

August 1922

# Strength

The Magazine of Good Health

15¢



Walter Camp  
Exercises for Children  
How to Reduce  
All-Round Tests for  
Everyone

# What Is the Best System of Exercise for You?

**W**E know that all men are alike and we know that all men are different. We know that one man's meat is another man's poison. We know that exercise is good for all men and we know that all exercises are not good for every man.

We know that if you are six feet five and in perfect condition the exercises that you should take are different from those you should take if you are five feet six and in perfect condition.

This is just about fifty times as true if you are not in perfect condition.

For twenty years we have been developing and perfecting our methods and during that time our system has developed more strong men than any other and has probably developed more strong men than all other systems combined.

## *We Cannot Help Profiting by the Experience That We Have Gained*

Our pupils include strong men and weaklings; some come to us when they are no longer able to make progress under other systems and some come to us when they first feel the need of putting themselves in first-class physical condition.

No matter what your condition may be, you can rest assured that we have had many other pupils in very nearly the same shape, and that we will know what you should do because we know the results that they have obtained.

The system that produced Health and Strength for thousands of others will produce Health and Strength for you.

### *The Story of Fred Rohde*

One day Fred Rohde came across an advertisement of the Milo Bar Bell Co. in a copy of *Physical Culture* which he picked up in the reading-room of the Y. M. C. A. at Honolulu.

Rohde made up his mind that he would equal the development of the man whose photograph appeared in the advertisement.

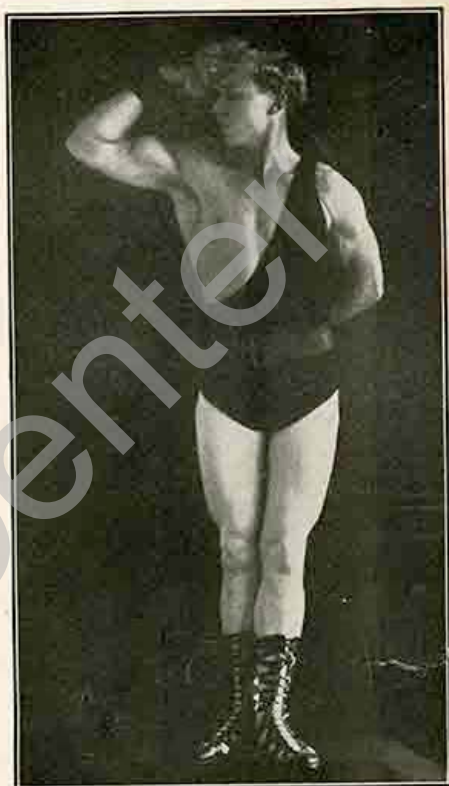
He wrote to us and we prepared a course for him which brought into play the regular and systematic use of his muscular system. His picture shows the results that this work have produced in his case.

To-day he is as finely built a man as you could hope to find and he states that he grew in mind as well as in body and he has continually advanced and improved himself both physically and mentally.

You may be in better or worse condition than Rohde was when he first came to us, but we are certain that whether your case is or is not very similar to his we can produce the same results for you that we have produced for him.

We can and will lay out a course for you so that by exercising two or three times weekly and putting in about a half hour in each exercising period you will obtain results that will positively astound you in a period of from 30 to 60 days.

Our booklet "Health, Strength and Development and How to Obtain Them," will show you the way. It is free. Send for it to-day.



Fred Rohde, another Milo-built man, who says: "My health and success I owe to Milo."

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## Free Book on Salesmanship

Just mail the coupon or write for our great illustrated Book, "Modern Salesmanship," which we will send you Free. Let us prove to you that, regardless of what you are doing now, you can quickly become a Star Salesman. Let us show you how you, too, can step into the ranks of the big money makers of business. See how easily you can learn this fascinating, big-pay profession at home in your spare time. Learn what we have done for others, and what we stand ready to do for you. Don't put it off until to-morrow—write us to-day. Mail the coupon at once.

## National Salesmen's Training Association

Dept. 21-K Monadnock Bldg., Chicago, Ill., U. S. A.

National Salesmen's Training Association,  
Dept. 21-K, Monadnock Bldg., Chicago, Ill., U. S. A.

Please send me without any obligation on my part, your free book, "Modern Salesmanship," and full information about the N. S. T. A. system of Salesmanship Training and Employment Service. Also a list showing lines of business with openings for salesmen.

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City ..... State .....  
Age ..... Occupation .....

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Earned \$524 in Two Weeks

I had never earned more than \$60 a month. Last week I cleared \$396 and this week \$218. You have done wonders for me.—Geo. W. Kearns, Oklahoma City, Okla.

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I took your course two years ago. Was earning \$15 a week clerking. Am now selling many of the largest firms in the U. S. I have earned more than \$109 in a day. You secured me my position. Our Sales Manager is a graduate of yours.—J. L. De Bonis, Chicago, Ill.

Earns \$1,562 in Thirty Days

My earnings for the past thirty days are \$1,562.00 and I won Second Prize in March although I only worked two weeks during that month.—C. W. Campbell, Greensburg, Pa.

Earned \$1,800 in Six Weeks

My earnings for March were over \$1,000 and over \$1,800 for the last six weeks, while last week my earnings were \$356.00. I travel eleven months out of the year, working 5 days each week.

