger within a few weeks.

Patients who were continually dizzy, who had rush of blood to the head, who had constantly recurring headaches, who had peculiar sensations in the region of the heart, who had difficulty in breathing, who could not walk far without resting—yes, individuals with the worst kind of symptoms have quickly recovered by following this method, although reputable physicians said that nothing could be done for their hardened arteries and high blood pressure.

Here is what a few of them say:

"About two years ago I bought one of Dr. Alsaker's books, on diseases of the heart. At that time I was near death, with dropsy and heart disease. The M. D.'s said I could live only 24 hours. I refused their drugs, followed Dr. Alsaker's way and am now a well man at 73 years of age."—F. L. P., Seattle, Wash.

"You treated me from your books—for high blood pressure, which you reduced fifteen points in nine days after the doctor had said he did not expect the pressure to fall any lower. Since then the test apparently shows normal pressure although my age is 66 years. That is 160 points."—Mrs. A. C. C., Huntington, N. Y.

"It may interest you to know my blood pressure stood 190, my heart was not right, and there was albumin in the urine. I weighed but

110—am 5 ft. 2 in. My usual weight is 115. I concluded to follow your advice as nearly as possible and did so. In three weeks my blood pressure had gone down to 170. Considering I was not addicted to drugs, tea or coffee and ate so little meat, I think the drop in blood pressure remarkable and it speaks volumes for your method."—Mrs. C. J. M., New Haven, Conn.

So if you have heart disease or the slightest tendency toward hardened arteries and high blood pressure with its attendant diseases of heart and kidneys, lose not a single minute in sending for Dr. Alsaker's illuminating little book. It sets forth—in simple, understandable language—a common-sense, proved out method that teaches the sick the right way to keep well and stay well. It gives a safe, simple, sure cure without drugs, medicines, operations, exercise or apparatus of any kind. You apply this simple and marvelously resultful treatment yourself—right in your own home.

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One of the Many Medals You Can Win After Becoming An A. C. W. L. A. Member

The American Continental Weight Lifter's Association has proven a boon to everybody genuinely interested in physical culture and the sport of lifting weights, because of the many benefits it is able to offer to its members.

Most organizations are business institutions, absorbing the big membership fees in high salaried officers, or making a big bank balance on the profit side. The A. C. W. L. A. rises above all mercenary projects. It is vitally interested in its members on pure altruistic principles, because we are governed by an ideal. "The perfect body." This is proven by the special offers we make from time to time. The regular fee for joining the Association is \$7.50, which includes \$2.50 for initiation, and \$5.00 for the annual dues.

At the Present Time We Are Making a Special Offer,

reducing the fee of \$7.50 to \$4.00 for complete membership. With this \$4.00 offer we are giving each member **free**, one year's subscription to the Strength Magazine. A periodical that has an annual value of \$2.50 and worth its weight in gold for the wealth of information it contains. But, if you feel that you need one of the athletic apparatuses that we offer to aid you in your training, we will give you your choice on the following outfits.

For \$7.50, the regular initiation and membership fee, we will give you your choice of any of the selections as listed below on this page.

You Can Obtain Any of These Outfits For Less Than the Cost Price Along With Your Membership Into the A. C. W. L. A.

It does not matter which offer you select; you will be entitled to all the benefits of the Association. With your membership we give you your annual membership card and lapel insignia of our order, along with the Strength Magazine for one year. We will help you in every manner possible; put you in touch with your brother members who will make you welcome whenever you visit their town; explain to you anything you want to know relative to body culture or weight lifting. We want to make you realize that we are more than fellow members, that we are brothers in a splendid cause. Within our ranks we have the finest built and strongest men in the world, with whom you will be proud to associate.

This Association started the national movement in physical fitness, that has been the means of putting hundreds of thousands of men and women on the road to health and strength.

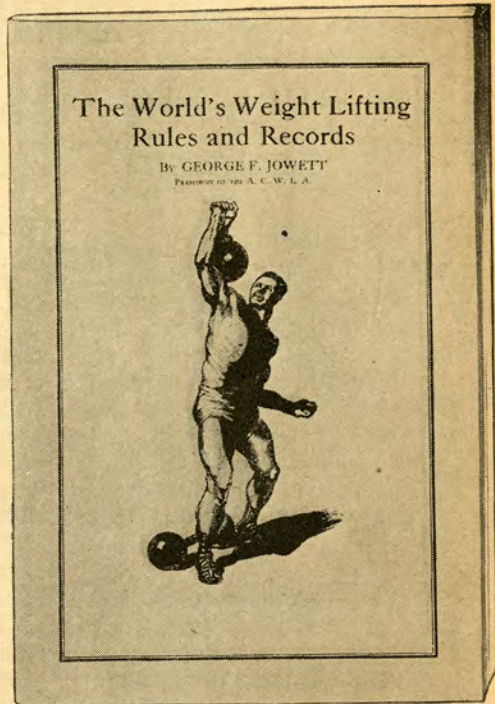
If you are interested in your health and physical development, we want you as a member. You do not have to be a weight lifter to join. It is your ideal that counts. By your membership, you are helping to put across the finest national movement ever attempted in this country. Make up your mind to join today and set an example to your friends. Let the sight of your lapel insignia proclaim you among others as a man with a real gospel in his heart. Your attitude will become an inspiration to others.

Four years ago, America had no strength athletes who could compare favorably with foreign competition. But during the last four years, we have organized and developed our talents to such an amazing degree, that the world is sitting up and taking notice. We have smashed world's records and annexed titles. Contributing immeasurably to the cause of physical science.

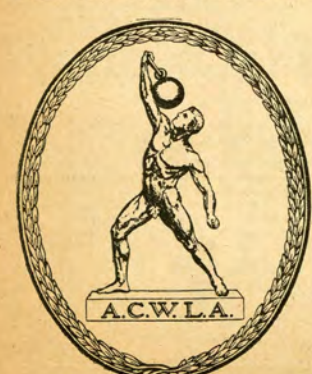
We coach our members to be successful by promoting strength and development contests. They are divided into different grades that makes it possible for any member to win a medal or diploma. As they become more efficient, they are able to qualify for better prizes.

Enter Our Weight Lifting and Physical Development Contests Entirely FREE. Win a Gold Medal or a Gold Seal Certificate.

This brief outline will give you an idea of a few of the many things we can offer you. Make up your mind to join today! We will be glad to have you. Tear off the selection you prefer and mail at once. There is no time like the present.



One of the Books Given With the 4th Selection



The Lapel Button Emblem

First Selection
 One Year's Membership in the A. C. W. L. A.
 Membership Card and Lapel Insignia.
 One Year's Subscription to Strength Magazine.
All for \$4.00

Second Selection
 One Year's Membership in the A. C. W. L. A.
 Membership Card and Lapel Insignia.
 One Year's Subscription to Strength Magazine
 Jowett Swing Bar and Swing Gauntlet,
All for \$7.50

Third Selection
 One Year's Membership in the A. C. W. L. A.
 Membership Card and Lapel Insignia.
 One Year's Subscription to Strength Magazine.
 Special Lifting Cambered Bar,
All for \$7.50

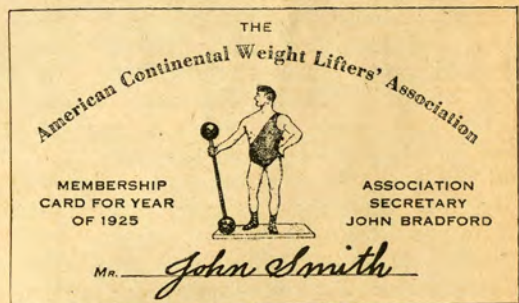
Fourth Selection
 One Year's Membership in the A. C. W. L. A.
 Membership Card and Lapel Insignia.
 One Year's Subscription to Strength Magazine.
 One Volume of the Art Album.
 One volume of World's Weight Lifting Rules and Records,
All for \$7.50

STRENGTH and PHYSIQUE SHOW
 March 6th, 1926 8 P. M. Sharp
 Milo Building, 2745 N. Palethorp Street
 PHILADELPHIA, PA.

George F. Jowett
 President A. C. W. L. A.

2739 N. Palethorp St.

Philadelphia, Pa.



THE MEMBERSHIP CARE
 Which, Besides Making You a Member of This Great Association, Admits You Free To All Strength Shows

GEO. F. JOWETT, Pres. A. C. W. L. A. 5-3.26
 2739 N. Palethorp St., Philadelphia, Pa.

Dear Mr. Jowett,
 Enclosed find \$ _____ to cover my selection which I have checked off.

1st Selection 2nd Selection
 3rd Selection 4th Selection

Please send at once to

Name
 Address
 City State

Chief Engineer Dunlap



I will make this contract with you

Your name here Wm. C. Campbell
When you enroll for my home-training in ELECTRICITY I agree to give you:

1. Complete training, including Electrical Engineering, Ignition, Radio, etc.
2. Four outfits of standard tools and materials, including a \$10 motor.

3. **I WILL HELP YOU GET A GOOD JOB AND A RAISE IN PAY,**
4. **-or I will refund every cent of your money.**

By Chief Engineer Dunlap
AMERICAN SCHOOL

send you 4 Costly Electrical Outfits!



AMERICAN SCHOOL
—the Million Dollar Educational Institution



The third free outfit is a \$10 motor—same type as the big ones. You wind the armature and the field and assemble it and make it run.



The first two free outfits prepare you to do these house-wiring jobs.

The fourth free outfit is a Radio Set which you must assemble from a wiring diagram.

Electrical Home-Training

now backed with **FREE JOB SERVICE**

I am pushing thousands of men ahead to success in Electricity by a wonderful new method of home-training. Now we announce a new feature for students and graduates of the American School—a nation-wide Employment Service under the direction of Mr. H. A. Burgkart, Job Expert. Burgkart is placing men in fine Electrical positions as fast as they qualify. The Electrical business needs more Experts. Go into Electricity and you're sure to find a good job when you're ready for it. **You can get ready with Dunlap Job-Method training:**

1.—because it's complete

We guarantee this training is both up-to-date and complete. Without extra charge I give you Electrical Engineering subjects, Electrical Drafting, Ignition, Radio, and many business subjects.

2.—because prepared by 23 noted Engineers

This is no one-man, one-idea school. America's greatest Electrical Engineers helped me prepare this training, and their work vouches for its high-standard and thoroughness.

Instruction prepared by men from:

- | | |
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| 1. General Electric Co. | 8. Underwriters Lab. |
| 2. Commonwealth Edison | 9. Columbia University |
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| 5. American Telephone & Telegraph Co. | 12. Lehigh University |
| 6. Westinghouse Electric & Mfg. Co. | 13. University of Vermont |
| 7. Western Electric Co. | 14. Armour Institute |
| | 15. University of Kansas |

Small Monthly Payments

Our educational standards are high, tuition is within reach of the untrained man who needs this training, and small monthly payments accepted. So you need not face the world without training—let me show you how to get this million dollar No-Profit institution back of you in your fight for success and independence.

Get My JOB AND RAISE Contract—Quick!

Now you can put your time and money into home-training with a positive agreement that it will lead to a better job and increased pay. Get the facts about my amazing offer. Find out about the opportunities and jobs waiting for you in Electricity. Act quick and make the next few months the turning point in your life. Coupon brings complete information.

CHIEF ENGINEER DUNLAP, Electrical Division

AMERICAN SCHOOL, Dept. E-3203
Drexel Ave. & 58th St., Chicago

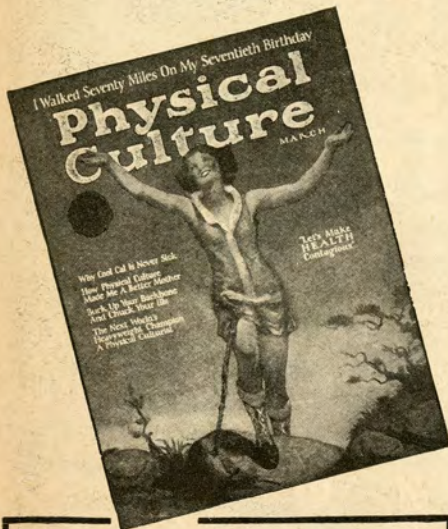
3. because I train you by the Job-Method

These pictures show how my students learn Electricity by doing actual Electrical jobs with standard materials and tools which I supply without extra cost. **Four costly outfits given!** Students make fast progress by this wonderful Job-Method. Many do similar jobs for pay in their spare time and earn more than enough to pay for this training.

Send JOB and RAISE Contract

to _____
 St. No. _____
 City _____ State _____
 (Mail Immediately to Chief Engineer Dunlap, American School,
 Dept. E-3202, Drexel Ave. & 58th St., Chicago)

Splendid Physical Training For You At Less Than 1c A Day



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What Would You Do In This Case?
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If you are seeking physical development, if you want to train your body for any athletic pursuits, if you want to acquire that vital, driving energy that enables you to overcome all obstacles in your path, you must first put your entire system in good running shape. And there is no better way to do this than to engage—

A Successful and Experienced Trainer

Do you know that there is a physical director with nearly thirty years of successful experience in developing health and strength for thousands of people, who you can engage for yourself for less than one cent a day? Who will come to your home or office, inspire you to want a strong, healthy body and then show you how to get it. That trainer is—

Physical Culture Magazine

Food and diet, exercise and recreation, reducing and gaining weight, sleep and bathing, care of the eyes, teeth, hair, scalp, everything that has to do with your physical welfare is covered in this intensely interesting and instructive magazine. Physical Culture is a complete guide to health and strength.

Special Offer

For a limited time we are making a special offer to Strength readers of a five months' subscription to Physical Culture for only one dollar. Clip the coupon at the bottom of this page, fill in your name and address, and send to us with a dollar bill. We will enter your name to receive Physical Culture every month for the next five months.

Physical Culture

At All Newsstands - - 25c

Macfadden Publications, Inc., Dept. 5-36
Macfadden Building,
1926 Broadway, New York City.

I am enclosing \$1.00. Please enter my name for a five-months' subscription to Physical Culture, beginning with the current issue, this in accordance with your special introductory offer.

Name

Address

The Most Important Thing In the World

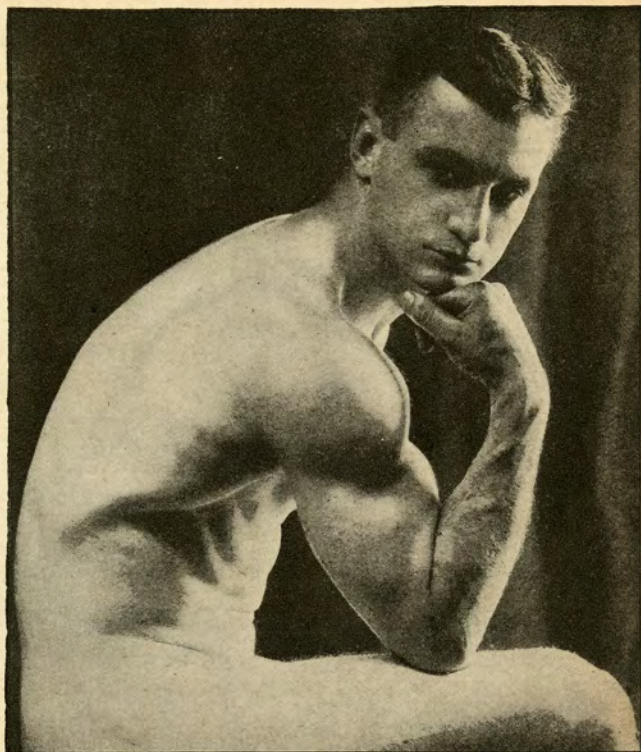
IS THE WAY YOU FEEL. Health means more than having just enough energy to get through your daily work. Real health means the possession of considerable muscular strength combined with great powers of endurance. It means that your internal organs are in first-class working order. It means that you are immune from temporary sickness and chronic disease which shortens life.

The Next Most Important Thing

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

Your aim in training should be **NOT HEALTH ALONE, NOT APPEARANCE ALONE, NOT STRENGTH ALONE**, but that combination of all three which is the surest sign of real vigor.

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



Charles MacMahon

I Have An Entirely New Training Method

which contains a time-saving element found in no other course of training. The principal muscles are exercised in groups. There are but few exercises in each lesson and after you have mastered these exercises, you drop them and substitute the more advanced exercises in the next lesson. Under my tuition, you never have to practice more than a few minutes a day. The effect is so sure and rapid that:

1st. Weak beginners who can't even chin themselves with both arms soon find that they can easily chin the bar with one arm.

2nd. The stout beginners who cannot even reach their ankles can soon learn to bend over and put the palms of their hands on the ground without bending their knees (and incidentally reducing their waist girth by eight to ten inches).

3rd. That scrawny beginners soon find themselves gaining weight and shapeliness as a result of their increased digestive powers.

4th. The undeveloped beginners soon find themselves taking pride in their unusually large and clean-cut muscles.

5th. That non-athletic beginners soon find that they are in possession of the speed and strength that makes them winners in sports and games.



Actual Exercise, Muscle Control, Tumbling and Hand Balancing are Given You In My Book

The title of this BOOK is, "The Royal Road to Health and Strength." It shows you how to actually perform more worthwhile feats than any other book of its kind, besides clearly explaining my Physical Training Methods. Furthermore, it is full of halftone pictures showing my own physique, as well as a great number of my magnificently developed pupils. There are sixty-four pages of magnificent pictures and desirable instructions for you. Simply send a dime for mailing charges.

YOU'LL ENJOY THIS BOOK, SO MAIL THE COUPON NOW.

CHARLES MacMAHON

STUDIO A-16,

180 WEST SOMERSET STREET

PHILADELPHIA, PA.

Charles
MacMahon

STUDIO A-16
180 W.
Somerset Street,
Philadelphia, Pa.

Please mail me a copy of your valuable book, "The Royal Road to Health and Strength." I am enclosing a dime for mailing charges.

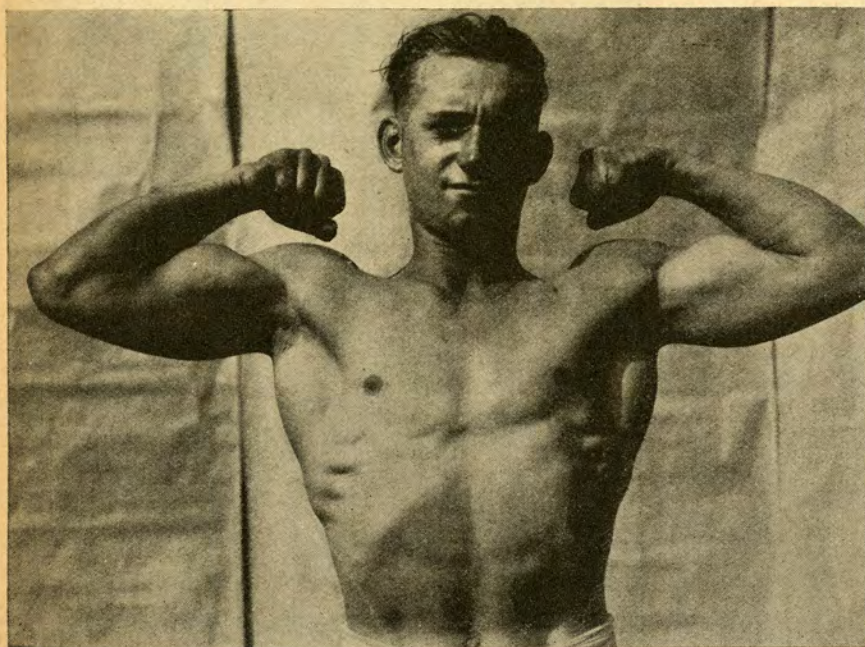
TEAR OFF—FILL IN—MAIL NOW

Name

Address

City and State

ARE YOU REALLY A MAN OR



ED. GEISER—A MacMahon Pupil

CLOTHES don't *MAKE* a **REAL MAN**, but they certainly do improve the others. Are you one of the "others" who are hiding behind a tailor's handiwork? If you **are** one of these, you ought to be ashamed of yourself. And I dare say you **are** ashamed, but the fact that you know your **weak, frail or stout** body is well hidden by your clothes, gives you a certain amount of misplaced confidence in yourself. You imagine you are a **real man** and think that others know no different so long as you keep under cover. Unfortunately, it is not Hallowe'en all the time so

Don't Be a Masquerader

Because the law compels you to wear a man's attire is no

excuse for not being one. If you possess ailments, **minor** or major, that are holding you down below the **Real Man Class**, get started now to put yourself together. Waste no time in driving these deteriorating ailments from your system. It **can** be done. You can, with my personal and untiring aid, become not only healthy, but as strong, well developed and well proportioned, and full of pep and vitality as any real man.

If you are apparently free from all ailments, then so much the better is your start toward **Great Strength**, a **Splendid Physique** and the **Feeling of Satisfaction** in the knowledge that you are now worthy to wear a man's apparel.

What Is Wrong With My Physique?

Have you asked yourself that question lately? Have you looked yourself over in your mirror within the last year or two and noticed whether or not your chest is out and your abdomen in, as they should be? Your clothes will hide from you these slowly growing defects until, when you wake up, you will find yourself pretty far gone.

I find from the measurements of hundreds of pupils, that, generally speaking, the chests and waists are the first to deteriorate on an otherwise good physique. The chests easily become flat and the abdomen full and round, in direct opposition to what they should be.

If this condition **has not** happened to you as yet, it **will** nevertheless, if you don't keep in good condition by practicing the best of exercises. If, on the other hand, your chest **has** begun to flatten and your abdomen to swell, you can get back to perfect form by practicing my methods. If, again, your chest was never anything else but sunken and your waist bulging, you need not despair or take it for granted, for you still can possess a perfectly shaped upper body, along with wonderful looking arms and legs. My Methods do not neglect any part of your physique. Every part in proportion, and every improvement possible is my aim with my pupils.

But You Must Get Started

You cannot get the wonderful all round improvements that my course gives you if you are going to keep putting off the matter of starting. Just as soon as you commence practicing my methods, you will begin to notice improvements. Immediately after commencing the exercises, you will experience a feeling of gradually increasing pep, which means improved health. Shortly after you notice the foregoing improvements, you will begin to develop and strengthen. And from then on you steadily and rapidly improve.

I am a firm believer in strenuous exercise as the only means of giving real physical improvements. But my lessons are so scientifically graded and the exercises so carefully selected, that you gradually, without danger of sprain or strain, become able to perform exercises that previously you thought were impossible for you. In other words, you always have something to work for with my methods. You can see yourself continually advancing, not only toward Perfect Health, Great Strength, Shape and Development, Speed, Suppleness, Agility and Endurance, but also in accomplishing actual feats that require these physical assets. Your request for my Book is your initial step toward these priceless physical qualities.

MERELY A COAT HANGER?

What Impression Do You Make

on the people who pass you on the street? Are you so commonplace in appearance they don't even notice you?

Or Have You the Fine Figure,

the superb carriage, and the look of power that literally forces them to turn their heads for another look? If you can neither attract nor hold people's attention, it is proof that you are lacking in personal magnetism.

That Strange, Compelling Personal Magnetism

The weak are *never* magnetic; they lack attraction. A very strong man or a very beautiful woman always has a personal magnetism, for this magnetism is the effect of superb vitality, and neither great beauty nor great strength is possible without great vital powers.

A Fine Appearance Is a Valuable Asset

The small, puny, weak and ill-healthy are always insignificant looking and usually are insignificant. It's the strong, healthy, energetic man who is capable and looks it.

In social life it is the man of great personal attractions who holds the center of the stage. The man with a weak physique and an unwholesome appearance is not respected as are those who are so strong and compelling they make an impression on every one.

You want to be the type of man who can make his presence felt anywhere—the kind of a man that commands and others listen to.

I Can Make You a Physical Superman

by showing you how to develop the vital power and the muscular power which are the factors which mold your figure into a perfect form, and which give you that strange attractiveness which is a monopoly of those who are physically perfect.

I have a System of Unusual Effectiveness

By a scientific schedule of progressive exercises I can give you the broad shoulders, the big chest, the trim waist, the powerful arms and legs that make you attractive in either street dress or athletic costume.

And I do it by easy, interesting, progressive means—for example, I take you from the Kindergarten to College in a few weeks' time. With me the first thing is to make your health perfect; then I give you the muscular strength, and, lastly, I give the advanced work that creates the statuesque figure.

Each lesson in my course is more advanced than the preceding one and contains entirely different exercises. This means that the exercises do not become monotonous and you do not have to rely upon additional repetitions of a certain movement in order to get advancement, as you do with most other courses. You also drop your present lesson entirely upon taking up the next.

Actual Exercise, Muscle Control, Tumbling and Hand-Balancing Are Given You In My Book

The title of this BOOK is, "THE ROYAL ROAD TO HEALTH AND STRENGTH." It shows you how to actually perform more worth-while feats than any other book of its kind, besides clearly explaining my Physical Training Methods. Furthermore, it is full of half-tone pictures showing my own physique as well as a great number of my magnificently developed pupils. There are sixty-four pages of magnificent pictures and desirable instructions for you. Simply send a dime for mailing charges.

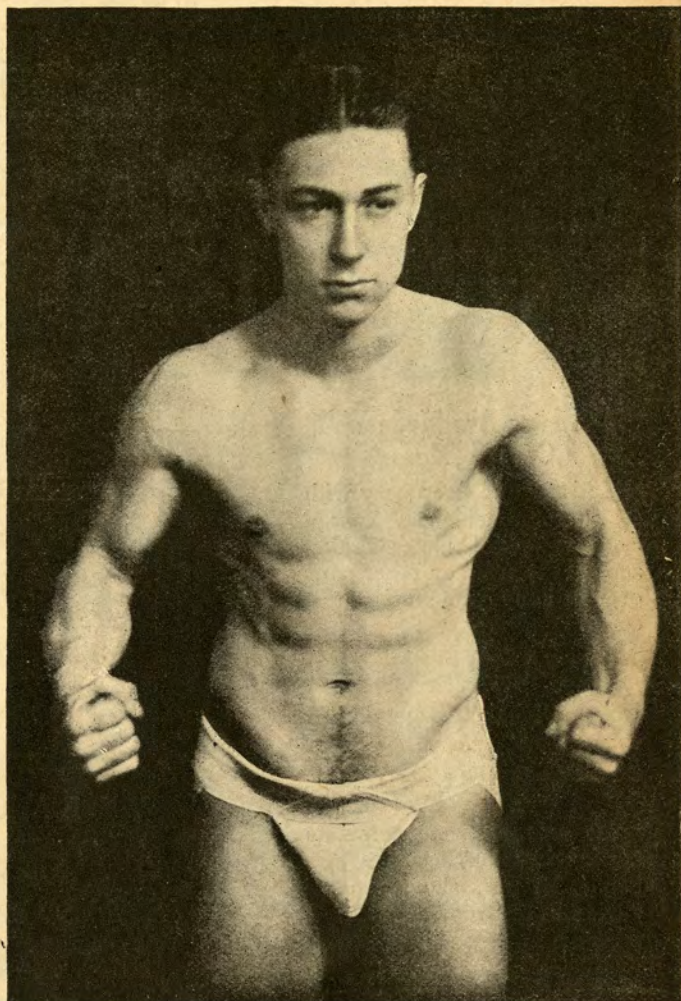
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180 W. Somerset St.

Studio A-17

Philadelphia, Pa.



WM. ROTAN, A MacMahon Pupil

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Dear Sir: Please mail me a copy
of your valuable book "The Royal
Road to Health and Strength."
I am enclosing a dime for postage.

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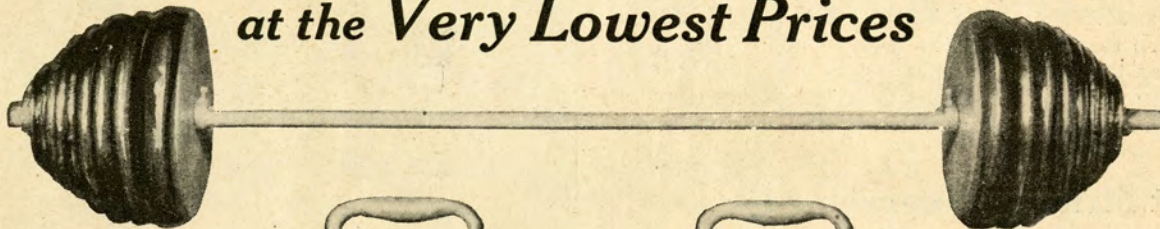
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COMPLETE PLATE BELL OUTFITS

at the Very Lowest Prices



The Plates Are Made With Curved Edges

This feature does away with the uncomfortableness caused by sharp-edged plates resting against the arms or other parts of the body while using this outfit.

Buying a Bar-Bell without a Dumb-Bell,

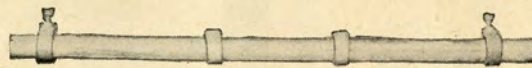
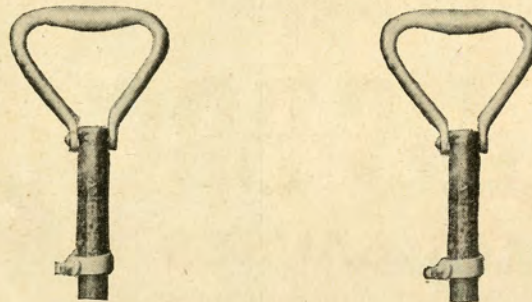
kettle-bell handles and expert courses

Is Like Buying a Car With Only 2 Wheels

Be sure you get a complete outfit when purchasing a bar-bell. All parts should be included in the original price.

Don't Buy a Third of a Bar-Bell Set Thinking It a Whole Set.

GET A MILO COMPLETE OUTFIT.



WE MANUFACTURE
FIVE PLATE BELLS
Besides Other Styles of
BAR-BELLS

The weights of the Milo Plate Bells are
100 lb., 200 lb., 300 lb., 400 lb.,
and 500 lbs.

How They Are Assorted

200 Pound Bell

- 4.....25 lb. Plates
- 2.....15 lb. Plates
- 2.....10 lb. Plates
- 2..... 7½ lb. Plates
- 2..... 5 lb. Plates
- 2..... 2½ lb. Plates
- 4..... 1¼ lb. Plates
- 5 ft. Bar15 lbs.

500 Pound Bell

- 2.....75 lb. Plates
- 2.....50 lb. Plates
- 2.....25 lb. Plates
- 4.....15 lb. Plates
- 6.....10 lb. Plates
- 2..... 7½ lb. Plates
- 6..... 5 lb. Plates
- 4..... 2½ lb. Plates
- 8..... 1¼ lb. Plates
- 5 ft. Bar15 lbs.

These Outfits Include Everything That a Bar-Bell Outfit Should Include

Namely: 1 bar-bell bar; 1 dumb-bell bar; 2 kettle-bell handles; 4 adjustable collars; 1 wrench; 3 complete courses on how to use bar-bells for exercise and weight-lifting ability. These 3 illustrated courses are given with all the above bells except the 100 pound outfit, with which 2 courses are given.

The assortment of plates that make up these bells are not short-weighted. You actually get the weight you bargain for. Furthermore, these outfits comply strictly with the weight-lifting rules in every way. This means that when you lift one of these special bells, you are lifting according to the rules of the game as far as bar-bell requirements are concerned.

The MILO Booklet Gives You Additional Information

This booklet "Health, Strength and Development and How to Obtain Them," will show you how Milo Bar-Bells of all styles will develop and strengthen your body. It contains full information concerning the use of Bar-Bells and shows you proofs in the form of pupils developed by Milo methods. What muscular marvels these fellows are! And the beauty of it is that Milo Bar-Bells are not respecters of persons. You can develop with a set as well as those fellows did.

Get This Interesting Booklet Now!

Strength and Physique Show
March 6th, 1926 8 P. M. Sharp
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The Milo Bar-Bell Co.

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The Milo Bar-Bell Co.
Dept. 125,
2739 N. Palethorp St., Philadelphia, Pa.
Gentlemen:
Please send me, without obligation on my part, a copy of your booklet, "Health, Strength and Development and How to Obtain Them."
Name
Address
City..... State.....

Are You a Slave to Your Nerves?



NERVOUS BREAKDOWN ITS NATURE, ITS CAUSES AND ITS REMEDY

PHYSICIANS look aghast upon prevalence and the ever-increasing growth of nervous disorders. Some consider them even a greater menace than the germ-diseases! Certainly they result in far more misery and unhappiness for the sufferer. Few of us, in this high-paced world, are completely free of this trouble; many people—an ever-increasing number, indeed—live at such high tension that they are frequently on the verge of complete nervous prostration.

There is nothing more fearfully complex, more marvelously intricate, than the nervous system of human beings. It is an extension of the brain; it spreads out to every organ and gland, touches every part of the tissues, membranes and skin. Try to make a model of it. Use wires so fine that the eye cannot see them. Yet a building the size of the Woolworth Tower could not hold your model. You could not separate the THREE THOUSAND MILLION nerve ends.

A Miserable Existence

With such an intricate and delicately adjusted system, so highly specialized, it is no wonder that it gets out of order frequently under the strain of modern life. The characteristics of the man or woman, whose nerves are "raw" are all too well-known—hypersensitive, irritable, thin-skinned, quick to anger. Nervousness cheats us out of sleep and rest. It drains our vitality. It saps our energy. It robs us of physical strength. We cannot control our minds. We lead a worn, weary, half-alive, miserable existence.

One terrible result of nervousness is that it not only makes its victims unbearably irritable, quick-tempered, hypersensitive, but it affects others. We scold our children for trifles. We quarrel with our wives, husbands, relatives, friends, for no apparent reason. We avoid others and others avoid us. In time, we often come to think that the whole world has turned against us.

Physicians recognize the true nature of nervous troubles. Although they are occasionally caused by actual physiological conditions in the nerves themselves, nervous troubles chiefly originate from mental causes. So they prescribe rest, change of

scene, no worry, proper diet—all of them, except diet, mental treatment for a mental trouble.

The Physician, however, is at a great handicap in the treatment of nervous cases. Usually his patients come to him only when their trouble is far advanced, and manifests itself in an actual breakdown of some function of the body. Advanced cases of nervous indigestion, hysteria, insomnia, complete nervous breakdown—these are the kind of nervous cases the physician gets. He is obliged to spend his time and thought upon repairing the functional damage caused by a prolonged case of "raw nerves," although he understands that the true origin and cause of the trouble lies chiefly in the mental condition of the sufferer, and could have been avoided, if it were not the tendency of nervous people to wait until they actually have a "breakdown," before they do anything about themselves.

The Chief Danger

That, in fact, is the chief danger of "nervousness." The symptoms of this trouble show themselves quickly. They cannot be mistaken. Everyone who has a case of "nerves" knows it. They often know what causes it. But they receive no sympathy. On the contrary, they antagonize others. They let their condition become aggravated. They become more and more miserable. And it is the rarest thing in the world for a nervous person to do anything to help himself—until the smash-up comes!

To such persons, and they are legion—whose nervousness is in a more or less incipient stage and who cannot bring themselves to demand medical attention—this announcement will probably be of intense interest.

W. Charles Loosmore, an eminent English scientist, has made a thorough study of nervous disorders and mental hygiene for the layman. Thousands of cases have come under his attention. He has studied the nature of each type of nervous trouble. He has learned their causes, how they develop, how they undermine the normal functions of the body, and what physical discomfort and mental unhappiness they cause. And he explains,

simply and clearly, the methods any individual can follow to tone down the suffering, gradually eliminate the trouble and bring peace to body and mind.

"Nerves and the Man"

This prospect of restored health and relief from "nerves" Mr. Loosmore has placed in a fascinating book, the title of which is "Nerves and The Man." The book is thoroughly scientific in its approach and in its contents, yet it is so plainly phrased that any one can understand it, and use the invaluable knowledge gained to relieve himself.

Better than any one else, you know what your nervous symptoms are. You alone feel them in their fullest intensity. But perhaps you do not know what causes them, and how you can free yourself from them. Mr. Loosmore, in his book, will tell you. You will know why you suffer from nervous indigestion, or insomnia. You will know why you go into rages, if you do. You will know why you become hysterical, if you do. You will know why your nerves are often "Raw" that every little thing upsets your equilibrium and causes you (and others) intense suffering. You will realize—perhaps for the first time—the underlying causes of troubles which are almost sure to be of mental origin. And knowing these things, it will be easy to follow Mr. Loosmore's simple instructions, to quiet your nerves and ultimately be restored to your normal happy self.

The publishers are willing to send "Nerves and The Man" to you for examination. Mail the coupon below—without any money. When the book is delivered, deposit \$2.50, plus the few pennies carrying charges with the postman. Then read the book for five days. If, then, you do not agree that "Nerves and The Man" can be of immeasurable benefit to you, simply return it and your money will be refunded. Otherwise keep the book, and pay nothing more.

It is impossible for you to lose anything through this offer. But, by accepting it, you may gain a peace of mind and a re-invigorated system the value of which cannot be measured in money. If, therefore, you ever suffer even slightly from "nerves" we advise you sincerely to send for this invaluable book at once. Mail the coupon now, before you forget to do so.

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Wake up, man! That's no way to live. Be somebody, act alive, show folks you stand for something. Electrify your friends with your new-born, full grown, Magnetic Personality!

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"I would not give up what you have taught me for \$100,000."

Editorial

The Value of Sport Training

TO attain real excellence in any line requires much, not only of the instructor but also of the pupil.

On other pages of this issue you will notice an article on acrobatic dancing by P. H. Paulinetti. Printing this article, which not only gives valuable information about how to become a professional dancer, but also warns against certain teachers of acrobatic dancing who are not competent, is more or less of a departure for us to make, editorially.

STRENGTH has long felt that its readers could discern the difference in the relative merits of various instructors, whether they taught by mail or in person, and also has long felt that many people are satisfied with the results that can be obtained from mediocre instruction, rather than pay the price, in time and effort, to say nothing of money, to become, in Mr. Paulinetti's words, "supreme artists."

The best instructor in the world can do nothing unless the pupil is willing to devote time and energy and intelligence to following instructions. Just because your instructor happens to be well qualified means nothing if you will not avail yourself of his knowledge.

Unfortunately, many pupils do not receive the full benefit they could derive from proper instruction because they have never come in contact with a proper instructor.

To have come in contact with inefficient instruction in any line is a great misfortune, but it is not an unsurmountable obstacle to success. Many men have made themselves in spite of the worst kind of teaching, but no great teacher has ever been able to do anything with a pupil who would not try.

We went to an old Quaker school which had as its motto, "Good Instruction is Better Than Riches." We are willing to subscribe to the motto, but we believe that some of the most essential things which can be learned are things which can only be taught by ourselves. No one can teach you or me how to stick, and yet it is the stickers in this world who get results.

It was Huxley, I think, who said that whenever he opened a book on mechanics which seriously mentioned perpetual motion, he closed that book. This is the result of good instruc-

tion. Good instruction can keep us off the paths that have no end and that must prove blind alleys, but good instruction cannot keep us plugging on the right path twenty minutes or twenty days or twenty years.

Good instruction and our own intelligence might both be fooled, and we might follow a blind alley till the bitter end. That is a chance that we all have to take, and for any man who has really plugged, nothing can be more bitter than the realization that he has come to the end of a blind alley; but we can always retrace our steps and start again.

KEEP TRYING

Old Mike Murphy always claimed, "You can't lick a team that won't be licked." It is just as true that you can't lick a man that won't be licked. You can stop a man and turn him back, but he can keep on coming if he wants to, and there have been a lot of men who have wanted to keep on coming in.

The world of sports knows many stories of such men and such teams. With Bill Roper as a coach, Princeton football has repeatedly shown the value of this spirit. Everyone has seen beaten teams turn and rend their apparent conquerors.

The first requirement to attain success is the will to win. Brilliance means a lot, but brilliance is very likely to find itself outdistanced by perseverance. "Rocky" Kansas is certainly a remarkable example of reaching the heights on the strength of indomitable will. Think of a fighter who plugged for fifteen years before he became champion.

Tilden, who never succeeded in winning the Inter-Collegiate Tennis Championship, has, by constant plugging, made himself the greatest champion the game of tennis has ever known.

Everyone has heard of Dempsey's determined efforts to make a two handed fighter of himself, and everyone knows of Firpo's ideas on the value of practice and training, and we all know what Dempsey did to Firpo. Yet, Firpo is supposed to be, both physically and temperamentally, an ideal fighter.

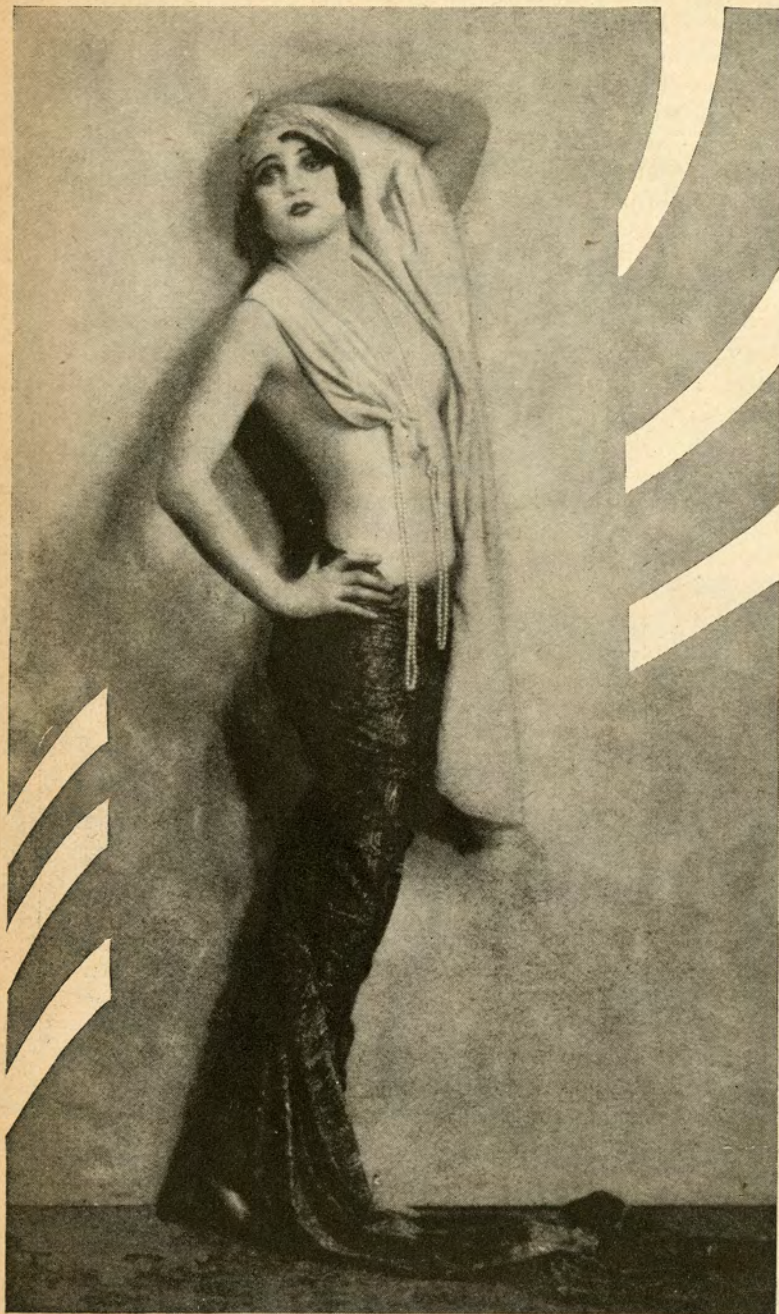
(Continued on Page 88)

How to Get the "Ideal Figure"

All-round Exercise Will
Keep You Shapely
and Fit.

By *Margaret Sargent*

Posed by Miss K. O. Tortoni
—A Seigmund Klein Pupil.



Miss K. O. Tortoni—an example of what all-round exercise will do for you.

I WAS riding downtown in the subway and, as was my usual custom, I fell to studying the people about me. My attention was drawn to three girls who sat just opposite me. They were, what some people would call, typical flappers—knee length dresses and rolled down socks and everything else that goes with them. A little old lady sitting by my side nudged me and whispered, "Isn't it shameful how our girls dress today?" I smiled and wondered.

I was not shocked to hear one girl say, "Oh, it was the most exciting boxing bout—I never want to miss another." But the little old lady at my side gasped and whispered, stage fashion, "Horrible!" Then she confided in me.

"I have a grand-daughter, just that age and just that

way, but if I was her mother she certainly would be different. The girls today are allowed too much freedom—in their dress, recreations and everything else. Why my grand-daughter actually wrestles and boxes with her brothers as if she were a boy! And the way she dresses, oh my! In my days girls were perfect ladies. I don't know what to call them today and I certainly can't see what they have to gain. Oh, dear me!"