The N. S. T. A. dug me out of a rut where I was earning less than \$1,000 a year and showed me how to make a success.—J. P. Overstreet, Dennison, Texas.

There is nothing "different" about the man whose salary runs into five figures. He is made of the same stuff as you and I. For example, take J. P. Overstreet, of Dennison, Texas. A few short years ago he was a police officer earning less than \$1,000 a year. To-day his earnings are in excess of \$1,000 a month—more than \$12,000 a year. C. W. Campbell, Greensburg, Pa., was formerly a railroad employe on a small salary—last month his earnings were \$1,562.

## Why Don't YOU Get Into The Selling Field?

Mr. Overstreet, Mr. Campbell, and the others whose letters you see on this page are all successful salesmen. They have stepped into the \$10,000-a-year class—and they never sold goods before! It is hard to believe that such big success could come so quickly and easily. Yet it was all amazingly simple! Ask them the secret of their sudden success. They will tell you they owe it to the National Salesmen's Training Association. This is an organization of top-notch salesmen and sales managers formed expressly for the purpose of training men to sell and helping them to good sell-

# STRENGTH

Vol. 6

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No. 12

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# The Secret of Caruso's Greatness



## He Was a Musical Athlete

*Caruso's marvelous voice was due to a superb development of his Hyo-Glossus muscle. Your Hyo-Glossus muscle can be developed too! A good voice can be made better—a weak voice become strong—a lost voice restored—stammering and stuttering cured. Science will help you.*

The Hyo-Glossus (Singing) Muscle

## The Complete Vocal Mechanism

# Your Voice Can Be Improved 100%

**Y**OU have a Hyo-Glossus Muscle in your throat. If it is large and vigorous, you have a beautiful voice, you are a "born" singer. If it is small, undeveloped, your voice is apt to be weak, or harsh, or shrill; maybe you stammer or stutter. Weaken and abuse this muscle by improper use and you lose what singing voice you have.

### Good Voices Made Better Lost Voices Restored

Through Professor Feuchtinger's methods you can develop your Hyo-Glossus Muscle by simple, silent muscular exercises, right in your own home, in the privacy of your own room. Strengthen this muscle and your voice becomes full, resonant and rich. Your tones will have a color and purity surpassing your dreams. If you speak in public your voice will have vigor, expression, carrying power, endurance. All defects of speech will be remedied.

### A Real Money Back Guarantee

The Perfect Voice Institute does not ask you to take a chance. We absolutely guarantee that Professor Feuchtinger's methods will improve your voice 100% in your opinion—or refund your money. You are to be the sole judge; on your decision depends whether or not we keep your money. You take no risk. We take no risk. Over 10,000 pupils have received the happy benefits of Professor Feuchtinger's methods. They always make good.

### Who Professor Feuchtinger Is

Abroad, the name of Feuchtinger is one to conjure with. The grandfather of the professor was Court Director for the Duke of Waldeck; his father was a great musical leader during the reign of Charles, King of Wurtemberg. Professor Feuchtinger, A.M., is well known in the musical world for the work he has done in discovering and perfecting a series of exercises that will develop the Hyo-Glossus Muscle in any throat—the same training that is being offered you through the Perfect Voice Institute. He has lectured before many universities and colleges here and abroad. His personal pupils run into the hundreds.

### Great Opera Stars Among His Students

Mdme. Puritz-Schuman, Sofie Wiesner, Metropolitan Opera; Villy Zuern, Paul Hocheim, Julius Brischke, Mdme. Marg. Krabb, Paul Bauer, Magda Lumnitzer, Adolph Kopp, Ylva Hellberg, Anton Hummelstein—these are only a few of the operatic song birds who have studied under Professor Feuchtinger during his years as a *maestro* in Berlin.

### Practice in Your Home

There is nothing hard or complicated about the professor's methods. They are

ideally adapted for correspondence instruction. Give him a few minutes a day—that's all. The exercises are silent. The results are sure.

If ambitious to improve or restore your voice, you owe it to yourself to learn more about the function and the importance of the singing muscle—the Hyo-Glossus. Inform yourself about this new and scientific method of voice culture. The literature we send will be a revelation and an education.

### Send For FREE Illustrated Booklet Today

Every reader of this magazine is cordially invited to send for Professor Feuchtinger's great book on this subject. It's free if you fill out the coupon below. The number of these books is limited. Don't delay! Don't wait! Act today! Filling out the coupon below may be the turning point in your life. Send it right away.

### PERFECT VOICE INSTITUTE Studio C-5771922 Sunnyside Ave., Chicago, Ill.

Send me the illustrated, FREE book and facts about the Feuchtinger Method. I have put X opposite subject that interests me most. I assume no obligations whatever.

Singing  Speaking  Stammering  Weak

Name .....

Address .....

Age .....

**Perfect Voice Institute** 1922 Sunnyside Avenue, Studio C-577 Chicago

## Hackenschmidt's Wrestling Course for \$2.00

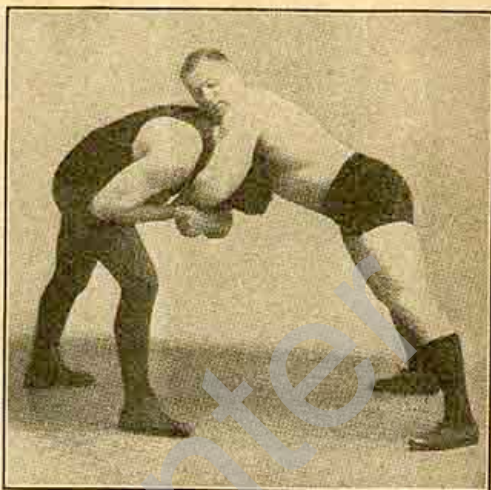
The Russian Lion has written a complete wrestling course which you can obtain for the ridiculously cheap price of \$2.00 postpaid.

*"Hack" as well as being one of the best wrestlers of all time was and is one of the outstanding strong men of the world.*

He can show you how to use your strength in wrestling and how wrestling will help you to gain more strength than you ever had before.

This book is by a man who knows. He was world's champion in both the Graeco-Roman and in the "Catch-as-Catch-Can" style of wrestling.

He is an authority on every phase of body building and he knows how to teach from the practical experience that he has gained.



Double Chancery Hold

## The Complete Science of Wrestling

by the master-wrestler. The name of the book coupled with the name of the author is a full explanation of the book's contents.

"Hack" wanted to write a book that would enable the veriest novice to begin at the beginning and work up to a full knowledge of the game. He wanted to include in his book *complete information* which would be of the greatest value to experienced wrestlers as well as to beginners.

He has covered the ground thoroughly, starting with methods of cultivating the "Physical Realities" necessary to make you a successful wrestler.

After he begins on actual wrestling you will recognize the grasp of a master hand, holds and counters and given in such complete detail that you cannot fail

to grasp not only the details but also the theory of wrestling.

You will know the *best methods* used by the *best wrestlers*; the *secrets of champions*; the *proper moves* to make and the *proper moment* to use them.

Many wrestling courses give you details and only very few give you a working knowledge of wrestling. No one can teach wrestling unless they know how to wrestle and no one can teach wrestling simply because they know how to wrestle.

You must have ability to make the other fellow understand and you must know what you want him to understand. Of Hackenschmidt's ability to meet both these qualifications there can be no doubt.

*The sixty-five illustrations, all poses by Hackenschmidt and his partner, are a course in wrestling in themselves.*

Send Cash, Check or Money Order. Postpaid \$2.

## THE ATHLETIC BOOK COMPANY

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Philadelphia, Pa.

# Health and Life

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

15 CENTS MONTHLY

Some Special Features for August Issue are:

## Make Marriage Safe

A powerful article on birth control and venereal control by Ettie A. Rout of the New Zealand Volunteer Sisters. Miss Rout has received honors from all over the world for her great bravery in fighting single-handed the venereal scourge. She is undoubtedly one of the most brilliant of modern women. You must not miss the article.

## Throwing the Discus

By Dennis Carey, Ex-Champion and one of the greatest all-round athletes and trainers in the world.

## The Disease Carrier Fraud

Dr. P. L. Clark, B.S., M.D., Ph.Sa., will continue his plain-spoken exposure of the disease-carrier superstition, which has gripped the medical men and is leading them to persecute innocent human beings. If this fraud is not exposed it will lead to universal suffering. You need to know all about it.

## Simple Tricks of Self Defense

By Bernard Bernard. Some easy tricks by means of which you can over-power any assailant, no matter how strong or vicious he may be.

## Exercises for the Busy Person

By the Editor. Giving a complete series of exercises, illustrated, that are guaranteed to keep the sedentary worker fit.

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Written by himself. The great little film star shows that he has an enormous understanding of the important things in life.

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This serial story takes a sudden dramatic turn in next month's installment.

## American Continental Weightlifters Association Notes

Numerous other articles and notes on Health, Athletics, Psychology and Social Problems. Fully illustrated.

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Money**

**for  
Auto  
Experts**

**H**ARD times don't worry the Auto Expert. He is in constant demand. Did you ever know of an experienced auto engineer hunting a job? No, and you never will. The job hunts him.

Just consider for a moment that there are 9,000,000 automobiles in this country today. These millions of cars are in constant need for experts—repairmen and auto engineers.

A smattering knowledge won't get you very far in this line, but if you are willing to get down to brass tacks and really master this well paying line of work, then there will be no limit to what you can earn.

It is only one step from Auto Expert to Garage Owner, but think of the big money that is earned by the up-to-date garage. Here is your chance to become independent—to be your own boss with our help. Now don't say "Well, I'll think about it," but make up your mind right now to be a real success.

The coupon will give you full information on how to do it. Fill out and send it in right now while you are thinking about it.

### American School

Dept. AC-203, Drexel Ave. and 58th St., Chicago

### American School

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Send me full information on the subject checked and how you will help me win success.