Just then the train arrived at my station and I could not even bid the dear old lady goodbye. I was obliged to pick up my bundles and dive through the crowd to the platform. Just before the train door closed I heard one of the three girls cry excitedly, "It can't come up to basketball or acrobatics—" and I saw the little old lady's hands go up in another "Oh, dear me!"

I smiled to myself and wondered what that dear old lady would say if she knew that I was on my way to the "Flappers' Club," where a bunch of girls got together and sometimes exercised or did stunts, or indulged in a friendly boxing bout, or where someone once in a while tried a famous wrestling hold. Once we were reported to the janitor of the building because one of us dropped a bar bell that had been donated to us. When he found out how we "were trying to wreck the building" he scratched his head and said, "What's the world comin' to."

I am with the crowd that gives three cheers for the modern girl. She knows the joy of living—she has her fun, her health and her opportunities in life—and she's a lady in every way, even though our grandmother's idea of a "lady" is entirely different from our idea.

At no time in the history of the world have people realized more greatly the need of a nation-wide physical culture movement, and some of the most enthusiastic workers in this field are women. The percentage of girls in our physical training schools, where physical directors are taught their jobs, far exceeds the percentage of boys taking up the same work.

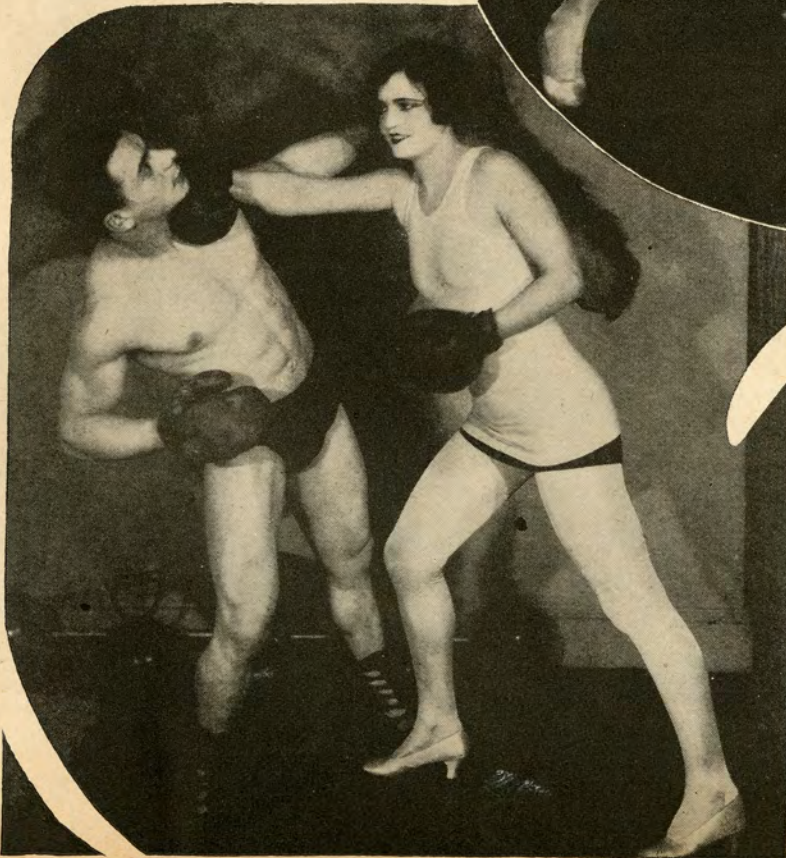
Day by day women are realizing the value of athletics and indoor sports as an asset to their physical and mental condition and their happiness. Some gaze with envy at the woman tennis player, the golfer, the swimmer, the acrobatic dancer and the gymnast and they note their shapeliness and attractiveness—others join their ranks and make the most of their opportunities.

The girls of today have a decided advantage physically over their predecessors just because of their less restricted mode of living, their freedom of dress and they are now able to compete with men in all outdoor sports and indoor physical exercise. A girl no longer ruins her chances on the track, on the tennis court or golf course, in the swimming pool or gymnasium, by being hampered with unnecessary and inconvenient clothing. But her opportunities do not end here. The effect which athletics have on the modern girl is carried into her daily life and the competition in which she partakes gives her a feeling of independence so that she can take a much more active part in the business world than ever before. Her independence and her success in every day life brings to her the realization of her own power.

As these changes affect her life and character, even more strongly do they affect her appearance.

From her active life she acquires strong muscles and shapeliness; from competition she has acquired courage and determination, which is manifested in the great success she is now making in the athletic and the business world.

Look at the pictures that illustrate this article. That young lady believes in hard work to attain health and form. To be sure I would not care to pay to see a professional match between two girls but I certainly think that the practice of boxing, and wrestling in a modified way, will do them no harm. Boxing and wrestling exercise every muscle in the body, improve the breathing power and afford lots of fun. Also the lifting of weights, under proper instruction, can be adopted with great success in the building up of the body.



Miss Tortoni believes that boxing and wrestling help to keep her in condition, and she also gets a lot of fun out of them.

I have repeatedly written on the value of persistent exercise but, always, some girl will write in and ask "can't acrobatics or punching bag practice, or some other thing take the place of exercise?" They certainly can, if it is convenient for the girl to do so, and with better results, for it is less likely that the girl will lose her interest.

There is exercise galore in the modern dance, although it is considered by some as immodest. In grandmother's time ball-room dancing was beautiful to look at but it did not afford any exercise. A ball-room today looks like a gym and the dancers look like



Acrobatics make the muscles supple and strong, and the body graceful.

acrobats. With their fun they gain a good deal of exercise and consequently should gain in health. There is no getting away from the fact that the average girl is more shapely and this is partly due to her way of dancing. We hear so much talk about girls ruining their health through dancing. This is not so—only a few do not know when to stop. Everything can be overdone. A great many girls ruin their health by the late hours they keep. They should be in bed one hour before midnight or at least at midnight and get a full eight hours sleep. That is very essential to health and beauty. However, some girls who dance a good deal feel that they are getting sufficient exercise from their efforts and that they are in no need of any other activities. I believe that they are wrong in their idea. Dancing builds up the lower limbs to a greater extent than the upper body. Every girl should realize this and should have a better idea of some exercises that will build up the upper body as well. She should also know how much exercise she needs and how she is going to get it.

For example we will take the stout girl. She cannot depend on dancing alone to get back to form.

If you are stout and have not taken up a regular routine of exercise do so immediately. Do not depend on one exercise only, or on some quack reducer. Only hard work and sweat will reduce the stout girl.

What I have said about the stout girl goes for her thin sister. A girl who is extremely thin would be making the greatest mistake of her life if she depended on the "Charleston" to increase her weight. She must also adopt some regular routine of exercise that will use every muscle in her body—the kind of exercise that will put on or take off flesh, build pure blood and new tissue.

Now a word for the girl who is normal. She also should adopt a regular routine of setting-up exercises to keep her in form, unless she is more or less actively engaged in some form of athletics, such as tennis, swimming, track work, golf, riding, etc.

For those who are in need of exercise and who want to exercise I would suggest four exercising periods every week; that is every other night for an interval of twenty to thirty minutes, according to the condition.

The following are a few good exercises which, if added to your present schedule, will go a long way in getting you the results you are after, namely: health, strength and beauty.

Stand erect, arms raised straight out at sides. Now twist at the waist until the right hand is directly in front, then twist in the opposite direction until the left hand is in front. Repeat this exercise until you begin to feel tired around the waist. Inhale as you twist to the side and exhale as you assume the first position. This is a very good exercise to keep the waist and hips in form.

The following breathing exercise will benefit the entire body. Heels together, hands at side, rise on toes and at the same time raise the arms forward and upward. Inhale deeply as you rise and exhale as you lower yourself to position. Repeat this exercise about eight times at first and then you can increase the number of repetitions as you grow stronger.

The following is good for the thighs, knees and calves. Stand with feet together, arms outstretched. Slowly make a deep knee bend with the right leg while extending the left leg out as far as possible, trying not to lower it to the floor. Do this about five times to begin with and then reverse the movement to the left leg.

I will give you another breathing exercise which, if you will practice every morning before an open window, will give you the "pep" to start your day off right—will purify your blood and rebuild broken down tissue.

Now hop out of bed, raise your window, place your hands on your hips. Now bend over frontwards, keeping the back flat, and *inhale* as you bend over. Return

slowly to position, *exhaling* at the same time, and repeat about ten times.

In advising you to follow out this exercise I must ask you to adhere to a principle different than what is generally accepted. First you must remember that the study of breathing has progressed considerably in the last few years. From the clavical system of breathing we



Can women use bar bells? Miss Tortoni says yes. What is your opinion?

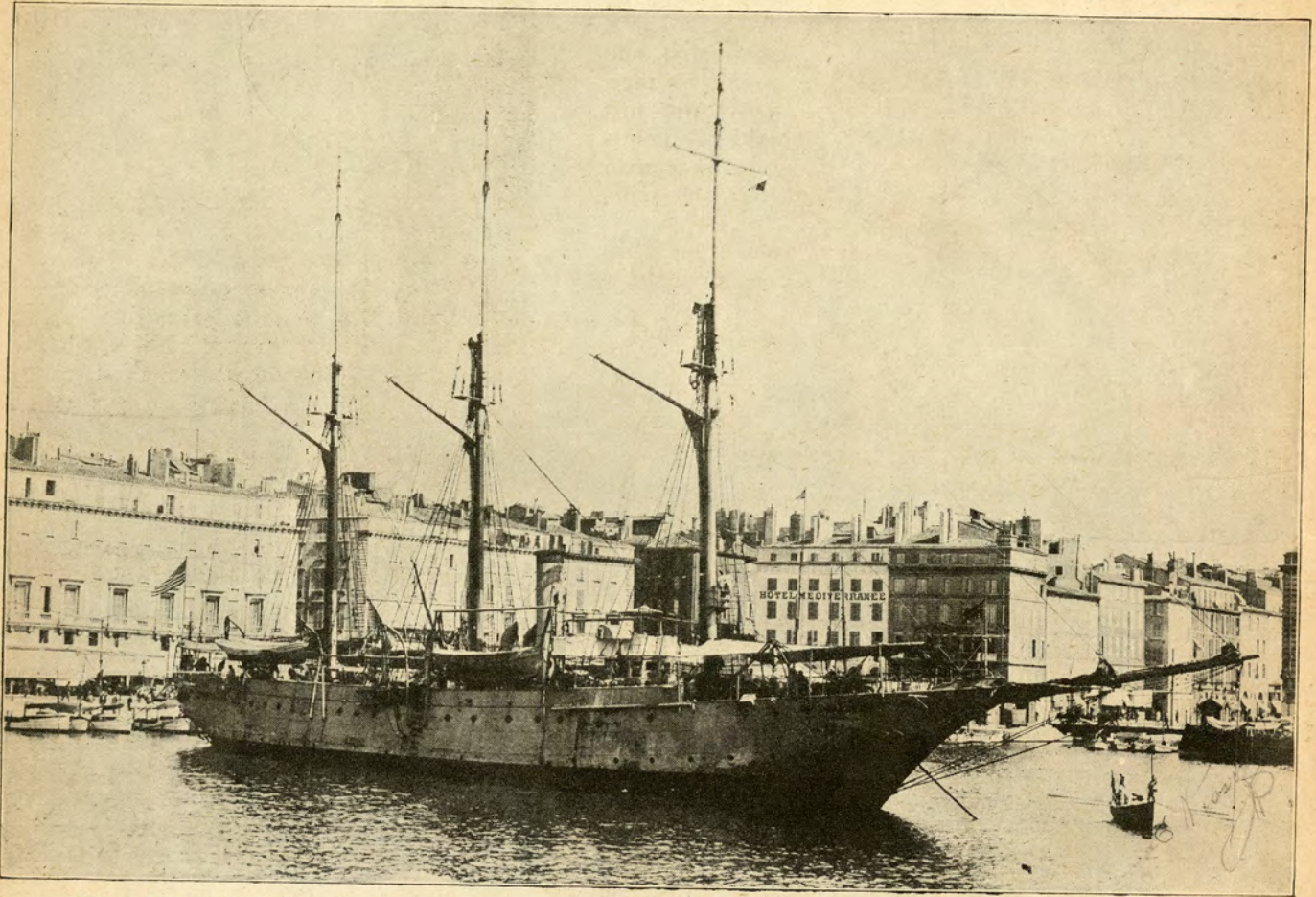
developed the costal method, but on these two methods we have progressed to the diaphragmatic method. This latter method is vastly more practical and in one movement absorbs the first two. The preceding exercise comes within this latter group.

On practicing the exercise you will find that you are breathing just the opposite to what was formerly taught you. The great value lies here: As you bend forward the lower extremities of the lungs are raised up, and as you breathe in a natural filtration is brought about, inasmuch that the inhaled oxygen is drawn into every cavity of the respiratory organs. Thus a thorough cleaning process is brought about—a natural massage which

breaks down any residue that may be in the lower cavities of the lungs. I will let my reader use his or her own judgment as to which would make the most impressive appearance—one of our old-time, overly stout ladies, with her tight-corseted body, highheeled shoes and entirely too much clothes, that fainted away dead at the least excitement, or a slim-waisted, graceful, sensibly dressed modern girl, who can go out and compete in athletics and make records.

So get together girls and work for that "ideal figure." Go at it whole heartedly and do not be discouraged because some fault-finding individual will call you a "silly flapper." In my estimation a "flapper" is some thin, flat-chested, pale creature, who slumps her shoulders and drags her feet; rolls her eyes and who thinks she is "smart" when she smokes cigarettes and takes a sip out of her escort's hip flask.

The girls who are out for fun, out for the best in life and who realize that health and beauty are important factors in making their life a success, who are forever striving to better themselves, are the real type of American womanhood.



The School Ship Annapolis at anchor in the Port of Le Havre, France, after a hectic trip across the ocean.

The Thrilling Life of the Sailor Cadet

Adventures encountered on board the School Ship Annapolis.

By Russell Viohl

VALIANTRY striving to hold her own against a raging, tempestuous sea, that hurled her willy-nilly from billow to billow, the School Ship Annapolis, veteran gunboat of the U. S. Navy, pluckily headed into the storm centre area of one of the most terrific hurricanes that swept up the Atlantic seaboard. Any moment might have been the last, as the seething maelstrom of water buried the stalwart vessel beneath a deluge of brine. It was miraculous the way the boat, an exceedingly small craft, withstood the furious battering it received from the waves and terrific wind.

Once, a gigantic wave tossed her sky high, and for a fraction of a second it rested on the crest of the comber, then commenced to shake so violently as to tremble from stem to stern. She swayed giddily a moment and then dropped down; down with a crash, that nearly rent the hull asunder. Still she came up,

desperately fighting to avert heeling over as each succeeding comber, lashed to a foaming white, battered and bruised her, and lurched her dangerously to the port side, since she was heading into the raging sea, taking the waves slightly off the starboard bow.

On the bridge of the vessel, the captain and officers, a brave and gallant lot, stood riveted to their posts, earnestly praying that the merciless seas would spare them, for one hundred young cadets were entrusted in their keeping, and the cadets could hardly fathom the dire danger of their precarious position. Most of the cadets that were not needed to aid the watch on deck, bellied the after quarters, where it was a little dry, and grimly hung on, as the ship dipped and gyrated, pitched and bucked, like a broncho.

The forecastle was a reeling, freezing, weeping dungeon, peopled with miserable devils of the hired Spiggoty crew, to whom hell would have been heaven. For

two days the "Annapolis" was battered by that terrific hurricane off Cape Hatteras.

Finally, when it had subsided, all hands clambered up on deck to assist in clearing the wreckage that was strewn in a jumbled mass. Several cadets scrambled up the rigging, and one nearly lost his footing, for the seas continued to rage, although the wind had died down considerably. And just as they clambered out of the rigging after retying the points of the reefed main topsail, another storm, more fierce than before, shrieked down and drove the ship back in to the murderous gray seas to the southward.

As bedlam broke loose and pandemonium reigned, the main deck instantly became a seething chaos of rope-snarled water. In the roaring torrent men were being hurled along the deck and only a frantically waving arm or leg indicated that a man was not dead. Then a greater sea thundered aboard,

sweeping all before it, hurling water breakers, boat spars and what not aft; and the sea endued them with devilish spite. In the melee the spanker sail got loose, all hands were ordered to hold on to it, to save it from ripping to shreds. Twice all hands were torn from their hold, rolled about the flooded decks in the icy water, battered near

to death by the murderous flapping sail, and as the boat plunged and the stern lifted high out of the water the propellor raced madly, shaking the boat so violently that it was utterly an impossibility to secure the wildly flapping sail.

In a lull, they managed to secure the spanker, and, taking advantage of the opportunity, several cadets volunteered to roll canvas up the starboard rigging on the weather side, in order to aid in keeping the bow in the oncoming seas; but it was an exceedingly difficult task, for the rigging was in a tangled state and that made it extra dangerous for the cadets who frantically worked to finish their job and scramble down to the safety of the deck below.

The wind struck afresh. It staggered the ship and the seas, imbued with fervor anew, poured over the bulwarks and rolled the ship on beams' end. The order was given to pour oil on the surface of the sea to keep it from breaking over the deck, but the sea hurled it right back aboard ship, making a terrible mess. The



Scrubbing decks is work that hardens the cadets and aids in the healthy life on board.



The deck offers cramped space for games, but this does not daunt the football team of the U. S. S. Annapolis.

decks became so slippery, from the conglomeration of oil and brine, that it was an impossibility to keep one's footing.

One cadet, attempting to lug a can of oil up on the gun deck from the store-room compartment, slipped and rolled down the deck at a great velocity. They picked him up, nearly dead from where he hung twisted and pallid over a grating, his leg broken from the impact of his body crashing against the solid steel. Many other casualties happened, and as the hours tolled slowly on to night the gale increased in its violence. However, it spent itself during the night and at dawn the next morning, the sun shone after four solid days of violent and terrific storms.

With a cry of joy, mingled with thankfulness for their deliverance from the mighty tempest, all hands came up on deck that morning and set to work, with a new-born song in their hearts, to clear the wreckage. With the aid of a sextant the Captain soon ascertained the position of the ship, and much to his chagrin, he learned when conjuring his calculations with the chronometer, that the ship had been blown many miles off its course. Nearly five days later, the ship entered the harbor of Bridgetown, Barbadoes, apparently none the worse for its thrilling experience, and the Captain and all the ship's company were feted for their exhibitions of bravery and stoic nerve under such stressing circumstances.

The various state Nautical School Ships enlist young men for the explicit purpose of training them to be officers in our Merchant Marine and Naval service. Generally they are recruited from the schools in the state and subjected to a rigid physical and mental examination in order that the best men may be obtained for

the service. When their appointment is approved of by the board of commissioners of navigation they then report aboard ship to commence their studies and duties of the cadet.

The School Ship offers a two-year course in seamanship and navigation and during that time, the ship goes on long cruises, affording the cadets the opportunity of seeing foreign lands and gaining in the practical experience of navigating vessels, and acquainting them with the variegated conditions and adventures existing at sea. When the enlistment terminates and the cadet graduates from the School Ship, he applies for his license as a navigator, and once more faces the examining board. If he succeeds in passing the difficult requirements as stipulated by the law, he then qualifies as an officer, with legitimate right to issue commands in keeping with his position. He, thusly, embarks on a seafaring career, capable of circumnavigating the world, with the prospect of rapidly advancing to the top in his profession.

The training received on board the School Ship not only fits the cadet for a seafaring career, but imbues him with ambition to succeed when on shore, provided he forsakes the sea to take up other occupations. Then, too, many an individual has made a man of himself through the training he has received as a cadet, and I know of numerous situations, endangering human life, that have been averted by the precision exhibited by the young cadet because his training enabled him to cope with tense situations that arose and otherwise would prove troublesome.

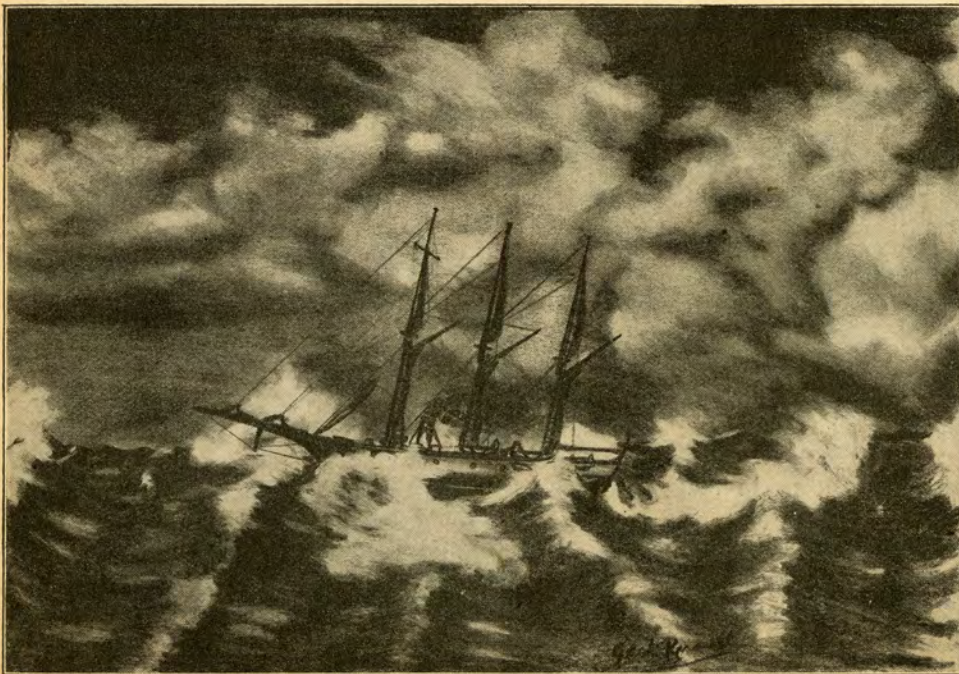


Boxing is the main source of recreation and everyone participates in this manly sport.



The gallant officers of the U. S. S. Annapolis who have safely piloted the ship through many a gale.

World War on the Atlantic seaboard. When the war ended and peace was declared she was given



The Annapolis, valiantly striving to hold her own in a raging, tempestuous sea.

The School Ship Annapolis is a three-masted schooner rig steam and sailing boat. It is one of the oldest gunboats of the U. S. Navy, and is a veteran of the Spanish-American War. It is known as a composite ship, being steel above the water line and wood below, and it also enjoys the distinction of being the only vessel towed stern first, a derelict from the west coast, down through the Panama Canal, to be fitted for service in the

to the state of Pennsylvania, for the purpose of training school boys of good character for the services of the government and the Merchant Marine service by improvising a floating school out of her, and inaugurating classes in seamanship and navigation and engineering. The school first opened in the year of 1919, continuing the work of the old state ships Adams and Saratoga that were discontinued during the war. Today, it is a well-organized institution and is similar to the great Naval Academy. The differences, however, lie in the fact that the Nautical School classes are conducted on board ship and are limited to a two years' course of instruction, rather than four years.

(Continued on Page 83)

Fifteen Minutes of Exercise a Day

The man who never has the time to exercise will find real work, which takes very little time, in this article.

By Charles MacMahon

THERE are many men who fully believe that exercise and physical training in general are needed by everyone for the purpose of the upkeep of their health. These men also do not hesitate to say that they believe in exercise; but ask them what particular system they follow and they will answer, "Oh! I haven't time to exercise, although I do believe it is very good for making and keeping everyone fit. But, you see, my business keeps me going from early morning until late at night and, no matter how hard I try, I can't seem to spare the time—at least, not often enough to really do me any good." That is about how most of them excuse themselves.

I knew a man of this type who never had time for any kind of exercise. All he thought of was business; and thinking of business was all he did. He thought he couldn't spare the time to walk even a few blocks. He never stood when he could sit.

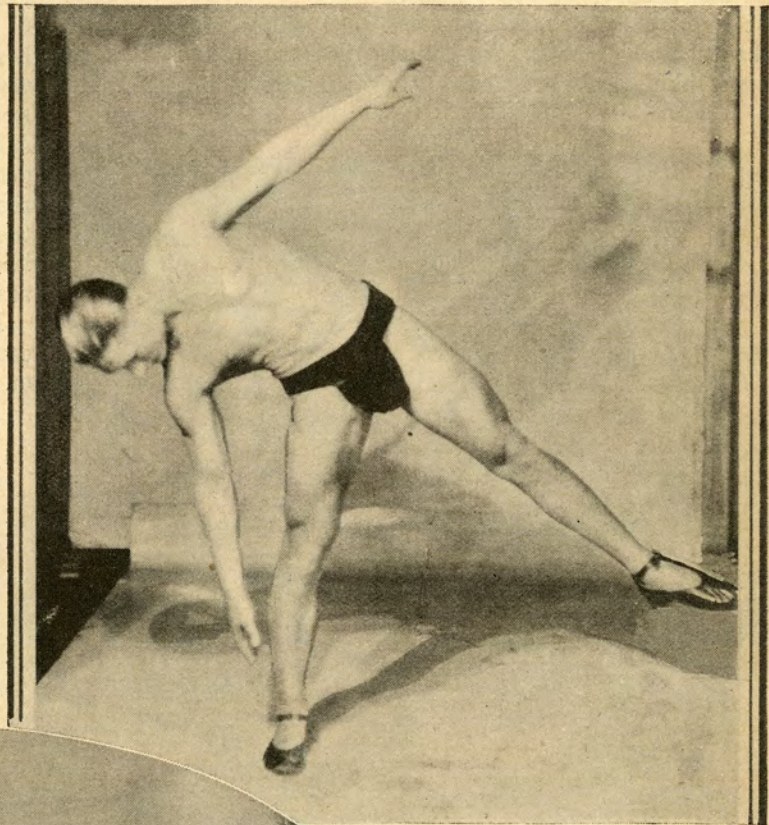
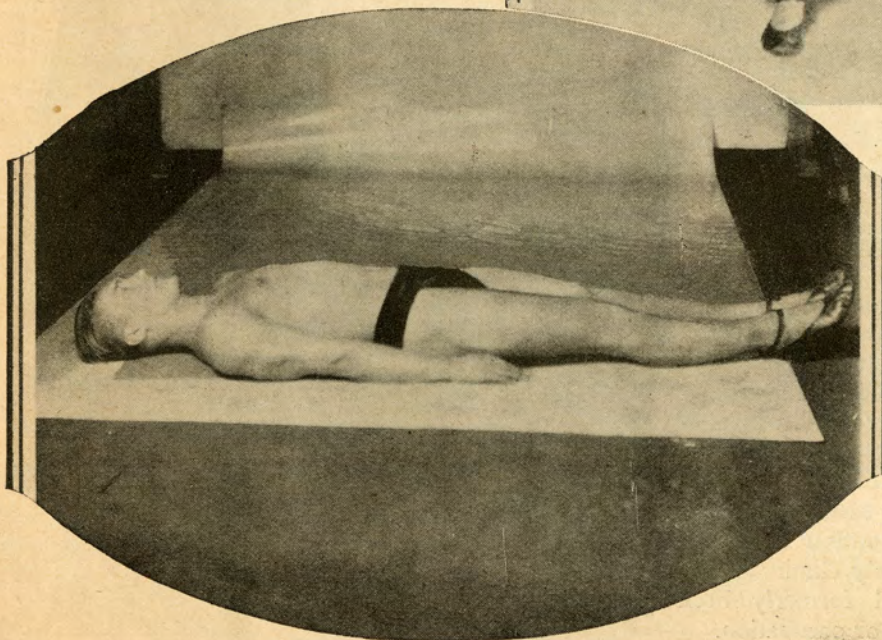


Fig. 1



Someone was always there to do the things for him that were a little laborious and time-wasting for him to do, as he thought. What was the result? Well, he was finally compelled, by a greater power than he ever realized existed, to lose about six weeks from his business. This great, monstrous power that put him down was none other than ill-health. The six weeks away from his business nearly put him on the rocks, proving that he was right to a

certain extent in believing that his undivided attention was necessary to make his business a success. But he was penny-wise and pound-foolish. A half hour each day given to a good-to-the-point system of exercises, and to following health-promoting principles all through the day would never have hurt his business and would have saved him the breakdown, worry and near-failure.

At first thought, one would say that overwork was the cause of this man's loss of health, and not the lack of exercise. But if you think deeper you will see that his system went stagnant from physical inactivity. The organs became almost dormant instead of active, which a few minutes a day at exercise would have stimulated them into being.

So don't imagine that you are too busy day in and day out to get sufficient exercise, for it doesn't pay to fool yourself like that.

What is there to prevent you from postponing your actual bedtime a half hour, or arising in the morning ten or fifteen minutes earlier than usual? Nothing but

change varies. Some are farther gone than others, or in other words, in worse shape physically and organically, thus causing the variation.

But it seems to me that I am a little off the track, for it really is difficult to find a person who will not readily agree that physical training is very good for one's health. Therefore, I am wasting space when I try to convince my readers that a scientifically laid out system of physical training is good for their health. They already know that. But the great trouble is that physical and health training is something that has to be done, and most people despise a thing that *has* to be done.

Therefore, the great problem, as I see it, is not to convince folks that exercise is what they need in addition to their daily work, but to get them to try it several times until they begin to notice the benefits. To make it more personal, I will say that if *you* are not active in the matter of training your body and improving your health, then the big problem is to get you to be *active*.

It is very important that one contemplating physical training in an active manner read widely on the subject, so that he will go about it in an intelligent way. But a lot of people get the habit of only reading about what body training will do for them and what it has done for others, until they imagine they are getting these benefits by merely reading about them.

Imagination is a great thing, I admit, but it cannot keep you healthy if you ignore the rules of proper foods, the proper amount of foods,



Fig. 3

imaginary fatigue, and imaginary fatigue is nothing more than laziness.

You will say, "But I know when I am really tired out, and that is pretty nearly every night. Don't try to tell me I imagine it." And, of course, a person like that does have a certain feeling which, I suppose, must be termed "fatigue." On the other hand, why is it that if this same person will use a little will-power and go through a system of exercises for a half hour some night, he will find that his fatigue seems to have left him somewhat. And that, as he continues regularly with a real good system, he entirely eliminates the questionable tired feeling which had formerly been brought about by a normal day's work or occupation.

This change actually does happen to all who practice, in earnest, a good system of exercises. Of course, the quickness with which each beginner notices a marked

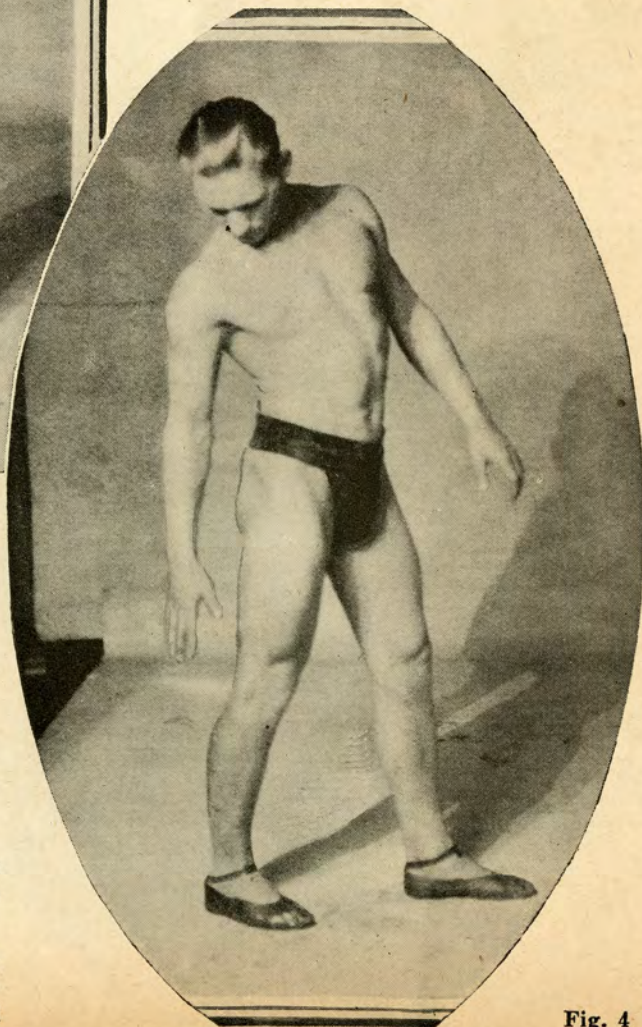


Fig. 4

and the proper amount and kind of exercise.

I feel that my job is to stir each and everyone of you to actual activity in physical training lines. There are some of you who have enough spirit to get right up and make a start this evening; and there are a few of this "some of you" who will remain indefinitely ardent and active in physical training.

There are some others, I am sorry to say, under whom

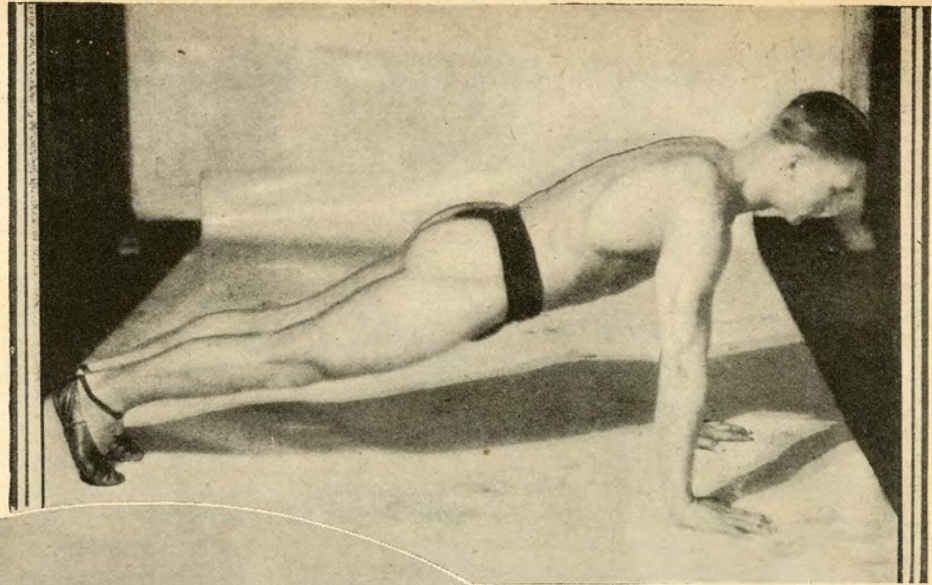


Fig. 5

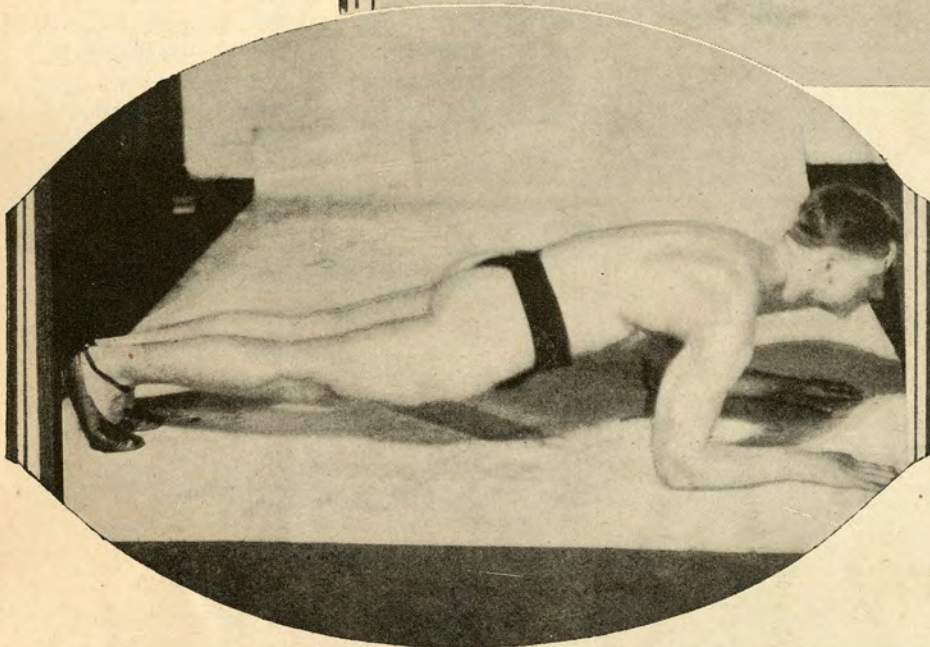


Fig. 6

I will have to build a fire before I will get action. I hope, however, that there will not be many of this kind and that *you* will not be one of them.

Of course, you, who will never start exercising, have me at a disadvantage, for I'll never be the wiser. It is human to do things we shouldn't do, or not to do things we should do, especially when we know we can never be found out. I hope, however, that you are a "square shooter" and will at least try out a little time-saving system I am going to give you in the coming paragraphs.

We come to the conclusion then that the phrase, "I haven't time to exercise" is only an excuse for laziness or for the lack of desire for exercise at all. Everyone *can* find time to exercise for half an hour, five or six days a week.

Some evening when you feel tired, try a short workout, breathing deeply all the while. When the exertion has warmed you up, bathe in lukewarm water. After bathing, change the water to cool or cold, as your system will stand, without undesirable reaction. Then a brisk rub-down with a Turkish towel, and if you don't feel rested and better I'd like to know about it.

This program is not only excellent for relieving that tired feeling, but is also good for killing the "blues" or any other "out-of-sorts" feeling.

gratifying than if you could touch the floor with ease on the first attempt.

It simply is this: when you started, you were so stiff you could only reach within a foot of the floor. Now you can come within six inches, later three, and so on until you touch the floor with the tips of your fingers. That's what counts—not how well you can do it at first, but how much you improve. Remember the preceding in all exercises, for I find there are a lot of people who become discouraged because they cannot perform certain exercises of a given system to the fullest extent of the movement, thinking, of course, that they will not get improvements.

It is not necessary that you perform the following exercises as they are routinized by me. In other words, it does not matter which one you do first or last. For the busy man, I am giving a daily half-dozen and producing just as good results, if not better, by making the half-dozen a little more strenuous than the customary dozen light calisthenics.

This proves that I believe in real strenuous exercise of the pure calisthenic type, especially after following an easy training program for a few days or a week, according to the pupil's strength.

First stand erect with feet (*Continued on Page 87*)

Acrobatics for Dancers

Acrobatic Dancing now most sought—
A word about proper instruction.

By P. H. Paulinetti

DANCING, in the past few years, has made wonderful strides. Immense interest in it has arisen throughout America, both as a means of recreation and as a profession which is bulking larger all the time in theatricals and other amusements.

The great difficulty of creating anything new in dancing has caused the danc-

of the body is another advantage over the others.

I have always found that a dancer is much easier to teach acrobatics than others; but before they can hope to become proficient in this art, they must develop their arms and shoulders so that they can easily support their weight on their hands in an up-side-down position. After this is accomplished the dancer should have little trouble in learning all the acrobatics required. They should pay strict attention to securing a competent instructor in this fascinating art. They should select an artist in this line who is graceful and who has had actual stage experience. Otherwise they are liable to be instructed in a way which would make it necessary to eventually unlearn their badly acquired habits, and this takes more time than it would take to acquire real art from the instruction of an expert.

It is sad, but very true, that there are some of the so-called schools of acrobatics who take more for instruction and know just as much about teaching acrobatics as a truck horse knows

about a game of chess. The prospective pupil should ask to see the instructor do some of the feats he or she takes money for instructing. Then the pupil will be convinced one way or the other.

Acrobatics make the performer strong, light and alert on either hands or feet; and dancing, especially ballet dancing, makes the pupil graceful, and

the combination of both is a delight to the eye. If the prospective instructor has never danced or performed acrobatics to a considerable degree, how is such a person capable of teaching either of these arts?

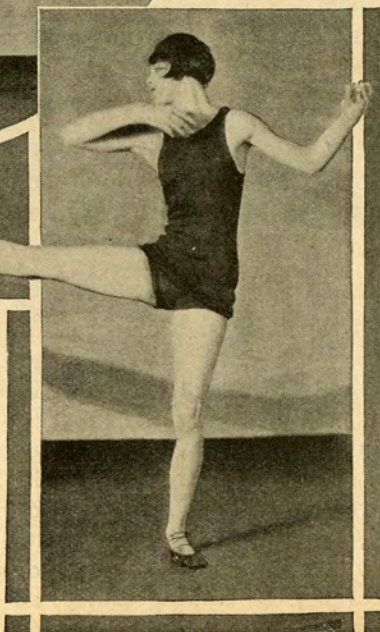
My advice, especially to young ladies who wish to take up acrobatics, is to commence with a course of dancing from a real dancer, so that the pupil will improve in grace with the acrobatics. If the dancing instructor knows the preliminary turning-out process of the lower limbs, as well as the training of the body, head and arms in graceful technique, the pupil will have



Starting position with feet for Hand-Stand and other forward motion feats.



The Lift Kick.



The Side Kick.

ers to turn to stunts; otherwise dancing would soon become monotonous, especially on the vaudeville stage and in theatricals in general. The result is that many are now taking up acrobatic training.

The real dancers have great advantages over ordinary beginners in learning acrobatics, because their legs are better developed, and this is one of the greatest advantages that a beginner in an acrobatic course can have, and their dancing gives them a natural and graceful lift in starting an acrobatic feat. Furthermore their understanding of tempo with the movement

a good chance of becoming a first-class artist. The writer claims that acrobatic instructors should know, at least, the five positions in ballet dancing, and also the knowledge of how to place an acrobatic feat in a dance, and above all should have the knowledge as to how to "lift" at the commencement of an acrobatic elevation of any kind. This is where the great majority fall down, and as a result we find so many mediocre performers in acrobatic dancing. To lift properly is an art in itself. Inferior instruction many times makes an ordinary performer of one who might have been a real artist, under proper instruction. This plainly shows that too much care cannot be taken in selecting the teacher.

Some of the so-called acrobatic teachers give what they call "class instruction." This kind of teaching means that the pupils lie on the mat and wait for the instructor to stretch their limbs, or place them in different positions, without explaining the nature of the positions. The writer condemns this method for the simple reason that when the pupils are standing in line and are taken, one at a time, the others see exactly what is being done, and have a chance to listen to the explanation of the exercise by the instructor.

It is absolute foolishness to try to teach a class a routine in acrobatics (although the writer has witnessed many such attempts) where more than half of the class cannot make even a feeble attempt at the feat they are supposed to perform. If they are put through the feat one at a time, it gives the most advanced pupil a chance to make more rapid progress and also gives the backward pupil a better chance as a result of receiving individual attention for each feat, and general progress is more than three times as fast. This has been proven time and again by the writer.

I have had numerous pupils ask me how long it would take them to learn a particular feat, or a number of acrobatic feats to be put into a dance. This is impossible to answer in a general way because the results depend entirely upon the individual. Some learn in one-tenth the time it takes others to learn. Of course, the real expert instructor, after having a pupil under observation for a few lessons, can, in the majority of cases, give an approximate idea of the time it would take to accomplish the ordinary routines. Then comes

the polishing-up process which lifts the person from the mere performer to the real artist.

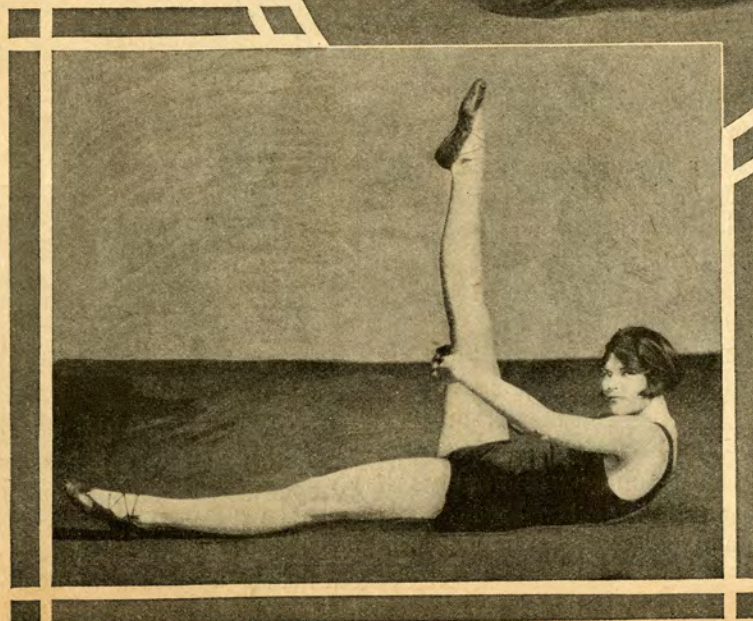
I would advise those contemplating a course in acrobatics to take the greatest precaution in allowing an inexperienced instructor to give what are termed "stretching exercise," because many of the so-called instructors know nothing about the loosening-up process. These exercises should be taken from the hands of experts only, so that the limbs that are to



Above: Returning to position from the Head-Kick.



To left: The Forward Roll-Over.