- |                                |                              |
|--------------------------------|------------------------------|
| ..... Architect                | ..... Lawyer                 |
| ..... Building Contractor      | ..... Machine Shop Practice  |
| ..... Automobile Engineer      | ..... Photoplay Writer       |
| ..... Automobile Repairman     | ..... Mechanical Engineer    |
| ..... Civil Engineer           | ..... Shop Superintendent    |
| ..... Structural Engineer      | ..... Employment Manager     |
| ..... Business Manager         | ..... Steam Engineer         |
| ..... Cert. Public Accountant  | ..... Foremanship            |
| ..... Accountant and Auditor   | ..... Sanitary Engineer      |
| ..... Bookkeeper               | ..... Surveyor (and Mapping) |
| ..... Draftsman and Designer   | ..... Telephone Engineer     |
| ..... Electrical Engineer      | ..... Telegraph Engineer     |
| ..... Electric Light and Power | ..... High School Graduate   |
| ..... General Education        | ..... Fire Insurance Expert  |
| ..... Vocational Guidance      | ..... Wireless Radio         |
| ..... Business Law             | ..... Undecided              |

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## *Is It Climate, Race, Occupation or Food That Makes Strength?*

**W**E HAVE always had the belief that no nation has a monopoly of physical giants; that is, no country can produce, say, twelve men who are all stronger than the very strongest man from any other country. We can recall the time when the majority of the big professional "Strong Men" were of Teutonic blood, and the athletic world devoutly believed that these Germans and Austrians derived their power from habitual beer-drinking.

Since then France, Great Britain, Russia, Italy, Greece, Turkey, China, America, in fact every country, has produced physical giants who have equalled or outdone Germany's best.

### *A Strong Bid for Quebec Province*

**A**MONG our contributors is Mr. George Jowett, one of the strongest and most scientific lifters England ever produced. On our editorial desk is an article by Mr. Jowett which will appear in *STRENGTH* in the near future. After living a few months in Montreal, Mr. Jowett makes the following statements: "1st—Many Canadians consider the amateur Horace Barre was a bigger and stronger man than the famous Louis Cyr. 2nd—That there is at present in the province of Quebec a man who is stronger than either Cyr or Barre. 3rd—*In the province of Quebec there are more natural strong men than in all the rest of North America.*" Now Mr. Jowett knows a strong man when he sees one, but while we have the greatest respect for his judgment, we question his last generalization. The best dozen men from among our one hundred million population should be as good as the best from Quebec's million.

But then! We have recently seen a team of Californian athletes clean up the prizes in the *strength* events in the intercollegiate, and that state has but a very small percentage of the population east of the Rockies.

California is inhabited by people who came from all parts of this country, and practically every one who lives there claims there is something in the climate of the Golden Gate that produces the finest men in the world. And when you consider their



swimmers, tennis players, track athletes, oarsmen and football teams you have to admit the strength of the claim.

To the records of their male athletes add the fact that the women's national tennis championship has been won by California girls seven times in the last thirteen years. A proof that the climate plays no favorite as regards to sex.

We would like to know how many of their champions are "native sons," i. e., born in the state, and whether one has to be raised in the climate, or whether one grows stronger after moving there.

There is little similarity about the climate of California and Quebec. In the old province about half the population is pure French-Canadian stock and it is from this half that the strong men come. Life in Quebec is much harder than in sunny California. There are no marked climatic advantages.

What makes these "habitants" strong? Is it because their ancestors developed enormous strength through clearing forests and tilling fields? Is it because of the possession of a certain heavy type of bone and muscle, or does the strength come from the soil on which they live? Hardly the latter, for there are English families who have lived five generations in Quebec without developing marked physical strength.

### *These Husky Westerners*

OUR knowledge of the west comes entirely from the printed page. We have read at least a ton of cowboy stories, Indian fighting stories, gunmen, mining, sheep-herding, prospecting, hunting, logging and railroading stories. Almost every book is filled with physical supermen. Everybody from the hero to the villain, the attendant cowboys, miners and cooks, is able to manage wild horses, "bulldog" steers, travel hundreds of miles without fatigue, and recover with marvelous rapidity from wounds and accidents.

Was this true only of the old frontier times, or is it still true of the west of to-day?

Does the open-air life, the strenuous outdoor activity, and the dry climate really produce bigger-chested, huskier, quicker and more-enduring men than a similar life spent on, say, New York farms or the Tennessee mountains? Or are these writers of western stories kidding us?