The Forward Roll-Over into a Split

be stretched (as some call it) will be placed in the proper position at all times during the exercise; otherwise the limbs will assume an awkward and ungainly movement either in dancing or acrobatics, instead of a smooth, graceful and eurhythmic movement. This phase of poor instruction is accountable for so many acrobatic dancers remaining mediocre performers instead of blossoming



The Split from the Forward Roll-Over.

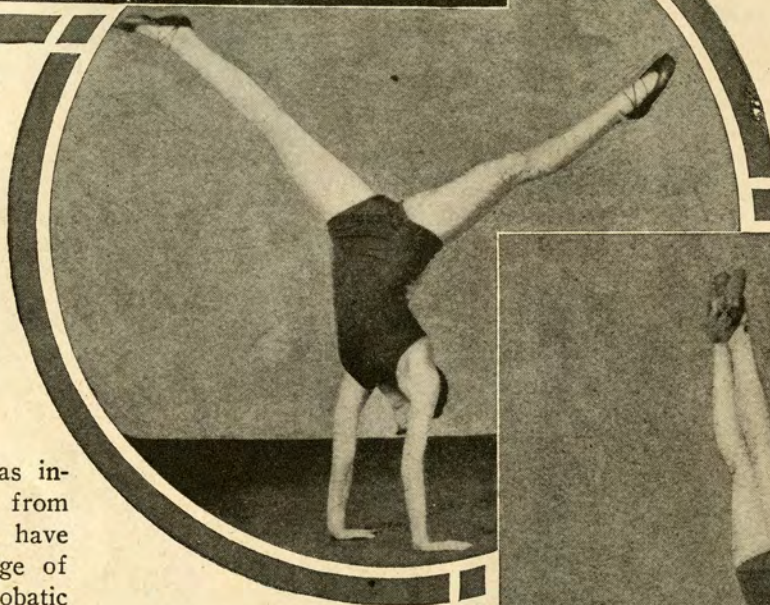
out as star artists.

How many instructors in America can explain the eurhythmic form of an acrobatic feat in motion? They may easily be counted on one hand. It is nothing less than criminal, for many of the charlatans who pose as instructors to take money from their unsuspecting pupils have not the slightest knowledge of this great essential in acrobatic art. The mere count—*one, two, three, four*, means nothing in acrobatics until the pupil has become proficient.

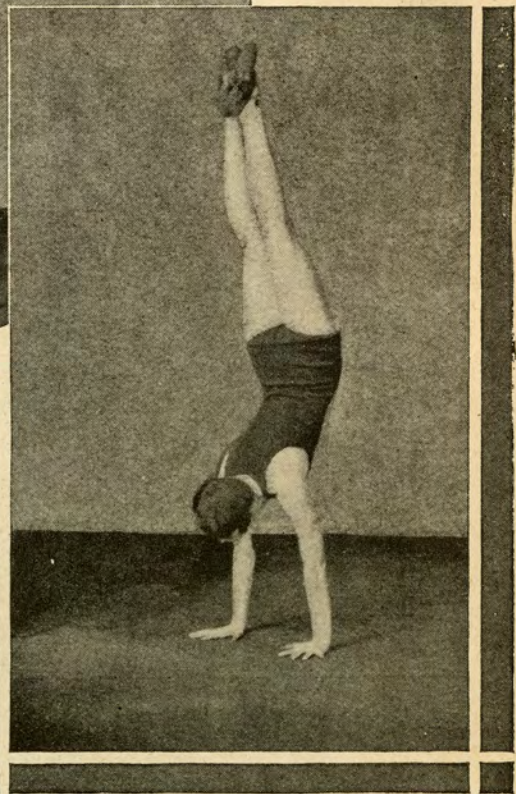
When sensible people wish to take up any of the higher arts, they do not go to an amateur for instruction. They usually apply to an instructor who is a proficient artist in the line they want to take up. Then why shouldn't this same procedure be followed in taking up the study of acrobatics? Proper training under the instruction of a superior artist is the shortest possible road to the final goal.

There is no disappointment so great as that suffered by those who have gone through a long training period and satisfied themselves that they have mastered the feats they are performing, when they happen to be placed alongside of a real artist who has had proper training, and they realize what a dismal failure they are in comparison. This is where the unlearning process begins, and unfortunately it is much more difficult than all their previous training has been, as they have to learn all over again on account of inferior instruction.

This article is written particularly for ladies and the



Correct position on the hands and spread of feet for the Cart-Wheel.



A Perfect Hand-Stand.

trainers of young children. The writer has had wide experience with training in the feats which should be taken up at the start of a course of technical acrobatic training.

The development of the lower limbs should have the first consideration. Practice the front, side and back kicks. These exercises not only loosen up the legs, but strengthen them at the same time. After the pupil has mastered these kicks fairly well, the lift kicks should be taken up. The lift kick is executed with what is known to the dancing artist as the "dancer's lift," also the "dancer's tempo." To perform this place the feet in a half turned-out position with one foot close up behind the other. The half turn-out means that the foot is not pointed straight ahead

or directly out from the side of the body, but is pointed just half way between the two. This is a very comfortable position and gives the pupil true acrobatic balance for leaving the ground or alighting. The arms are then held out at right angles from the shoulders, slightly bent at the elbows. The pupil then sinks by bending (*Continued on Page 69*)

Southward Ho!

On the road to Florida. What a tourist should do and does not do.

By Jack Russell

TO Florida or bust! That is the slogan of the tourists, streaming southward in a modern gold rush to Florida, which buries the famous rush of California in '49 into oblivion. Southward the gas-pulled caravans make their way. South of winter's icy domain to the balmy climate of Florida, is the destination of the tourists. Like birds of passage, these motoring robins head in the general direction of the Antarctic circle.

Vehicles of every description compose the strange procession which is thronging on pneumatic tires to that wonderful land, so rich in wealth and ground. Everyone, from a tramp to a millionaire bank-president, composes the variegated traffic of tourists, which congests the main highways and floods the villages with legions of people bent on the purpose of enriching their coffers.

Money is their main objective. It is a crime the way the tourists neglect their health and jeopardize their lives in the clamor for it. Many stories of blighted hopes and fabulous riches appeared overly exaggerated to me, but when I joined the cavalcade of tourists, I learned many things. The paramount thing, the most essential of all things, I found was sadly neglected, *health*. 'Tis true that many tourists go to Florida, like the famed Ponce de Leon of ages ago, not for gold, but to seek the renewal of youth and health, only to leave the fair Florida shores in profound disgust, because they merely wished to have their dearest desires granted, instead of exerting a little effort to attain them. Florida offers strength, vigor, robustness and the revived spirit of adolescence in an unusual form. Ponce de Leon and many of the cavalcade of modern tourists missed finding the greatest of prizes, their health and revived youth-

fulness, because they did not recognize it in its subtle disguise, and failed to work for it, thinking that by merely going to the promised land of Florida it would be theirs with the magic word of "open sesame." In that land, watered by a thousand streams and myriad lakes and springs, I did learn many things, that Florida does offer much to those who seek rest or fortune within her hospitable gates. And so, dear reader, if you are an automobile tourist, who motors much in the spring or summer time, who probably contemplates a trip to Florida, or even to Maine sometime, then lend me your ears, for I have a story to tell, a story of my trip to that land, which is unrivaled in the magnificence and grandeur of its beauty,

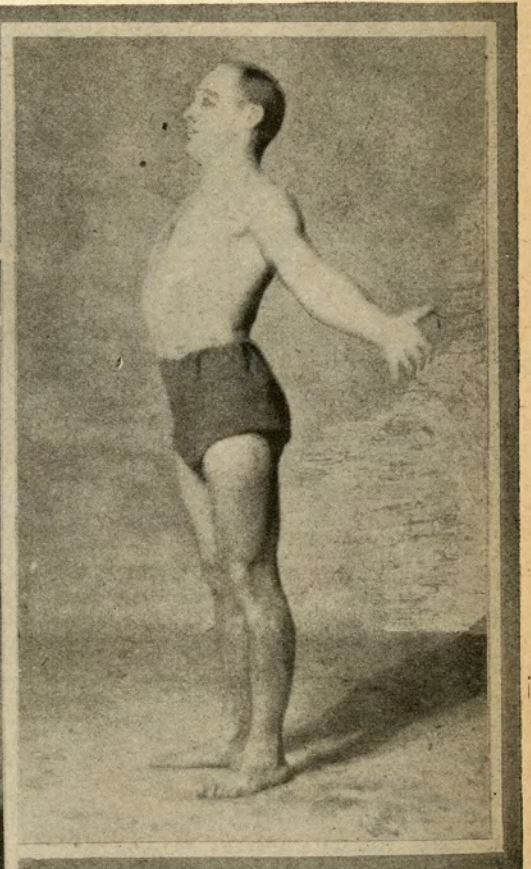
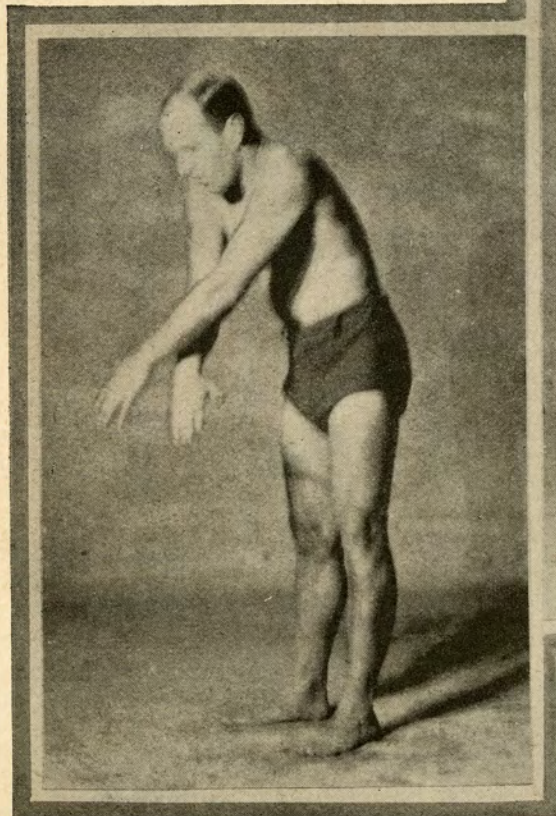


Fig. 1

Florida! A story that may be of value to you in helping you to enjoy your tedious journey, and in-

structing you to do what a

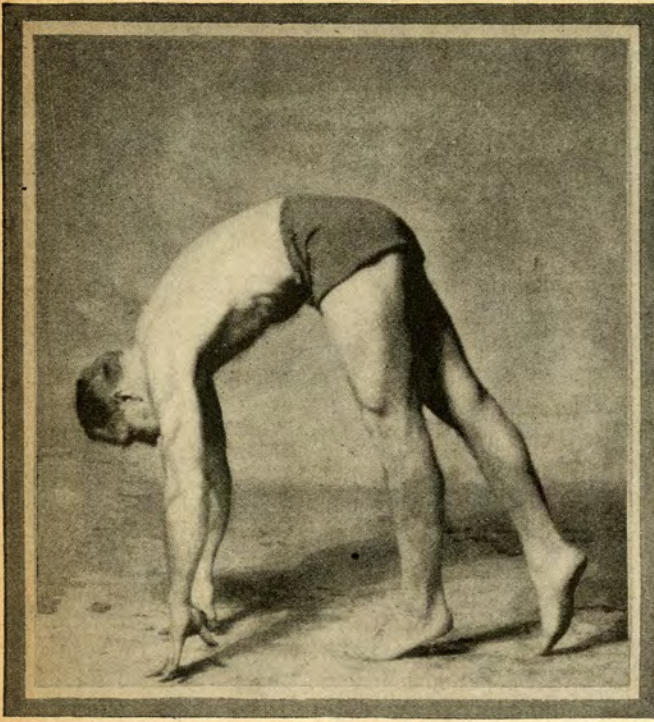


Fig. 3

tourist should, but does not do. A story that might aid in enhancing your health, rather than endangering it.

I left home the first day of last November, in company with three other young men, bent on seeking a fortune within the gates of Florida. Our destination was the city of Miami, the wonder city that has made such astounding progress in the past few years, at an unbelievable rate, that has made it impossible for the post office, railroads and city government to cope with the rapid growth, and relieve the congestion that has accumulated by the multitudes of people who hourly pour into the portals of that great city.

It was drizzling slightly the morning we left, and after a few hours of travel, the rain commenced to come down in torrents, making the highway slippery and dangerous. So in the inimitable city of our Presidents, Washington, it behooved us to put up at a hotel for the night, though we had a tent and quantities of foodstuffs with us to avoid this unnecessary expenditure.

We slept well that night, and refreshed from our sleep we awoke the next morning and found it bright and sunny without, which made us jubilant and eager to be on the road again. As we slowed down to pass through Alexandria over the line into Virginia, we had a severe blow-out that compelled us to purchase a new tire, since our repair work failed to have any effect on it. So we lost several hours during the process of replacing the flat tire, but it gave my chum and my-

self an opportunity to perform a few stunts for several hundred school children, in a nearby school yard. As we had a set of bar bells along with us, we amused the throng of onlookers with a lifting demonstration.

All day long, on the second day of our journey, we sped through the purple hills and green woodlands of Virginia, and I noticed that the farther south we got the more vehicles we found on the road, all in the strange army pouring southward, and each one striving to keep pace with the other, as though to beat him for the pot of gold at the journey's end. Indeed, in many respects, the motoring parade that led us southward resembled an old-fashioned gold rush. The only difference I took cognizance of was that the majority of the tourists paid out the gold instead of taking it in.

Many in that motor army carried camp kits or drove homes on wheels. They generally spent the night at tourist camps, of which there is an ever-increasing chain all the way from Washington to Miami. Those who do not camp are privileged, of course, to go to hotels, boarding houses or inns. Years ago the trip was full of obstacles and hazards. Today the jaunt is simple, as there are fewer hardships, and those who meet with hardship do so simply because they make it themselves. Good roads have replaced the previous thoroughfares of doubt, although the roads in Georgia are an exception, for they are both deplorable and abominable. And the scenery all along the way is picturesquely beautiful in its humble surroundings.

Late in the night of the second day we stopped at a tourist camp beyond Richmond, all in from the excessive driving. How our driver withstood his long vigil at the wheel I shall never know. He seemed to be a veritable demon for punishment. We arose early, in view of getting a good start, but none of us were refreshed from

our sleep. Thus we set forth for the third day's journey in low spirits and very cantankerous. I felt miserable all that day, because I failed to take my usual workout with the weights, and my chum felt likewise.

For some reason we did not make much progress on the third day's journey as we calculated we would. So while the majority of the procession camped for the night we resolved to push on, and burn extra gas and energy, to make up lost time. The result was that our nerves balked, and all of us got unbearably cranky, and commenced to cuss one another. This, however, did not relieve the raging tempest that was brewing inside, and when a breakdown of the engine left us standing out on a lone road, miles from water and a decent place to camp, we were sore beset. We slept where we sat, lolling in cramped attitudes in our seats, and, consequently, the next morning we were far worse than before. Our driver



Fig. 4

smoked cigarette after cigarette incessantly to relieve his jagged nerves. I kicked up the dust in the road every few minutes, in a temperamental exhibition of profound disgust, for our car still stood where it had stopped and my little chum was under the machine working like blazes till he became exhausted in getting the durned thing to go.

At last, after an interminable length of time, we got on our way again, 'mid an uncanny silence and brooding over our plight. From Durham, North Carolina, to Aiken, South Carolina, it took the heart out of us. If we had one breakdown we had a hundred and one, but we renewed hope as each time we succeeded in repairing the damage and, as we saw numerous wrecks along the road which were the last remnants that told a ghastly story of the fate of those who persisted in hastening their journey, it behooved us to exert more care and proceed slowly.

Hundreds, becoming discouraged, turned back; many had to do so on foot, so depressing were the conditions. Still we pushed on in the maze of cars, proceeding in an unending stream southward. Pounding and smashing over a dozen detours, we finally crossed the border into Georgia, and met with the deplorable roads that

"sixty" all day, as if in greeting to us on our advent into Miami, our journey's end, and all this had to come on that ghastly day, Friday the 13th. Well the trip was over, and we were glad, and, dear reader, since you have read this far, I conclude that you

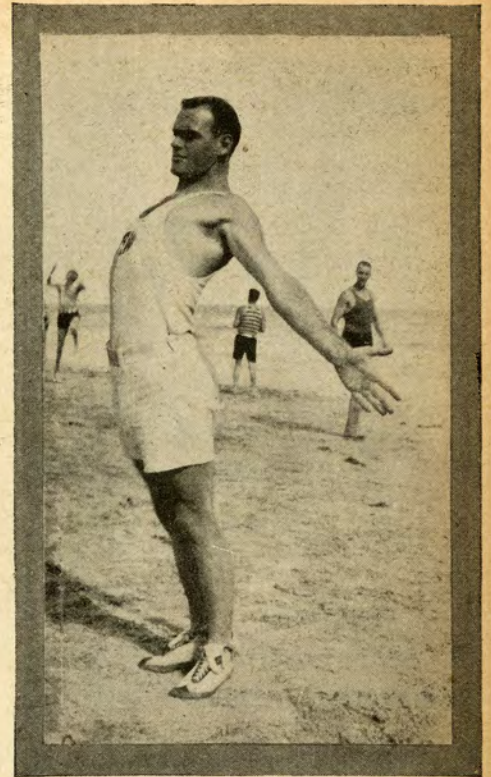


Fig. 5



Fig. 6

gave man and machine a fearful beating, as we smashed blows into deep ruts that appeared like chasms to us, and the wheels screeched deafeningly as they bounded and catapulted over the snarled tops of the roadbed. We swallowed a "ton" of dust for every inch of the way it flew into our eyes and ears, and spattered our car each time it careened and plunged over those veritable canyons of ruts, and they were "some" canyons at that, even if it does sound greatly exaggerated. Believe me, if I ever gave thanks, I gave it then, when we safely reached the Florida border; but that is not all.

That the Georgia roads battered us so badly was evidenced beyond Jacksonville, for then commenced a series of breakdowns that virtually drove us mad. Near St. Augustine, on the famous Dixie Highway, a very serious accident occurred which held us up considerably. Thus, on Friday, the 13th of November, we rolled into Miami, Florida, after pushing the car several miles. We were disgusted, out of funds and hungry. We were weary, dirty and, to cap the climax, it rained like

must be an autoist, so now be patient while I proceed to enlighten you on the DO'S and DON'TS of such a trip, that I count as an invaluable experience.

The first thing you should do upon awakening in the morning is to jump up and get out into the fresh air, with as few clothes on as possible. Then exercise, and the best ones for you to do are as follows: First, how about trying some deep breathing exercises to start the day right and get the blood circulating properly. Here are a few good ones, that I religiously execute every morning. Stand erect with the arms in front, palms on the thighs, and slowly bend over expelling the air from the lungs. Now slowly raise the trunk, breathing deeply, and as you raise up, reach up as far as possible, stretching the arms to their highest degree and retain the breath a few moments. Now relax completely, expelling the air in the lungs vigorously by crushing it out with the arms, swinging them inward across the chest. Fig. 1 shows the athlete retaining the breath and stretching tall, while in Fig. 2 he is seen crushing the air from the lungs. Repeat this exercise several times, then relax for a few moments. In the next exercise on breathing deeply, inhale the air as in the manner executed in the previous exercise, retain the breath, then thump the chest with light taps, doing so very rapidly, and then exhale, crushing the air out with the vigorous inward motion of the arms. Executing this exercise once or twice is insufficient. You must, if you expect to feel the exhilarating effect these exercises have upon the system, repeat both of them several times, preferably five times for each exercise.

Every animal stretches when it awakes from slumber. You have seen the cat dig her (Continued on Page 90)

Eugene Sandow

The Non-pareil

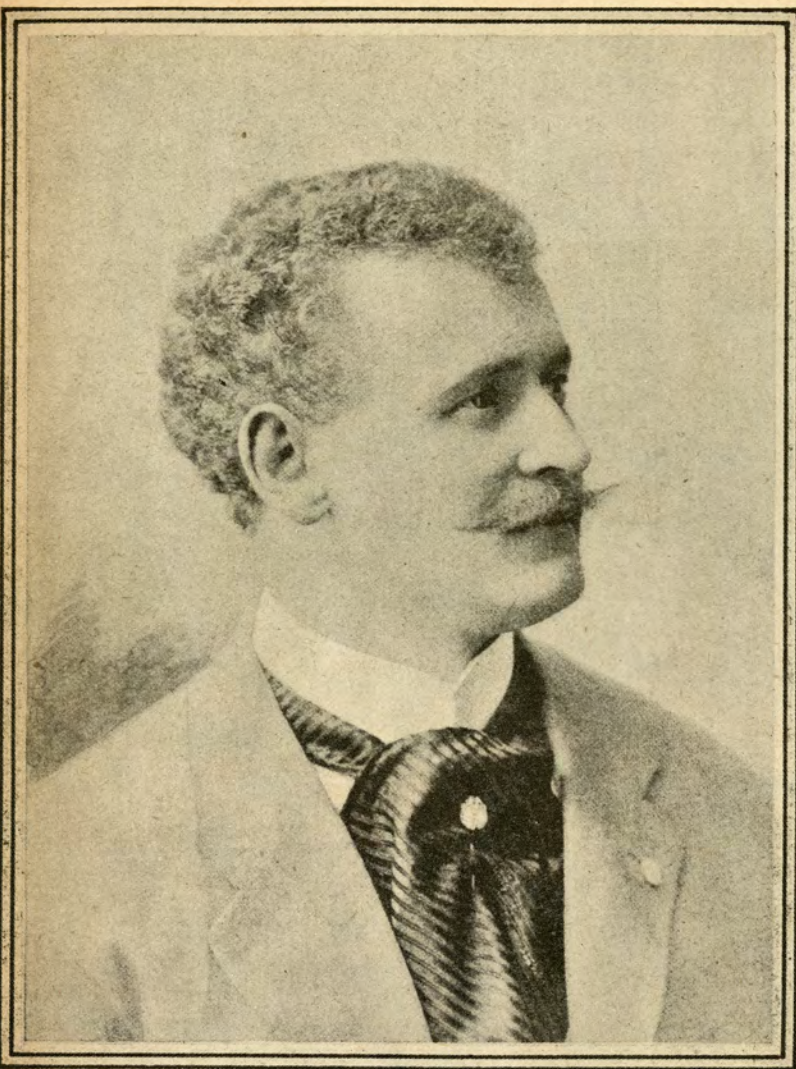
A story of a Famous Athlete—
His feats and accomplishments

By George F. Jowett

Eugene Sandow. He has gone from the ken and haunts of men. He is no longer with us, but he has left a wealth of material behind him for which the world acknowledges its debt.

We are told that some men are born great, others have greatness thrust upon them; Sandow's life is an example of both—but let us turn back the pages of time and review this notable character's history from the beginning.

The light of day dawned upon him in the year of 1867 at Konigsberg, Germany. As

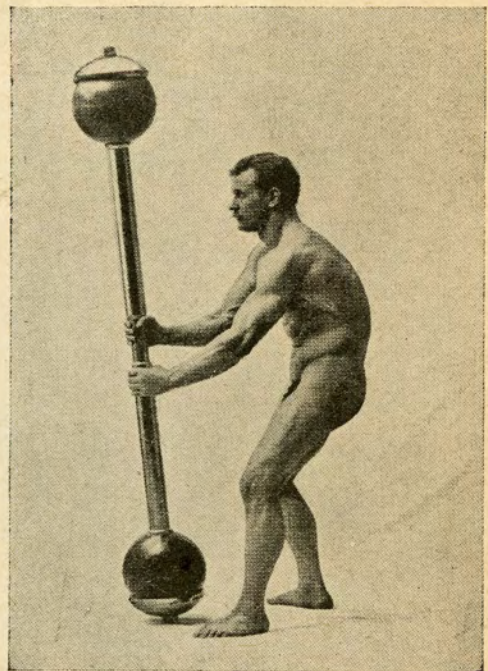


Eugene Sandow, the Non-pareil. The man to whom the world owes so much, as its greatest physical inspiration

EUGENE SANDOW—Just two words, but what a wealth of romance and magic is woven around them. As the mind ponders upon that name it drifts back to mythology, where the lords of Valhalla hold sway with the legendary heroes of Rome and Greece. It hardly seems possible that the material world of the twentieth century ever accepted a living individual, and cloaked him with the same glamour. But it did. Eugene Sandow is not a myth, he was a living, breathing being of flesh and bone like you and me. Yes, but such flesh and bone!

A short time ago an artist friend called upon me, and naturally we began to discuss things physical. The artist's admiring glance swept over the beautiful photographic physical specimens that adorn the walls of my office, and he asked me whom I considered to have had the greatest combined attributes of physical beauty and posing skill. For an answer I reached into a drawer and pulled out a photo of an athlete who stood in the center of the Roman Coliseum. I did not have to say who it was. The artist knew instantly, and he breathed "Eugene Sandow!" I added the same words that were first uttered by the famous English artist, Audrey Hunt, when he gazed upon that beautiful figure at Lido near Venice, nearly forty years ago. "The Non-pareil."

Truly, there have been many magnificent specimens of physical manhood since the advent of that famous luminary. But they have all been duplicates or imitations of the great master. There was only one



Sandow preparing to rock his big bell to the shoulder, prior to making a bent press. This is the lift he popularized.

a child he was very delicate and frequently his life was despaired of. Once while visiting in Italy with his father he found his inspiration in the wonderful studies of sculptured art that they viewed in the various art galleries of Rome and Florence. On his return home he commenced his studies, that were, in time, to make him famous over the entire globe.

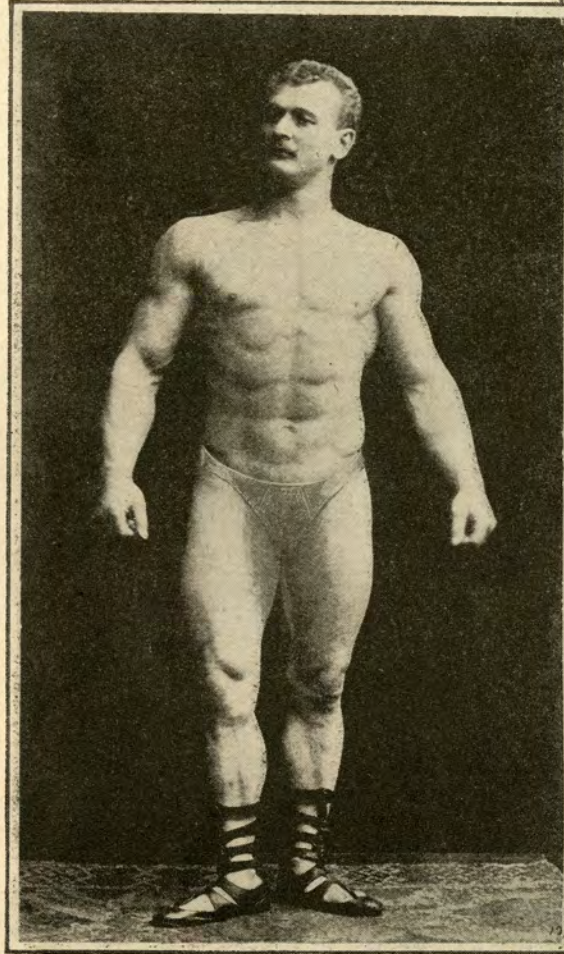
In those days the culture of the body was very little known. People of that time believed that if you were to be strong you had to be born so, and nothing else could change your physical condition. But Sandow, with the keen perception that characterized his whole life, had his own ideas, and with the crude apparatus of that period worked out his own salvation.

Between the age of eighteen and twenty-two he became quite well known as an amateur athlete and wrestler, and devoted his time to making more perfect his already beautiful physique. It was in 1889 that Audrey Hunt first saw him, and to this talented Englishman, who gave to the world a new lease of spiritual inspiration from his glorious painting of Christ in

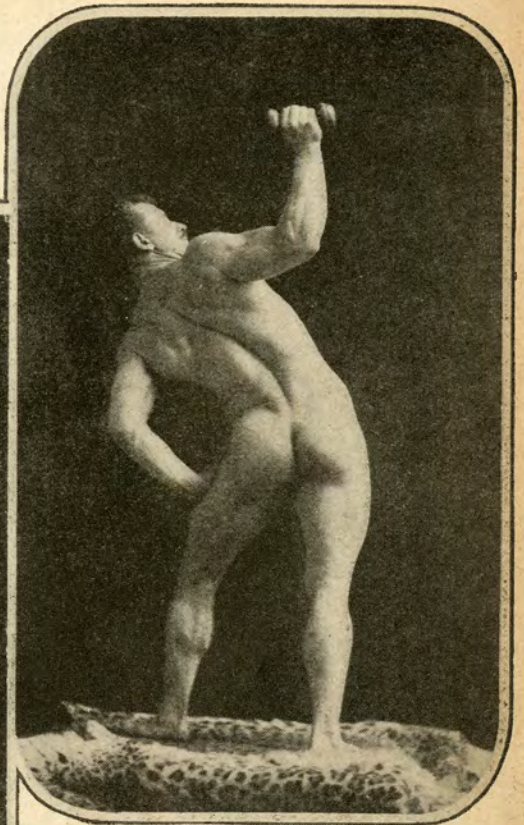
"Knocking at the Door," we also are indebted for providing the world with its greatest physical inspiration.

So deeply did Sandow's physique impress the great painter that he used him to pose for his famous painting of "The Gladiator"—a painting which he afterward presented to Sandow and which became one of his greatest treasures.

At that time England was paying homage to Samson and Cyclops, two famous strongmen billed as the strongest on earth, who were broadcasting challenges to all and sundry at the Royal Aquarium, London. Samson was offering five hundred dollars to anyone who could duplicate the feats of his pupil Cyclops, and five thousand dollars to the man who could follow Samson in his routine of strength tests. Hunt explained all this to Sandow, and urged the young Teuton to journey to London and accept the challenge. Without any delay he set forth, and on arriving in London got in touch with the famous Professor Attila, who immediately took the young man under his wing, acting as his guide and preceptor. That very night they accepted the challenge, and as Sandow leapt upon the stage in evening dress, a storm of derision from the audience met him, for he did



In repose his body presents the symmetrical form that made him famous.



The splendid formation of his back is accentuated by the curve of the powerful spinae erectus muscles.

not look like a hercules in his full dress. As he divested himself of his coat and displayed his shapely arms, the crowd became silenced and the smile quickly left the lips of Samson.

According to history, Sandow not only duplicated the feats of Cyclops but followed Samson through his routine. Just the same Samson refused to pay over the challenge money, and a match was arranged to

take place that same week to decide whether the flaxen haired youth was entitled to the money.

An amusing incident presented itself on the night of the match. Samson was firm in his belief that Sandow would never turn up, and as the hour approached for the contest, there was no sign of Sandow. Samson was parading the stage in assumed anger explaining to the public why Sandow had not appeared. The truth is that Sandow was trying to force his way through the excited mob without success. He looked too ordinary in his street attire for anyone to believe he was the challenger. At last his manager thought of the stage door, but when they got there, the doorkeeper refused to unlock it. This made Eugene angry, as time was becoming far too precious to waste on an obstinate doorkeeper.

With a few well directed blows he crashed his fist through the panels of the door and burst in, slightly injuring the doorkeeper in the process, but a substantial tip overrode this individual's objections.

The match consisted of various feats of strength, such as bending iron, breaking cables and chains. In the end Sandow was declared the victor, but he never received the forfeit money.



Two beautiful poses of the great Eugene at the age of 25.

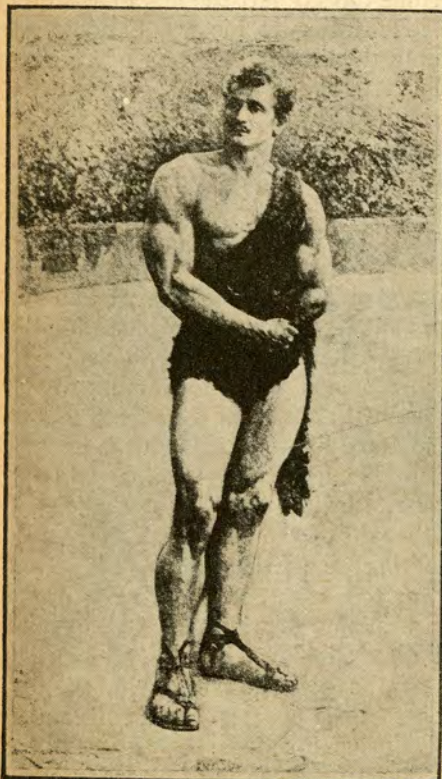


Sandow's star began to rise as Samson's faded away, and he was offered a contract to tour England in vaudeville. He accepted, signing up Attila with him. This great athlete was a born showman and a man of extraordinary strength.

It was he who developed Sandow to the state of efficiency at which he arrived. We who knew Attila speak of him as the "great Attila," because we have a profound respect for his fine attributes. Death claimed this grand old man

at the ripe age of eighty-six years, about three years earlier than his famous pupil. Up to a week or two before his death, he attended his gymnasium on Broadway, New York, daily.

God was good to Sandow. He bestowed upon him a facial beauty and personality that were as rare among mankind as his beautiful physique. Added to this was an artistic temperament that made his acts



A reproduction of the famous painting of "The Gladiator" posed by Sandow for Audrey Hunt, R.A.

so classically original. He would spend hours to polish a feat with grace and perfection. Every gesture was studied, so that any effort at affectation did not appear. He broke away from the old methods of displaying strength, introducing spectacular feats that have not been equaled up to the present time. Altogether he took London by storm and his remarkable feats, superb showmanship, combined with his beautiful physique, swept the press and public before him in a sea of rapturous adoration. Like a demi-god he was elevated to a pedestal that neither death nor time can ever tear down. Wherever he appeared, huge crowds turned out to greet him. Theatres groaned with the mass of packed humanity who came to witness his wonderful act. Never was an athlete paid the tribute given to this remarkable man. Women raved over his beautiful physical and facial charms, as much as men were awed by his remarkable ability and strength.

Unlike the strong men of that time, and to a certain extent of this time, he did not stuff and gorge himself with food and wine. He had recognized that strength alone was not sufficient to impress the mass. It was the body, and to preserve the classical

lines of his nonpareil physique, he used the hours that others spent in feasting and drinking on bodily exercise. He introduced classical posing in his act, and what a revelation it was!

The curtains drawn aside in darkness, with only the soft lights bathing his form, never failed to thrill the spectators with adulation. From one pose to another, he passed with a natural grace that displayed his torso and Herculean form like the glories of Greece.

He appeared among his fellowmen, as it were, like a beautiful Grecian cast among the ruins of Athens, and made men realize their physical inferiority. Then commenced a wave of enthusiasm for physical exercise that laid the foundation of the movement so firmly established today.

Sandow over-rode prejudiced opinion like chaff before a storm. Some called him a charlatan. But, he had what they had not. *He had the goods.*

He was the greatest interpreter of the poseur's art ever seen. We might safely say that he established this school of body training. If you examine his poses you will readily see the unassumed artistry. There is nothing forced or affected. His action studies are full of natural vigor, while the relaxed poses are the quintessence of physical poetry. When we stop to consider that all his photos were a production of the early art of photography, his physique can be better appreciated. This profession had just emerged from the tin-type pictures, and being in the early stages of progression, the photographer did not have the many devices that are used today. Now a photographer can make an ordinary specimen look wonderful, but not in those far away days. You posed on your merit.

It has been claimed that Sandow was the inventor of

the bent press, but this is not so. He learned the lift during his contest with McCann, but the real credit for inventing this lift belongs to an obscure European athlete. Yet it remained for Sandow to perfect it. His quick mind saw the possibilities of this lift, and he perfected it and included it in his act. This lift was sufficient to convince the public, and they asked for nothing more as a guaranty of his powers.

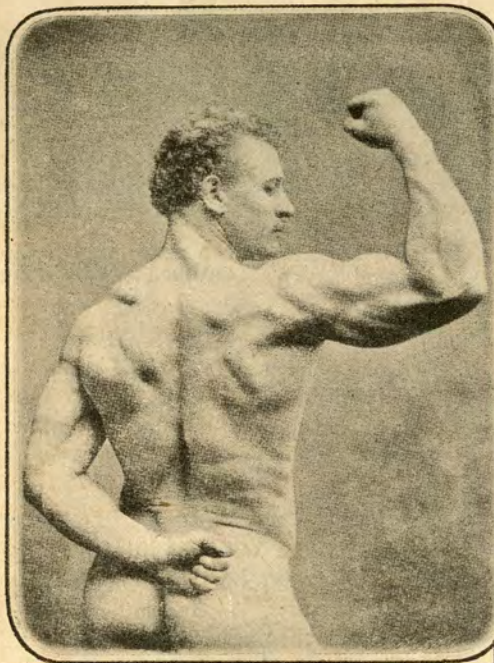
He dazzled the public by his claim that he could raise more with one hand than any other strong man could with two. (This was before the days of Saxon.) His best official performance in the bent press is a lift with a dumbbell weighing two hundred sixty-nine pounds, which he carried to the shoulder with two hands, and from there pressed overhead with the right hand. He was very good in the Crucifix lift and held out a seventy pound weight in one hand and a fifty-six pound weight in the other hand. His wonderful agility was demonstrated at every performance by turning a somersault while holding a fifty-six pound weight in either hand. Another of his feats, which was very spectacular, was to ride around the stage sitting on the side of a white horse, with his feet held in a strap fastened to the belly band of the horse. As the horse was trotting around the stage, Sandow would lean over backwards and pick a man off the floor and sit up with him as in an abdominal raise. Another of his feats was to carry the horse off the stage with the animal's weight supported at arm's length overhead.

His entire act was stimulated with carefully selected music composed by himself, consisting of a martial piece entitled "Marche Des Athletes" and the waltz "Sandowia."

He was thorough in everything and was chock full of originality. His unique methods of obtaining publicity out rivalled many of our present-day sensationalists. Indeed, there were times when this natural resource stood him in good stead, as he was not always in an affluent condition. A very amusing instance of this took place prior to the point where I commenced my narration. It was not long after he first met Professor Attila, who was at that time conducting a school in Brussels, that he decided to try his luck alone on the stage. He arrived in Amsterdam, Holland, without any luck and was feeling pretty downhearted. Calling upon various theatrical managers, he was brusquely told they had no room for a strong act, especially for one featuring an unknown star. Returning to his rooms he dejectedly thought over the situation. At last he struck an idea that he knew would give him the required publicity. According to his plans, he sought out a

reliable cabman, and took him into his confidence, at the same time soliciting his help in a financial way. The cabman agreeing to the conditions, it was decided that he would call for Sandow during the early hours of the morning. Then they were to make the rounds and visit all the public weight-lifting slot machines. On each one, Sandow demonstrated its inefficiency to cope with his strength. In other words, he outlifted the machines and wrecked them.

The next day, the papers were filled with the news, giving a vivid word picture of a gang of hooligans destroying the machines. As soon as the machines were repaired Sandow repeated his depredations. This time a big reward was offered to anyone giving information that would lead to the arrest of the gang. In the meantime they were repaired again, and Sandow set out on his third excursion. This time he was observed by a party who was anxious to secure the reward. Rushing off to the nearest police station, the observer laid his complaint, but urged them to send at least twelve policemen if they hoped to capture this super-human physical being. They came across our friend right in the act of breaking another machine and surrounded him. Sandow peacefully submitted himself to arrest, as it was in accordance with his plans, and he was led to the police station along with the cabman. They positively refused to believe the statement that he broke the machines alone, and the com-



In the above pose his magnificent arm is displayed to a splendid advantage.



Below—Sandow posing as the "Farnese Hercules" in which he shows combined quality of grace and strength better than the original.

missionaire was sent for to sentence Sandow. When this authority arrived, Sandow retold his story, and emphasized the fact that he was a strongman by lifting the biggest policeman off his feet and slamming him down on the bench. For greater conviction he led them to one of the machines, explaining that he had done no wrong. He had only sought to exercise his arms, and he had always placed the money in the slot which entitled him to the exercise. Shrugging his shoulders, he naively added, "It was not his fault that the machines were not strong enough."

Giving the commissionaire an actual demonstration, he more than convinced that worthy, who broke out into laughter until the tears streamed down his face. Sandow was released, and the next day the papers were full of his doings. People crowded to the hotel where he stayed in order to see him. This brought a lot of business to the hotel, and the management showed their appreciation by revoking all Sandow's hotel debts, and gave him the best suite in the house. Offers poured in on him to appear at local theatres, which he did for a short while, in an act with Attila, afterwards returning home where he shortly was to meet the famous English artist.

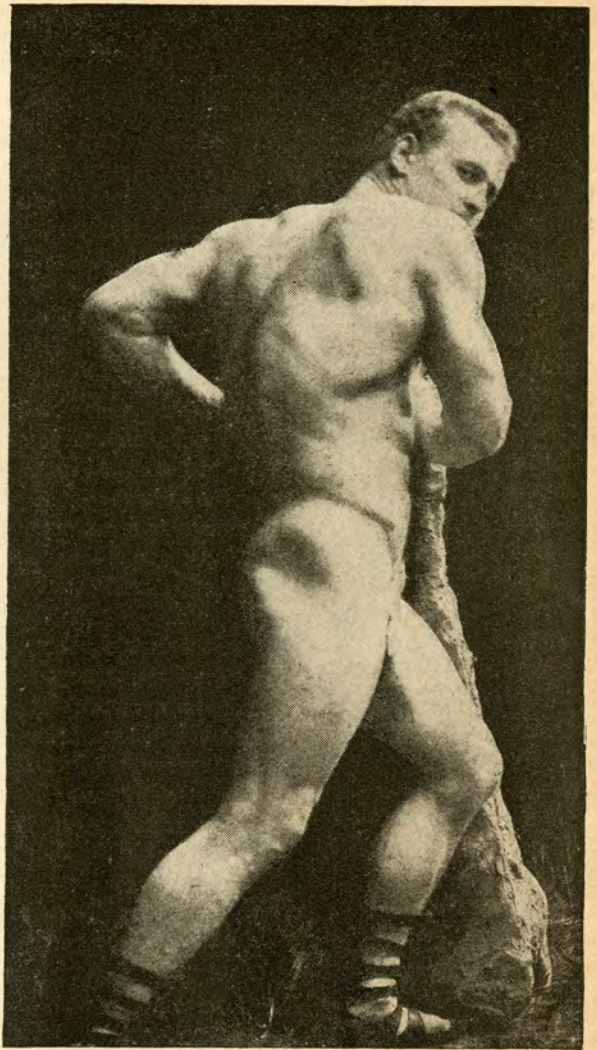
He was a showman par-excellence, and his American tour, which followed his English tour after defeating Samson, was another triumph. On being asked how he acquired his physique, he explained that he first took up light work, but received no results; then he commenced using dumb-bells and bar bells, and found that by gradually increasing the weight, he soon was able to throw around one hundred pounds. He continued this system of exercise and progression, until he finally became the possessor of his magnificent physique and lifting strength. But it should be remembered that in those days they did not have

the convenient bar bells that we have now. Oh, no! It cost a young

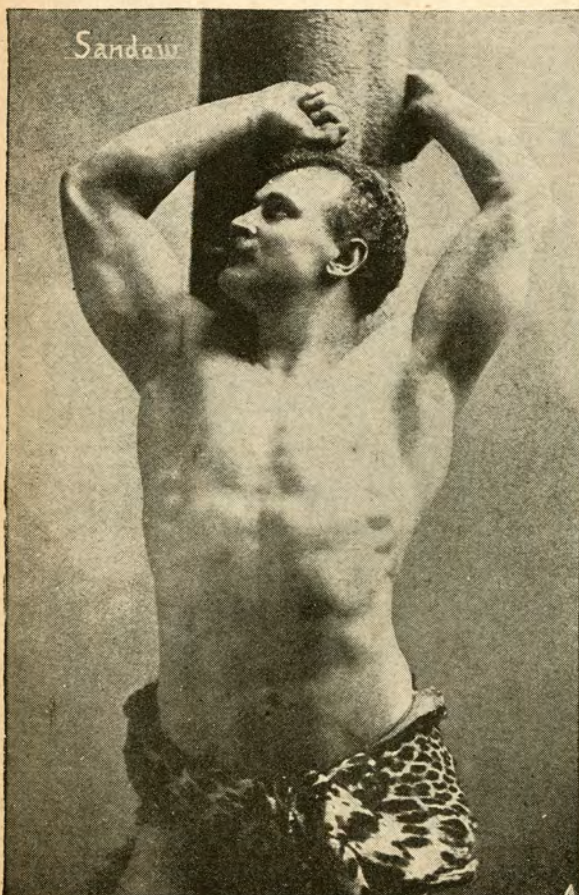
fortune to be a weight-lifter then. Nearly all the bells were solid type and the more expensive ones had to be loaded with shot or sand. When the wave of enthusiasm for physical exercise swept England and America, Sandow was deluged with requests for his secret for acquiring physical fitness. He thought it would be impossible to introduce heavy solid type dumb-bells and bar bells into the home. Searching for a more convenient way, he developed the spring grip dumb-bell and made a fortune. The plate loading bar bell did not occur to him. This means of exercise was left to others to supply as the next step on the ladder of physical progression.

Sandow was a firm advocate of bar bells. His invention was born of the desire to give the public something convenient, at a nominal cost that would satisfy them in keeping normally fit.

He placed before the public a system of training that made it possible for every member of the family to practice. He actually introduced home training. This was not all, his activities extended into the British military service and he was appointed general physical director of the British forces. He advocated a new and better system of physical training in the public schools and colleges. In fact, his decision on physical matters became law. Apart from his commercial instincts I will always say this of Sandow, that he was a true disciple and believer in physical culture. His contribution to the cause was one of the mighty coupling links in the chain of physical progression. He became an (Continued on Page 81)



Power, grace, and physical beauty are forcibly outlined in this remarkable action pose.



Sandow among his other qualities stands out as the originator and most perfect poseur in physical history.

WHEN a man or woman is actually sick it is too late for the benefits of physical exercise. Then is the time to see a doctor. For the health seeker as a distinct individual from the strength seeker, the gymnasium is not necessarily either the beginning or the end of his problems.

Sometimes it is only by interviewing personally a thoroughly competent physician that he can get the advice that will make his perfection in health and bodily development more sure. Should you write us and should Dr. Rubin find that you are in this class, we would notify you at once. Every physical culturist should know his organic and glandular condition as thoroughly as his muscular system and we wish to aid you in accomplishing this.

We have been receiving many letters every month similar to those Dr. Rubin has answered in this issue and Dr. Rubin will continue to answer such questions as he can and will publish a few letters each month, selecting from his correspondence those letters of the greatest general interest. Enclose a stamped return envelope with the queries and we can assure you of a prompt reply.



H. H. Rubin, M.D.

Ask *the* Doctor

Department for Solving Your Health Problems

By H. H. Rubin, M.D.

QUESTION: I would like you to please give me information, as fully as possible, pertaining to a fallen stomach, and how to treat same. I am 56 years of age, and about a year ago I was pronounced as having chronic appendicitis, after having an X-Ray taken. Last fall I was told that I had congestion of the intestines. On seeing a doctor, and having another X-Ray taken, I was told that I had only a fallen stomach. I was put on a strict diet, and told to exercise. The doctor mentioned something about putting a bandage or belt or something about me to help keep the stomach up, and also the abdomen, but have done nothing in this regard to date.

Prior to this time, I had taken a lot of medicine such as physics and digestive medicines, but he advised that I quit this medicine altogether. In addition, he told me to sleep with my bed raised about 6 to 8 inches at night, which I do. I find that I get along fairly well, but have to take a Hinkle tablet from time to time. I still get sick at the stomach once in a while, but I suppose that this is from eating something that does not work off properly.

This doctor does not believe in operations unless positively necessary and I believe that he follows along the line of the general advice given through the *STRENGTH* magazine. He has actually prevented my having an operation as the other doctors were bent upon my doing. I am sure that this doctor is right so far, but thought that possibly you may be

able to advise something modern in the way of treating the trouble mentioned, and therefore took the liberty of addressing you with this in view.

I do not seem to gain any weight, and get to look more peaked. I feel pretty well until I get sick at the stomach. I take a mineral oil twice a day, plenty of water, and buttermilk when I can get it, and sweet cider. Any information that you can give me for the improvement of my condition, and especially pertaining to the fallen stomach and its cause, will be fully appreciated.

W. E. T., New York, N. Y.

ANSWER: To get the best results in a pro-lapsed stomach, just spread a quilt or a rug upon the floor. Lie prone on this, then flex the knees so as thoroughly to relax the abdomen. Then commence at the lowest part of the abdomen; grasp as much of the tissue as you can hold firmly in your hands. Exert strong rotary pressure, rolling the tissue deeply, always forcing the abdominal organs in an upward direction. Then gradually sink your hands deeper into the structures, carrying the pressure higher and higher toward the cavity of the thorax, or chest. Five minutes at a time is about all you will have strength for without unduly tiring yourself.

If you are at home, or if you are where you can do these exercises, repeat the manipulation four times every day, always with the point in view of forcing the organs to the maximum degree of height.

The best time for you to practice these exercises is on awakening in the morning, just before lunch, before dinner, and again before retiring for the night, for at these times the stomach is most nearly empty. After several minutes manipulation, drink two glasses of cool water. Then continue the massage until the gargling sound of the water shows that the fluid has passed into the intestines.

Don't be afraid of getting the abdominal organs up too high, for Nature will automatically prevent any upward displacement. In fact, an upward displacement is an anatomical impossibility.

If you follow this treatment faithfully, you will be likely to get relief almost from the very first treatment. And this relief will progress, from day to day, until your trouble will be absolutely overcome.

One of the first good effects you will notice will be the relief of constipation. Usually, inside of two weeks, the constipation will be overcome and normal daily evacuations brought about.

Many people look for relief to abdominal belts and supports. These are usually a hindrance to muscular functioning. You can easily see the reason for this. For supports and bandages only serve to increase the inactivity of the muscular coats of the stomach and intestines. They aggravate the general weakness. Perhaps you may have a temporary feeling of relief from wearing the supporting bandage or abdominal brace. But the final result will only be to make the muscles weaker and weaker by giving them nothing to do, and you will find yourself worse off after ten days or ten years than you were when you started.

Drink plenty of water, and take the juice of several oranges mixed with water. Avoid white bread and white flour products generally. Also all demineralized cereal foods, and vegetables that have had all the vital mineral salts thrown down the kitchen sink. You will also find a splendid "tonic" effect in properly prepared bran, in the cellulose of vegetables, and in fruit pulp and fruit juices. But avoid coffee and strong tea. They are nerve-wrecking; and stomach-destroying.

Another thing most useful in all forms of stomach trouble and lack of muscular tone is the local cold pack, taken for its contracting effect upon the muscular tissue. Just take a napkin, saturate it well in cold water, spread it over the abdomen, and cover it with a bath towel.

You will be surprised at the way this will tone up the stomach and the muscles of the stomach and the abdomen. If you go at this treatment with sufficient vigor you should secure almost certain relief in these conditions.

QUESTION: I am bothered with little white worms. I visited our family doctor who claims they are pin worms. They are located in the rectum and are itchy. I have tried a few things with no result.

A. G., Fairmont, Minn.

ANSWER: Dissolve a handful of ordinary table salt, or as much as the water will take up, in a couple of quarts of cool water. Inject this into the lower bowel, holding it there as long as possible before expelling. Repeat this nightly for a week, and your pin worms will be all killed off and passed away.

QUESTION: About two years ago, I was given a thorough examination by the Life Extension Institute of New York. The examining physician found among other things that my heart was "markedly enlarged with some changes in its sounds." The family physician told me to take up out-door work and to take things generally easy. According to these reports I was destined for oblivion, so I thought, and I was going to drop a good paying job for some outdoor work. But amid all this I was somewhat skeptical. I read somewhere that the heart can be strengthened by physical exercise of the strenuous sort. I decided to try it. I purchased a 160 pound bar bell from a Philadelphia concern and went to work. My heart did not bother me as far as I know. I proceeded slowly until after a year of this kind of work, I decided to undergo a physical examination again. This time by a noted and strange physician. The doctor, through numerous tests, found my heart to be normal. Its sounds were in every way beating normal, but he advised that I should cut out entirely these strenuous exercises that have improved my heart. Now, I would like to know the advisability of doing this.

J. G., Brooklyn, N. Y.

ANSWER: It is always poor policy to damn the bridge that carries one over. According to your own statement, your heart condition, by physical exercises, has been improved so that the lesion found by the doctors at the Life Extension Institute, and your other physicians, has been corrected. If your heart sounds are normal at the present time, and if the heart condition has been so improved, I most emphatically would not recommend any change in your regime.

QUESTION: I have been suffering for the last three years. In the winter time, my nose gets very red, it runs and gets very cold. I went to a doctor and was told to have my tonsils and adenoids removed. I did but as yet my nose is in the same condition. Can you tell me what the trouble is?

M. R., New York, N. Y.

ANSWER: Your red nose is the result of lack of circulatory power. This in turn probably has its origin in deficient activity of the adrenal glands. I have seen a number of cases in which stimulating the adrenal glands into their normal state has cured chronic red nose. In addition, you should take cold baths, brisk rubs, plenty of outdoor exercise and eat light but nourishing food.

QUESTION: What is good to stop sweaty feet?

A. D., Providence, R. I.

ANSWER: Soak the feet every night before going to bed for at least five minutes in a solution of permanganate of potash, enough to color the water with a pronounced bluish tint. Sometimes, plain rock salt dissolved in water will have a good effect on sweaty feet. McKesson and Robbins, a well-known manufacturing druggist, produces a powder called Marathon Foot Powder. I have seen many cases of sweating feet cured by shaking this powder into the shoes and stockings every day for a while.

QUESTION: I am eighteen years old and have a slight case of leakage of the heart. I have been growing rapidly and am not very well developed. I have started to exercise with a progressive exerciser, and the after-effects are very good. Can you tell me anything that will cure heart trouble? Would it be necessary to give up the work with my exerciser?

J. E., Chicago, Ill.

(Continued on Page 68)

Gymnastics for Health and Strength

How to use the Parallel Bars—Some Spectacular Feats

By Leonard Hanson

THE bar bell athlete is more accomplished in a greater number of sports than any other type of athlete. He is capable of running, jumping, boxing, wrestling, playing football, baseball, in fact, everything, because he has the *power*. He has the advantage of a well-balanced body in which every muscle understands co-ordination.

As a gymnast he is supreme. Being physically better equipped and more capable, he learns stunts upon the various forms of gymnastic apparatus much more readily.

In my early days I was particularly good in gymnastics. I loved to master a trick; and working to perfect myself at any one feat was a pleasure, because I enjoyed it. I found a few minutes spent in the gymnasium were always good, because they helped to keep me supple and quick. As heavy as I am today, I find no difficulty in doing the stunts that I performed when I was a young, light boy. If I did not have the strength, I could not do them, and that is one of the great blessings I owe to bar bell exercise.

Every young chap loves to be a good performer and I believe in developing all the talent possible in oneself. It takes away the dread of monotony from exercise. Better still, it helps to develop a better body and builds an artistic temperament, without which no athlete is a finished performer. I especially like the parallel bars. They are the best piece of apparatus in the gym, for many reasons—one is because they are safe. Anyone can do something on them. Their scope is greater, and they involve the development of the whole body.

There is something fascinating about the skillful exercises that cover the work on the parallel bars

—the swings and dips, balances and twists, as well as the combination stunts. A fine feature of the bars is that more than one can work on them at the same time. In fact, any number can, and if you have a chum, you will have more fun if each one works at the opposite end or side, competing with each other in stunts and style. Some fine acts can be worked up with one, two, three, four or six persons.

In my estimation, not enough information has been extended to the average physical culturist to enable him to learn some of these branches of sport. Perhaps this has a lot to do with many body culturists losing their interest. There is a saying that "variation is the spice of life," which applies as much to body building as to anything else.

STRENGTH MAGAZINE leads all others in the constructive educational material that fills

its columns. This article is another instance of our good faith and sincere interest in our readers and our desire to place before them information we know is interesting and beneficial.

While these outfits may look very

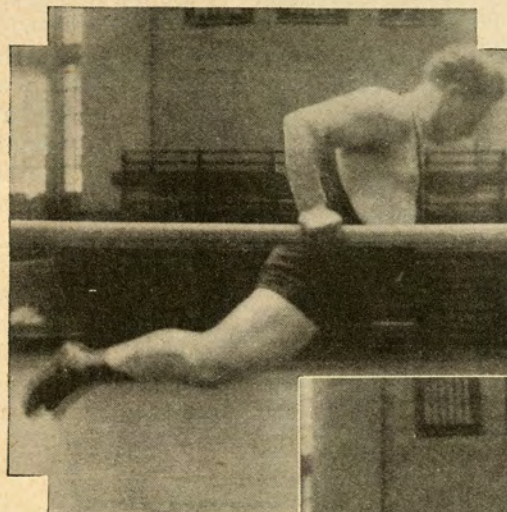


Fig. 1



Fig. 2



Fig. 3

complicated, they can easily be made on a less extravagant scale. As a boy I made my first pair of parallel bars with four uprights on a solid platform, with good timber, rounded off, for the bars. So anyone who cannot get to a gymnasium, or who does not attend a university or gymnasium, can make a set, and start right now to develop himself into a skillful performer.

The exercises I have chosen are such that they can be easily mastered, and developed into more difficult feats. In other words, they pave the way for the best results. Altogether, there are numerous exercises performable on the bars and, in fact, every new performer generally has some feat you never saw before.

Fig. 1 shows the gymnast performing the exercise termed "pumps." The object is to keep in the position shown. By relaxing the arms, make a quick dip,

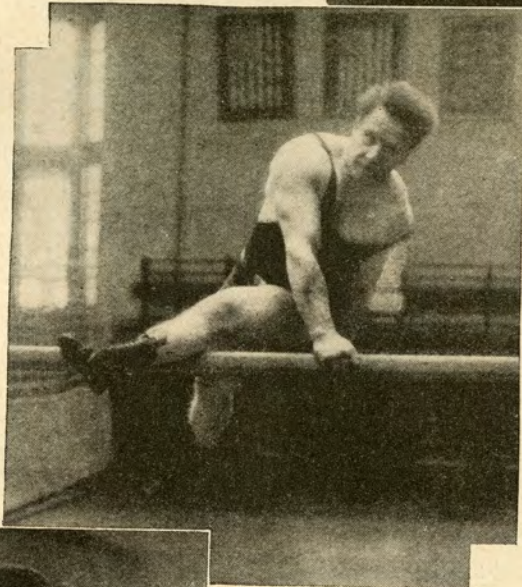


Fig. 5

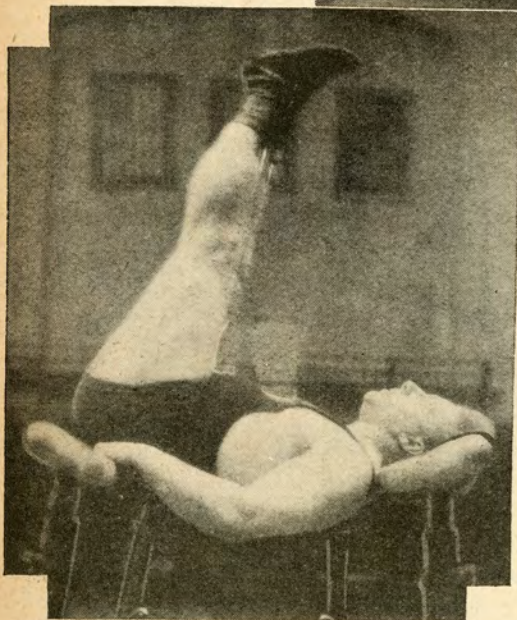


Fig. 6

little more snappy. You should assume the arm's length position between the bars, grasping them at the extreme ends. Get plenty of swing, and when you are at the height of the backward swing, spread the legs out over the bar, lean forward, and push away with the hands, allowing the legs to cut through each arm and alight on the floor.

It is not as hard as it looks, but if you are a little afraid, practice cutting through one arm only, off the ends of the bar. A little practice will give you sufficient courage to perform the clips off the ends, as we term the exercise.

Now the next exercise is the primary exercise that teaches you all the balances on the bars. A gymnast secures absolute control in a very easy

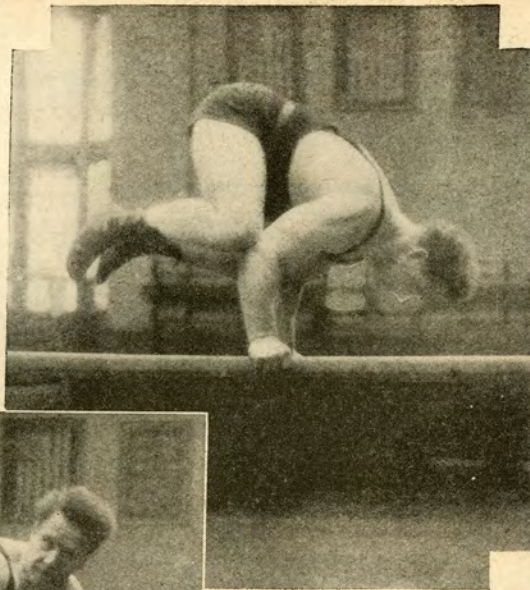


Fig. 4

which lowers the body between the bars, but immediately straighten out the arms, allowing the body to travel forward, and then catch the bars. Continue all along the bars in a series of "pumps," and as you alight off the end, snap to attention as you finish the exercise. Remember, though, you are not allowed to use the legs as a means of propulsion by swinging them. It must be purely an arm movement.

There is an exercise termed "Swinging Jumps." In this, the gymnast keeps the arms straight throughout, and is carried along the bars solely by the swinging motion of the legs.

Fig. 2 shows an abdominal exercise. In the first place, the gymnast keeps his legs hanging down, the whole body being in the upright position. Without any swing of the legs or body, the legs are slowly raised to the position illustrated. When this position is assumed, the toes should be pointed forward as much as possible, and without lowering the

legs allow them to travel together sideways as much as possible, first from one side then to the other.

Another variation is to spread the legs sideways in a fan spread movement. The abdominal muscles obtain some fine work from this exercise. It is not so hard. If you allow the body to lay back into the arms, a balance is secured that makes the exercise much easier.

The third exercise is a

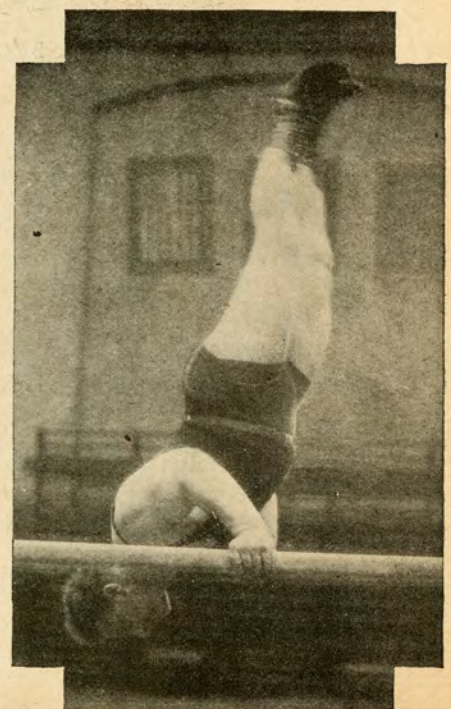


Fig. 10

manner. By perfecting the Japanese balance, one finds it is just the next step of progression to straighten out the body and arms into a long arm balance, or handstand on the bars.

The regular position is taken in the middle of the bars — body straight and supported by straight arms. From this position the legs are drawn up, and elbows are bent so that the knees are received upon the back of the upper arms, which act as supports. Do not be afraid to lean forward in order to secure sufficient balance, as it is necessary that you do so. When this is mastered you can practice the variation of allowing one knee to rest on the corresponding elbow, and the other leg straightened out in a line with the body off the elbow. Keep straightening each leg out alternately as quickly as possible. The movement will teach you better control.

Number five is rather a complicated exercise. We call it the scissors. It is a very spectacular movement. A gymnast can make the performance very spectacular, as it always impresses the audience as an extremely difficult feat, which it is not.

You take up the regular position in the center of the bars, and by swinging the legs get lots of momentum. The higher you swing the better, but be sure to keep the arms straight during the swing. When you are satisfied that you have sufficient swing, prepare for the

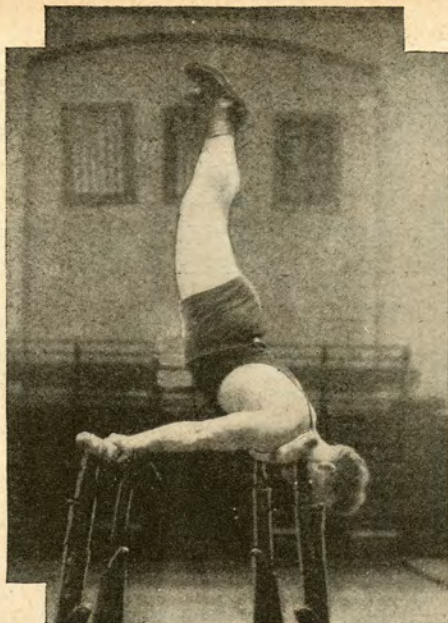


Fig. 7

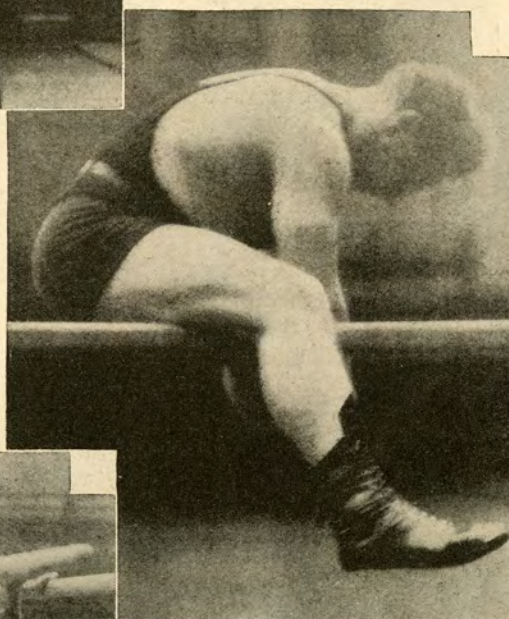


Fig. 8

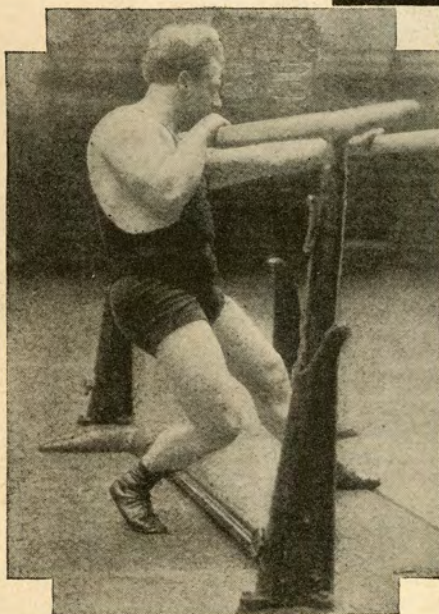


Fig. 11



Fig. 9

next movement when the legs are traveling backward. As they swing high back cross them with the left leg travelling under the right leg. At the same time let go with the hands and twist the body around, so that the exercise will finish with you sitting astride of the bars, in the opposite direction from which you commenced.

Fig. 5 gives you an idea of how the legs cross. I simply held onto the bars so the reader will see just how the exercise would be performed in slow motion. As the hands are released, the body will twist to the normal position.

This exercise can be performed in the reverse position; that is, cross the legs in front instead of behind. But this is much more difficult, and a lot of confidence is required to make the swing and body twist.

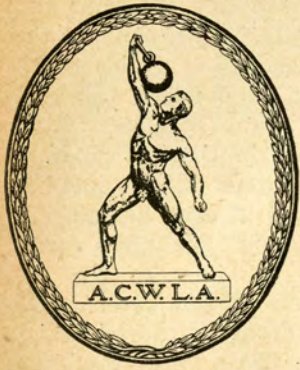
Number six is very easy. Lie upon the bars with the neck resting on the bar and the legs straight out. With a quick kick up, throw the legs over the head and hang onto the bars until you feel the weight of the body pulling as it travels over the bar. Imme-

diately let go and bring your arms quickly to the sides as you land upon your feet facing the bars.

A shoulder stand can be practiced from this position. You simply kick up with the legs, and while holding onto the bars, push out, straightening the arms. The completion of the exercise will find you balanced on one bar with the shoulders and the feet and body straight up in the air.

Number seven is just the reverse of number six. You throw up while lying face downward across the bars and make a chest balance as shown in Fig. 7.

The next exercise is the primary movement in the "dive between bars." The beginner simply sits astride of the bars, and dives between (Continued on Page 82)



American Continental Weight Lifters' Association Notes

By John Bradford

THE month of December was truly a month of great events. Instead of having only one show to report on, I have at least five, and all top-notchers. Baltimore and Pittsburgh both came into the limelight, while New York and Philadelphia ran their regular shows. In Oregon and Louisiana there were interesting shows and enthusiasm is running high, spreading its fertile effects in many other cities and states.

ters, makes it more easy for us to secure these luminaries and witness their splendid feats. We often wish it were possible that other centers were within reach, so these boys could perform for the benefit and inspiration of our brother members.

Our president had a hard time in securing the German wonder, Karl Moerki, but he just camped on his trail until he finally landed him in Philadelphia for our show on December 5th. The reception accorded the star of the evening was wonderful. We had the largest and most enthusiastic attendance up to date turn out to see the famous lifter, who has defeated in competition such famous notables as Carl Swoboda, Rondi, Strassburger, Steinborn and Schienderet.

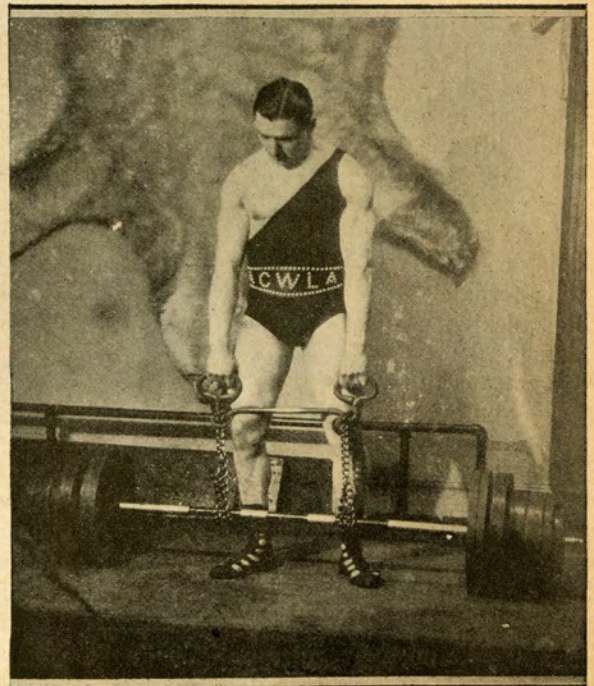
The show started off with an interesting demonstration of posing and muscle control,



A group of famous lifters who performed at the New York show on January 16. From left to right: K. Moerki, W. L. Travis, Pres. G. F. Jowett, Prof. P. H. Paulinetti, A. Leslie, A. Reverdy and S. Klein.

It is unfortunate that we have not a greater quantity of stars to appear at the various shows, but each nation only has three or four, and unfortunately they cannot appear everywhere. We are very fortunate in America, for our Democratic spirit entices many of the foreign stars to our shores, and we have the privilege of seeing them perform. Generally they come with letters of introduction to our president, who loses no time in signing them up for a show.

The fact that New York and Philadelphia are popular cen-



The famous New Yorker, S. Klein, making a lift with President Jowett's new adjustable outfit.

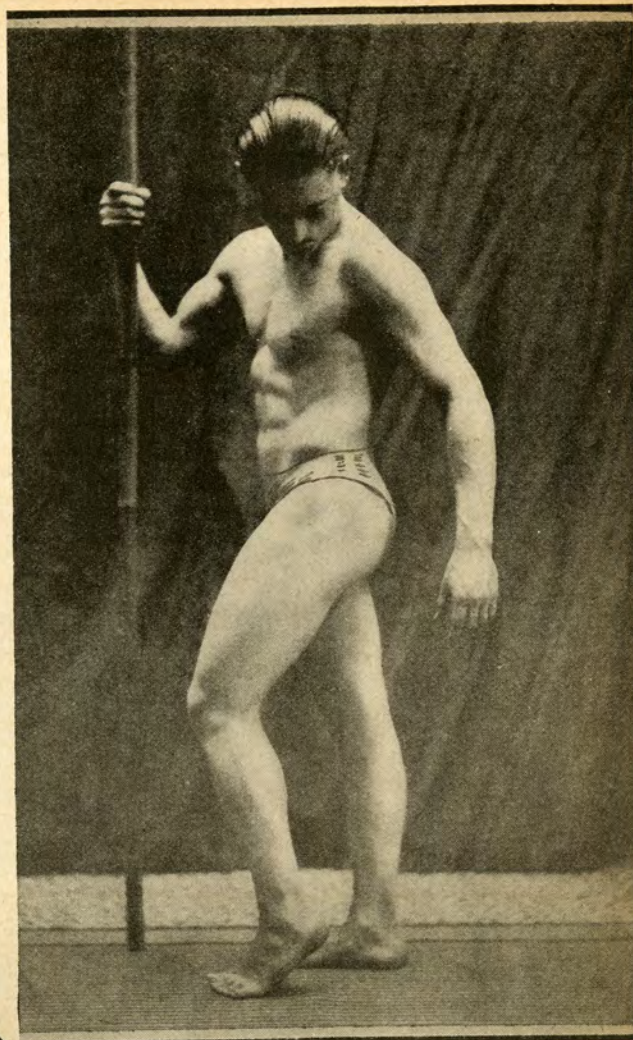
by that fine interpreter of muscle control from Camden, New Jersey, Edward Geiser. His studies are more perfectly interpreted every time, and always take well with the spectators, who encored him on this occasion.

That grand old man, Professor Paulinetti, next thrilled the onlookers with his astounding intricacies of balance. To the delight of all there, he conducted his act with explanatory remarks on how to master the various feats. Naturally his remarks were received with the greatest attention and appreciation.

The sons of Vulcan next took the platform, commencing with Young Joseph Dettor, of Birdsboro, a very promising featherweight, who makes the bodyweight of 124 pounds. His object was to break his previous Two Hands Dead Lift record, which, by the way, was a world's amateur record. The game little chap was wonderfully successful. Starting above his own record with 420 pounds, he finished with 435 pounds in perfect style. By all appearance this little chap is going to make trouble for the others in the featherweight class. There is nothing like competition in sport.

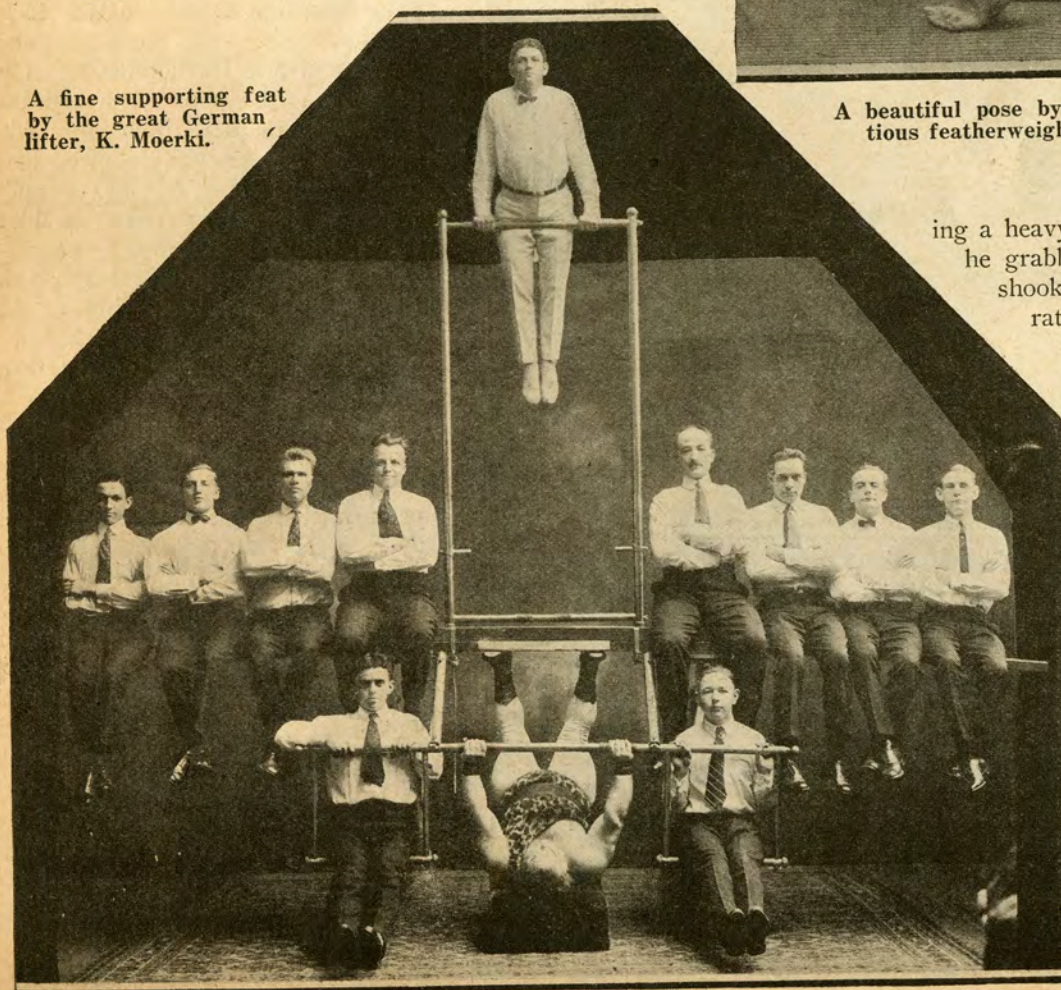
Another Birdsboro boy took the stage in the personage of our old friend, Anthony Pellicotte—but Tony was clean out of luck. He tried hard to establish a new record in the Two Dumb-bells Anyhow. Struggling with a total of 224 pounds he lost out on every try. It was hard luck for Tony, as he has been successful several times in practice with this total weight. Being a little bit too confident, crabbed his efforts.

Pellicotte was followed by a novelty act given by Kulsek and O'Malley. Kulsek did some fine nail bending and breaking stunts, employing the hands and the mouth. Driv-



A beautiful pose by Piantoni, an ambitious featherweight record breaker.

A fine supporting feat by the great German lifter, K. Moerki.



ing a heavy spike into a thick board, he grabbed it with his teeth, and shook it like a terrier does a rat, until it broke in two.

O'Malley assisted in various stunts. Acting as the attacker in a demonstration of self-defense, Kulsek, Pennsylvania light-weight wrestling champion, showed how easy it was to tie a tough up when you know how. They wound up their turn with a lively ten minute wrestling bout, which was full of snap and greatly appreciated.

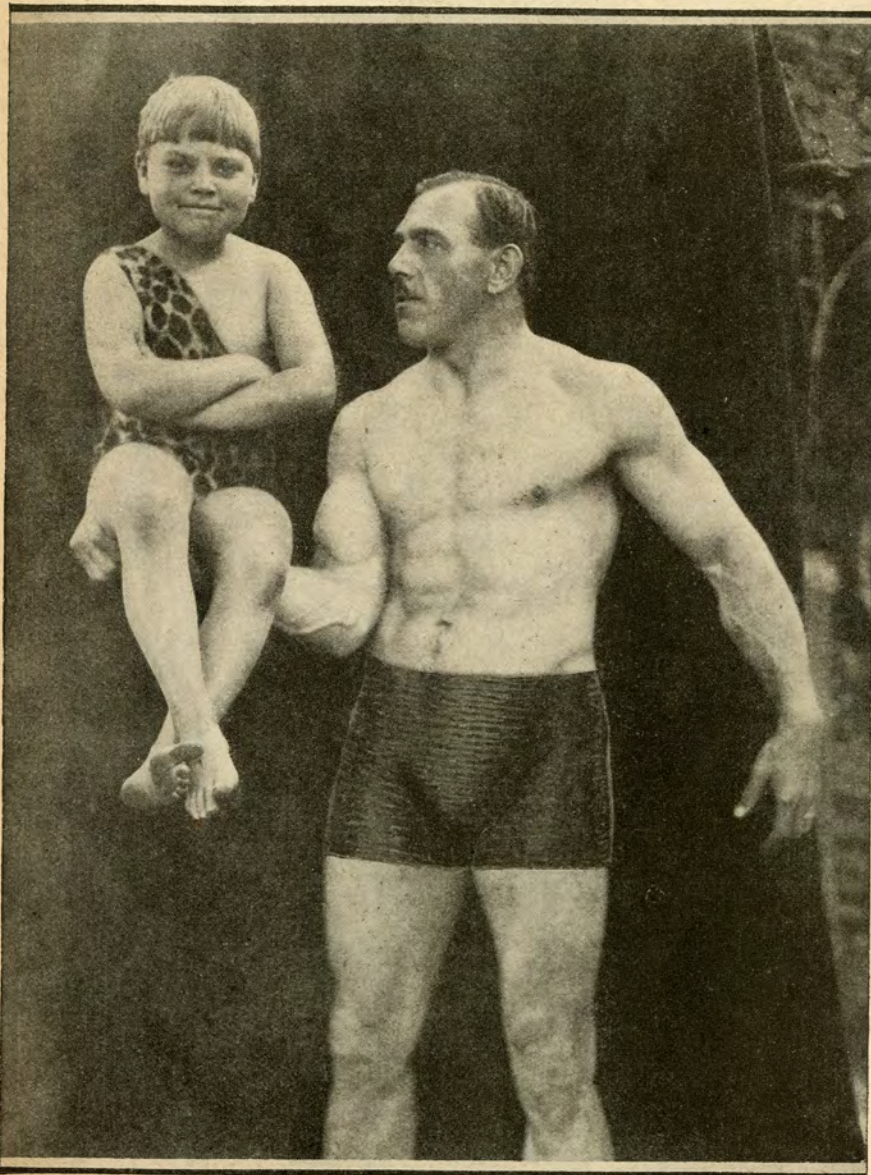
Mr. J. Leonard Mason, assistant physical director of the University of Pennsylvania, gave a

remarkably pleasing interpretation of club swinging. This splendid athletic pastime seems to have died out in recent years, but once seen it immediately regains its popularity. Mr. Mason kept up a clever patter throughout his demonstration of the many intricate swings, twists and twirls. We'd like to see Mr. Mason come again. He is great.

Philip Piantone, of Norristown, and A. Parrotto, of Philadelphia, successfully made attempts to win the A. C. W. L. A. silver medal on the five lifts. Parrotto scored the highest total with 778 pounds, Piantone made 768½ pounds.

The brothers W. DeCaro and E. DeCaro, of Philadelphia, both cleared the total that entitled them to the silver award in the one hundred and twelve pound class. Wm. DeCaro created four new amateur records during his try-out. His total was 693 pounds and Ed. DeCaro 683 pounds.

All the last four named boys are full of promise in their respective class. They are very young, but have mastered the science of each lift very well. Just so well that we will not be surprised at anything they do in the future.



A recent pose of the great German, Gorner, who is now in South Africa with the coming world's champion hercules, Van Diggelen, the son of a famous father.

Frank Dennis and Marquis Losey both secured the special gold award for their poundages on the five lifts. Dennis scored 1102½ pounds in the middleweight class and Losey made 1000 pounds in the lightweight class.

Karl Moerki, of West Haven, Conn., formerly of Cologne, Germany, was the attraction of the evening. A big turn-out attended to see the big little man perform. Standing only five feet two inches high, he stripped at 220 pounds. Everybody was curious to see what the conqueror of Swoboda and Steinborn really could do. He did not keep us waiting long but started out with a spectacular one hand Snatch lift that thrilled the spectators instantly.

Taking a bar bell of 165 pounds with the right hand, he raised it off the floor about a foot, where he paused for a brief space of time. Then, like lightning, he snatched the weight to arms' length overhead without allowing it to touch the floor. Five times he repeated this in succession, without lowering the bell further than the waist. His dips were perfect, and hardly believable for a man of such a stature. Snatching it five times,

he finished by pushing it to arms' length twice in a style that was nearer to a One Arm Military than a One Arm Push. Satisfied with this succession of warming-up movements, as he called them, he deposited the bell on the floor and snapped to attention in the old time military style.

A storm of applause swept through the hall as the crowd of iron fans paid their first tribute to the stocky Teuton.

Without any further hesitation he grabbed a 220 pound bar bell and Military Pressed it three times with great ease. This was followed by a Two Hands Jerk of 330 pounds, which he jerked from the shoulders thrice, with no difficulty.

This was five pounds better than Steinborn's official showing at our exhibition—Henry only jerked the weight once against Moerki's three times.

Of course Steinborn has done more, and so has Moerki, but we only state what these men officially performed before us, unless their previous performance has been properly verified under the official ruling of some recognized association.

Moerki wound up his performance with a Deep Knee Bend of 550 pounds, with which he squatted twice.

The West Haven German became very popular, not only for his very unassuming manners but for the clever way in which he went through his performance. After he had finished his exhibition he was obliged to leave us immediately, in order that he could make his train connections.

As he bade the crowd good-night and left the hall, he was greeted with a crescendo of cheers that followed him to the outside. He went away thoroughly satisfied that he had met a bunch of good sports who appreciated him on his merits.

No doubt a list of this worthy's measurements will interest our readers.

Height five feet two inches, weight 220 pounds stripped, neck 19 inches, Biceps $18\frac{1}{4}$ inches, Forearm 15 inches, Chest Normal $47\frac{1}{4}$ inches, Expanded 50 inches, Thigh $28\frac{1}{2}$ inches, Calf $17\frac{1}{2}$ inches. Despite these large measurements, Moerki has an unusually small hand and wrist, but he certainly has no trouble as far as his grip is concerned.

The officials of the evening were President George F. Jowett, M.C. and referee, E. Allen, B. Butler and Chas. Durner, judges, with Teddy Mack, inspector of scales, and C. Collier, loader.

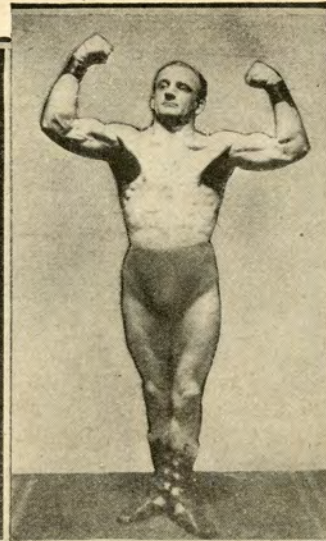
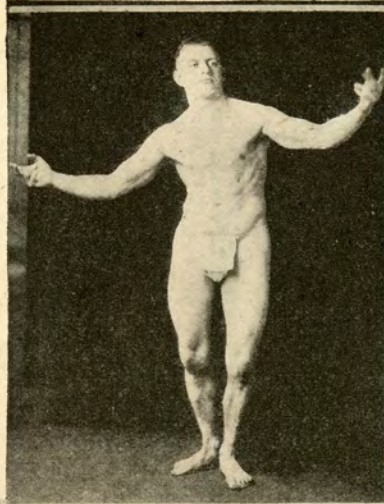
On the same night, December 5th, Baltimore put on its first show, through the efforts of our very enthusiastic representative, Arnold Schiemann. They had a splendid card and some fine lifting was performed.

They showed that they have some wonderful talent there besides the boys whom we know. J. J. Miller made a wonderful showing, scoring $1038\frac{1}{2}$ pounds for his total on the five lifts. This is Miller's first public appearance, which leaves no doubt in our minds that he is going to make things hot for the rest of the middleweights in 1926. We are informed that he has a splendid style on all the lifts, which sounds good to us.

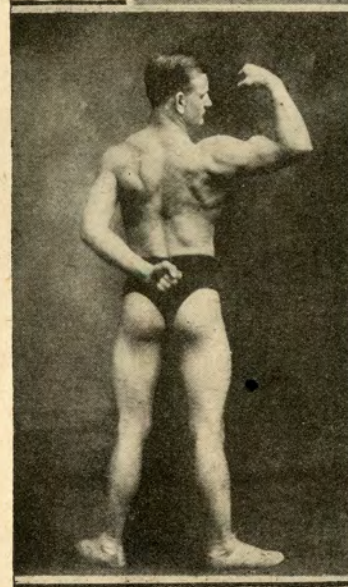
Mark Berry, national featherweight champion, bowed in defeat to the newer luminary in the cast iron firmament, Freeman, of Baltimore. Berry has been unable for a long time to make the featherweight limit, and in order to make it on this occasion he fasted and sweated out in Turkish baths. Even at that he was unable to weigh in less than 128 pounds. He was so weak that he only was able to make two lifts. At the advice of our president, Mark will no more try to make the featherweight class, but will pass on up into the lightweight division, where we hope he will cover himself with as much glory as he has done in the past.