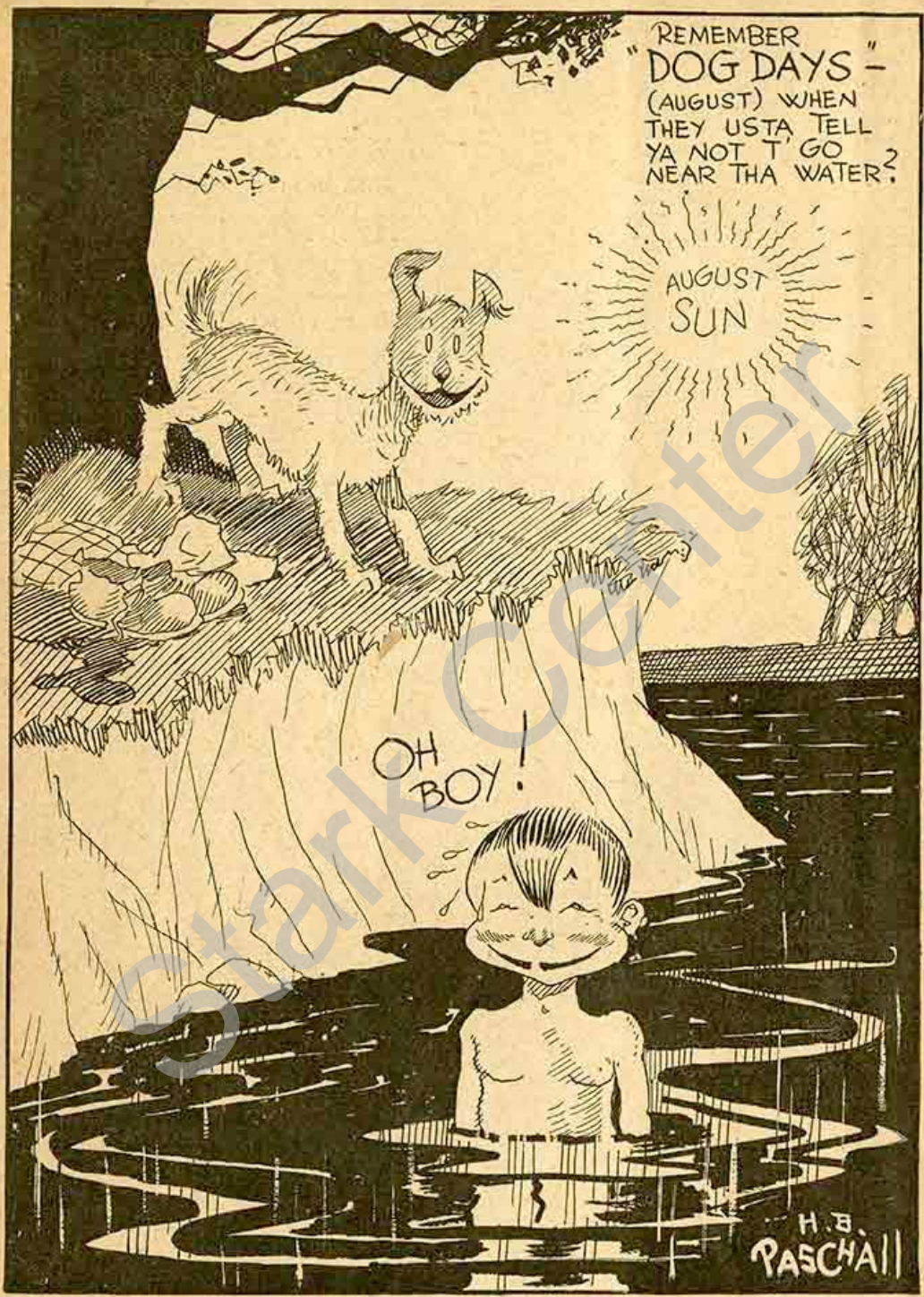
Certainly the premier athlete hero of the country is the champion heavy-weight fighter. Count up the list since John L. Sullivan's time. Johnson was a southerner, Fitzsimmons a Cornishman, but the rest, Corbett, Jeffries, Willard and Dempsey are all westerners and two at least came from California. Why is it that the west, which contains only a third of our population, should produce an overwhelming majority of our big fighting men?

REMEMBER  
"DOG DAYS"  
(AUGUST) WHEN  
THEY USTA TELL  
YA NOT T' GO  
NEAR THA WATER?

AUGUST  
SUN

OH  
BOY!

H. B.  
PASCHALL



# The Advance of Track Athletics

*Did you know that eleven seconds won the hundred-yard dash in the first intercollegiate meet in 1876?*

*In 1916, just forty years later, ten seconds won the same event, and this spring Leconey flashed home in nine and seven-tenths seconds, the fastest hundred ever turned in at the intercollegiates.*

*The improvement in all the other events has been even more remarkable. The broad jump in the original meet was won at eighteen feet three and one-quarter inches. Since then it has been won by a jump of more than twenty-four, and under twenty-two has a very slim chance of placing.*

By Walter Camp

THERE is no branch of athletics that has grown in distribution amongst its contestants more than that of track events. The first Intercollegiate meet was held at Saratoga as a sort of sideshow to Intercollegiate Boat Racing in July of 1876. At that time, the principal events were the 100-yd. dash, the quarter mile, the half mile, the mile, the 120-yd. hurdles, the broad jump, the high jump, and the shot put. In addition to these events there was a 3-mile run, a 1-mile walk and a 3-mile walk, and throwing the baseball. Forty years later—that is, in 1916—the same events were run and some idea of the improvement in that forty-year period can be gathered from the fact that the 100-yd. time was reduced 1 second; that is, from 11 to 10 seconds; the quarter mile from 56½ seconds to 47¾ seconds; the half mile from 2 min. 16½ seconds, to 1 min. 53 seconds; the mile from 4 min. 58½ seconds to 4 min. 15 seconds; the hurdles from 18¾ seconds to 15 seconds; the broad jump from 18 ft. ¾ inches to 24 ft. ¼ inch; the high jump from 5 ft. 4 in. to 6 ft. 2¼ in.; and the shot put from 30 ft. 11½ inches to 46 ft. 2½ inches. And right here it is well to review these remarkable games of 1916 held on Soldier's Field, Cambridge, in one respect, and that is the work of Meredith in breaking two records.