Freeman is a mighty good man and the guy who is

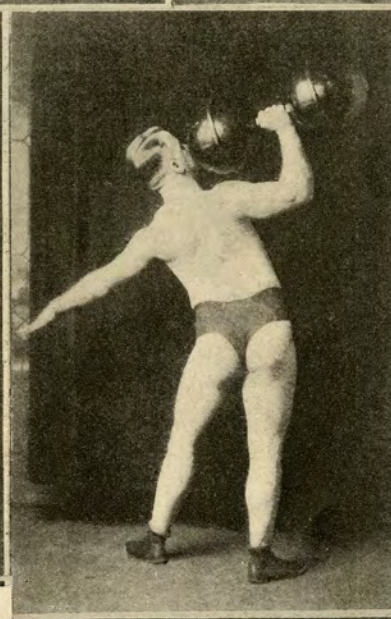
Vice-president O. Coulter, famous world's lightweight champion back and harness lifter.



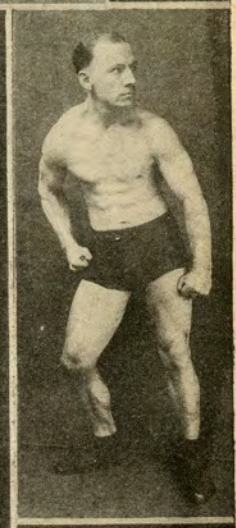
W. Olyphant, a famous teacher and Canadian representative of the A. C. W. L. A.



A. Schiemann, our enthusiastic Baltimore booster and lifter.



C. Swift, a promising Pittsburgh lightweight.



E. Faris, who, on his thirty-second birthday, bent pressed 190 pounds.

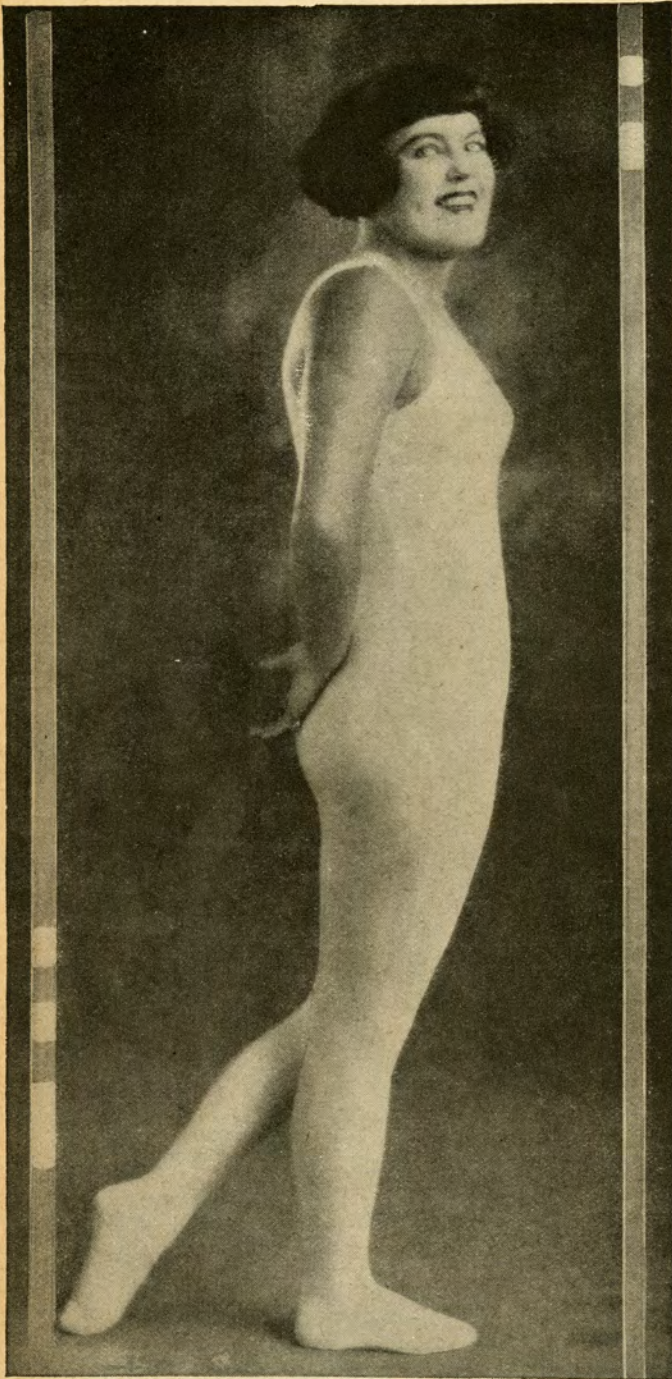
going to beat him in the 1926 title contest is going to go some. His total of $946\frac{1}{2}$ pounds made against Berry is not his best. At the present time it is hard to say where the titles might go to in the various classes, but we do know that in the first four divisions there will be changes.

Both Freeman and Miller won the special gold medal for their totals on the five lifts.

Robert Snyder, national lightweight champion, gave an exhibition on the One Hand Snatch and the Bent Press in his usual spectacular, polished style, which never fails to enthuse the onlookers.

This was followed by a contest between E. Fietze, at 148 pounds, and Robert Cronhardt, at $136\frac{1}{2}$ pounds, both of Baltimore. It was their debut in public lifting. Fietze made a total of 796 pounds against 721 pounds by Cronhardt.

The heavyweights next came forward to try their stuff on the five lifts. Al Manger, 184 pounds, had for his opponent Bob Hoffman, of York, Pennsylvania. Hoffman has improved considerably since his first match with Manger, and although (Continued on Page 75)



Bench Bentum, whose physique was pronounced one of the best among the winners of the Well Formed Women Contest. Her measurements are: Height, 5 feet 2 inches; weight, 126 pounds; neck, 13 inches; chest, 34 inches; bust, 36 inches; waist, 29 inches; hips, 38 inches; thigh, 23 inches; calf, 13 inches; ankle, 7 $\frac{3}{4}$ inches; upper arm, 12 inches; forearm, 9 $\frac{1}{2}$ inches; wrist, 5 inches.

IN this issue we announce four more winners of the 1925 Well Formed Women Contest. These girls have all secured their beautiful forms through correct exercise and athletic pastimes. The readers of this column who wish to secure beautiful bodies and lasting health should take these girls' advice and they will attain their desire.

* *

I am sure there are many who will be interested in knowing how to make their arms shapely, and the

Health— Strength— Beauty

(Our Girls' Circle)

*Conducted by
Marjorie Heathcote*

purpose of this article will be to suggest some way by which you can make your arms shapely, no matter what size they are. The thin girl wants to know how to build up her arms, and the stout girl wants to know how to reduce them.

As a matter of fact, the *size* of the arm depends a great deal on the individual's bony framework. A girl with large bones, naturally, has a larger arm, and the girl with small bones usually has an undersized arm; but as I have stated before, "size" is not necessary if the arm is shapely. The muscle tissue must be built up and made firmer, and excess fat must be taken off.

What we want to improve, then, are the arms that are big enough but have no shape, and the fat, flabby arms and the "skinny, bumpy elbowed" arms.

I have received letters off and on from girls asking "if olive oil or cocoa butter will round out the arms so that they will look presentable in evening clothes." I know such letters must come from girls who do not exercise, or who do not engage in some athletic pastime. I have found that the girl who exercises usually has a well rounded arm, regardless of proportions. I will say, however, that sometimes certain muscles are very stubborn, and specialization is necessary. I want to say that no skin food will build firm tissue or make the arms shapely.

Chinning the bar is a very effective exercise for developing the arms if it can be done. Practice it first with the bar **not** too high above the head, so that you can start with the elbows bent considerably. After you can do it that way several times, you can try it with the arms a little straighter, and so on until you can do it with your feet clear of the ground.

The floor dip is about the best exercise you can do. This is also a very difficult exercise to perform, and can be modified at first by placing the hands on the arms of a chair, with the feet on the floor, and pushing up to arms' length from that position.

The next exercise is for forearm development. Secure a light pair of dumb-bells or a wand. Hold these in your hands in front of your chest, palms turned down. Now bend the wrists up and down as far as you can

with a stretch. The tighter the grip the more vigorous the exercise. Repeat until the muscles tire.

The following exercise is also an effective one for the forearms. Secure a wand, the handle of a broom will do; hold it in your hand, palm up, and turn it over and over with the strength of the wrist, gripping as far around the wand or handle as you can. Repeat the turning until your muscles are slightly tired.

Swimming, tennis, golf, fencing, and hockey are all good arm developers.

are: Chest 24, neck 11½, biceps 8¼, forearm 7¾, wrist 5½, hips 31, thigh 17½, calf 11¼, weight 98 pounds, height 5 feet 4¾ inches.

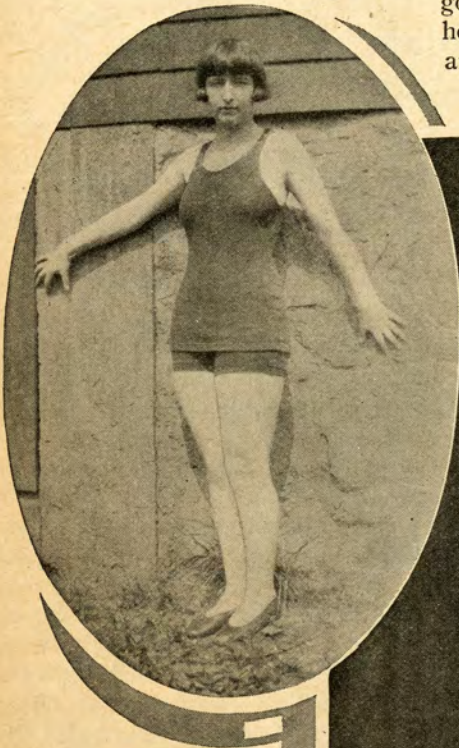
I am of medium build, and am really skinny. At times I am ashamed to go out in public looking so thin, and never wear short sleeves. I play basketball, eat wholesome food and do many exercises. My health seems to be perfect, but I just can't gain in weight.

Any advice you can give me will be greatly appreciated.

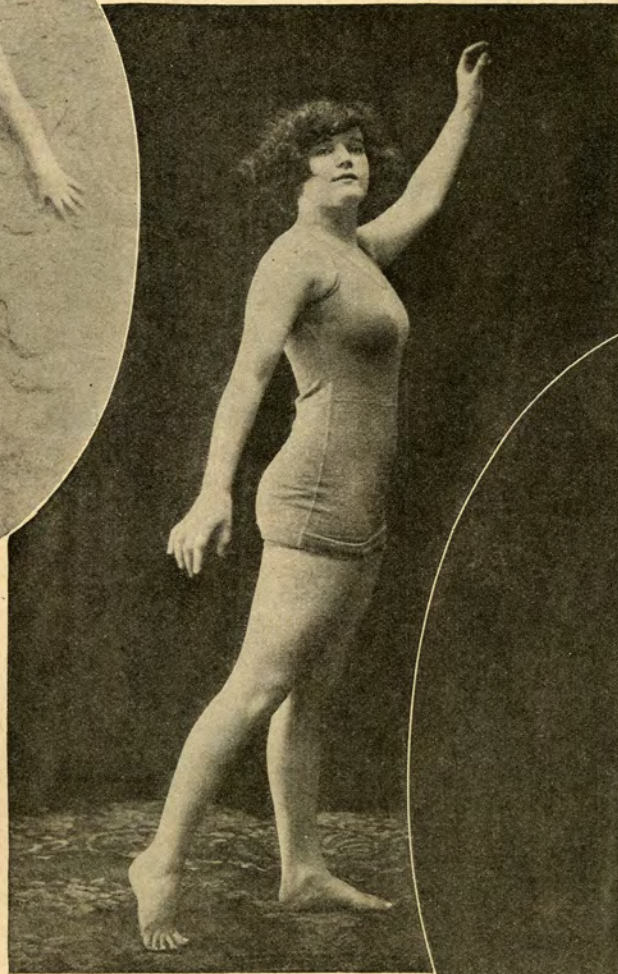
H. E. H.

The correct measurements for a girl 5 feet 4¾ should be as follows:

Weight 125 pounds, neck 12½, chest 29½, waist 25¼,

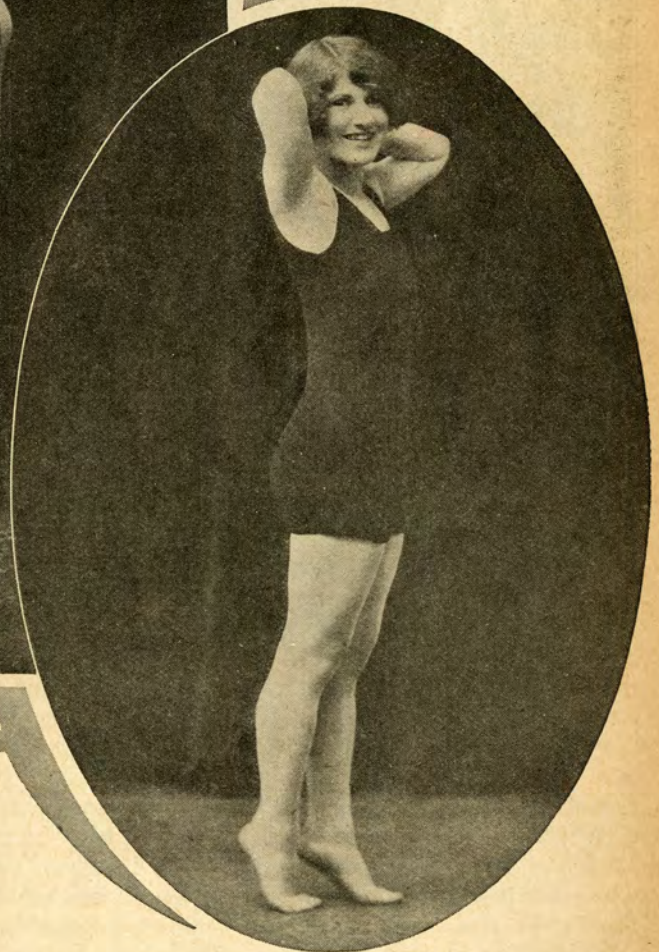


Above: Miss Louise Brandriff. Swimming and basketball keep her fit. She is 17 years of age, and her measurements are as follows: Neck, 13 inches; chest, 32 inches; bust, 35 inches; waist, 26 inches; hips, 35 inches; thigh, 22 inches; calf, 14 inches; ankle, 8¾ inches; wrist, 6¼ inches; upper arm, 10 inches; forearm, 9 inches; height, 5 feet 4½ inches; weight, 132 pounds.



Above: Miss Mira Losey, an ardent advocate of body culture. Her measurements are: Height, 5 feet 2¼ inches; weight, 112 pounds; neck, 12.7 inches; chest, 33.7 inches; bust, 34.5 inches; waist, 27 inches; hips, 38.5 inches; thigh, 22.7 inches; calf, 13.5 inches; ankle, 8.2 inches; upper arm, 10.7 inches; forearm, 9.5 inches; wrist, 6 inches. Both are winners of our Well Formed Women Contest.

Below: Gladys S. Miller, another winner. Her measurements are: Height, 4 feet 11 inches; weight, 95½ pounds; chest, 26½ inches; neck, 11½ inches; upper arm, 9¼ inches; forearm, 7½ inches; wrist, 5½ inches; hips, 30½ inches; thigh, 19 inches; calf, 12 inches; waist, 22½ inches.



biceps 10¾, forearm 8¾, wrist 6, hips 36, thigh 22¼, calf 13¾.

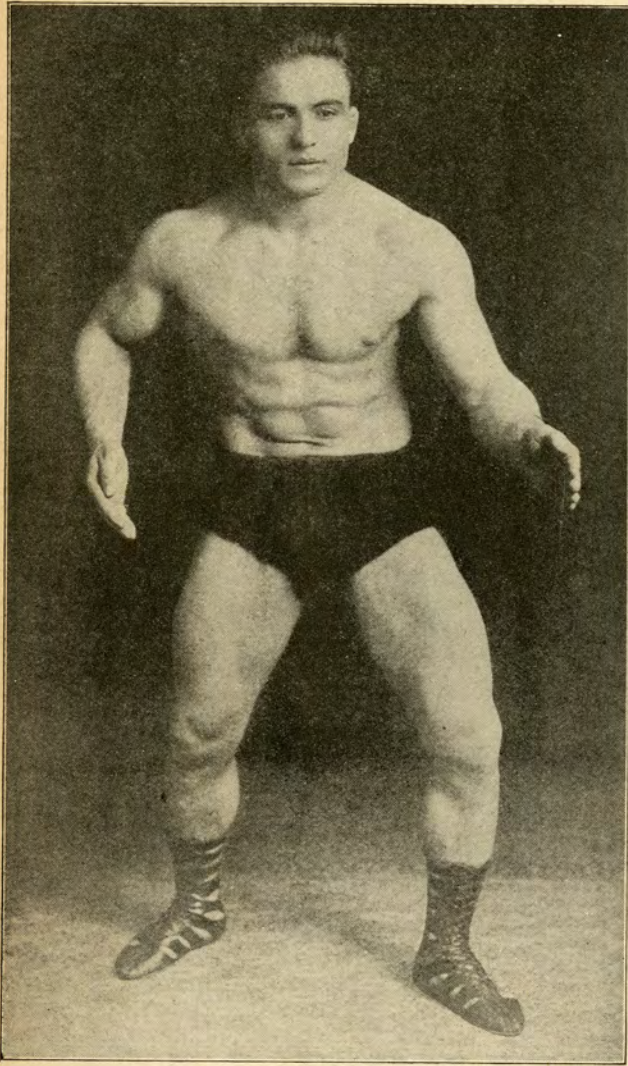
I would suggest that you immediately adopt some form of exercise which you can practice every day of your life until you reach your proper development. You will find the following exercises very beneficial in building up your body:

(Continued on Page 91)

Dear Miss Heathcote:

I just happened to pick up a STRENGTH MAGAZINE this evening and read "Health-Strength and Beauty Girls' Circle." Also your answers to different letters. I enjoyed the magazine from cover to cover.

I am 17 years old and am underweight. I exercise faithfully, but do not seem to improve much. My measurements



Jim Londos, the greatest Greek wrestler of all times. One of the most popular mat men of today.

As time comes and goes, it brings and takes away the various champions in the different athletic sports. The wrestling game, just like other games, is subject to the hand of Old Man Time. Some of the champions enjoy great popularity before they pass away, and are remembered by us for their doughty deeds long afterward. Others appear so insignificant that they are forgotten as soon as they quit the game, and the fickle fans are always ready to greet the newcomer. I must not, however, be too hard on the crowd, for there are some men they cannot forget, and each fan considers his choice as the greatest of them all. Well, I'm not going to compromise myself by saying just who is the best, but I do know that there are a few among the many who stand out as top notchers of the first degree. For instance, our own Tom Jenkins, Emile Maupas, The French Canadian Flash, George Hackenschmidt, the Russian Lion; Frank Gotch, the Iowa Farmer, and a bunch more, some of whom I am going to write about in this article.

One of the men to hold the world's crown the longest was Farmer Burns, who made wrestling history in the nineties. He won the loud sounding title in 1895, and

Kings of the Mat

Who Are They—
Some Famous
Battles and Holds

By Dean Carroll

retained it until 1897, at which time he lost to the famous Cleveland Star, Tom Jenkins. He retired later and spent most of his time training others. Frank Gotch was his most notable protege and a grappler he was justly proud of.

I suppose most of my readers remember or have read of the original Strangler Lewis. I do not think he was any relation to our present Strangler Lewis. The original Strangler was a genuine choker. He used the real throttle hold with which he defeated all who opposed him. It was this unhung strangler who gave Farmer Burns his first taste of defeat sometime in 1886, I believe. But the old man (for Burns took up wrestling rather late in life for an athlete) turned the tables on the notorious strangler when they met in the year of 1895. This brutal hold was not altogether excluded from wrestling in those days. As a matter of fact, catch as catch can originally meant all holds in, and so these two old timers wrestled. The Farmer won two falls out of three and the world's title. This was the most notable contest of his career.

Lewis was greatly feared but he held no terrors for Burns, who had a marvelous neck. It used to be a feature in his act to get hung nightly, and he was billed as "the wrestler whom no hangman could hang." He would actually stand on the "drop," as they term the platform that falls from under the feet when they hang a man, and allowed himself to be properly hung. So strong was his neck that he could resist the hanging with no bad effects. Maybe it was because of him that they thought up electrocution. You never can tell. You know an executioner hates to be cheated. Burns would actually rest in strangle holds and talk to his opponent who would be trying his "darndest."

Burns defeated some famous grapplers and was always under the handicap of superior weight. He never was a real heavyweight. He wrestled a one hour draw with the then rising Tom Jenkins, at Cleveland. Tom finally took the title away from the remarkable "Farmer" when he slammed him down to defeat in 1897.

There was no disgrace in this, as every dog has his day; but the man who has our admiration is the top notcher who proves his superiority by defeating other good men when all are in their prime.

Tom Jenkins will always be remembered for the wonderful battle that he put up against the Russian invader in their memorable mix-up at the old Madison Square

Garden quite a few years ago. Up to that time the followers of the embracing game were few. So much rotten stuff had been pulled off, that the public refused to turn out and patronize the bouts. However, when Hackenschmidt came over there was something clean cut and appealing about the big Russian that caused the public to become a little more curious than usual. Even the hard-shelled sport editors loosened up on their clam-like suppression of the game, and gave Hack some good write-ups. A match was clamored for between the one-eyed Cleveland star and the Russian blonde. When they came to grips, not a soul who witnessed the fracas doubted the fact that they were being treated to a real shoot. Only a man who was sincere and game to do or die would have stood up for the terrific battering that was administered to our native son.

Eyes glazed with exhaustion, Jenkins tottered around the mat—only his inherent gameness and indomitable spirit kept him going. He had the crowd on their feet all the time, and amazed them by his brilliant counters that time and time again broke the Russian Lion's terrific mauling locks. But Hackenschmidt's strength was super-human. Like an angry lion he repeatedly pounced upon the Cleveland man and hurled him overhead so that he crashed down with terrible impact upon the canvas. The Yankee boy's defeat was the salvation of the sport in this country. It attracted favorable public attention, and finally drew huge crowds to the bouts.

Hackenschmidt's greatest bout was when he defeated the huge Turk, Madrali, at Crystal Palace, London. That victory surely put wrestling on the map in Britain. Unfortunately for our English cousins, they have not been able to produce a real heavyweight worthy of the name of champion since Hack's retirement. The result is that the grappling game has never since been worth a candle in the tight little isle.

When Hack stacked up against the terrible Turk he was nothing like the veteran grappler he was in the catch as catch game when he defeated Jenkins. Consequently, each time they met he was worked up like a surcharged volcano. In their first match, Hack broke the big man's arm, which ended the match in forty-four seconds. The second time he won by two straight falls. It was a wonderful scrap. Not a bit of love was lost between them. Madrali hated George with all the bitterness of a fanatic, and his hate was never allowed to wane by the Turk's manager and trainer, Antone Pierrie. The latter

never forgave George for the mauling he handed out when he flattened him on his back in defeat.

George was young and full of vigor, and he tore into Madrali with the force of a tornado. Ahmd never had a chance, despite his colossal strength; for the young Russian was all over him like a tent, and before he knew where he was he tied him up into seventeen different kinds of knots.

The second fall was a duplicate of the first, only it was over a little quicker. Madrali towered over the young Russian like a mountain as they stood up together for the second fall, but that did not daunt George. He tore in, and packed more real wrestling into the few brief minutes that followed than some wrestlers can put into a life-time.

The British idolized Hackenschmidt and even after his retirement, when he succumbed to that binding hold, wedlock, he still remained their only hero.

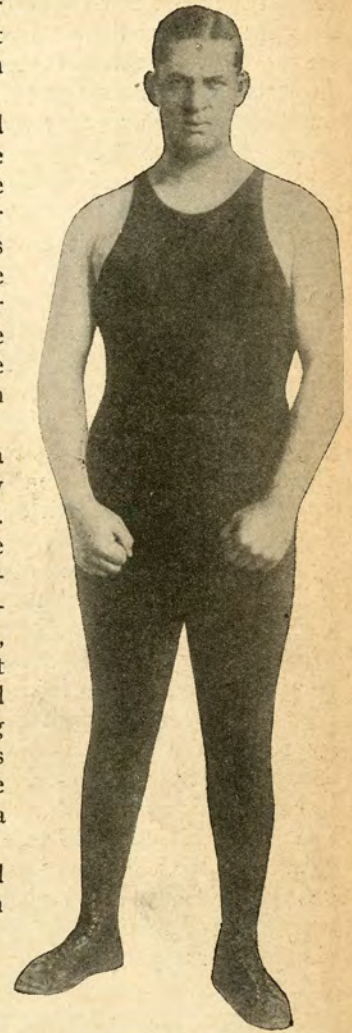
Frank Gotch was the next to wear the

grip emperor's crown. The way he proved his superiority over the gigantic Pole, Stan Zbyszko, was sufficient to prove that America did not possess a cheese champion. When he clamped that pet toe hold of his on that mountain of flesh, WOW. The Galician was tickled to death to lose the fall and have the clamped vice removed from his crushed tootsie.

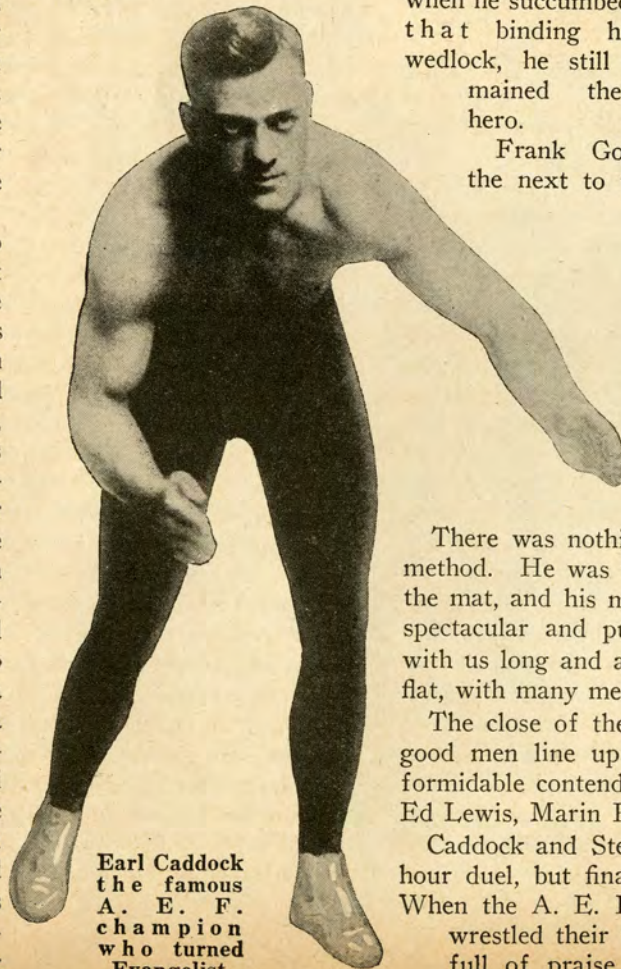
There was nothing playful in the Iowa farmer boy's method. He was terribly business like when he got on the mat, and his methods of tying up a man were both spectacular and punishing. Poor Frank did not stay with us long and after his death wrestling became very flat, with many mediocre grapplers claiming the title.

The close of the world war saw a number of really good men line up for the world's crown. The most formidable contenders were Earl Caddock, Joe Stecher, Ed Lewis, Marin Plestina and Stan Zbyszko.

Caddock and Stecher were the first to clash in a two hour duel, but finally the scissor king won the crown. When the A. E. F. champion and the Nebraska Pole wrestled their two hour draw, the papers came out full of praise for both boys. As I have stated,



Munn, whose meteoric rise to fame so badly upset the wrestling title.



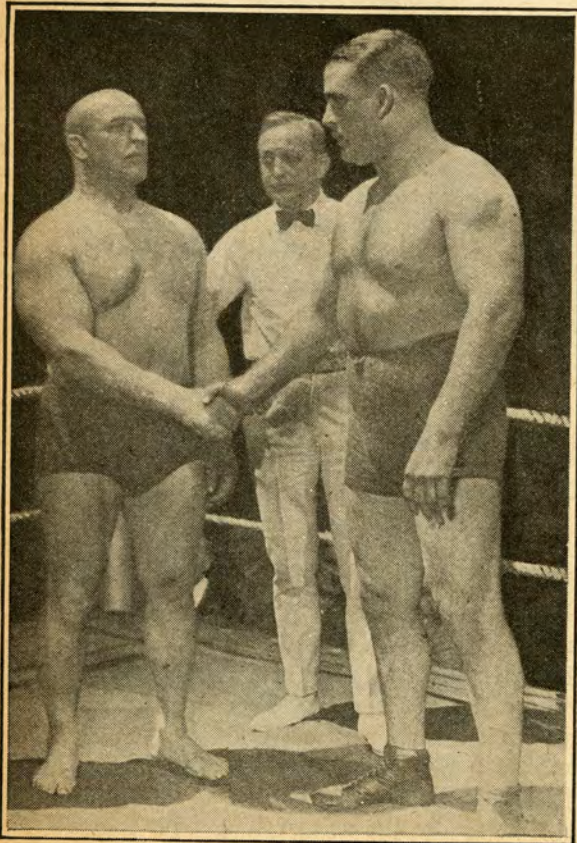
Earl Caddock the famous A. E. F. champion who turned Evangelist.

between the time that elapsed from the demise of Gotch up to the close of the war, wrestling was at a low ebb. The sport editors refused to give any space at all in their editorials to the classic game, excepting to knock it. I do not blame them, as the majority of stuff displayed was rotten. Doctor Roller was the best on the cards, but there were none good enough to extend the physician, and, consequently, he was not able to do his best. Anyhow, he was on the verge of retirement, having done his best in the days of Hackenschmidt and Farmer Gotch.

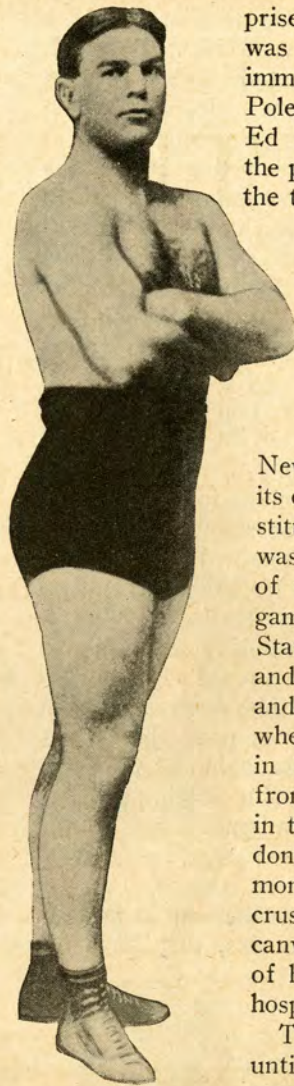
So it was saying something when the sport press featured the Caddock-Lewis contest. Both were clever and speedy, thrilling the house from the start to the finish; but Caddock recognized his master and later succumbed to the punishing powers of the king of scissor holds. Earl quit the game to become an evangelist. He was a perfect prince both on the mat and off and was very well liked.

Joe is still with us, and at the present time is tangled up in the dual world's championship with Strangler Ed Lewis.

Lewis beat Joe for the world's crown in New York four years ago, and so injured Stecher's neck from the series of neck locks applied in their title contest, that it was feared the Nebraskan would never wrestle again. At any rate it put Joe out of the game for quite a while. He came back again with a slam, knocking them all off, as usual, in his effort to reach the head lock king. Ed doesn't like Joe. In a professional sense, Joe is so tricky, so fast and deadly that he keeps his opponents in a continual state of anxiety. It is funny how in the mix-up in the swift changing around of the crown Ed got a sur-



Lewis and Zbyszko as they appeared just before they wrestled for the world's title at Madison Square Garden in 1922.



Frank Gotch, one of the most famous kings in mat history.

prise, losing to Munn. Then Munn was polished off by old Stan, and immediately after, Joe pinned the big Pole and annexes the diadem. Then Ed secured his revenge by flopping the preacher-gridiron star, and claimed the title. So Ed and Joe are in a dispute once more.

Perhaps by the time these lines are published, those two boys will have settled their argument.

To get back to my talk in its regular order, after Ed pushed Joe off the throne the New York Wrestling Commission, in its effort to do the game a favor, substituted flying falls for pin falls. It was a darned poor move on the part of the Commission and it hurt the game considerably in New York State. It was an impractical move and very much resented by wrestlers and the public, and cost Ed his title when he met big Stan in New York in 1921. That same year he won from Stecher. Ed is a great believer in the old maxim of "If at first you don't succeed, try, try again." A few months afterwards he did, and crushed the mammoth of the padded canvas into insensibility with a series of head locks that put Stan into the hospital.

The Strangler held on to his crown until he met Munn. It was a great surprise to us all when we heard how the big preacher had handled Ed but Munn will always be more dangerous to the head crusher than to any other wrestler. As Lewis feints for his specialty, he walks right into Munn's

crotch hold, and a fall from the crotch hold knocks the steam out of a guy very quickly. Especially is this so when applied by Munn, whose sole assets are a great deal of strength and the crotch hold. However, Ed mastered the situation in their return bout, and showed himself vastly superior to the ex-college star.

Talking about kings of the mat, it would not be complete without including the slippery Jim Londos. The stocky Greek is a masterpiece. By far the cleverest Greek wrestler ever produced, he gives everyone who pays to see him in action their money's worth. He will always be a dangerous contender as he proved himself to be when he wrestled Champion Joe Stecher two hours without a fall in St. Louis.

Joe had agreed to throw both Renato Gardini and Jim on the same mat, the same night. This was one time that Stecher fooled himself. Jim was as elusive as an eel, and try as Joe would with those long sinewy legs of his, he was always foiled and prevented from applying the scissors. Jim put the crowd into ecstasies when he threw the tall Nebraskan over his head with the flying head lock. All that saved Stecher from defeat was his amazing ability to recuperate, which enabled him to throw off the effects of Jim's soul bruising hold, the flying head lock.

Ever since then Joe has had a great respect for Jim Londos.

The Mat

Analytical Comment on Subjects Connected with Body-Building,
Muscular Development, etc.

Conducted by George F. Jowett

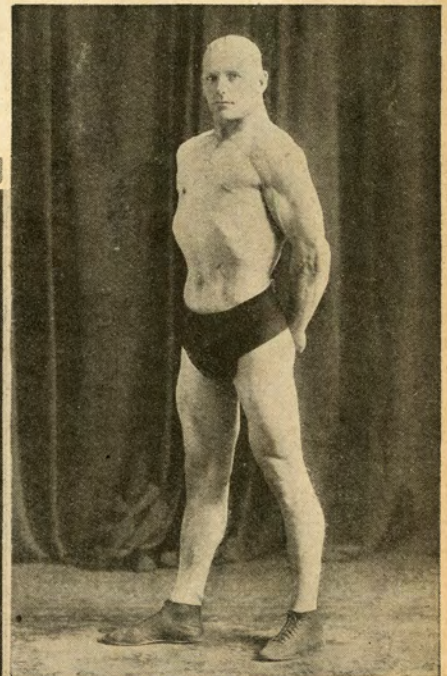
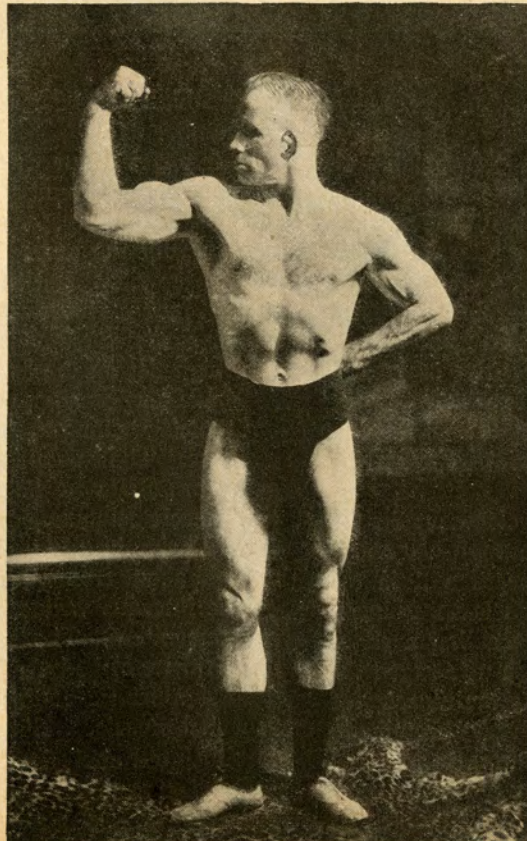
Moulding the Thigh.

I have purposely chosen the word "moulding" as the best word to contain my meaning in this explanatory article on the building of the thighs. My reason for this is because the word moulding appears to convey the full measure of correctness. We sometimes use the word when expressing admiration for something beautiful, such as a "perfectly moulded arm." The object does not necessarily have to be huge. In fact, many muscles appear huge by reason of abnormal, or unbalanced development. Such isolated development would not make a perfectly moulded limb; instead, it would detract from the more pleasing development of other muscles, that are component parts of the limb in question. So let us consider that by "the moulding of the thigh" in this article we will emphasize balance, correctness, and perfectability.

The thigh is made up of various muscles that surround the limb from the knee joint to the buttock. The muscles most commonly known are the internus and externus vastus, the sartorius and the biceps. A modified term for all these component parts of muscular tissue often used in explaining the thighs muscles, is the leg triceps and biceps. The triceps forms the front part and the biceps the back. Their relation is just opposite to these same muscles in the arm. It is a general term, and I am going to use it more or less throughout this article.

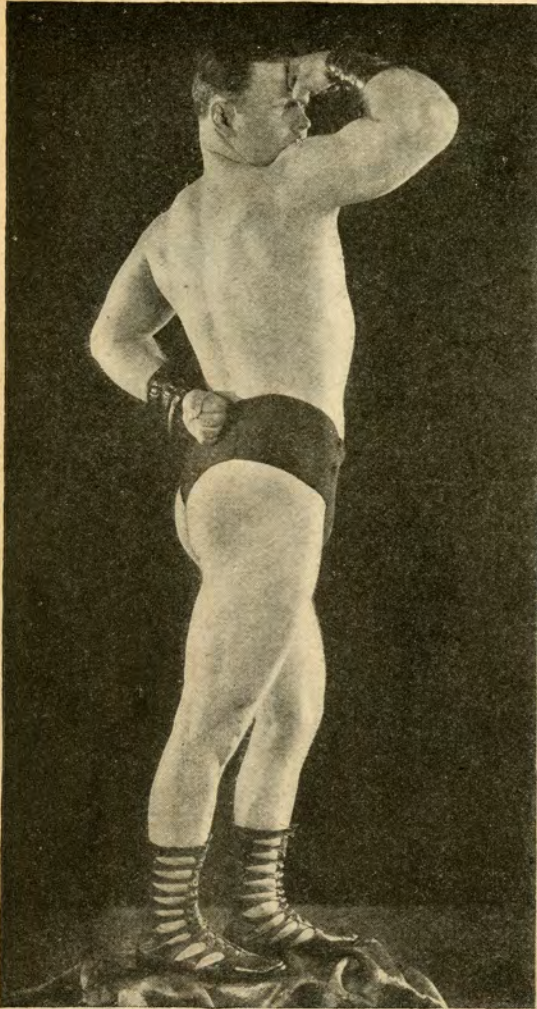
First I am going to talk about measurements, which are very misleading. Nearly all advocates of muscle culture

are greatly impressed when they see a list of big measurements. If a man of one hundred and forty pounds has thigh proportions of twenty-two inches, or a two hundred pounder a twenty-six inch thigh, instantly the reader has a mental vision of a beautifully shaped pair of legs. The measurement implies size, which is there all right, but we often are badly disappointed when we act-

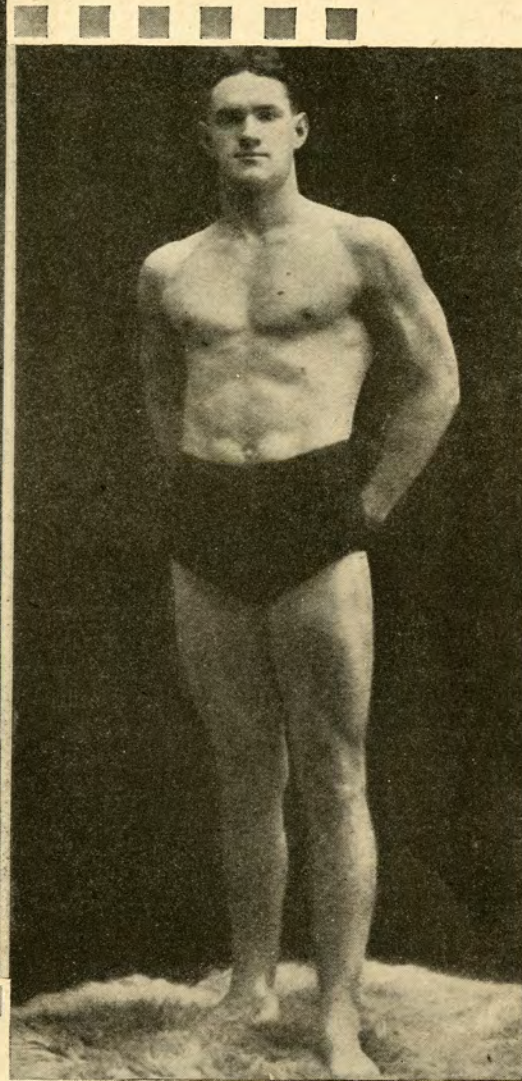


Above: John Kodis. You can find much to admire in this sturdy physique. Just look at that remarkable rib box and those powerful arms. He would make a great wrestler, as his body possesses all the wrestler's natural attributes.

Left: M. Ford, who is a remarkably well-built athlete and who, despite his years, retains all the qualities of a magnificent physique.



Above—Edwin Coffin, a powerful example of strength and symmetry.



To the right—W. Rydell, an ideal type of the American athlete.

ually view the legs. The development is invariably all in one place, generally on the front outside. Sometimes we find that the inside is built up along with the outside, and in a few rare cases we find that the internus vastus muscle is developed along with the externus vastus and the sartorius. It depends on how the athlete stands to display the muscle before the imperfection is noticed.

Just so the reader can obtain a better idea of what I mean, we will imagine that we have four athletes before us, all with the same size thighs. We will visualize them all facing us, so that the thighs are viewed from the front.

The first one shows a noticeable development on the outside of his thigh, but the inside of the thigh just above the knee is flat, and the knee cap appears a little too prominent. Also the inside of the thigh lacks fullness, which is made apparent by a space resembling a slight inward curve from the inside of the knee up toward the crotch. When this first athlete contracts the muscles of his thigh the externus vastus looks very prominent. While the muscle is flexed, we step sideways and find that a straight line can be drawn from the commencement of the buttock muscle to the knee at the back of the thighs. In other words, this fellow has all his devel-

opment on the outside, which is the actual condition in most cases. It is quite apparent that he has just practiced the ordinary routine of thigh exercise, and probably was endowed by nature with a larger thigh than is ordinary.

Passing on to number two, we find him a little better off. The outside of his thigh looks pretty rugged, but there is a fullness on the inside of his thigh that illuminates the inward curve. But the internus vastus muscle exposes the knee too much here also, and the same straight line exists from the buttock muscle to the knee, behind.

Evidently number two is more progressive than our first example. He has secured a little more information, that enabled him to produce results upon the sartorius muscle, which has relieved the inside

of the thigh of its flat, hollow appearance, that we noticed on number one.

Our physical survey of number three shows the same improvement as number two over our first specimen, only our third example seems to have a smaller knee. This is not actually the case. If we ask him to straighten his knee, we will find that the muscle called the internus vastus, just above the knee, is developed much more than in our first two examples. But we still find the bicep of the thigh flat on the back of the leg.

I have purposely graded these three athletes as they are apt to be according to their knowledge on muscle creating exercise. The balance of unusual development is always going to remain on the outside of the thigh, by reason of that muscle being employed considerably more from walking. It simply takes up the major part of the exertion brought about from our movement on foot during the day.

The internus vastus is rarely found developed to any extreme extent. The reason for this, I believe, is because the majority of body builders have never fully realized the deep significance of this muscle, often referred to as the "shenkel muscle." But I will explain this later on when we finish our analysis of the four examples.

Our last example is going to be the object lesson. The moment we put our eyes upon his thighs, we become impressed. He lacks the abnormal development of the

triceps muscles we have noticed in passing on the first three. There is more than a suggestion of beauty here. We have the moulded thighs—a pair of thighs that have a proportionate beauty, because no one muscle is developed at the expense of the other. As a matter of fact they do not seem to be of an equal size with the other thighs. If anything, you would guess them slightly smaller. When we compare them with the other thighs, our sight is attracted by the abnormality in the latter that appears to make them look larger.