The Intercollegiate Meet of May 26th and 27th of 1916 at Soldier's Field, Cambridge, was productive of one of the most remarkable performances that we have ever seen on the cinder track, when James E. Meredith, better known as "Ted" Meredith, of the University of Pennsylvania, won both the 440 and the 880-yard races making a

new Intercollegiate record in each, covering the 440 in 47¾ seconds, and the 880 in 1 minute 53 seconds. Both races had preliminary heats, so that Meredith had to work his way to the front before the finals. And added interest was the fact that Westmore Willcox, Jr., of Harvard, was counted upon to defeat Meredith, for Willcox had been going great guns in the quarter, and it was believed he had even more speed than he had ever shown, if it were necessary to call upon it.

In the 880, William J. Bingham of Harvard was counted upon to give the Pennsylvania flyer an extremely hard battle. In the 440, Coleman of Rutgers had the pole with Meredith next, followed by Crim, Cornell, Riley, Dartmouth, Richardson of Princeton and Willcox on the outside. Meredith was known to have a fancy also of going out on the straight and leading down the field at the turn so as to go on the inside of the turn. Nobody had been able to prevent his doing this but there were stories going that Willcox proposed to take that turn first. Hence there was unusual excitement as the men toed the mark. The Harvard track has something over 200 yards stretch before the turn and as the men were shot off their marks, Willcox and Meredith both went at full tilt in a stirring dual for the lead. At 150 yards Willcox had succeeded in passing Meredith and taking the pole, but Meredith refused to accept the situation and sprinted to the outside of Willcox and beat him in the struggle, reached the turn first and went around on the inside. For a little way the spectators expected to see Meredith, after that desperate struggle, weaken somewhat and

Willcox go out, but it had taken more out of Willcox even than it had out of the Pennsylvanian, and although Willcox managed to hold second place until 20 yards from the tape, Meredith was running strongly and the Harvard man began to wobble, Crim and Riley both passing him, but Meredith winning by 5 yards.

The half mile was equally exciting, and even closer. Meredith went right out as he had done in the quarter, setting the pace, but Bingham grimly held on and they finished the first quarter in 54 seconds, with Floto of Princeton and Johnnie Overton



International  
Bill Bingham, who ran Ted Meredith to a new world's record in the Intercollegiate of 1916

of Yale just behind the two leaders. Coming around the final turn, Bingham attempted to go up and pass Meredith, but Meredith answered and then made an extraordinary effort to draw away from Bingham and kill off the Harvard runner, but Bingham held on and 50 yards from the tape came up alongside Meredith, but the Pennsylvanian had enough reserve to answer and won by a scant yard.

Going back over the history of Intercollegiate Track and Field Events, there are some names that will stand out and be remembered as long as the games are run. While those who performed in the earlier days could hardly compare with the work of the present generation, there were several who stood out with remarkable prominence in their time. Among these are H. Laussat Geyelin, of the University of Pennsylvania, who has now gone to the Great Beyond, but from the time in which he competed back in '77, he has always been indissolubly connected with track and field events. Another was the late Evert J. Wendell, the Harvard sprinter in his day, who in the games at Mott Haven in 1880 won the two sprints and the quarter mile, and who again the following year won the two sprint events. Then there was H. S. Brooks, Jr., of Yale, who not only won the sprints in 1882 at Manhattan Field, but who also defeated that sterling athletic Club runner Myers in a 220 special event, held in New York. Among Harvard men W. H. Goodwin, Jr., will long be remembered for his excellent work in the quarter and half miles, winning the events in '82, '83 and '84. Wendell Baker was another Harvard man in those days whose work was phenomenal in that he won the 220 in '84, both the 220 and 440 in '85, and the 220 again in '86. In '84, '85 and '86, A. B. Coxe of Yale won the hammer throw for three successive years, and in the third year won the shot put as well, following it up with victories in the hammer and shot again in '87. Charles H. Sherrill of Yale did even more, placing second in the hundred in '86. He then won the short sprint in '87 and both sprints in '88, '89 and '90. Ludington of Yale put a new mark in the hurdle record of 17 seconds in '86 and won it again in '87. T. G. Sherman of Yale cleaned up the road jump for three years in succession, '87, '88 and '89.

W. C. Dohm of Princeton brought the half mile down under two minutes, running it in 1 min. 57½ seconds in 1890. G. R. Fearing of Harvard won the high jump four years in succession, '90, '91, '92 and '93. W. Hickok of Yale won both the Hammer and Shot for three years in succession, '93, '94 and '95. Tewkesbury of Pennsylvania won both sprints in '98 and '99, and in these years appeared that phenomenon of track events. A. C. Kraenzlein, of the University of Pennsylvania, whose hurdling was at that time marvelous. He won both the hurdle events in '98, '99 and 1900, besides in '99 taking the Broad Jump with a record of 24 ft. 4½ inches. In '99 appeared Maxey Long of Columbia, who turned off the quarter in 49¾ seconds, and was one of the great runners of his day. It was in the year 1900 that Plaw came on from California and in spite of the predictions that he had been overrated out there, and also in spite of the fact that he was not such a giant as had been expected, nevertheless he won the Intercollegiate Hammer Throw by tossing the missile 154 ft. 4½ inches. It became increasingly difficult for men to repeat victory year after year as the competition became more intense, but W. A. Schick, of Harvard, took the two sprint events in 1904 and 1905, and Cartmell of Pennsylvania did the same in 1906, 1907 and 1908, while Clapp of Yale took the two hurdle events in 1903 and 1904. Beck, of Yale, took the Shot Put in 1900, '02 and '03. J. C. Garrells came on from Michigan in 1907 and took both the hurdle events. Shaw of Dartmouth in 1908 topped the high hurdles in 14¾. Cornell began to take the two-mile run with increasing regularity, beginning with Schutt in 1903 and 1904, skipping in 1905, taking it with Magoffin in 1906, with Truby in 1908, with Taylor in 1909, with Berna in 1910 and 1911. In 1911 also appeared that remarkable runner, John Paul Jones, who that year took the half mile and the mile and the following year took the half mile and tied with Tabor in the mile, and in 1913 again took the mile. Reidpath of Syracuse in 1912 came



Underwood &amp; Underwood

John Paul Jones, the greatest miler the track world has ever known

to the front with a win in the 220 and 440, covering the 440 in 48 seconds. In 1914 appeared for the first time J. E. Meredith, one of the greatest runners of all time in Intercollegiate circles. He won the 440 in 1914 in 48¾, and finished third in the half mile. The next year, 1915, he won the 440 and the half mile, and in 1916, as described elsewhere in this article, won both the quarter and the half mile, breaking the Intercollegiate record in both.

# Physical Tests

By A. W. Marsh

*Associate Professor of Physical Education, Amherst College; Instructor in Tumbling, Harvard Summer School of Physical Education.*



Putting the shot is a real test of muscular co-ordination

**H**OW can we tell when we have little or much all-round ability in the use of the body? Our playgrounds, our schools, our Y. M. C. A.'s and our army leaders have been trying to find out what physical ability is and how we can test it and improve it. Most of us agree that to be all-round we must be able to use our muscles in groups and the body as a whole. We are not considering here the functioning of the internal organs of the body. In our previous articles we have described the trying of tumbling stunts—the practice of simple and more difficult tricks in the handling of the body. This is the best—the most natural and happiest way to gain control and agility. This training can be continued indefinitely, and the more difficult the stunt the more we have gained when we master it.

Now, however, we want to find more definite ways of testing this agility. We've learned a great variety of movements and now we want to measure our ability in feet and inches, in seconds and fifths. We want to compare our ability with hundreds of others who have tried and are trying the

same tests. We feel we are getting strong—but how strong? We know we are getting more agile—but how far can we jump and how high? We want to know in addition to this, to really test physical ability, whether we have speed and endurance. Can we run a hundred yards pretty fast? Is it as fast as boys on the playground or men in the army? Can we keep on going for a quarter mile or half mile without weakening in the legs or having the heart and lungs rebel? Certainly those who do not practice exercises which develop muscles for a variety of actions and develop the heart and lungs as well cannot. Can we jump high and far and vault and climb? When we can do all these reasonably well, then we can feel "all-round." We go to track meets and talk about records, when it's much better fun to talk about *our* records and compare them with those of our friends and the average person.

When the army tried to test physical efficiency in France a trench six feet broad was dug. A regiment was brought up and each man was told to jump the trench from the standing position. Twenty-eight per cent. could not. Again they tried to find out whether men could handle themselves readily by grouping them in shell holes and tossing firecrackers among them. In the scramble which followed the more agile were out first while others were helpless. Now the army—the playgrounds, the schools and colleges and the Y. M. C. A.'s have a variety of events for each man to try. These events include running, jumping, vaulting, throwing or climbing. After many tests it is possible for us to have the average time or distance in each event for each different group of persons. We can compare our attempts and those of our friends with these. To test the heart and lungs, as well as the legs, we must be able to run fast for a short distance and fairly fast for a longer one. This combines both speed and endurance, and when all runs smoothly

## and Standards

*In previous articles Mr. Marsh has dealt with methods of building all round physical ability. Now he suggests methods of testing the ability that you have and methods of increasing your ability if you do not measure up to his standards.*

we say we have "wind." Then to test the arms and shoulders we should be able to vault, throw a weight or shot-put, and be able to lift the body either in climbing or chinning. To complete the measurement of all-round ability we should be able to do a fairly advanced tumbling stunt. Then we know that we can use the body well, part by part and as a whole, and we have required courage and will power to make it do as we wish.

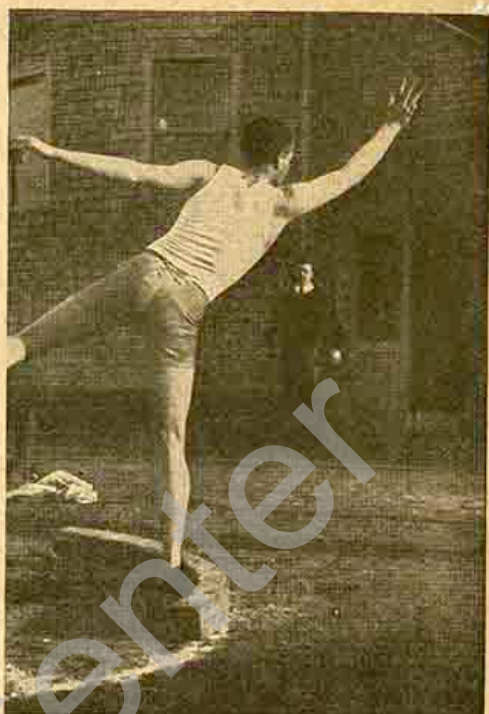
The events, then, that we are to try are running one hundred yards, a quarter mile, a high jump, a broad jump, a bar vault, shot-put and the handspring.