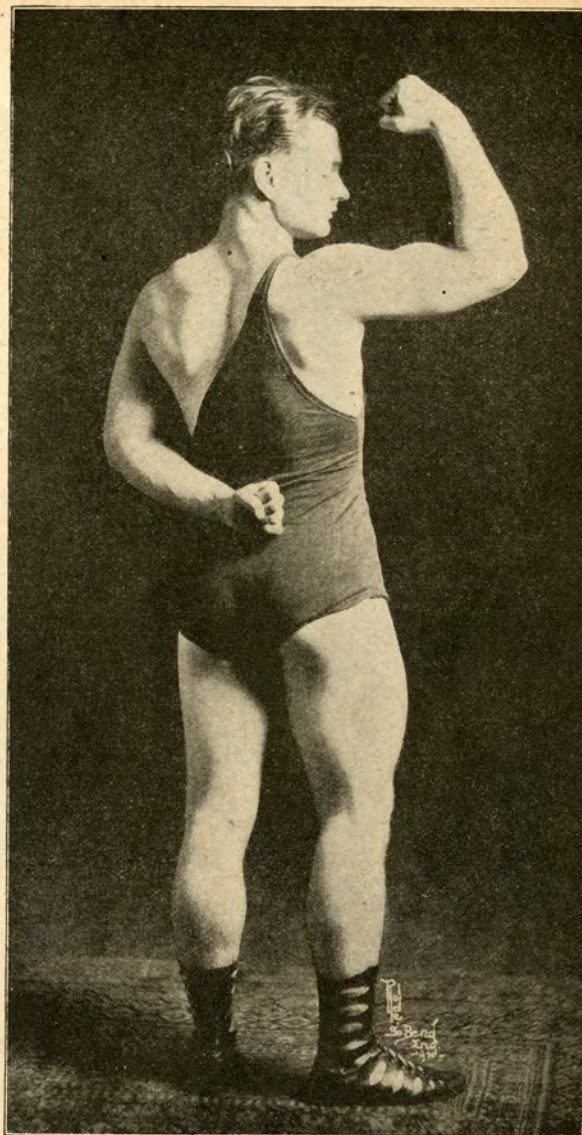
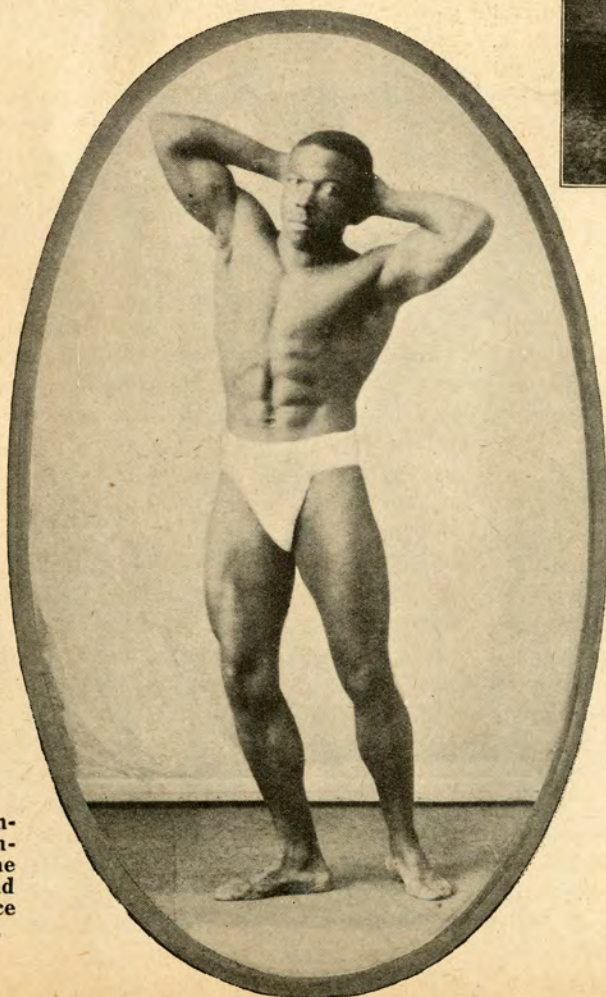
We found during our analysis that none of the first three specimens had any development on the back of the thigh. From the buttock to the knees only, a straight line is evident. Our final example shows us something different. As we look from the side we see the bicep forms a gentle curve that commences below the buttock muscle and tapers away down towards the knee.

The curve is never abnormally pronounced. Maybe the reason is because body culturists have never thought them worth their while to specialize upon.

Of course these muscles do not add very greatly in acquiring great leg power for the weight lifter, but their appearance is what sets the leg off. The body builder who develops his leg or arm from all angles, secures much quicker results, and better. No matter what the measurement is, it is the moulded construction that indelibly impresses us.

Take Eugene Sandow for instance. There were lots of athletes with measurements equal to his. Many were considerably larger. But it was the balance, the correct development of his body, that swept the public before him in admiration. I remember reading many write-ups about that famous athlete, and all the articles ran something like this: "It seems impossible to believe that he developed his body from exercise. It looks as though it was cast in a perfect mould." So it was. The mould of intelligent thought and exercise. He balanced his muscles because he knew the value of appearance. In his early days of popularity his legs lacked perfect form; and he used to

S. Smith. One cannot fail to be impressed with the wonderful legs and pleasing appearance of his upper body.



P. DeRoulet, a magnificent physique endowed with Grecian torso.

wear padded tights to cover this defect. At the same time, he worked religiously upon the development of his legs, until the time came when he could cast off the padded tights and display a pair of legs as perfectly moulded as his beautiful arms.

If you examine his legs you will immediately notice their fullness. Every muscle is distinct, and the back of the thigh arises in a swelling curve that becomes accentuated a little past the middle of the thigh toward the buttocks. This is exactly as these muscles should appear when properly built. They never fill the whole back of the thigh, as is the case in the front, because the biceps muscles have longer sinewy attachments which principally fasten on the sides of the shin bone.

Adolph Nordquest and Staff Sgt. Moss have beautiful moulded legs, as also has Charles MacMahon. Their appearance is (Continued on Page 64)

How Constipation Affects The Body Health

The Treatment of Constipation
Aids in Building Up the Body.

By Dr. A. N. Mittleman

CONSTIPATION, commonly known as the sluggish action of the bowels, is of two types: habitual or the acute type, and spastic or the chronic type, and can be defined as a chronic fecal retention, habitual infrequency, irregularity, difficulty or insufficiency of the evacuation of the bowels.

The general causes of constipation are, temperament: in which people of a nervous and bilious or motive temperament are affected. Those of the dark type are much more troubled with constipation than any others. Torpid liver and "sluggish bowels" are very often a cause. Habit, such as a lazy life, is a common cause. General bodily weakness and diseases such as neurasthenia, hysteria and spinal-cord affections, and insufficient amount of water during the interval between meals are also a cause. The general surroundings of the home is very often a cause.

The symptoms of habitual constipation may be direct or reflex. The direct or local troubles are seen in the feeling of fullness, weight, and pressure in the lower part of the abdomen, colicky pains, flatulence, and alternating diarrhea occur not infrequently. The hurried and inattentive performance of defecation gives rise to the so-called cumulative constipation, in which the accumulated feces are but partially evacuated with the movement, and the rectum, consequently, is not emptied, and a sense of fullness then remains, and complete relief is not felt in these cases. The general symptoms are irritability of temper, languor, headaches, palpitation, cold extremities, vertigo attacks, menstrual distress in women, sleeplessness and bad dreams. The tongue is coated, dizziness occurs, and there also may be nausea and vomiting, with diarrhea and fever frequently present.

The diagnosis of constipation can easily be accomplished by bearing in mind the relativity of constipation in the different type of individuals. The detection of the causes is not difficult, though sometimes tedious. The history of the case tends to aid in diagnosing the case together with the examination of the part involved. The complications which result from habitual constipation are hemorrhoids, perforation of the bowel, inflammation of the colon, inflammation of the intestines, intestinal obstruction, cerebral hemorrhage or hernia from violent

straining efforts, all of which are serious.

The prediction, of course, in constipation is usually favorable, but should be guarded. The treatment of habitual constipation or acute constipation consists of hygienic, remedial and mechanical.

In the hygienic type of treatment the causative factors must, of course, be removed or modified. Systematic regularity as to time and frequency and sufficiency of movement of the bowels should be enjoined upon and practiced by the patient. Exercise is of great value, and particularly horseback riding, or gymnastic motions that bring the abdominal muscles into play. Attention to the calls of nature should be esteemed a duty, and proper time and heed must always be given to the completeness of defecation. The diet should be properly looked after and the foods calculated to be easily digestible should be used. The constipated individual should aim to add to his diet a larger quantity than normal of fluids, in the form of water or perhaps in the form of buttermilk. Tea should be avoided because it contains tannin, which may, by its astringent action, counteract the good effect of the larger quantity of the liquid. Liquids should be given not only at meal times, but also at intervals. The diet for constipation should also contain a large amount of fat, as much as the patient can tolerate. The amount of vegetables taken, which contain considerable amount of cellulose, known as plant tissue, should also be increased as this means plenty of vegetable foods. The vegetable foods that are especially useful in chronic constipation are spinach, peas, cauliflower, cabbage, asparagus, salads, onions, celery and tomatoes. The cereals of importance are oatmeal and cornmeal, as well as graham, rye, whole wheat and bran breads.

The following are also classed as laxative foods: honey, cider, molasses, apples, pears, peaches, oranges, prunes, dates and figs. Buttermilk is preferable to sweet milk. The habit is a very important factor in treating constipation. The patient should go to stool every morning at the same hour, whether the desire of defecation is present or not, and should attend to the matter at hand. He should not, especially, read for diversion.

The medicinal treatment for constipation would consist of the administration of the (*Continued on Page 92*)

Fast Life Wrecks the Nerves

by PAUL von BOECKMANN

Lecturer and Author of numerous books and treatises on Mental and Physical Energy, Respiration, Psychology and Nerve Culture

WE are living in the age of SPEED, the mile-a-minute life. We crowd two or five years of life into one. We hurry; we worry; and we dissipate, little realizing that there must come an end to our supply of Nerve Force—that we will become nervous wrecks.

Long before a person reaches the final stages of nervous collapse, he passes through months and even years of subnormal nerve power, which seriously handicaps him in life, undermines his constitutional powers and causes all kinds of organic and mental disorders. It would be proper to call these people "near-neurasthenics."

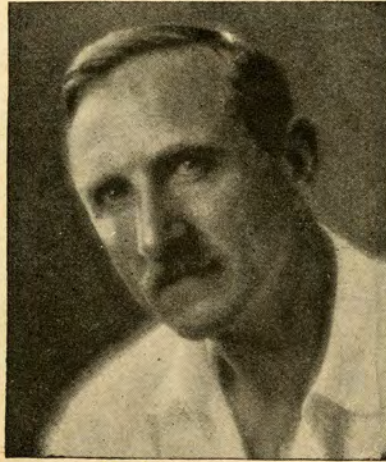
There are countless "near-neurasthenics" about us everywhere—in the streets, in the cars, in the theaters, in your business, and especially in your own home—right in your own family.

They are said to be troubled with "nerves," a condition which is not considered serious, but admitted to be most annoying, especially to those who must associate with people who have "nerves."

"Nerves" is not a malady which manifests itself, as many people believe, in twitching muscles, trembling hands. These conditions are found only in advanced stages of Nerve Exhaustion.

The symptoms of Nerve Exhaustion vary according to individual characteristics, but the development is usually as follows: First Stage: lack of energy and endurance; that "tired feeling." Second Stage: Nervousness; restlessness; sleeplessness; irritability; decline in sex force; loss of hair; nervous indigestion; sour stomach; gas in bowels; constipation; irregular heart; poor memory; lack of mental endurance; dizziness; headache; backache; neuritis, rheumatism, and other pains. Third Stage: Serious mental disturbances; fear, undue worry; melancholia; dangerous organic disturbances; suicidal tendencies; and in extreme cases, insanity.

If only a few of the symptoms mentioned apply to you, especially those indicating mental turmoil, you may be sure that your nerves are at fault—that you have exhausted your Nerve Force.



PAUL VON BOECKMANN

Author of "Nerve Force" and various other books on Health, Psychology, Breathing, Hygiene and kindred subjects, many of which have been translated into foreign languages.

Perhaps you have chased from doctor to doctor seeking relief for a mysterious "something the matter with you." Each doctor tells you that there is nothing the matter with you; that every organ is perfect. But you know there is something the matter. You feel it, and you act it. You are tired, dizzy, cannot sleep, cannot digest your food and you have pains here and there. You are told you are "run down," and need a rest. Your doctor may prescribe a drug—a nerve stimulant or sedative. Leave nerve tonics alone. It is like making a tired horse run by towing him behind an automobile.

And don't be deceived into believing that some magic system of physical exercise can restore the nerves. It may develop your muscles but it does so at the expense of the nerves, as thousands of athletes have learned through bitter experience.

The cure of weak and deranged nerves must have for its basis an understanding of how the nerves are affected by various abuses and strains. It demands an understanding of certain simple laws in mental and physical hygiene, mental control, relaxation, and how to develop immunity to the many strains of every-day life. Through the application of this knowledge, the most advanced case of Nerve Exhaustion can be corrected.

I have made a life study of the mental and physical characteristics of nervous people, having treated more cases of "Nerves" during the past 25 years than any other man in the world; over 100,000 cases.

The result of this vast experience is embodied in a 64-page book, entitled "Nerve Force," a book that is essentially intended

to teach how to care for the nerves and how to apply simple methods for their restoration. It includes important information on the application of deep breathing as a remedial agent. The cost of the book is only 25 cents, coin or stamps. Address me—Paul von Boeckmann, Studio 463, 110 West 40th St., New York City.

This book will enable you to diagnose your troubles understandingly. The facts presented will prove a revelation to you and the advice will be of incalculable value whether you have had trouble with your nerves or not. Your nerves are the most precious possession you have. Through them you experience all that makes life worth living, for to be dull-nerved means to be dull-brained, insensible to the higher phases of life—love, moral courage, ambition, and temperament. The finer your brain is, the finer and more delicate is your nervous system, and the more imperative it is that you care for your nerves.

"Nerve Force" is not an advertisement of any treatment I may have to offer. This is proved by the fact that large corporations have bought and are buying this book from me by the hundreds and thousands for circulation among their employees—Efficiency. Physicians recommend the book to their patients—Health. Ministers recommend it from the pulpit—Nerve Control, Happiness. Never before has so great a mass of valuable information been presented in so few words. It will enable you to understand your Nerves, your Mind, your Emotions, and your Body. Over a million copies have been sold during the past fifteen years.

What Readers of "Nerve Force" Say

"I have gained 12 pounds since reading your book, and I feel so energetic. I had about given up hope of ever finding the cause of my low weight."

A physician says: "Your book is the most sensible and valuable work I have ever read on the prevention of neurasthenia. I am recommending your books to my patients."

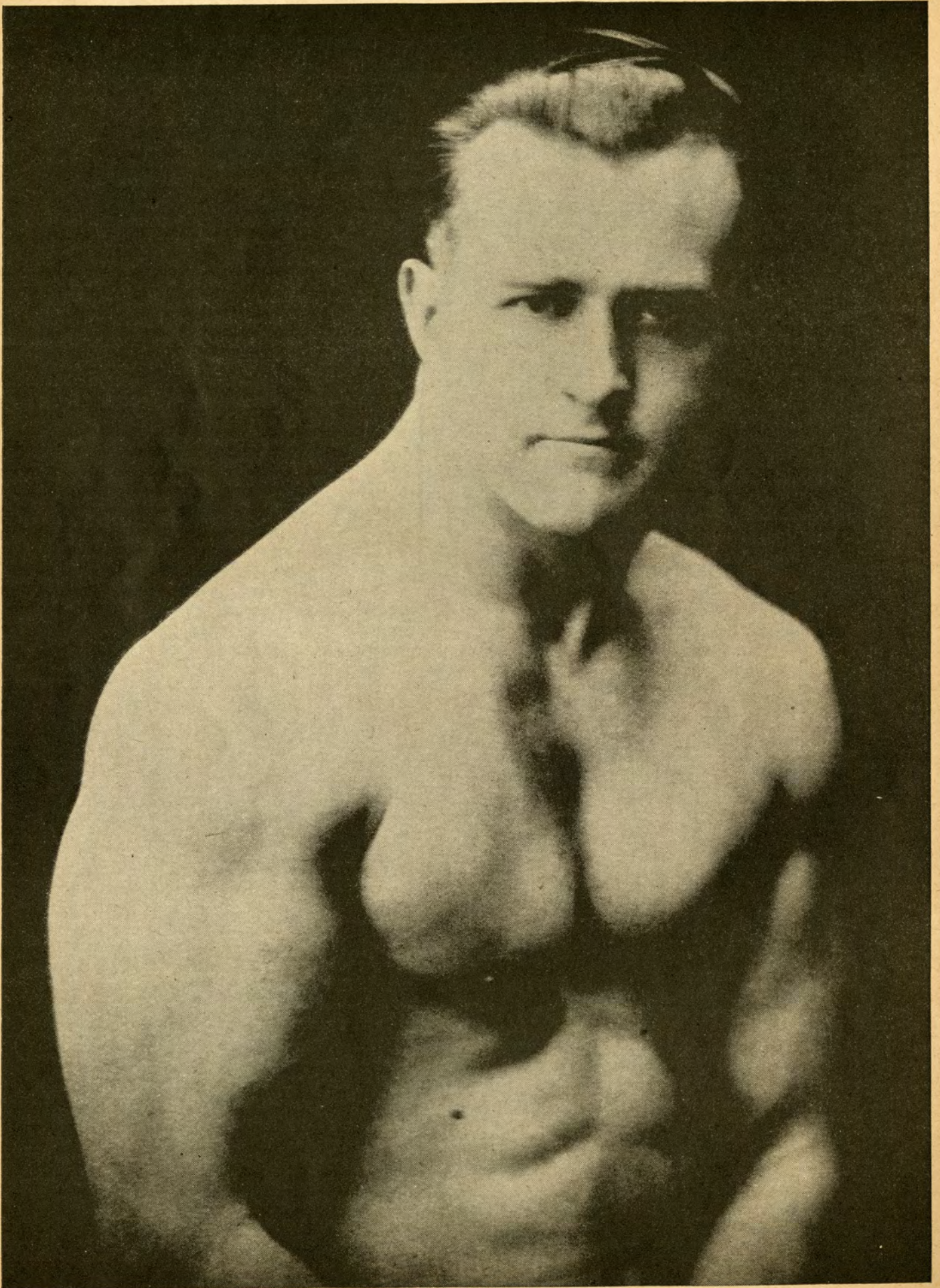
"Reading your book has stopped that dreadful feeling of FEAR which paralyzed my stomach and digestion."

"Your book did more for me for indigestion than two courses in dieting."

"My heart is now regular again and my nerves are fine. I thought I had heart trouble, but it was simply a case of abused nerves. I have reread your book at least ten times."

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

"I have been treated by a number of nerve specialists, and have traveled from country to country in an endeavor to restore my nerves to normal. Your little book has done more for me than all other methods combined."



EARLE E. LIEDERMAN
"The Muscle Builder"

Author of "Science of Wrestling", "Muscle Building", "Here's Health", "Secrets of Strength", etc.

All Rotten Inside

A FEW weeks ago one of our most prominent men suddenly dropped dead without any warning. He showed no particular signs of ill health right up to his last moments. The doctors examined his body after death and claimed it was no particular disease—"just rotten inside." A few years ago this same man was examined and told he was O.K. He immediately ceased regular exercise and started in to hit the fast pace. That was the start of his downfall.

If We Only Knew

If we could only take a look into our vital organs and see what was going on, it would frighten most of us to death. If we could only see the broken down tissue piling up like so much ashes in our body, we would wonder how we ever existed. But the sad part of it is, we won't exist very long if we don't get rid of this refuse. There are thousands of men dying every day from nothing more than just rotten insides, but we never hear of them, and this number is increasing so rapidly that it is fast becoming alarming.

Where Do You Stand?

Are you giving your body the systematic exercise which it needs? Are you taking the proper means to rid your body of the decayed and rotted tissue which fast accumulates within you? Do you realize that the human body MUST EXERCISE to burn up this dead tissue? If not, you can rest assured that you are only one more of this vast army who are slowly but surely coming to the brink. You can only keep this up to a certain point and then: ZOWIE—you pass out.

I Can Save You

Do you want to live? And when I say live, I don't mean dragging through one day to the next. Do you want to really enjoy life? Do you want to feel the real thrills of health shooting through your body? If you want these things, come to me and I'll clean those cob-webs and ashes out of you so quick you'll think a cyclone struck you. If you don't have the desire for this peppy, animated, pulsating body that is overflowing with vim and life—don't bother me, for I don't want you.

I make live men—I make strong men—I build muscle—I'm a body builder—I'm a pep builder. I'm the man that guarantees to increase your arm one full inch in just 30 days—yes, and I'll double that on your chest in the same length of time. I'll broaden your shoulders. I'll straighten up your back. I'll literally cover you with muscle, both inside and out. I'll steam up that body of yours till a microbe will run for his life when he sees you coming. You'll be a human dynamo. You'll be a mighty power of strength and animation. You'll be a leader of men. You'll swing the crowds wherever you go.

Sounds pretty good, what? You bet your life it's good. It's wonderful. And the best of it is, I GUARANTEE IT. You take no chances with me. It's a sure bet. Well, what do you say? Are you with me? Let's go!

Send For My New
64 Page Book—

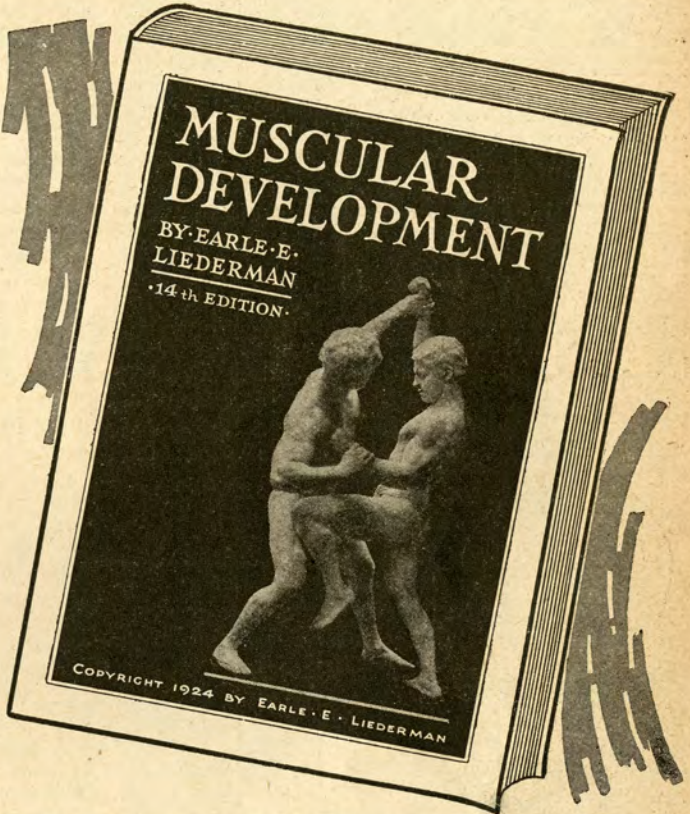
"Muscular Development"

IT IS FREE

It contains dozens and dozens of full-page photographs of both myself and my numerous pupils. This book is bound to interest you and thrill you. It will be an impetus—an inspiration to every red-blooded man. I could easily collect a big price for a book of this kind, just as others are now doing, but I want every man and boy who is interested to just send the attached coupon and the book is his absolutely free. Remember, this does not obligate you in any way. I want you to have it. So it's yours to keep. Now don't delay one minute—this may be the turning point in your life today. So tear off the coupon and mail it at once while it is on your mind.

EARLE E. LIEDERMAN

305 Broadway Dept. 703 New York City



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YOUR
NAME
AND
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WILL DO

Earle E. Liederman, Dept. 703,
305 Broadway, New York City.

Dear Sir—Please send me without any obligation on my part whatever, a copy of your latest book, "Muscular Development." (Please write or print plainly.)

Name

Address

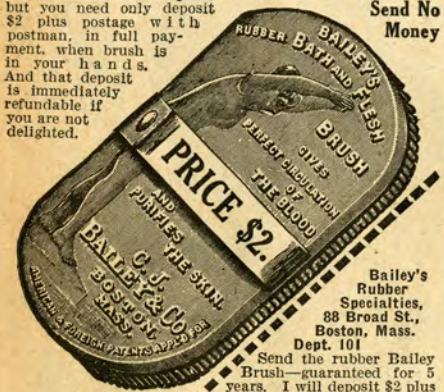
City..... State.....

Massage Your Way To Health!

Dr. Edmund C. Gray, noted physical culture authority writes: "Massage is one of the greatest natural curative agents. It benefits in cases glandular sluggishness, rheumatism, anaemia, tuberculosis, constipation, banishes fat, builds tissue; in fact, has an almost magical effect wherever stronger circulation is desired."

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CHICAGO, ILL.

The Mat

(Continued from page 59)

pleasing and satisfying. My advice to all readers is to study the legs as exemplified in each of these individuals named, and you will be eager to mould your legs in their image.

The most powerful muscles in the thigh are the externus and internus vastus, particularly the latter.

Deep knee bending with the feet flat on the floor, wide apart, and the toes pointing directly forward with a barbell, weighing about seventy-five pounds, held across the shoulders, will give the internus vastus muscle lots of resistance, and at the same time considerably help the externus vastus. But, if you want to exercise the externus vastus solely by itself, there is no better exercise than standing astride a bar bell and grasping the handle with one hand in front and one hand behind. From this position perform a half deep knee bend several times rather quickly. This exercise will give you good results. A much heavier weight can be handled in this exercise than the first. Start with one hundred pounds any way. You will find that sufficient at first.

There are two good exercises that I know are good for the sartorius, which I advise you to practice. The first one is practiced by hanging a light kettlebell on one foot and keeping the leg straight. Raise it as high as possible in front of the body. Of course both legs must be exercised. Fifteen pounds in each kettlebell is sufficient to commence with, and six repetitions. You can always increase the repetitions and poundage as you feel yourself becoming stronger.

The second exercise is practiced without weights. You assume the squat position, *i. e.*, you sit as close to your heels as possible with the knees almost together. Take hold of each knee with each corresponding hand, and force the knees apart, as wide as possible, resisting all the while. Apply the same resistance when closing the knees. At first you will probably lose your balance and fall over, but after two or three nights' practice you will easily overcome this little difficulty.

Of course, I believe my readers are more or less familiar with these exercises that govern the thigh biceps. If the information was more familiar, we would see better results in the average body culturist's leg development. If anything, I believe the leg biceps development is more scarce than the shenkel muscle.

The remedy that builds these muscles is very effective. You do not have to wait very long to see the fruit of your labors, which I know you will feel very gratifying, and an incentive to start with. Therefore, I will give you a few exercises to practice and you can select the one that appeals to you the most. They are all good, so you need not worry about which are the best. A good idea is to juggle the exercises—practice one for a certain length of time, then substitute it with another.

To commence with, take hold of the edge of the bureau or the bed rail with both hands, then stretch one leg out backwards as far and as high as possible. From this position, bend the leg at the knee, so that the heel travels towards the buttock. Put forward every effort, and keep the leg held high so that all possible resistance is received. As the body presses forward, resist with the hands by pushing against the object you are hanging onto. Exercise both legs an equal number of times. A weight tied onto each foot will supply the needed progression.

Another good exercise is to lie with the back on the floor and place a bar bell of about fifty pounds, to commence with, on the feet. Until you get used to the exercise, shoes should be worn, so that the bar can rest on the instep up against the heels. As the weight is balanced on the feet, the object is to straighten out the legs by pushing up and down a number of times.

Another exercise apparently not so dangerous, is to lie face downward upon a table and grasp the edge of the table with the hands. Allow someone to hang a kettle bell on each foot, and then curl the weights, with both feet, toward the hips a number of times. This is a fine exercise, and can be varied by using a person who can sit on the soles of the feet, and by grasping the ankles for support, they will be able to steady themselves very easily.

Did you ever try walking upon the knees, while holding the feet as close to the hips as possible? You must hang onto the feet with the hands, in order to control the balance, then you are ready to start and walk around the room. This position causes quite a contraction of the bicep muscle. When a bunch get together quite a lot of fun can be had. I have seen some run on their knees very quickly. In this way frolic is combined with exercise.

I am very much interested to see all my readers able to show off a more perfectly formed pair of legs. By securing an all-round development, greater proportions are secured more rapidly. A beauty of construction is obtained that arouses admiration and enthusiasm on sight. The building up of the bicep and shenkel muscle perfects the moulding of the whole thigh. Therefore, I strongly urge you all to practice these exercises, and let me know what results you secure.

* * *

Editor of the Mat:

A few friends and I were talking about chest development. What we can't understand is how the rib box grows, when it is composed of bone.

A. BARRIE,

Detroit, Michigan.

This would be a perplexing problem if the chest was completely a mass of solid bone, but that is not the case. The ribs are fastened to the spine and breast

(Continued on page 66)

65 YEARS YOUNG

A Youth at 65—All Because He Keeps His Spine a Half Inch Longer Than It Would Ordinarily Measure

IMAGINE it—a man of 65 passing for a man of 40! Yet that is actually the case of Hobart Bradstreet, whose photograph, taken only last summer, you see here.

Look at the man! Would you ever guess him to be of grandfather age? Would you, indeed, put his age at 40? I, for one, guessed him to be *under* that mark.

Not only in appearance, but in every other way, Bradstreet is still in his thirties, even though his age is 65. In fact for "pep," activity and sparkle he would put most 30-year-olds to shame, I know, for I have seen Bradstreet in action, and I am only 35 and supposed to be a pretty fair physical specimen myself.

Almost three-score and ten, when most men are "through," Bradstreet, as he himself puts it, is "just beginning to enjoy life."

His job requires him to work like a horse, yet it never seems to tell on him. After an eight or ten hour stretch at work, he can go out and play for hours like a youngster. His recreation and pleasures are those of an active youth.

How does he do it? By living the "simple life"? Not so you could notice it! Bradstreet follows no "how-to-live-to-be-100" rules. You could never tie him down to any health institute regime. He eats what and when he pleases. As a smoker he has no choice between cigar, cigarette or pipe. And rarely does he get over seven hours sleep a night. Bradstreet—as I happen to know—likes a "good time" even though it runs into the wee hours.

How does he do it? I'll tell you the whole secret. *Hobart Bradstreet keeps his spine a half inch longer than it would ordinarily measure!*

What does that mean? You'll understand when you know something of the wonderful story of the spine.

The spine, the foundation of the body, is a series of small bones (vertebrae) placed one above the other. Between each pair of bones is a pad of cartilage which acts as a cushion or shock-absorber, taking up the weight and shocks thrown on the spinal column as we stand or walk. Since nothing in the ordinary activities of us humans stretches the spine, these once soft and resilient pads are flattened down—become thin and hard as the felt pads under piano keys do. One's spine, then, doesn't absorb the shocks sustained, but transmits them straight to the

base of the brain. You know what happens then. The whole nervous system is affected. Then we begin to feel "out of sorts" as a general thing. We develop headaches and backaches. A day's work—completely fags us. We go home at night with nerves apounding, unable to rest or sleep. We become cross and cranky, moody and morose. We begin to feel and look old and worn!

The secret of keeping young and alert and vigorous, as Bradstreet learned years ago in his study of the spine, is to keep the spine from "settling down"—to keep it *normally long* by giving it the peculiar motion, the flexing, the laxation it would get if we lived as naturally as we should, as early man lived. No amount of violent exercise will do the trick. As for walking or golfing, the spine only settles down a bit firmer with each step.

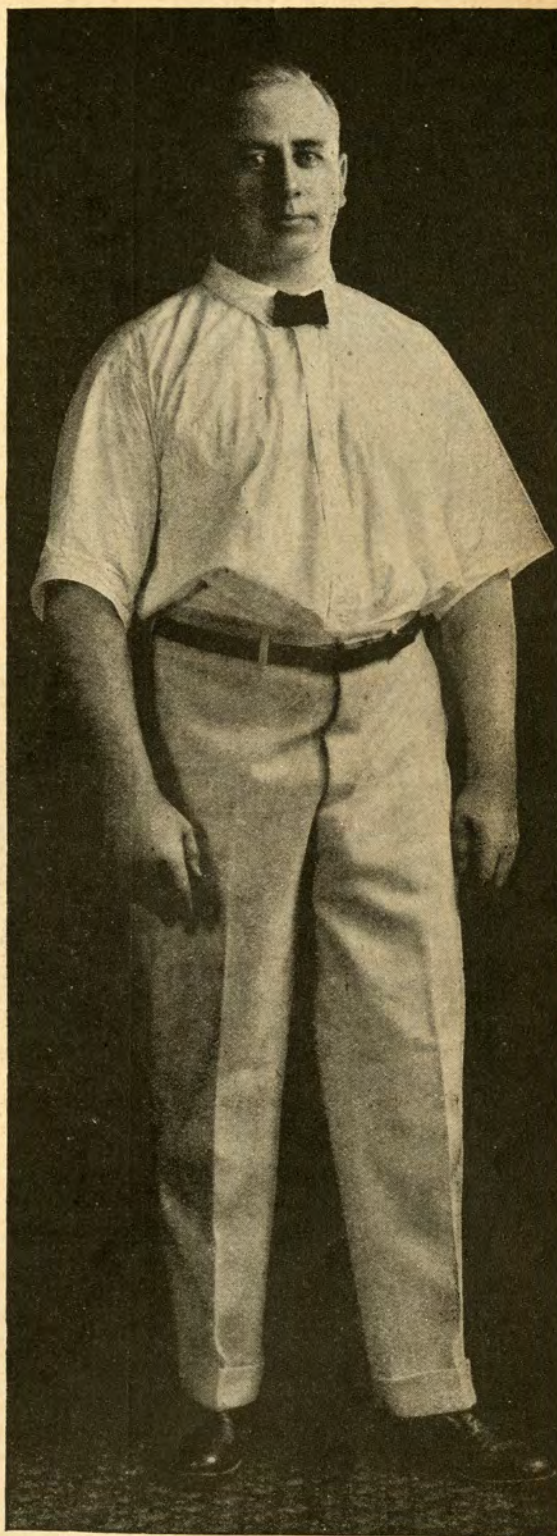
Judging from the results obtained in his own case and in the case of hundreds of others, Bradstreet seems to have in his method of "laxating" the spine the answer to the problem.

Bradstreet's method for "elongating" and "laxating" the spine is so simple as to be almost ridiculous. Just five movements to the whole thing—the whole five gone through in five minutes: Taking only five minutes a day, it is hard to believe that there should be anything wonderful about the results. But I know the surprise one session with Bradstreet's SPINE-MOTION gave me! I thrilled with a feeling of exhilaration that was altogether new to me.

Several people to whom Bradstreet referred me told me they had never known what it was to be fully alive until they had taken up his SPINE-MOTION. Among them were some who had suffered for years from some such trouble as headache, nervousness, stomach trouble or constipation.

There is a surprise in store for everyone in Bradstreet's SPINE-MOTION. The young learn that they have not been as young as they thought they were. And those who have been aging in any sense under 60, will come to the conclusion that there is, after all, something to Bradstreet's statement that a man's powers in every sense should continue unabated up to 65.

Without any payment whatever, would you like to try this way of "coming back"? Or, if young and apparently normal in your action and feelings, do you want to see your energies just about doubled. It is easy. No "apparatus" is required. Just Bradstreet's few, simple instructions, made doubly clear by his photographic poses of the five positions. Results come amazingly quick. In less than a week you'll have new health, new appetite, new desire and new capacities; you'll feel years lifted off mind and body. This miracle man's method can be tested without any advance payment. If you feel enormously benefited, everything is yours to keep by mailing only \$3. Knowing something of the fees this man has been accustomed to receiving, I hope his naming \$3 to the general public will have full appreciation.



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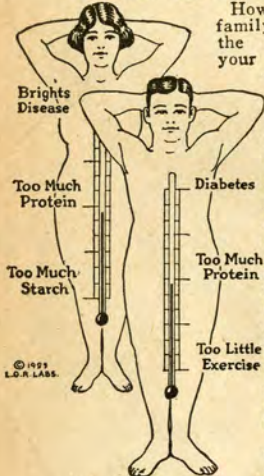
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THE fateful days have come; the deadliest of the year! How the *Obituary Columns* in the newspapers have grown! By the middle of March the death rate reaches its highest point.

Six months ago many of these prominent "well" folks would have laughed at the prospect of Death's invasion. Weren't they eating and sleeping well? Weren't they regular in their habits? But they were not sure—they did not have the facts. They were guessing.

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The Mat

(Continued from page 64)

bone by cartilaginous attachments. From exercises, these attachments become lengthened and thickened, which naturally increase the volume of the whole chest.

But, if the increase of the chest is not supported by any growth of muscular tissue to hold it, the increase will not be lasting. As I explained in a recent issue of the *Mat*, any gains received by the increased rib box must be fortified by a thicker layer of muscle.

Of course the floating ribs are a little different. In the first place they are attached only to the spine, but any increase of the lower rib box—which is the part encased by the floating ribs, is held in place in just the same manner as explained before.

I am continually urging aspirants for big chests not to forget the muscles that surround the chest. Otherwise, their training is all in vain, which is deplorable after a person has spent a lot of time in cultivating the growth of the chest.

Don't be fooled into believing, because you have a big chest expansion, that you have something. It is generally a sign that the muscular tissue is missing. I don't want to see any of you train in vain. Follow the advice given in the magazine and you won't go wrong. If you are in doubt, take advantage of this department, which is devoted to your service.

Editor *Mat*:

I have had the pleasure of seeing Giroux, Travis, Fournier and Moerke perform, and what puzzles me is that these men do not show their muscles like lots of lifters who are only half as good. They look fat but are very hard. Why is it?

A PHILADELPHIA MAT FAN.

This is a problem that has puzzled many followers of weight lifting and body culture. It is a very rare thing to see an accomplished heavyweight performing with the weights, show off the clear distinct type of muscle separation that we admire in men like Sandow, Adolph Nordquest, Moss and many others. Of course these men were all good performers, but not in the same class as Moerke, Giroux, Travis, Swoboda or Saxon.

This condition is about fifty-fifty in the lesser bodyweight classes. In the heavyweight class it predominates. There is a natural reason for this. The law of nature takes care of all things and regulates conditions accordingly.

A man (I am speaking mainly of heavyweights) could not train himself down to such a fine condition where every muscle stands out prominently by itself, and lift in the top notch class on a series of lifts. He would on one lift, and might successfully, on two or three lifts at one time, but to continue to lift on, say five to eight lifts, he could not.

I have watched many types of strong men lift in my time, and from careful observation, I have been able to check

up on them all. One thing I notice frequently with the athlete of distinct muscular definition is that he perspires much more freely than the bulkier type of athlete. This will seem to be another puzzle, as we have a belief that the finely trained man is as hard as nails, and that the fleshy man must naturally perspire more readily.

But, there is a world of difference in fat and muscle.

Fat, as the average person understands it, is a surplus accumulation of flesh, which should not exist. In the general sense this is true, as any accumulation of false flesh impedes all physical activity. It makes a person soft, weedy and slow. They perspire easily, and run short of breath at the least effort. This kind of fat is a detriment. We do not want it. It generally lays between the skin and the muscle, and to a certain extent, internally, where it corrodes the life substance from the muscles. Ordinarily this flesh is flabby to the touch, bruises easily, and when the pressure of the thumb is made upon any part of the anatomy, the spot remains white for a prolonged length of time.

The strong man with the smooth appearance is entirely different. He is hard, as our friend states, and he is terrifically strong. Much stronger than the man who shows entire muscular separation all the time, or whose muscles show up at the least physical movement.

The smooth type is referred to as the continental type. I presume we got into the habit of using this term from noticing that all European strong men were of that type. The Anglo-Saxon types, British and American, were the opposite, but not as strong. Yet it is noticeable that as our men have developed in physical power, into the class that allows them to compete with these famous foreigners, they, too, have developed into the smooth massive type of athlete. For example we have Joe Nordquest, Warren L. Travis, Roy L. Smith, William Weber, Edward Goodman, and Robert Snyder, only a lightweight, who all come into the continental type.

There are two reasons for this condition. One is that they develop thicker ligaments that create more bulk around the joints, particularly on the arms, that fill up the space with greater bulk. The other is that they accumulate a type of fat termed interstitial. Just as the word implies—in between the tissues—this fat secretes between the muscle cells and becomes a fertilizer for the muscle when in process of action and recuperation. It acts as a fuel, and is drawn upon and relieves the body of any unnecessary nervous action. If you watch any of these athletes in action, you will observe that no matter how strenuous the feat is they had just accomplished, all trace of effort disappears almost immediately. They belong to the phleg-

(Continued on page 68)



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| Catarh | Pressure | General Debility |
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| Golter | Obesity | Ulcer |
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The Mat

(Continued from page 66)

matic type, and are able to recuperate more rapidly and with greater sustaining powers.

Interstitial fat is a provision of nature meted out to those who possess unusual strength. Its existence makes the body more capable of physical effort. It protects the nervous system. It is the fertilizer of the muscular system. The muscles are smooth because of the interstitial condition. This fertilizing tissue fills up between the muscles and smooths away the separation.

We have a very recent example in Rigoulot, the wonderful French lifter. I have some pictures of him when he was much lighter, as he stood in repose. The muscles stick out everywhere, but since he has grown heavier, and his phenomenal records gone higher, he has acquired the smooth muscled appearance of the type we term continental.

The fact that these athletes have smooth muscles does not mean to say that the muscles do not show themselves when performing a lift. They do to a certain extent. Generally they have such large proportions that the muscles crowd each other, and with the accumulation of interstitial fat, the muscles show off in a group massed together, rather than individually.

Of course a few of them are unnecessarily heavy around the waist line, but overlook that, and you find wonderful arms, legs, back and chest.

Steinborn, Rigoulot, and Cadine are smooth in repose, but have a trim waist

line which makes their appearance so tremendously striking.

An athlete cannot acquire this fertilizer through any effort of his own. It is one of the laws of nature that refuses to be governed by man. It is a condition nature seems to take care of as an athlete develops into extraordinary strength.

Nature has a law of compensation as well as a law of retribution. Nature takes care of us bountifully when we prove our endeavors to preserve what was originally given to us.

I do not want my readers to think that I disapprove of the athlete who is proud of his clean cut muscular appearance. I admire him. It is a condition we all work for. When an athlete develops to such herculean proportions that is productive of great strength, his form is beautified, and made more impressive by the lovely curves and contours that compose his body, which he acquired when developing his superb body to that state.

When any kind of an athlete trains too fine, he becomes too stale and falls down, no matter whether it is on the cinder path, in the ring, or when lifting weights. All these men carry a certain amount of tissue to tide them over the battle. But the strong man is capable of greater effort over a greater period of time, and naturally he burns up more tissue, which is the reason why a strength athlete acquires more of the interstitial fat than any other athlete.

Ask the Doctor

(Continued from Page 44)

ANSWER: Would suggest that you read carefully the question and answer to J. G., of Brooklyn, N. Y., printed above. However, I would advise extreme caution, so as not to over-do.

QUESTION: I am troubled with varicose veins on both legs from knee to ankle. I have bought the best kind of elastic stockings obtainable, and may say that I am very dissatisfied with them. Will you tell me whether these veins can be removed? And if so what would be the result on the strength in the legs? In the shop I walk continually and the veins worry me considerably.

T. O.

ANSWER: Varicose veins can be successfully removed by a relatively simple operation. There should be no disagreeable after effects if the operation is properly done.

QUESTION: I have been bothered with rheumatism in my right shoulder. It seems to be in the joint, and sometimes I feel pain in other parts of the body. It annoys me more when trying to lift my weights overhead. I have started to take some Oxy-Crystine, one teaspoonful in a glass of water followed by another glass before breakfast. My appetite seems always good. What can I do to get rid of this trouble?

R. V. T., Wanseon, Ohio.

ANSWER: You have started on the right course of ridding the body of poisons by the use of Oxy-Crystine, while at the same time helping to neutralize the acid condition in your system. In addition, would suggest that you drink eight or ten glasses of water every day; eat plenty of green vegetables, such as lettuce, spinach, celery, cauliflower, and cole slaw. Also citrus fruits, such as the juice of a lemon in a glass of cold water two or three times a day; grapefruit or oranges.

QUESTION: I am bothered quite a bit with my eyes. I went to an eye specialist about a year ago and obtained a pair of glasses. He told me I was far-sighted. But it seems to me I could never accustom myself to wearing glasses. My eyes bother me by smarting and getting blood-shot, and burning. The only relief I can get is to continually squeeze the lids together tightly. That seems to force more moisture into them and relieves them. Now, I don't wear my glasses, and am not averse to wearing them, but I just wondered if there could be any natural way to affect a cure for them.

T. A. P., Pekin, Ill.

ANSWER: I believe I would consult the eye specialist again as you undoubtedly have symptoms produced by

the irritation arising from improperly focused glasses. The proper adjustment of your glasses should correct all your troubles.

QUESTION: Last spring, my left shoulder became stiff and somewhat sore. I bathed it with liniment and took up physical exercises—in fact, took up two of the best courses. These exercises did me wonders and, in fact, the trouble went away entirely.

Through the summer months with these exercises I never felt better in my life, but as fall came on the trouble came back—only somewhat different. Now it is the left shoulder blade. There is no soreness or lameness, only an occasional stiffness of the muscles, with twitching of the muscles and nerves. If I can move the arm or rather try to stretch it, this action feels very beneficial. Exercise seems to be the only real relief and this I do for the purpose.

A good doctor recently examined me and said he could not find a thing the matter—he said it must be local. I am using an ointment he prescribed. My dentist states it does not come from the teeth. Now my question is what causes this and how can I overcome it? I believe that the nerves in that section have a lot to do with the trouble. I hope to continue with the lighter physical culture exercises.

Kindly give me your best advice. I am a druggist and can prepare anything you prescribe. Your advice in regard to diet will be carefully followed.

L. R. H., Utica, N. Y.

ANSWER: Start on the right course of ridding the body of poisons by the use of Oxy-Crystine. Also follow the diet I have written to R. V. T., of Waneon, Ohio. In addition, you might take a five grain tablet of Tolysin, followed by a glass of water three or four times a day. This, in combination with your exercises, should help you in a short time.

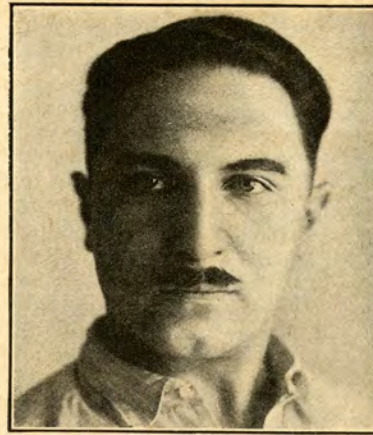
Acrobatics for Dancers

(Continued from page 34)

the knees, lifting the foot which is behind as the knees are being straightened into a kick in front, straightening both knees with the toes of the foot, which is in the air, pointed, keeping the other foot on the ground flat in a solid balance. The foot is then lowered down with both knees rigid, and placed in front of the other foot in the position from which the start has been made. Then the other foot is put through the same kick until, at least, a dozen have been accomplished.

The Side Kick: the feet and arms are placed in the exact position they were before, and the same sink with the knees is performed and the back foot is lifted directly sideways. At the time the feet leave the floor the head is turned sharply to the side in exact tempo with the foot, looking toward the foot which is rising. The body is also turned toward the side so that the foot kicks directly to the side. In the same motion the arm is thrown in the opposite direction from the kick by sharply bending the elbow and drawing the hand across the opposite shoulder. The

(Continued on page 71)



I've Found a Way to End NERVE TROUBLES—Forever!

Here's the Secret

By RICHARD BLACKSTONE

Thousands of men and women are suffering from sick nerves and don't know what is wrong with them. Thousands of victims of Nerve Exhaustion are on the brink of a complete nervous breakdown and don't realize their danger.

What My Method Has Done For Thousands

MY method has ended the nerve troubles of thousands once and for all.

It has stopped the nerve leaks that waste vitality.

It has banished the tired aches—the nervous frettings that make life miserable.

It has ended stomach trouble, constipation, dizziness, self-consciousness, gloomy spells, heart palpitation, and many other symptoms of nerve exhaustion.

It has set thousands on their feet—re-built lost nerve force—made men and women vigorous, vital, overflowing with vim and energy.

I now offer to prove what my method can do for YOU.

Thousands of men and women are half alive — a n d don't

know it! They eat three meals a day, get plenty of sleep—and yet feel weak, depressed, worried, tired, easily fatigued and quickly fall a prey to disease. These people would be astonished to learn that they are suffering from Nerve Exhaustion—the great American malady.

Have You These Symptoms?

Get excited easily? Become fatigued after slight exertion? Hands and feet cold? Suffer from constipation or stomach trouble? Is your sleep disturbed by troubled dreams? Have you spells of irritability, gloominess—pessimism? Suffer from heart palpitation, cold sweats, dizzy spells?

The Cause of Sick Nerves

In women—over-active emotions, constant turmoil in domestic and marital relations; in men—

worries, intense concentration, excesses, vices and the mad pace of present-day life—these cause Nerve Exhaustion.

It is not a malady that comes on suddenly, but a gradual development that deceives scores of men and women who appear to be in the best of health. Yet all the time their nerves are in a constant state of upheaval, slowly undermining their entire organisms.

Tonics can never restore sick nerves. To regenerate lost nerve force you must understand the action and abuses of nerves—the natural laws of nerve fatigue, of mental and physical relaxation. And it is only through the application of these laws that stubborn cases of Nerve Exhaustion can be overcome.

Read This Book

Based upon many years of study, I have written a book, "New Nerves for Old," in which I give certain easy rules that have enabled thousands to regain lost nervous energy. It shows how to correctly diagnose your own case and bring back the glowing, vigorous health of youth.

"New Nerves for Old" is worth its weight in gold—and yet costs only 25c, stamps or coin. It will help you build a foundation of glorious health, which is the first essential of true happiness. Mail coupon for your copy today. Address Richard Blackstone, 23 Flatiron Bldg., New York City.

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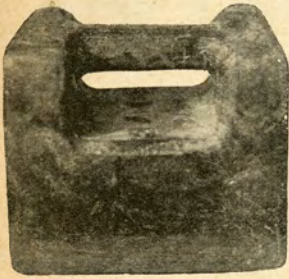
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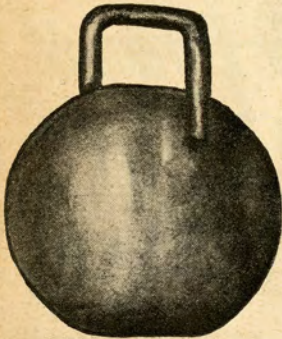
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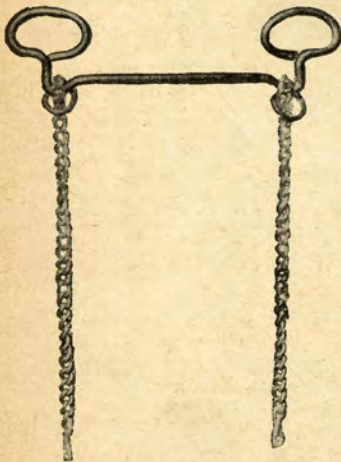
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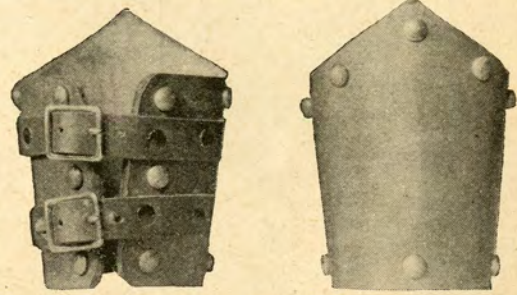
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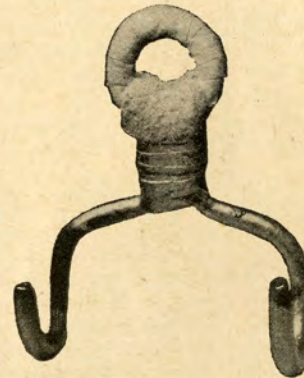
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This article is made with the proper shaped hook which does not allow the chain to turn or twist. The finger fit is perfect and will not slip off when lifting. Taped and padded with felt as an additional protection. As used by Warren Lincoln Travis.

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Acrobatics for Dancers

(Continued from page 69)

arm, head and foot are moved together in one harmonic motion as the pupil kicks, and the same tempo is used in coming out of the kick to the next starting position by placing the foot in front of the other ready to start the kick on the other side. About the same number of these should be performed as of the front kick.

The Back Kick: the feet are placed in the same position as in the above two kicks. The arms are in the same position also, and the same sink in the knees to lift is used. The foot behind is driven backward and up toward the head, and the head is driven back toward the foot. Both the head and foot move toward each other in exact tempo; that is, when the foot starts to lift, the head must be thrown back to meet it. If the pupil is supple enough in the back, it is not difficult to touch the head with the foot. This is known as the "head kick," and is accomplished more easily with this method of practice than any other. There is also more action and harmony and grace in the movement on account of the graceful lift at the start, especially while walking forward—kicking the head at each step.

The Arabesque Kick, known to some as the "arch kick." This kick is accomplished by first standing still with the arms hanging at the sides, the feet together and turned half way out (in the acrobatic balance position). The pupil sinks the knees, as in an ordinary jump, keeping the head in a natural position and the chest well up. As the sink in the knees is being done, the body should be kept in a perpendicular position; the arms thrust slightly forward and outward in a circular swing, making a complete circle until the arms are back from where they started. This is done while the pupil is sinking in the knees. Just as soon as the knees stop sinking, the upward jump off the feet is started, and the arms and head are swung upward and backward. The arms are brought up along side of the head to meet the feet; the body assumes a backward bend, and the arms are kept perfectly rigid during the whole movement. These movements, as described, keep the entire performance in harmony and will keep the pupil in perfect balance when alighting on the feet, as the body and limbs are assuming the perpendicular from the leap into the arabesque position without stumbling. After this feat has been mastered from a standing position, it may be practiced from a short run.

The First Feat in Acrobatics: all the great masters of the acrobatic art, whom the writer has ever known, started their pupils first by placing them in a hand stand. This was for a double purpose: in the first place to strengthen the arms and shoulders so the weight could be handled easily while performing the numerous feats, where the weight of the body has to be supported on the hands and arms, and in the second place to poise the body, head and

lower limbs stretched out into a graceful position with the toes pointed, so that when the advanced feats are to be practiced, the pupil instinctively knows what to do in what are known as the "lay-out" positions. These are such positions as head springs, hand springs, and all other feats where the weight of the body is supported by the arms. To start the hand stand, the pupil should place the hands about one foot in front of the left foot, the hands apart the width of the shoulders. The right foot is placed behind the left, as mentioned for the position of the kicks, as the pupil is reaching to the floor with the hands, the chest should be held high, the hands turned out half way, as mentioned for the position of the feet. The left knee is bent so the ground is easily reached by the hands. Just as soon as the head starts to go forward, the right foot should start to rise backward into a circle with the knees rigid. When the hands are placed on the floor, a slight push with the left foot from the floor should be made in order to keep the right going up into position. The left knee should then be straightened, with the toes of both feet pointed. The head should be kept back as far as possible and the arms rigid at the elbows. In coming down to the feet from the hand stand, the left foot should come to the floor first, and the right follow it with the knee rigid. The left foot should be drawn in with the knee bent in the position from which the start had been made. At the same time push from the floor with the hands, and straighten up to a standing position.

The Second Feat: A forward roll over. This feat is graceful when executed in proper form. Besides, it can be placed in a dance very effectively, as it is easy to accomplish. Another feat in conjunction with the roll-over is the split, which also can be put into a dance while keeping perfect tempo, and start into the dance in tempo coming out of the split. The forward roll-over is performed by separating the feet about twenty inches, bending the knees and reaching down with the hands, placing them flat on the floor. The position of the arms and hands is very important. The arms should be allowed to hang down from the shoulders and the hands opened out flat. Then the body will be balanced equally on the hands and feet when the hands reach the floor. Then lean slightly forward, drawing the head sharply forward and under between the arms. Assume most of the weight on the arms so the shoulders or head will not jar on the floor (there should be no jump from the feet). The feet leave the floor shortly before the hands, and the knees should be drawn up to the chest and the feet drawn under and backward. This will form a semi-round arch of the back. As soon as the hands leave the floor, the legs should be grasped by the hands between the ankles and knees, with the elbows outside of the knees.

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A short, slight pull with the hands, the feet being kept about eighteen inches apart, will bring the pupil to the feet when they should stand up in the same tempo in which the roll is performed, thus harmonizing the whole movement. The hands release the legs just as soon as the pupils find that their feet are flat on the floor.

The Forward Roll-over into a split: This is accomplished by doing the roll-over as stated above, but instead of catching hold of the legs with the hands, the legs are separated as soon as the feet leave the floor. The legs will then be straightened and the toes pointed as the body is coming up to a sitting position. At this point the body should be turned facing toward the foot which rests on the heel, placing one hand behind the leg which rests on the heel, and the other in front; that is, if you turn to the right, the right hand should be placed back of the right leg, which is resting on the heel. If you turn to the left, the position of the hands is reversed. This will place the pupil in the proper split position. To rise out of this position gracefully and effectively in tempo, the hand, which is behind, should be placed in front, turning the body and head front at the same time. Then place the hands about eighteen inches apart and the same distance in front of the body. Lean forward with as much weight as possible on the hands. Spring from the feet, lifting them from the floor, and draw the feet up near the hands, and straighten up into a standing position. This feat can be easily performed by any person who can do a split because there is not so much exertion in doing the rollover-split as there is in the roll-over up to the feet.

The Cart-wheel: This feat, as simple as it may seem to many, is just as difficult to learn properly as many of the other preliminary feats, and there is not one person in a thousand who can perform the cart-wheel in a scientifically correct manner. If the pupil is instructed by an efficient teacher, this feat can be learned in a surprisingly short time in a beautiful and effective form. The pupil should be placed in a perfect balance position, one foot directly in back of the other, toe to heel, and each foot turned out far enough to feel comfortable, which will form a solid balance on each foot. The start is made by holding the chest high, the head in a natural position, left foot in front. All the weight should rest on the left foot at the start, and the right leg is immediately driven back into a circle. The head and body start forward at the same instant with the right leg rigid and toes pointed. At the same time the right foot leaves the floor, the left knee is bent so that the floor is reached with ease by the left hand. The left hand is placed about fifteen inches in front of the left foot, and the right hand about eighteen inches in front of the left. Both hands should be on a straight line ahead of the left foot and turned out to the left with the fingers pointing out directly to

Does a petting party stop with a kiss or does it go further? Is spooning dangerous? At last the question is answered. See "Safe Counsel" Page 199.



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Prof. H. W. Titus, 105 E. 13th St., Dept. E100, NEW YORK CITY

the left side. The arms should be kept rigid at the elbows, and the feet should be kept wide apart. As the body passes the center of balance, the right foot should be drawn under toward the right hand with the knee slightly bent. Keep the left leg straight while the right hand is leaving the floor, and the right leg is being straightened, coming to a standing position, one foot after the other. This is the most graceful and effective way that a cart-wheel has ever been performed.

Just a word of warning about forming bad habits: first, in the starting position, never lift the front foot off the floor. It should be kept firm, so the exact dancer's lift will carry the weight of the body around lightly in turning, as explained. Do not raise the hands above the head to start any feat. It is difficult to do two cart-wheels or other feats alike with this method because you throw your whole weight on the hands in so doing; whereas reaching the ground while using the drive with the legs, as explained, takes most of the weight off the arms and allows the pupil to guide the body into graceful and harmonic form, besides allowing the feet to be placed on the floor without any perceptible sound. Never start sideways for a cart-wheel. By doing so you lose the lift, and drive with the first leg to leave the floor. The hands, being placed as explained, turn the body into the side position, besides giving the pupil absolute control of the whole movement. After the pupil has mastered the cart-wheel, the left hand or first hand to leave the floor may be held over the head with the elbow slightly bent in a graceful poise until the standing position is assumed.

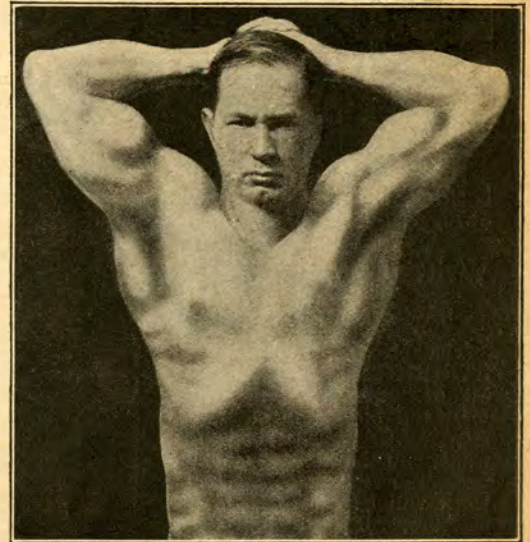
The position of the hands, feet, head, limbs, and body, as described, should be diligently studied by the student, as these positions apply to all the preliminary forward feats, such as: the handstand, cart-wheel, limber over (or limber hand spring), tinsica, walk-over, and other forward feats. After the single feat can be easily and correctly performed, the combination feats can be started from any position demanded by the dancer or acrobat. Position and tempo should be studied above all, as these two items are the supreme essentials.

Miss Roma Antrim, who posed for this article, is one of the best subjects to demonstrate what can be accomplished in a short time under proper instruction. This young lady is much above the average height, which would make it appear that she did not have a chance to advance like those of shorter stature. This has all been overcome by Miss Antrim's keen intelligence and perseverance. When she started to take up acrobatics, she could not bear her weight on her arms, and she was thin in build; but in an incredibly short time she gained fifteen pounds in weight and with scarcely three months' training she has accomplished nearly all of the preliminary feats which dancers use in acrobatics and is a promising pupil.

What's Wrong With You Physically?

ARE you the sort of man who is continually coming out only "second best"? Are you always letting the other fellow get out ahead of you? And then when the game's over, and you've lost, do you try "Kicking yourself in the ribs"—and making lame excuses? You can't talk yourself out of an unhealthy body. If you're "down and out" PHYSICALLY, mere words won't do you a particle of good. SNAP OUT OF IT—or Mother Nature will take her course—and leave you in the DIRT HEAP.

My name is ALBIZU. I am a builder of human bodies. I LIKE THIN, FRAIL—HUMAN WRECKS. THAT'S MY MEAT. I TAKE AND SQUEEZE ALL THE WEAKNESS OUT OF THEM. THEN I OVERFLOW THEM WITH VIBRATING LIFE—REAL RED BLOOD, SMOOTH RIPPLING MUSCLES AND SOUND FLESH. I'm not a talker. I put into action every word I say. And this is for you skeptics! When I first brought out my system of physical training they paid little attention to it. Then they looked at it with interest. That interest turned to surprise. And that surprise turned to amazement. And it's no wonder—for the ALBIZU SYSTEM OF BODY BUILDING is a revelation in Physical Culture—because it is so simple and yet so effective. I could go on talking about Albizu Method for hours—but I need not. If you're doubtful of its effectiveness or its supremacy, then I have only to refer you to the Paris Exposition, where on October 20th, 1925, a group of representatives from many different nations met for the purpose of awarding prizes for merit to the most efficient System or Product in every known classification. When it came to choosing the leaders in PHYSICAL CULTURE instruction, this learned and experienced group of prominent men awarded the ALBIZU system the Diploma, Gold Medal and Cross of Honor for its accomplishments in results and perfection in its plan of personally conducted mail course of PHYSICAL CULTURE. FURTHER PROOF OF THE SUPERIORITY OF MY COURSE I AM SURE IS NOT NEEDED.



LOUIS W. ALBIZU
Winner of the Gold Medal, Diploma and Cross of Honor, at the Paris Exposition, October, 1925—30 Nations the World Over, Exhibiting.

Merrily You'll Roll Along!

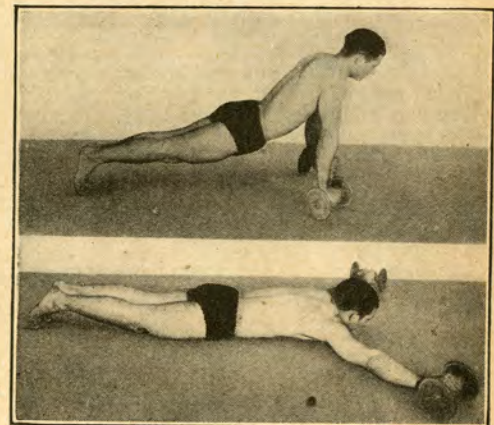
When once you get started taking my exercises—you won't want to stop! They are all fun and no drudgery, for here, at last, is THE perfect apparatus—the kind that makes EXERCISING A PLEASURE. And when you see and put to use my patented ROLLERS, you'll positively agree with me, for they have been pronounced a revelation by the many they have benefited. They have a remarkable resistance, but that resistance is regulated by your own particular strength. Once in your possession, they'll become a life-time friend—for they will succeed in making you an example of physical perfection—NO MATTER WHAT YOUR PRESENT CONDITION MAY BE.

Here you see them—being demonstrated by one of my remarkable pupils—A. Gautier, a C. C. N. X. Sophomore. He acquired within six months' time, a physical development that a Hercules might be proud of. What I've done for Mr. Gautier—I'll do just as easily for you. Just say the word!

Send for This Big Book—"The Power of Physical Perfection"

YOU'LL LIE AWAKE NIGHTS! BUT IT WON'T BE FROM INSOMNIA! You'll just wonder and wonder and wonder—and marvel at everything you'll see—when the postman brings you my stupendous book—the "Power of Physical Perfection." For it's a corker. And that's putting it mild. It's a big book—chockful of inspiring photographs, illustrations and real he-man reading. You'll simply "eat up" every page of it. And when you get through—you'll want to start all over again. It isn't a sermon, yet has more inspiration for you than all the sermons in the world.

There's no use of me even trying to describe it. I want you to see it for yourself. So I'm going to send it to you. All I ask is that you forward me ten cents to help cover cost of wrapping and postage. Take it from me—that ten cents won't be ill-spent. And that book will become one of your most valued possessions.



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Strength, March, 1926

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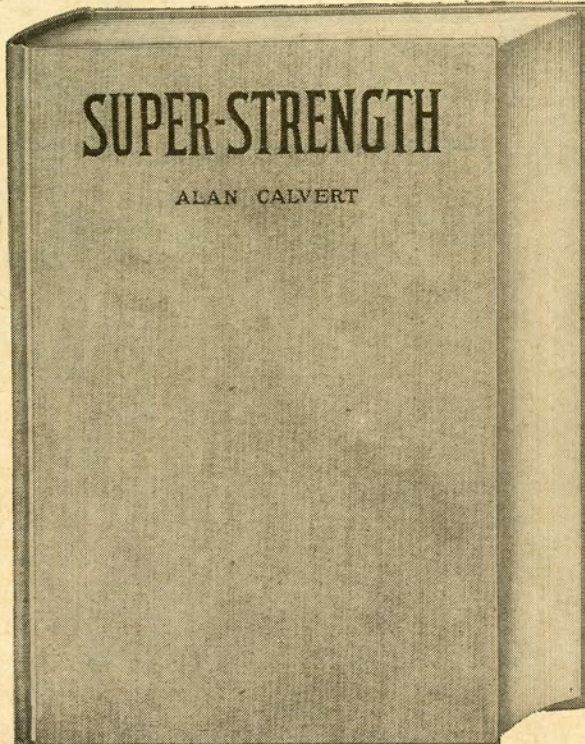
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The illustration shown on this page gives you an idea of the outward appearance of this book. Nothing but the actual reading of it can give you an idea of its valuable contents. "SUPER-STRENGTH" is of the popular novel size,



220 Pages,
80,000 Words,
183 Separate Pictures

These figures will give you some idea of the volume of information "SUPER STRENGTH" contains; but only the book itself can impress you with the super-quality of its pages. None of the few present-day authorities on strength, development, exercise and weight-lifting are better fitted to write such a book as "SUPER STRENGTH" than Alan Calvert. He has spent practically his entire life among strong men, both amateur and professional. He has studied the science of lifting and muscle building as few men have. Therefore, he knows his subjects, and best of all he has written so clearly you cannot fail to get correctly the meaning of every phrase.

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American Continental Weight Lifter's Association Notes

(Continued from page 51)

he did not win, he still entertains hope of scalping the Maryland boy of his honors.

Manger lifted well within himself, satisfied with a total of 1237½ pounds, against Hoffman's 1048 pounds.

Manger created a new American record on the Two Hands Dead Lift with 505½ pounds.

State Representative A. Schiemann created a new American professional lightweight record of 175 pounds in the Wrestler's Bridge, but we know he can easily beat this any time.

The officials were Arnold Schiemann, M. C. and Referee; Inspector of Scales, F. Wargenan; Judges, R. Nagel, W. Prehn, W. Kersler, P. Beall.

We heartily appreciate brother Schiemann's efforts in putting Baltimore on the map of Strength sport. He sure worked hard to put over a fine show in a manner that left all satisfied.

New York came next on the program, December 12th, where all the doughty men of iron met once more to display their mighty muscles. The curtain rose on Arthur Leslie as the first performer. This fifty-three-year old, young business man gave an exposition of what physical training has done for him, his main feat being a supporting lift with 400 pounds while lying on his back.

His act was followed by that fine old veteran, Professor Paulinetti, who gave the New Yorkers a similar treat of his talents as he gave Philadelphia. He was wonderfully received, and appreciated.

Frank Dennis came in town and did his bit toward the night's entertainment, but the expected match between Klein and Dennis was postponed.

Seigmund Klein gave his usual contribution of posing, which brought forth a mighty response of approval. The New York middleweight always carries a message of inspiration with his finely built body, and is an object lesson to all. Assisted by Andrew Reverdy, he presented a juggling act, while Reverdy also entertained with a few fine feats of strength.

Mr. Sam Kramer, the famous Keith headliner, was introduced and gave a wonderful talk, emphasizing on the impression the show had made upon him and how the work of the Association and its officers had fired his enthusiasm. He mentioned how he had met our president fifteen years ago in Canada, when the Association was just a dream. He told then how he was impressed by our leader's enthusiasm and his remarkable feats of strength, which he was performing at that time. Mr. Kramer has one of the most magnificent bodies ever owned by any man, and we hope at some future date to have the pleasure of gazing upon his splendid form.

Roy L. Smith made another attempt on the Two Hands Anyhow. He made 252 pounds nicely, but could not get

away with 277 pounds. Hard luck seems to pursue this game lifter, but he always wears a smile.

The semi-final saw our famous favorite, W. L. Travis, on the job; he tore in two, very easily, a New York Telephone Book, which is some size. Then he performed a Two Finger Lift with 750 pounds, and made a Back Lift of twelve men. Of course these are way below what he has done, but we felt proud of the old boy lifting, as his hands were badly damaged and he had not intended to go on.

Karl Moerki thrilled the New Yorkers in the wind-up, just as he had done the week before in Philadelphia and he won the same generous applause.

His feats were the same, only he tried to make a new world's record in the deep knee bend, with 575 pounds. He was only partly successful, as he tired himself too much from seeking to balance the weight. He did not make a complete squat, but it was quite evident he could under ordinary conditions. Next time he intends to try it with 600 pounds, and is sure of success. It must be remembered that he did not train for this lift, which proves not only his ability but also his fine sporting spirit that keeps him always game to try.

President Jowett had scarcely got seated in his chair, after returning from the New York Meeting, when a telegram arrived from Mr. H. Barzrn, our Pittsburgh representative, asking the chief to go to Pittsburgh and open their first public exhibition there. Accordingly, he set out for his old stamping ground, where he met a few of the old faces and a lot of new ones.

The only record created on this occasion was a Rectangular Fix of 110 pounds by our popular vice-president, Ottley R. Coulter. It was a treat to see this fine old lifter back in harness. He is one of the few great back and harness lifters ever put out by this country, and formerly held the world's lightweight title on that style of lifting. As a middleweight, now, we doubt if he could be beaten, but he is willing to give any man a chance who would like to try.

Clarke Waddell gave a demonstration of the Bent Press, the lift that made him famous. This he followed with a wrestling turn in which he displayed his superior knowledge in the grappling game over his opponent, O'Kelly, a very game mixer.

There were several spirited wrestling bouts; the peaches and cream was between Smith and Sesmondis, both of Pittsburgh. Smith was very aggressive, but his opponent fought him every inch of the way, only to lose by two straight falls. It was a fine bout between two fine, game boys.

Mr. Liska, art model of Carnegie Tech., gave a beautiful posing turn. He is well formed and has perfect control



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8. Gastric disturbances (heart burn, sour stomach, gas, distress after eating)
9. Weakness and lowered vitality
10. Cold hands and cold feet

High Blood Pressure is caused by acid poisons and impurities in the blood. The famous Witter Water Treatment positively gives lasting relief by neutralizing and throwing off these acid poisons and impurities. It has reduced thousands of cases of dangerous High Blood Pressure to normal, or about normal, after all other forms of treatment had failed.

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over every muscle, which he showed off to the best advantage in every pose. Dr. MacKrell followed with a marvelous display of muscle control, performing the most difficult controls in a masterly style.

Joe Tortorea, the Bloomfield strong boy, gave an impressive demonstration of his strength. Weighing 138 pounds, he strips very powerful. Mr. Jowett says that he has extraordinary pressing ability, and if he could be induced to train steadily, could annex the lightweight title easily. He has made a Two Hands Jerk of 230 pounds. Unfortunately, his occupation does not allow him to train steadily.

Chas. Swift, lightweight record holder, gave a neat interpretation on the two lifts on which he holds records, namely, the Two Hands Curl and the Crucifix. Officially, he recently performed a crucifix of well over 100 pounds. By the time these lines are printed we will have received the affidavit on the lift. Truly a fine performance.

The other day I was talking to our president. He had just received two letters, one from Tromp Van Diggelen, of Africa, a friend and associate of Max Sick, Gorner, and our leader. The other was from H. Hannann, of Australia, another old-timer who knew Mr. Jowett in his palmy days. Their letters were chock full of old-time reminiscence. I wish it was possible for me to write all the stories George F. told about those old days, and old-timers. They were great. Van Diggelen wrote that when he recently saw the photo of George F. as he was when "Young Hackenschmidt," it made him feel young again. Gorner is in South Africa with Tromp and I am publishing his picture, which he sent to our president. Gorner wants to come to America and you bet we will make this famous German welcome if he does come.

Our members are naturally all interested in what the poundages will be on the five A. C. W. L. A. lifts, and the Three Olympic Lifts, that will entitle them to win one of the three medals on the 1926 schedule. We have decided to publish them. The five A. C. W. L. A. lifts are as follows:

One Hand Swing, Left Hand Snatch, Two Hands to Shoulder and Bent Press, Two Hands Continental Jerk, Two Hands Anyhow.

- 112 pound Class, Bronze 600 pounds; Silver 655 pounds; Gold 755 pounds.
- 126 pound Class, Bronze 615 pounds; Silver 675 pounds; Gold 800 pounds.
- 140 pound Class, Bronze 640 pounds; Silver 715 pounds; Gold 850 pounds.
- 154 pound Class, Bronze 685 pounds; Silver 775 pounds; Gold 915 pounds.
- 168 pound Class, Bronze 730 pounds; Silver 855 pounds; Gold 975 pounds.
- 182 pound Class, Bronze 800 pounds; Silver 915 pounds; Gold 1050 pounds.
- Over 182 pounds, Bronze 845 pounds; Silver 970 pounds; Gold 1125 pounds.

The poundage required on the Three Olympic Lifts, which are, Two Hands

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Snatch, Two Hands Slow Press, Two Hands Clean and Jerk, is as follows:

- 112 pound Class, Bronze 300 pounds; Silver 355 pounds; Gold 425 pounds.
- 126 pound Class, Bronze 335 pounds; Silver 425 pounds; Gold 500 pounds.
- 140 pound Class, Bronze 365 pounds; Silver 470 pounds; Gold 525 pounds.
- 154 pound Class, Bronze 405 pounds; Silver 525 pounds; Gold 585 pounds.
- 168 pound Class, Bronze 445 pounds; Silver 555 pounds; Gold 620 pounds.
- 182 pound Class, Bronze 480 pounds; Silver 600 pounds; Gold 670 pounds.
- Over 182 pounds, Bronze 515 pounds; Silver 640 pounds; Gold 710 pounds.

We are also running a development contest throughout 1926. Any member proving a total increase of ten inches on his entire measurements covering the biceps, forearm, neck, normal chest, calf and thighs, inside of a period of ninety days, will receive a medal. Members showing an increase of fifteen inches within ninety days will receive a diploma and medal.

These contests are all free to members. You simply write in and notify me of your intention of trying the lifts or entering the development contest, and I will arrange things for you.

Emmet Faris, of Cincinnati, Ohio, a very enthusiastic member, feels that he is going to have a chance in annexing some of the honors this year, and he is determined to make the boys step in his class—middleweight. Recently he reached his thirty-second birthday, and to celebrate he dragged out the iron. He writes that he failed to bent press 190 pounds and felt disconsolate. While he was trying, his teammate, Mrs. Faris, brought him a letter from George F. Jowett, and on reading certain information on the bent press he became filled with joy and swooped down on the 190 pound piece of stubborn metal. Up went the bell, perfectly. Well, so much for the letter that brought him inspiration, and, by the way, we do not want Emmet to forget that we will be watching for him.

We held up the reports on the Cadine-Rigoulet match until Mr. Jowett had received verification from Professor Desbonnet. Now we have secured the correct weights on every lift and publish them for our readers' interest. There is no doubt everybody will be interested in the poundages of these two famous Frenchmen. Cadine, the former world's Olympic champion, was defeated by the marvelous young soldier, Rigoulet, as announced last month. They competed on ten lifts, as follows:

- Right Hand Military Press, Rigoulet 109 pounds, Cadine 99 pounds.
- Left Hand Military Press, Rigoulet 99 pounds, Cadine 109 pounds.
- Two Hands Military Press, Rigoulet 208 pounds, Cadine 201½ pounds.
- Right Hand Swing, Rigoulet 176 pounds, Cadine 192¼ pounds.
- Right Hand Snatch, Rigoulet 212½ pounds, Cadine 195½ pounds.
- One Hand Clean and Jerk, Rigoulet 201½ pounds, Cadine 195½ pounds.

(Continued on page 81)

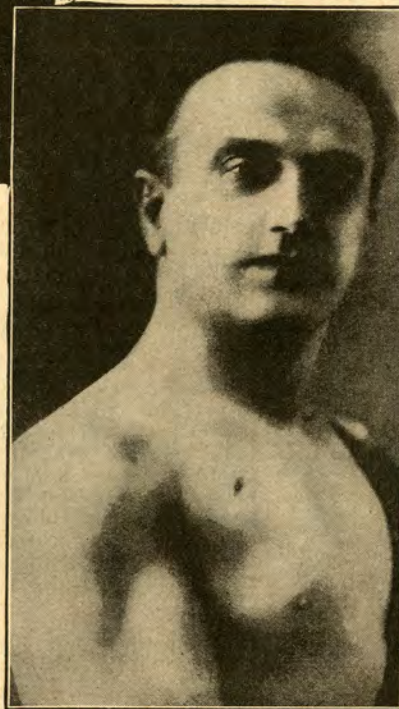
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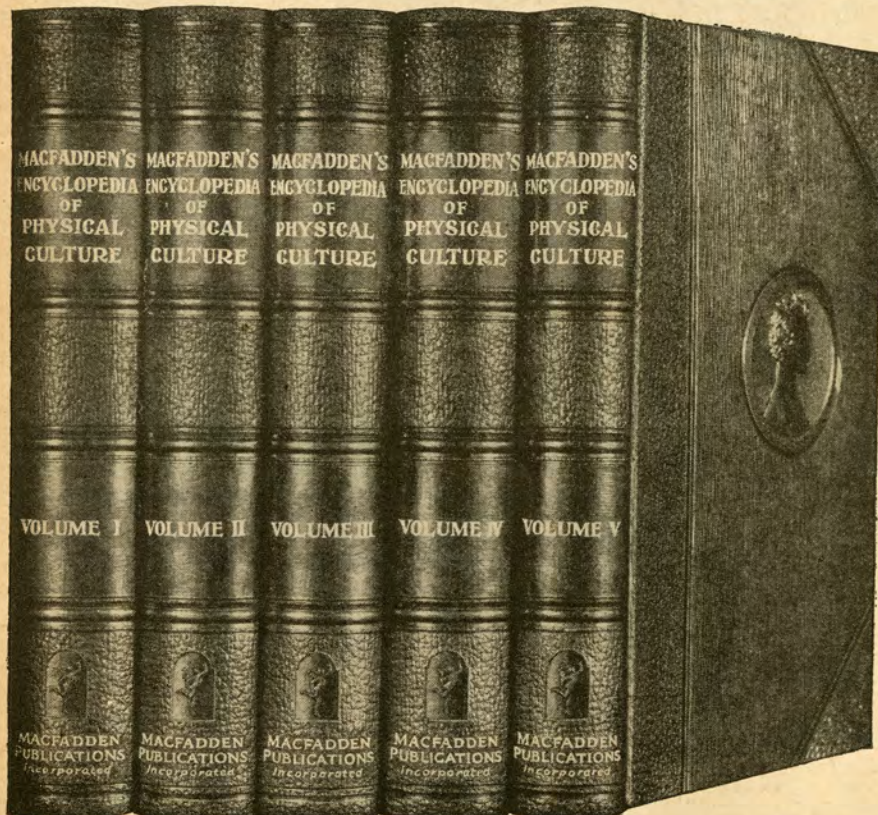
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There is now no excuse for any man or woman to be ignorant of Nature's laws regarding health. Bernarr Macfadden has authorized us to send to anyone requesting it, on 10 days' free examination, all of the five beautiful volumes of his Encyclopedia of Physical Culture. And the request does not in any way carry an obligation to buy.

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Nature is merciless. If you do not understand her laws and her methods of preventing and curing sickness, you suffer. She knows no excuses—she accepts no apologies. Animals instinctively know what to eat and how to exercise to avoid sickness. And even if through close confinement or when wrongly fed they become ill, they quickly recover their health when allowed to eat and exercise as their intuition guides them. The person who does not understand Nature's methods of preventing and curing sickness is ill an average of 21½ days each year. In fact, it is estimated that the average person in a lifetime spends \$4,100 on doctor and hospital bills, loss of time from business, medicine and other expenses due to illness. Thousands of people are living half-powered lives because they are ignorant of the laws of Nature. Many of these people will fill an early grave, when they might easily have lived to enjoy a ripe old age.

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- correct physical imperfections
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- apply all methods of drugless healing
- give first aid in emergencies
- apply home treatment for disease
- recognize diseases by manifestations
- build nervous energy
- treat the common forms of disease
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- benefit by laws of sex and marriage
- treat diseases of women
- diagnose diseases
- have healthy and vigorous children
- treat female disorders
- treat male disorders
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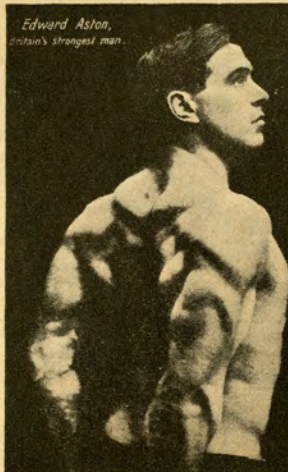
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Besides the weight-lifting rules and records of all lifts in all classes of body weight, there is included the constitution of the weight-lifting association, the "ideal" standard of physical perfection, as well as many helpful suggestions from Geo. F. Jowett, which he, himself, has used in his training program.

American Continental Weight Lifter's Association

(Continued from page 77)

Two Hands Snatch, Rigoulot 266 pounds, Cadine 243 pounds.

Two Dumb-Bells Clean and Jerk, Rigoulot 229 $\frac{3}{4}$ pounds, Cadine 253 pounds.

Two Hands Clean and Jerk, with bar bell, Rigoulot 344 pounds, Cadine 301 $\frac{1}{4}$ pounds.

Two Hands Dead Lift, Rigoulot 540 pounds, Cadine 575 pounds.

Total, Rigoulot 2385 $\frac{3}{4}$ pounds, Cadine 2365 pounds.

Since this match took place both of these iron men have made separate attempts on a world's record. Charles Rigoulot made a wonderful Two Hands Snatch. One report gives the poundage as 277 pounds, but 278 $\frac{1}{2}$ is the young soldier's official record. A marvelous performance indeed.

At the "Cirque" in Paris, Cadine made a Two Hand Dead Lift with 589 pounds, which is claimed as a world's record, but this does not come anywhere

near the record of our brother member, Giroux, whose record of 650 pounds, created in Philadelphia last summer, will keep them all stepping to beat. The French evidently overlooked Gorner's wonderful lift of 793 $\frac{3}{4}$ pounds, which stands as an official German record.

We have received many other reports on various contests and record performances, but space prevents the publication in this issue.

What about everybody stepping out and securing a new member? We have started a campaign which should make it easier for everyone to grab at least one.

What about taking your degrees in the order, or making yourself familiar with weight-lifting ruling by trying the referee test?

Get in on the medal and development idea and let the A. C. W. L. A. reward you for your merits.

Eugene Sandow---the Non-Pareil

(Continued from page 42)

inspiration to millions, and his life presents the achievement that can come to a man who is willing to try and lift himself up from a weakling to a pillar of strength through progressive exercise.

Since his death, there are those who say he prematurely ended his life by exercise. They do not remember the fact that in early youth his life was often despaired of, and that he was never expected to live to see the age of eighteen.

Exercise carefully thought out and practiced on sane rational lines made him a leader of men. As Moses led the children of Israel from bondage, this man led humanity from the stranglehold of Victorian foppery. He was greater than Caesar, Napoleon, or any of the lords of history. He did not trammel humanity down to save it, but became a living inspiration in word and deed that has salvaged thousands of sickly bodies from an early grave.

Give me the man who is a fitting example of what he teaches and I will listen, but I despise the medicine of the physician who cannot cure himself.

Even after he had acquired popularity on the stage, this Adonis of Ionia did not cease to exercise. He found his legs just as hard to develop as any one of us, and for some time wore padded tights so that his lack of leg development would not be so noticeable.

It is a fact that the chorus girls used to tease him by sticking pins into his tights, as he passed by—but perseverance in exercise won him a beautiful pair of legs. He earned his physique, for he certainly worked hard to get it.

I have heard men find fault with Sandow's physique, and I wonder how they have the nerve to do so, when, as a rule, they are physical pygmies com-

pared to Sandow.

We all know that nothing earthly is perfect, but Sandow was nearer to the perfect specimen than any other athlete that lived or lives. The beautiful curves and virile structure of his whole physique are monumental.

As a strong man he was not in the same class as Saxon, Appolon or Cyr, but what he lacked in strength he made up in physique and accomplishment that completely overshadowed the other mighty men. He used brain as well as brawn, and as I have said before, God was good to him.

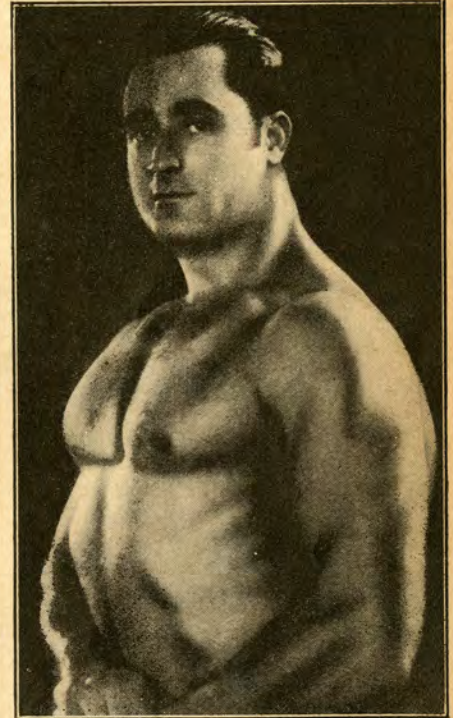
Gray, in his famous "Elegy," states that "The paths of glory lead but to the grave." But they do not all lead to the grave. Some men are so big that they and their works live beyond the grave, and Sandow was one of the elect.

Like Saxon, and Hackenschmidt, Sandow was one of my early inspirations, and I am satisfied to think that I have worshipped at his shrine, as well as at that of the first two named notables. The world was enriched by his existence and enriched by his death, for death proved him mortal. He had no kick coming, for if he had his life to live over again, he would have repeated the story. Exercise lengthened his life over forty years and gave to us through him the greatest testimony on progressive body training in the world's history.

As I near my conclusion I will say, that although he has gone and is gathered to the spiritual legions of mighty men, where he will meet his old comrades in arms, tutor and adversaries such as Cyr, Appolon, Saxon and Attila, he will long be remembered as Eugene Sandow, the great master—the *Non-pareil*.

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CHARLES ATLAS

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Leap over the fence of weakness, out of the field of procrastination, by sending immediately for the biggest and most inspiring book of the World's Finest Men you've ever seen. I want every man and boy to get their copy of this revised, new book and share in the thrill and amazing benefits thousands have already enjoyed.

Secrets of Muscular Power and Beauty

This big, inspiring book is free, although it cost me thousands of dollars to print, but what do I care! Its vital message is of such stupendous importance and full of pictures of red-blooded men and soul-stirring facts, I'm eager to see every reader of this magazine have a copy. Rush the coupon for your copy NOW. You'll agree that here at last is the fulfillment of your dreams and high hopes—the chance to blast a new road and change your whole career. Don't miss it. Don't wait a minute—write at once to

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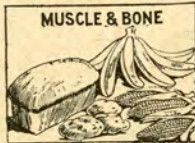
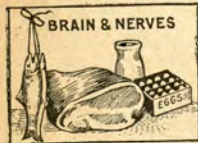
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Human Engineering



A man examines his automobile (1) to recharge the batteries (its nerve power), (2) to refill the gasoline tank and engine (its muscle or motor power), (3) to refill the water tank (its cooling system). Shall he not examine intelligently each day his own needs of nerve force, muscle force, blood washing and cooling

Double Brain Power At Will

For lawyers, authors and all whose work depends on intensity of thought: Brainy foods make brain work easy. Why should a brain worker neglect delicious brain foods to eat a muscle building meal, which, on account of his inactivity, would render him sluggish and stupid, cause slow procession of foods, faulty elimination, stale blood, stale thoughts?

Chemistry Often Misleading

Dr. E. V. McCollum, Professor of Chemical Hygiene in Johns Hopkins University, attributes the chief advancement in dietetics **not to chemistry but to biology** (experimental feeding of food entities to animals within the previous ten years). See "Newer Knowledge," etc., 1923. Write us for particulars of Government Bulletins describing experiments on convicts, hens, cows, etc. Deficient feeding produced disease, whereas full nutrition cured—e. g., paralysis, blindness in hens, rats, etc., pellagra, beri-beri, skin affections, etc., in men.

Overeating Yet Underfeeding

In proportion to time spent in brain work and muscle work must be the respective amounts of brainy meals and muscle meals. Most people eat haphazardly and become glutted with perfectly good but unsuitable food, consequently they have not appetite, nor relish, nor capacity, nor inclination to digest immediately the suitable foods, consequently they find relief in fasting, which should be quite unnecessary. They are overeating yet underfed.

Mental Energy From Protein

Because early experimentalists did not know how to combine protein foods correctly they attributed disorders and diseases of all kinds to these foods. Those who have been deprived of protein can now absorb it **IN CORRECT COMBINATIONS** and increase their nerve force. Functional energy is all that is needed to eliminate waste and foreign matter, the common underlying cause of disease. Fresh lean meat, even if not ideal, is a most helpful fuel in present conditions of life, but proper combination is essential. See descriptive booklet. No technical terms.

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Mr. T. L., age 22, clerk, who suffered from catarrh and had a weak, hoarse voice, writes:—"Voice is clear and strong, head clear as a bell. Have resigned government position and am now making four times as much traveling, something I had the ambition but not the energy to do before. Have fattened up 20 pounds in two months."

Educational Booklet 10c. Sworn Statements.

BRINKLER SCHOOL OF EATING
Dept. 20, 131 West 72nd St., New York

Gymnastics for Health and Strength

(Continued from Page 47)

them with the hands, catching the bars behind the legs as the dive is completed. This is a simple performance; but the complete exercise is performed with the gymnast stood erect on top of the bars. With a quick movement the feet are allowed to slip off the outside of the bars. As the descent is made, the legs should hug the bars, and when the legs have travelled outside the bars to the position of the knees, the dive should commence. Altogether it is a very fine looking stunt and takes good. As the body swings under the bars and the bars are caught, the feet should not be allowed to touch the floor, but should be kept straight at right angles to the body.

Number nine is an exercise almost similar to the "single dips off the ends of the bars." The only difference is that the leg travels back in between the bars as it cuts through the arm. Lean well over sideways to the left as the cut is made through the right arm. This enables you to catch the bar with the right hand as the leg swings alongside of its mate. Practice cutting through both arms alternately with each leg and as you become accomplished you can cut through both arms at once. When you try the latter, be sure to swing high and help by pushing hard with the hands as you let go.

Fig. 10 illustrates the "shoulder stand." You take up the regular position at arms' length, supported between the bars. Take a little swing, hunch the hips up and throw one shoulder onto the corresponding bar, at the same time straightening the legs in the air. When balance is acquired and held, carry yourself over to the opposite shoulder, as the second stage of progression. Once this is mastered, you can walk the length of the bars from one shoulder to the other.

Our last exercise illustrates the "shoot." You take up the position as shown in Fig. 11, with careful attention paid to the placing of the feet and hands. From this position, with both feet together, kick up to the outside of the bar, which is grasped by the left hand. Try to touch the bar with your feet. Then immediately kick away and let go with the hands. Your body will then shoot through the air in an arc, if the exercise is performed correctly, and you will land upon your feet some distance away from the bars.

It looks great to see three gymnasts perform the "shoots" at the same time. Two of them should stand at one side, with the single gymnast stood, at the other side, in the center. At the signal all should go at once, travelling through the air simultaneously. A fine spectacle is presented. Just performing the exercises is not enough. A gymnast secures his points for the grace with which he executes the feats, along with the snappy style in which he concludes all exercises, when alighting onto the ground.

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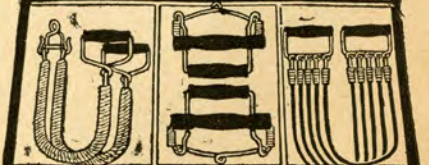


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Thrilling Life of a Sailor Cadet

(Continued from Page 28)

I reported aboard the U. S. S. Annapolis on the Armistice Day celebration in company with eight other boys from Girard College, Philadelphia, over five years ago. The imposing sight of the ship awed and inspired us and as we stepped up the gang plank the blare of the factory whistles, in memoriam of the gallant heroes who fought in the World War, greeted us.

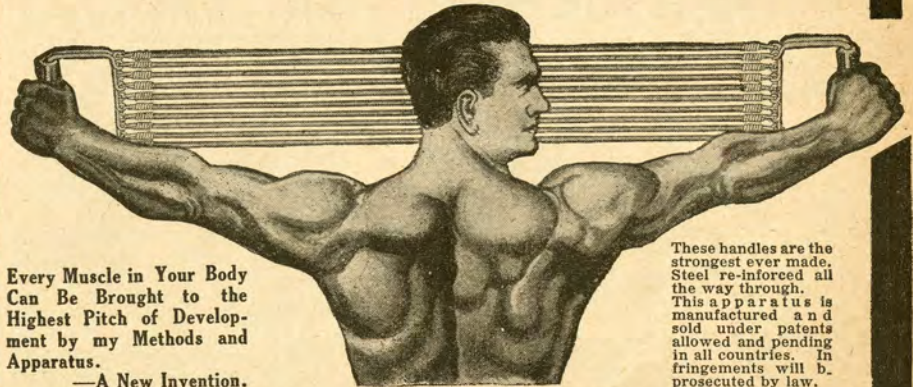
The first day on board ship was a dream I shall never forget. The old-timers had a lot of fun at our expense, since we were rookies and green, oh! so green. They issued hammock ladders to some of us, and stood round and laughed themselves to tears at our attempts to climb up into the hammocks. Of course we did not comprehend the meaning of it all; but when one of our number was detailed to get the key for the anchor watch, and another was sent chasing for a bucket of steam, we commenced to "wise up," to use the vernacular.

Then followed a few days of schooling in the nomenclature of the boat, learning to recognize orders and obey them, and how best to find our way about the numerous compartments, and learning the names of the different parts of the rigging. Finally, when we knew our ship thoroughly, from keel to top mast and from stem to stern, we settled into the regular routine of the school while in port.

At four bells we arose every morning, dressed in our dungarees, lashed and stowed our hammocks away in the netting on top side, and then went below to drink some java before turning to scrubbing the decks. All work ended at six bells, and we immediately layed below to wash up for chow, which was at seven bells. Chow is served by mess cooks who are appointed each week and who take their duty in rotation, looking after the welfare of the eight men seated at their table. Chow aboard ship is a happy time, full of boisterous laughter and noises from the processes of mastication. The food is excellent and thoughtfully planned by an experienced commissary steward, who is responsible for the general health of the cadets in giving them the proper amount of nourishment.

After the free period of relaxation that commences immediately after breakfast, study and then a meticulous arrangement of the clothes and person is affected before inspection is administered at quarters, which is at two bells or nine o'clock. From then on to noon the cadets are engaged at recitations, and after dinner and the free period that follows it, the cadets are instructed in practical seamanship, sailing, oarsmanship, or participate in athletics or manual drill. This generally lasts until eight bells, or four o'clock in the afternoon, when all hands knock off (using the sea-going vernacular), clean up for supper and prepare for the social functions of the evening.

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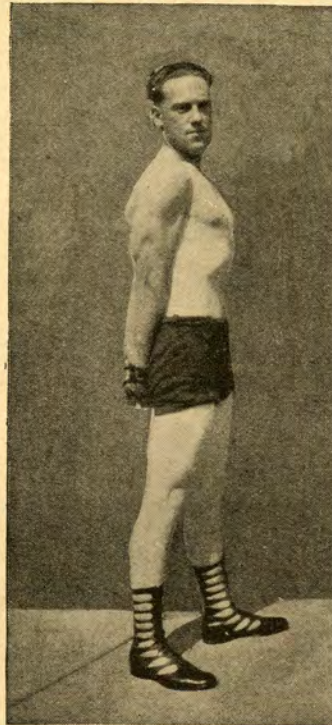
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At twilight, after the impressive ceremony of colors is over, boxing is organized, or some sport to amuse the cadets. And, as the ship has a commodiously fitted library, many find enjoyment in magazines and various books. Very often there are musicians aboard, and musical concerts play an important part in the evening's entertainment. Before the evening closes there is an hour reserved for study of the morrow's recitations and following that the bugle blows first call to stand by hammocks. At a given order the hammocks are carried below decks and strung up on hooks, side by side, and at taps all lights go out and silence reigns throughout the deck. The next day, the same routine is carried out, with perhaps slight exceptions to the general schedule.

The health of the average cadet is good, seldom is sickness reported on board. His life is very active. From the time he arises until he turns in for the night, the officers in charge see to it that plenty of exercises are given to them. I have known the time when in the severest of winter weather aboard ship I was so hardened and rugged that I could scrub the decks in the morning with nothing but a bathing suit to cover my body, and it certainly was a strange sight to see fifty or more cadet sailors clad thusly, rollicking under the icy drenchings of a hose, while scores of people on the public dock, who were bundled in overcoats to keep warm, gazed in horror at our demonstrations of health and fun. It certainly was fun for us, and just because it was cold we never shirked our duty to keep our ship spick and span. Every morning (in the severest of weather) all of us were out on deck enjoying the exhilarating effect this bath had for us, for it was a daily habit that we ill could dispense with.

Rowing is compulsory, and this is one of the first things a cadet must learn to do aboard ship. He must be able to handle a rowboat in all kinds of weather and must compete for his class in the inter-class cutter boat races. In fact so much stress is laid upon this wonderful sport that hardly a week passes without having two or more boat drills, that require the crews to row, at times, distances over five miles without stopping for rest. There are so many different phases of exercises to be gotten aboard a ship that I hardly have the time to mention all of them, but let me tell you a little story of how the boys used to play practical jokes on me when I would go up on the forecandle head to take my daily exercises.

During the time I was at sea as a cadet on board the School Ship I became very enthused with hand balancing and muscle building, and after repeated practice became quite adept at hand balancing. As my body was unusually muscled I received the nickname of "Hercules" and my ship mates used to delight in chiding me about it. Every day, winter or summer, I was wont to work out on the forecandle, or fo'cle head, as it is pronounced, in the sea-going slang. I would practice numerous hand balancing stunts much to the



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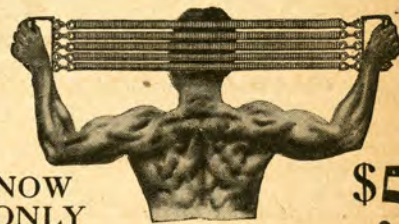
amusement of the onlookers, then I would lift a makeshift dumb-bell, weighing about 125 lbs., and I delighted in getting my ship mates to demonstrate their strength by playing with my bell. After that I would scamper hand over hand up rigging and execute, what seemed to my chums, idiotic motions likened to that of a monkey. Not understanding my motive in demonstrating such weird actions they thought I was a trifle crazy, and very promptly poked fun at me, which became very embarrassing at times, since they called me by all the monkey and ape names they could possibly think of.

One day when I went to the customary place where I had stowed my weights, I was surprised to find them gone. I became very incensed at this and promptly accused my tormentors. I hunted high and low, looked everywhere and must have lost my religion a dozen times, but I could not find the weights. I had come to cherish them and to think my teasers had hid them on me made me exceedingly angry, so I promptly sailed into them and fought them with a righteous fury swelling in my breast. At last one of them promised to show me where they were hid, and to my chagrin I found them dangling over the bulwarks tied to a bit of rope yarn and hanging dangerously close to the water line. As I essayed to haul them up the yarn broke and my precious weights dropped into the muddy water below, and after we had dragged the bottom for hours all hands gave up hope of securing them. I could not choke back my tears, for I loved my weights and when my ship mates beheld me thusly, they made ribald fun of me. However, they were true gentlemen, and shortly afterward they apologized for their behavior, and after that incident many of them joined me in my daily exercise. Many of them profited in climbing the rigging with me, even though we did act like a bunch of monkeys in performing the various stunts. Such stunts as we executed developed steel-like grips and bulged our forearms and biceps muscles and was exercise that gave us muscles to be very proud of, as a reward to sticking everlastingly to our daily exercise.

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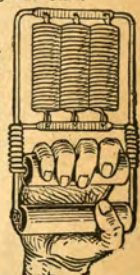
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situation, the more dangerous, the better they enjoy coping with it, and "the better they like it."

"Once a sailor, always a sailor." The lure of the sea is irresistible. I have heard of sailors shipwrecked for many days and when fate picked them up and set them ashore, they were soon back on the beloved briny deep. To show an example: a lone fisherman set out to sea, off the Newfoundland fishing banks, one murky day and all about him were little dory boats similar to his own, with their occupants busily engaged in fishing. He rowed a trifle farther beyond the group clustered together and let out his nets, though he kept within hailing distance of them. Just then a heavy fog descended, obscuring his surroundings. Thinking it would lift shortly, he was content to wait patiently in his boat and stand by his nets, but instead the fog grew denser and denser, and the gray walls seemed to close in on him as though to blot him out.

A death-like stillness reigned which commenced to unnerve him and when the fog showed no signs of lifting, after an interminable length of time, it behooved him to row in the direction of the shore and come back for his nets later on. Fog banks are mighty deceiving for he rowed for hours, shouting to attract the attention of the group he had last seen before the dense gray walls had enveloped him, but no sound save the squeak of his rowlocks came to his ears. The mocking silence of the sinister grayness became unbearable. He cried aloud; cried for deliverance from the horror of it. Night came on. He knew not where he had drifted, nor in what direction he was rowing. Near dawn, a storm arose, he was blown willy nilly across the ocean, and when it subsided and the broiling sun came up in the heavens, it added torture to his weary body. He could discern nothing, save the endless line of the horizon, and so, sick at heart, he laid down in the boat, praying that fate would be kind to him, and return him to his loved ones.

Days passed, and somewhere out on the sea a little boat was gently tossed about. Canted in the air was an oar, fastened to one of the thwarts, as a signal of distress, and lying on the bottom of the dory was the fisherman, desperately clinging on to life. It so happened at this moment, that the S. S. Baltic, a huge transatlantic liner, was proceeding enroute to New York, when a sudden blow came up, that blew her several miles off her course, and consequently when the great ship adjusted itself a little row boat with a canted oar was espied. Thus the fisherman was found, though nearly dead from exposure and starvation, and raving mad, from drinking too much brine.

Yet he lived and when his reason returned he swore never to put to sea again, and that he never even wanted to gaze upon it again. A brief stay on shore, however, found our fisherman very restless, with something terrible "gnawing at his vitals," as the saying goes. He could not comprehend just what it was, but he knew that it made

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him melancholy, and so at last he resigned his oath, for he could withstand its binding no longer. He must go back, back to the deep blue sea. He felt it calling to him and thus he succumbed and answered its beckoning, for the lure of it was irresistible, and happiness and contentment were his only out on the beloved briny deep.

So my story ends, my story of the sailor cadet and the adventures of the sea, that foster so wonderful a life, a life of venture, a life of health and thrills galore. And he, who tastes much of that life, can ne'er resist its tempting flavor, for he is one whoever roams over the dark sea's foam on to destiny. And ye who dwell at home having never sailed the blue, darkly, deeply, beautifully blue sea; ye do not know the terror of the bounding main, and what ye miss.

Fifteen Minutes of Exercise a Day (Continued from page 31)

together. Then bend over to one side without leaning forward. As you bend, you let the hand on that side go down toward the floor as far as possible. You will find that in order to reach nearer the floor there is a tendency to lean forward, which allows the side muscles to avoid the hip or pelvis bone. Don't lean forward at all. Reach nearer the floor by bending the knee on that side. If you don't keep the torso in a strictly vertical position, you will not be doing this exercise correctly. This exercise is great for the muscles around the hip and waist regions as well as the thigh. Don't alternate from one side to another, but keep exercising one side until tired, then change to the other side. If you cannot balance yourself in this exercise, steady yourself with the hand that is not trying to reach the floor by placing it on some stationary object about shoulder-high. Fig. 1 shows the hand near the floor with leg straight.

The next movement is a variation of the common abdominal exercise in which you raise your legs while lying on your back. Fig. 2 shows the first position, and notice that the back of the head is on the floor. In this first position the entire body should be relaxed.

Now you raise the feet and legs up until they come to the position shown in Fig 3. The legs, of course, must be kept rigidly straight, if possible. If you cannot raise them while in the rigidly-straight position, then do the best you can, as I told you before.

So far this exercise is nothing more than that well-known abdominal movement of raising the legs. Here is where the improvement comes in: as you raise the legs, you also raise the head and shoulders up to meet the feet. You are not supposed to make them meet, however, as that is only to give you the general direction. The raising of the head and shoulders should, and will, be a rolling-up movement. The head leaves the floor first, the neck and shoulders

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follow an inch or two. You will find, if you do this properly, that the stomach muscles are contracted more thoroughly and that a few repetitions will be enough. This exercise saves you much time.

The third one is similar to the first exercise, but affects the back, abdominal and leg muscles directly, whereas the first exercise called the side and thigh muscles directly into play.

Fig. 4 shows the first position. I am sure you will need a support in doing this one, which is all right at first, but you must learn to perform it without a support.

Stand erect, one hand gripping the support. Now lean back, letting the other hand reach down toward the heel of the foot on the same side. As you bend your back, you also bend the supporting leg, and the non-supporting leg is raised. Do not turn toward the side; make it a bend of the back only, with the face and chest directly forward. Go down as far as possible, relying on the supporting hand as little as possible. This movement is very good for making one supple, as well as strong.

Our next movement will be for the arms and is a more strenuous variation of the hand-balancing feat called the "Tiger Bend."

You take the floor-dipping position as shown in Fig. 5. Now lower the upper body by bending the arms at the elbows. Keep lowering slowly until you are resting on your elbows, forearms and hands. Then raise slowly by straightening the arms. Fig. 6 shows the second position.

Our fifth movement is a very strenuous hand, finger and forearm exercise. Assume again the dipping position as shown in Fig. 5, and then raise the body by going up on the fingers. Do this as well as you can, even though it does not seem thorough at first.

Our final exercise is a calf-developer and arch-strengthenener. Again steady yourself with one or two hands upon some object or against the wall. Now do the stationary run, but do it in a slow and easy manner. Instead of coming down on the ball of your foot, as this is usually performed, you come down on the tips of the toes first, and finally to the ball of the foot. This is a movement that contracts the calves very highly.

Now go to it, you tired fellows, whether you ever tried exercise before or not.

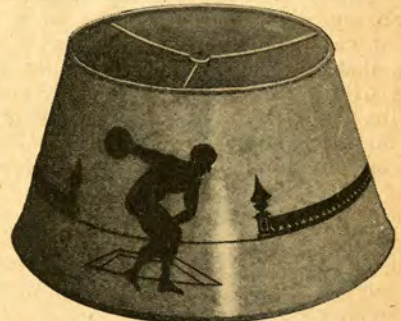
The Value of Sport Training

(Continued from Page 21)

It would be possible to go on citing such examples indefinitely, but the point we wish to make is that although good instruction plays a part in making both champions and riches, the first lesson we must learn is the lesson that no one else can teach us, the lesson that bitter experience reserves for each of us and fate seems to wait to see whether we profit from it or not.

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We should not make blind mistakes, and we may not make any bad mistakes, but we must learn to build on our failures. If we can learn to do that we have our first lesson.

What persistence will do is amazing; not only the persistence which enables us to turn back and start again after we have reached an impasse but also the persistence which keeps us going; doing our share day after day when we do not know that we are on the right track. Fortunately, in exercise and athletics there is really much less danger of going off on some wild goose chase than is the case in some of our other interests; and so athletics can teach us to keep slugging under rather disagreeable circumstances at times, but do not often offer the discouragement of anything more serious than a temporary defeat.

LEARN FROM DEFEAT

The beaten pole vaulter or the beaten weight lifter may see something in his opponent's style or physique, or both in his style and his physique, which gives him the victory, but nine times out of ten his defeat spurs him on to greater efforts. He knows his own style and his own physique can be improved, and he sets out to improve them.

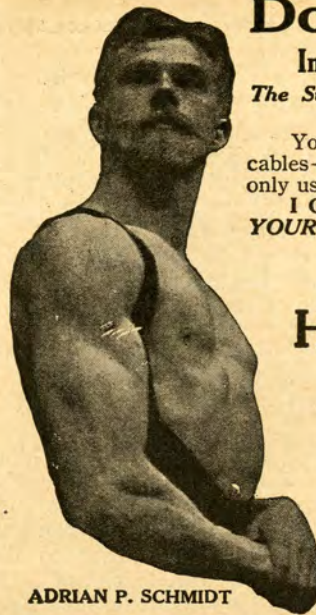
The generals who win wars after they are beaten in battles go on the same theory, and the observers who state that battles are won on athletic fields are very close to the truth of the matter.

When any man goes in for sports or for exercise, he should get a sound body as one of his rewards. The sound body is certainly a long step toward a sane mind. We all work better when we are well, and this is just as true of mental work as it is of physical work.

More than a sane mind in a sound body, he should also build up a reserve of physical energy on which he will be able to call all the rest of his life. The well man can ask his body to do things which his weaker brother cannot do, and he can get away with them as well as try them. Besides this he should acquire what some coaches call a good competitive spirit, which is not a combative nature but rather the ability to make himself perform his best under stress, because he has realized that competition stared him in the face, and he had prepared himself to meet it.

The man who has performed before crowds is not as impressed by crowds at the end of his career as he was at the beginning. No man who has competed with his equals and with his superiors, as well as his inferiors, is afraid to give his best or is ashamed to work to improve his best if it is not good enough. No man who has a good competitive spirit is satisfied to lose. He wants to win, and he wants to learn how to win if he is not good enough today.

Such a spirit athletics and exercise develop, and with such a spirit men win, and without it they lose.



ADRIAN P. SCHMIDT



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(Continued from Page 37)

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claws into the rug, and stretch and hump up into all grotesque sizes and shapes. That's natural exercise. They keep their bodies fit by such a practice and that is what we humans, "tourists," should do every morning. Stretch, stretch, stretch, it is invaluable to you. You probably know how to stretch and yawn, but here are two dandy ones you probably never thought of doing, Squat down, like a sprinter, Fig. 3, and try to raise the body up against the resistance of the effort to keep the hands on the floor.

Next stand erect, with hands on hips, then lean far to the side, stretching the arms overhead as you do so, see Fig. 4, then return to the erect position and repeat the bending movement to the other side. Fig. 5 is another good exercise; the athlete is completing the movement after having stood erect with the hands on hips, then very vigorously he flung his arms backward and down, inhaling as he did so and exhaling on the movement returning to the erect position. Try this one several times. It will send the blood surging through the veins.

The next and last exercise is particularly beneficial for the waist muscles, and aids in the proper elimination. It is an exercise everyone should do upon rising every morning. Lie down on the back with the hands clasped behind the head, and with your toes hooked beneath some object heavy enough to keep the legs on the floor or ground. Then raise the body up, slowly, breathing in deeply as you do so, till you are in an upright sitting position, Fig. 6, then exhale the air and return to the supine position on the back, repeating the same movement several times until the muscles are comfortably tired.

Thus in conclusion, friend tourist, let me give you some DO'S and DON'TS, which I think you need to know, if you are to enjoy undertaking long and tedious journeys.

DO be conscientious; always look over the road map carefully, and plan your day's run systematically, allowing yourself a reasonable mileage to make throughout the day, and stop when it gets dark, even in view of the fact that you have not negotiated the distance planned.

DON'T cuss and fume when something goes wrong with the engine or tires. This will not help you one bit, and it will serve to unnerve you and sour the pleasure of the trip. Just remember a little rain must fall else there would be no sunshine. Make play of your work, and in pumping up a tire imagine you are doing it as an exercise which is developing strong healthy tissue.

DO take time to eat right and chew your food thoroughly instead of gulping it down in order that you might be on the road again speeding on to your destination.

DON'T attempt much driving at night after you have driven the whole day. Continual practice of this sometimes leads to destruction because it is extremely tiresome sitting all day; the brain becomes fogged and when you need your faculties the most, especially driving at night, you are apt to lose control of the car, or be unable to avert a crisis if one should happen to arise. I know whereof I speak, for on my trip to the south numerous wrecks on the road told the story of foolish drivers who killed themselves just to better their previous day's time, and arrive at their journey's end sooner, by driving all day and night.

When you lay down to rest after a tedious day of driving, sleep, sleep plenty. Nine hours of restful sleep will render you fit to meet the events in store for you on the morrow and make the driving a pleasure instead of a task. When you turn in for the night, never sleep in your clothes that you wear during the day. Religiously avoid this, for it is harmful for you to do such a thing and you are apt to feel weakened on rising instead of being refreshed from sleep. "Early to bed and early to rise, which practice makes a man healthy, wealthy and wise," certainly is aptly put, especially in the case of the motorist. I never want to drive long after sundown and get up around the noontime, like I did on my trip south, for I have paid the penalty for such practice.

Mister tourist, please, for your own sake, bathe every morning. Stop at places where this pleasure may be had and always finish the bath with a dash of cold water over the body. You will find this to be most exhilarating and it will enhance your health.

DON'T try to burn up the road, you don't have to be a speed demon, this invariably leads to disaster. I know of a woman who recently owned a car for the first time in her life. She thought that she would get a thrill from speeding down the boulevard, so she promptly "stepped on it," and tore like "blazes" down the broad and spacious street. A motorcycle traffic "cop," espied her thusly and immediately started in pursuit of her, and after a furious chase succeeded in catching the wild driver and placing her under arrest. The next morning she faced the judge and as that personage knew of her conduct, when driving, he prepared to give her a thorough remonstrance. But she, thinking she might "get on the good side of him," said, "Good morning, Judge, and how are you this morning?" The Judge replied, very adequately, "FINE, twenty-five dollars." So don't you see, brother tourist, if speeding doesn't cause injury to your person it will to your purse, if you get caught in the act. It is best that you remain on the safe side, and then you are apt to reach your destination without having any regrets whatsoever.

And in closing, always carry extra accessories and parts with you on long trips, and always have a jug of gas and oil, in case of an emergency. Several times on my trip south the car stopped for no apparent reason, and on investigation I learned that we had no gas, that it had been used up. Luckily for me I carried an extra can with me in readiness for such a predicament, and I was able to go on to the nearest gas filling station; when, on the other hand, I might of been stranded on a lonely road. Never forget to do this, and you shall never be subjected to an embarrassing situation.

Health—Strength—Beauty (Continued from page 53)

Stand erect, head up; chin, chest and toes held in a vertical line, arms outstretched and feet together. Raise arms up sideways, palms out, and rise slowly on toes at the same time, inhaling deeply. Then bring arms slowly down and lower the body at the same time, exhaling forcibly. This exercise is good for the chest. Another good exercise for chest and bust development (and also for the arms and shoulders) is this one:

Stand with the body perfectly straight and arms extended at shoulders, palms facing front. Bring arms to meet in front of the chest with a quick slap; then swing back as far as you possibly can, striving to touch the backs of the hands and holding arms as high as possible. The swinging of the arms should be done with force. In time you will be able to make the palms of the hands meet in back of you.

The following exercise is very good for the arms, shoulders, back and hips: Stand erect, feet together and hands at sides. Bend forward, touching the fingertips of your right hand to the floor—keeping the knees perfectly straight. The left arm is extended straight upward. Then the right arm is swung straight upward and the left brought down so that the fingertips touch the floor. This is very effective if you do it about ten times without stopping.

For the development of the hips and waist the body roll exercise is very good, also the squat and the "touching the floor" exercise. Stand with body straight and feet together, hands on hips. Then slowly and deliberately roll the upper body in the form of a circle. Back as far as you can—to the sides and front as far as you possibly can without moving or bending the lower body. Five or six repetitions will be sufficient, but they can be increased to ten or fifteen after you become limbered up. The squat is a good exercise for the hips, and helps to develop the thighs and calves if done in variation.

Stand erect with arms in front of you. Rise high on the toes, then slowly lower the body until it rests upon the heels. Then come up and back into position.

Another exercise for the waist and hips is the one known as "touching the



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Increase Weight

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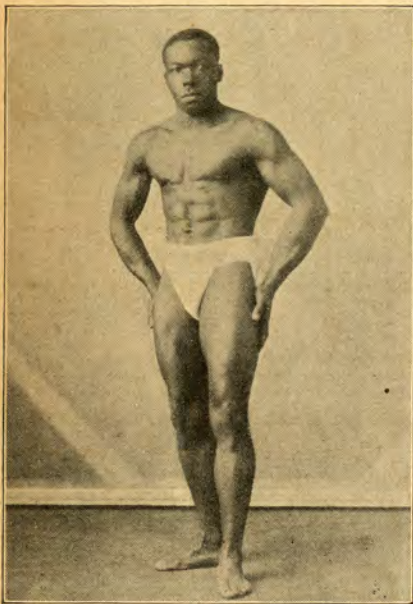
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toes." Do not bend the knees when you go down, going down and coming up with force, resting a few seconds before each repetition. If proper attention is paid to breathing while doing this exercise, you can also benefit the chest at the same time. Inhale deeply when you come up, and exhale when you go down.

In addition to the squat, kicking is a very effective exercise for the thigh. Front kicking, side kicking and back kicking. For a beginner, however, the front kick is the easiest and best. This can be done with aid of a chair.

Stand about three feet behind a chair, with the back toward you, arms outstretched. Kick moderately high over the back of the chair in a circular fashion first with one foot then with the other but be sure to keep the body perfectly erect and the foot on the floor straight. You can also practice the squat first with one foot and then the other but that is more for the advanced pupil.

You will find walking and hiking very good exercises. If it is possible, I would advise you to take up swimming and gym work.

Do your exercises every morning or evening, and practice for three-quarters of an hour. Also drink plenty of water and milk (two quarts of milk, if possible, a day). Rich foods, candies, pastries should be entirely eliminated from your menu.

Make up a diet of whole wheat bread, beans, plenty of vegetables, salads, nuts and fruits. Increase the usual amount of carbohydrates. Potatoes cooked in their skins, natural brown rice, whole grain breakfast cereals and whole wheat bread. Also increase the usual amount of fat, if more can be taken without discomfort. Butter is best, crisp bacon, olive and vegetable oils.

I hope that you will adopt the schedule of exercises I have given you, and that you will find it of benefit to you.

How Constipation Affects the Body Health

(Continued from Page 60)

fluid extract of cascara sagrada, one teaspoonful in water at bedtime, or the taking of mineral oil, such as nujol or some other mild form of laxative. Among the laxatives and cathartics most commonly used are; aloes, rhubarb, rochelle and epsom salts, compound licorice powder, castor oil, jalap, senna, mercury, colocyn and podophyllin.

The mechanical means of relieving habitual constipation would be by enema; but the enema is injurious to the body health if it is long continued, because of its irritating effect on the rectal and colonic mucous membrane. At times, when the stomach is weak or irritable, a loaded bowel may be relieved by an ordinary enema of soap and water, or by one containing one-half to one ounce of castor oil, with one or two drams of oil of turpentine. Glycerin enemas may also be used, containing from one-half to two ounces of

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glycerin. Massage also claims an important part in the relief of habitual constipation. It acts by stimulating the bowels and the abdominal muscles, and should be employed at set times during the day, preceding a desired evacuation of the bowels; but before any severe exercise or any abdominal massage is ordered or advised the patient must be sure that there are no inflammatory conditions present in the abdomen. Manual massage may be applied to the abdomen from fifteen to twenty minutes, beginning with light circular stroking of the abdomen about the region of the navel, after first having well lubricated the parts with olive oil. The course of the highest part of the large intestine is gradually massaged deeply, all fecal masses broken up and moved down toward the rectum.

Spastic Constipation

This form, which is usually reckoned as a distinct variety, is characterized by the distress experienced during the act of defecation and by the appearance of the stools, which are narrow, sometimes of the caliber of a lead pencil, and often covered with mucus. Sometimes separate masses of mucus, in the form of strings or membranes, are passed with the stool, or at times when no stool is passed. This spastic form of constipation usually occurs in nervous patients, and these cases should receive treatment appropriate to their nervous condition. They are also benefited locally with the oil enema, given as a rule, on alternate evenings. The technic of administering the oil is very simple, about five drams of cotton seed oil, as warm as can well be borne, are injected through a funnel attached to a colon tube and allowed to remain in the rectum until the next morning. Patients unaccustomed to these injections should put on a large diaper to obviate the danger of the oil leaking through the anus. This type of constipation is of a chronic type and, therefore, an x-ray examination is advisable to aid in the treatment of the disease.

Chronic Constipation Very Often the Cause of a Disease

Chronic constipation is now recognized as the cause of disease. This condition usually results from the depression of the metabolic and assimilative processes. Nephritis or kidney condition, also anemia may be affected by chronic constipation and the specific gravity of the urine is lowered and contains a great amount of albumen. The bottle-fed baby is especially subject to constipation, particularly when the milk is modified by the addition of lime water. A milk diet is constipating at its best, whether it be for infants or for adults, because after digestion takes place in the stomach a residue forms in the intestines for them to work on.

The chief factors in constipation are: 1—An abnormal amount of highly seasoned foods; 2—Insufficient drinking of water; 3—The lack of proper nerve action; 4—Weakened abdominal muscles; 5—The lack of function of the thyroid and adrenal glands.

Exercise Plays an Important Factor in the Treatment of Constipation

Swimming, when indulged in, is about the best of all exercises for constipation, as it brings into play practically every muscle in the body. Horseback riding, golf, rowing, walking and Swedish movements are very beneficial. Abdominal massage is also very useful and is best done in the morning before rising. Twisting, bending, turning and contortion of the abdominal muscles is of great value. It is especially advisable to avoid all alcoholic drinks, cocoa, strong tea, starchy foods and also sweet foods.

Mineral oil, as previously stated, has been extensively used and is very valuable in constipation accompanied by intestinal irritation or intestinal spasms and as a result of the use of mineral oil the constipation is gradually or partially removed.

The Abdominal and Side Muscles

By Prof. B. H. B. Lange
(Continued from February Issue)

It is the writer's firm belief, based upon years of personal and practical experience, that the exercises just described should always be practiced by all novices before attempting any other exercises that involve the front abdominal group of muscles. Especially is this true before taking up the next exercise, the popular one known as the "sit up." Five types will be considered, of which the fourth will be sufficiently strenuous for all practical purposes. The fifth type is really a very advanced exercise and should never be attempted by beginners. The writer would recommend waiting until after a year's practice of the various other grades of exercises thus far described before attempting the "Roman Chain" lift, as it is known. The following exercises for the rectus abdominis muscle will be

briefly described in the order of their respective strenuousnesses. The first type will be the easiest; the last, the most strenuous. In the performance of any of these, it is always best to have a strong strap so attached to the floor or "mop board" in the exercise room so that the feet may be hooked under it, that is, so that the strap will cross over the instep and thus hold the legs down. Then, the feet having been made secure, the performer should lie flat on his back with his arms folded across his chest. Next, he should slowly come up to a sitting position, using only the "pull" of the abdominal muscles to do this. To make the movement complete, the performer should bend forward as far as possible instead of merely coming to the regular "sit-up" position, as is generally recommended in this exer-

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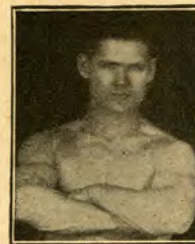
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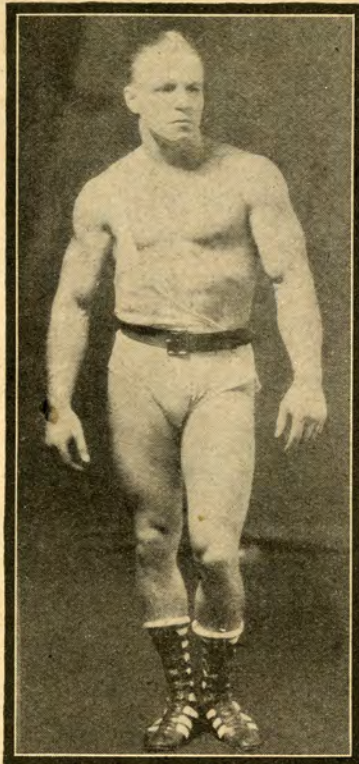
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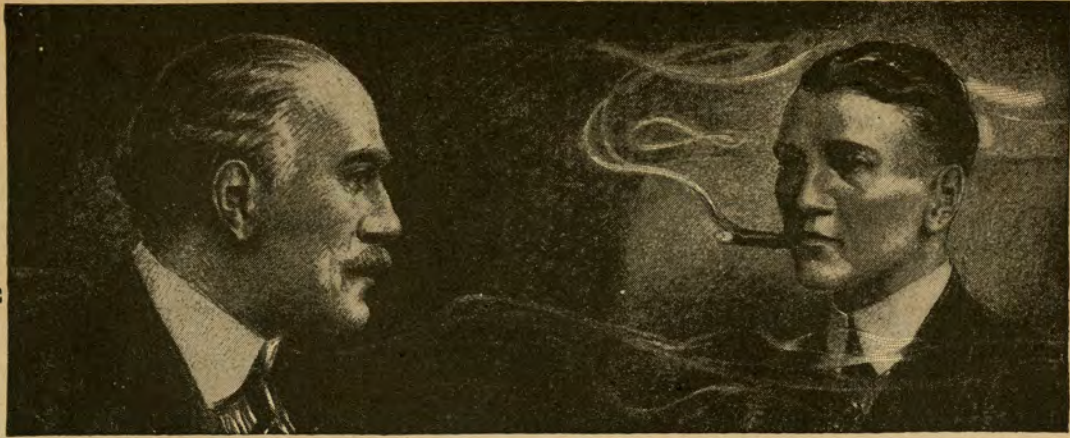
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cise. The second variation of the "sit-up" is performed as the first, the only difference being that the arms, instead of being folded across the chest, are held behind the head; that is, the hands are clasped behind the head and the performer, as before, slowly rises up and bends forward as far as possible. The third style demands that the arms are stretched out at full length above and behind the head and while there the performer rises up and bends forward till he is able to touch the tips of his fingers to his toes. In this exercise the performer should repeat until he begins to feel the effects. In the fourth variety of the "sit-up" the performer is asked to use a weight, a bar bell being best suited for this purpose. No more weight than the bar of the bar bell should be used for two or three weeks until the muscles have grown accustomed to the added resistance produced by the weight. The fifth and most strenuous of the series of "sit-ups" is known as the "Roman Chain" style. A specially constructed and very strong chair is needed for this "lift"—for it is really a lift. The chair, instead of having its seat built parallel with the floor, as ordinary chairs, has its seat built at an angle of about forty-five degrees and to it is fastened a strong strap, so arranged that the feet can be slipped under it. The top piece on the back of the chair should be padded, for the under or back part of the knees is to rest on this part. Finally, the entire chair must be securely fastened to the floor and the chair is then ready for strenuous usage. On the floor back of the chair and about two feet from the rear legs, the performer should have a bar bell placed. About thirty pounds is enough weight with which to begin. After having made certain that his feet are securely strapped down, he should bend over backward until he is able to grasp the bar bell; then he should rise slowly, keeping the bar bell behind his neck, until he has assumed a sitting position on the upper part of the chair's back. This done, he should slowly lower himself until he has placed the bar bell on the floor again. The degree of ease with which this and the exercise immediately preceding it are done will determine how many repetitions should be made in the beginning of each of these two exercises. Enough to say that two will be sufficient for about two weeks; after that the performer may attempt three in style from sit-up and perhaps in the "Roman Chain" as well. But this is a matter of personal judgment and prudence, and it is well to always bear in mind that one should never try too much because of the danger of strain. After he is able to perform three or four sit-ups in style form he should work up to about fifteen repetitions and then add five pounds to the bar, and begin again at two repetitions and proceed as before. In the "Roman Chain" style he should work up to about ten repetitions, using about thirty pounds; then add five pounds and begin again at two repetitions and proceed as before. *None of these exercises should be attempted if the reader has*



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a hernia "rupture," without first consulting his physician, for although the "sit-up" will often cure minor cases of hernia, serious cases will necessarily prohibit one from performing this series of abdominal exercises; at least, until a good surgeon has corrected the hernia. But a person with well developed abdominal muscles will never suffer a hernia.

There is probably no other exercise that involves so many muscle groups and so effectively as the "one arm side press." While this exercise is very simple in technique, it is most beneficial in results. A dumb-bell or a kettle bell should be used, the former being preferable. It might be of interest to the reader to state here that the side press is, in the opinion of the writer, the greatest individual invigorating and toning-up exercise there is. For direct effect upon the digestive system it is unique, while its influence on the organs in the body is also very great. These facts should appeal to the individual affected with constipation and also with weak kidneys.

While the side press as such is, in reality, a lift, the description of it here pertains to the use of a light bell, one that can be "pushed up" with one arm a number of times; whereas in a lift, it must be remembered, he is only to make one or two repetitions. When using the right arm the performer should stand as will be indicated; while this position is just reversed when the left arm is used. For the novice with a fair amount of strength, twenty

pounds will be sufficient with which to begin. Or, if a young man is very weak, a ten-pound dumb-bell may be sufficiently heavy at first. He brings it to shoulder height and holds it there in such a position that the front of his hand, the palm, is facing forward. Not sidewise! This, if performed correctly, will place the dumb-bell in a position with the shoulders. The right foot should be placed in such a way that the toes are pointing straight forward. Not at an angle! The left foot should be placed at a slight angle and a little to the side and the rear of the right. The left arm should be held out from the shoulder at the side so as to act as a balance. So much for position. Then, without bending the knees, the exerciser should slowly press or "push up" the bell to arms' length. At the same time, he should lean toward the left side, leaning from the waist only. When this exercise is executed properly the performer will find that as he presses the bell to arm's length he will have leaned towards the opposite side far enough to enable him to touch the outside of his leg at the side of the knee. This means that he has flexed the side abdominal and also the back abdominal muscles to a very considerable degree, while those muscles on the opposite side have also been working very vigorously, and finally those on the front; that is, the pair of rectus abdominis muscles, especially their upper half, have received a decided "work out." When the left arm is used, the right side is subjected to

the contractions and movements that have just been described. As to the number of repetitions, it is the writer's opinion that four or five are enough at the start as a minimum, working up to about fifteen as a maximum. The performer should do this, at the start, four times, with each and every other day for four exercise days; then add one repetition and proceed as before until the maximum number is reached; then increase the weight by five pounds and begin again at the minimum number of repetitions. In regard to breathing, inhale as the weight is pressed upward and exhale as it is let down. A point important to remember is: Never let the weight from the arm down too far—that is, do not let the elbow come nearer than ten or twelve inches to the side. Stop its downward trend as the upper arm is about on a parallel line with the floor.

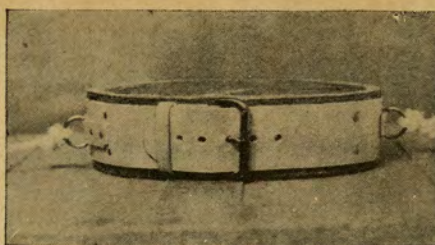
Probably the severest tax on the side muscles is produced in practicing the "one arm military press," for the reason that, as the name partly indicates, the press must be done without leaning to the side or back or front. The performer must keep the "attention" position while doing this exercise or lift. When using the right arm in pressing the weight, the left side abdominal muscles are vigorously flexed, and when pressing with the left, the right side muscles are employed in like manner. An attempt or two, using a moderately heavy dumb-bell, about thirty pounds or so, will immediately substantiate the above statement. (Continued next month)

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