**100-Yard Dash.** Remember to run straight for the finish, use the arms well, and run past the finish-line before slowing down gradually. If several are trying the running at one time and you have only one watch, have marks scratched at 99 yards and each 2 yards back of that. Then as the first man finishes, take his time and then notice the position of each man behind him; add one-fifth of a second for each line between the winner and each man behind in order to get the times of the other men.

**40-Yard Dash.** Keep the same form as in the 100 yards, starting just a little more gradually.

**High Jump.** Be sure to have a soft place for landing. The bar to be jumped should be supported so that it can be knocked off quite easily.

**Broad Jump.** There should be a soft spot for landing. No jump counts if you step over the "take-off" mark. Measure the jump from the point where the part of the body furthest back breaks the ground to the "take-off" mark.

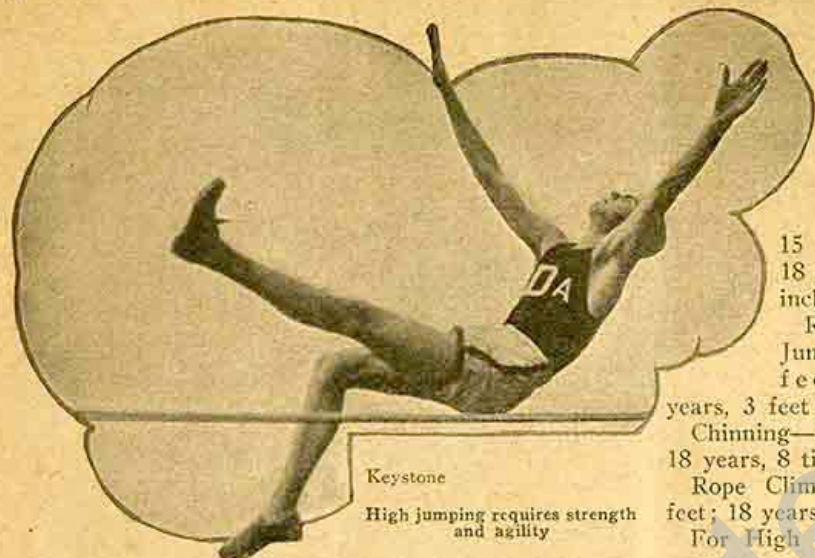


You have to know how to use all your strength to get the best results

**Bar Vault.** You can place a piece of pipe into notches in two upright posts or hold the bar in place by heavy spikes. Stand with chest about six inches from the bar and grasp the bar firmly with the hands about a foot apart. Then spring from both feet and push down with the arms so that the body is lifted over the bar to the opposite side. No part of the body should touch the bar.



Sprinting calls for the ability to bring your nervous energy into immediate play



Keystone

High jumping requires strength and agility

Running  
Broad Jump—  
15 years, 12  
feet 3 inches;  
18 years, 13 feet  
5 inches.

Standing  
Broad Jump—  
15 years, 6 feet;  
18 years, 7 feet 2  
inches.

Running High  
Jump—15 years, 3  
feet 5 inches; 18  
years, 3 feet 10 inches.

Chinning—15 years, 7 times;  
18 years, 8 times.

Rope Climb—15 years, 17  
feet; 18 years, 20 feet.

For High School Meets in

*The Shot Put.* The shot is either twelve or sixteen pounds, and a short strip of seven feet is allowed before the "put." Balance the weight in the right hand just above the right shoulder. Swing the left leg and give a short skip, landing on the left leg as the shot is pushed violently upward and forward with the body well under. With practice you can learn to follow the skip with a violent turn, landing on the right leg as in the illustration.

*The Handspring.* The handspring can be done where it is rather soft. To complete the handspring from the position in the illustration, bend the arms slightly and push hard just after the feet pass the vertical. Be sure to keep the back arched.

First see how your records compare with the results of school boys and boys on the playgrounds. These figures are for boys about fifteen years to eighteen years of age. The longer runs and shot put are not often tried with young boys. These are average times and distances.

50 yard dash—15 years,  $7\frac{1}{2}$  seconds; 18 years,  $7\frac{1}{3}$  seconds.

100 yard dash—15 years,  $13\frac{1}{2}$  seconds; 18 years, 13 seconds.



Broad jumping calls for speed and skill as the primary factors



New York State the average age would be about sixteen to seventeen years. This represents a group which has had more practice in these events. Before trying the 440 or mile run one should be reasonably sure that the heart and lungs are sound. The standards for fifty per cent. credit are as follows:

100 yard dash—12 $\frac{3}{4}$  seconds.

440 yard dash—60 seconds.

One Mile—6 minutes.

High Jump—4 feet 4 inches.

Running Broad Jump—14 feet.

12 pound shot—27 feet 6 inches.

The men of the Army were to some extent selected before training began, but here we find almost the average man between the ages of 21-31 years. These events were run by the men in shoes and army clothes without the blouse. These are some of our

best standards for comparison.  
50 yard dash—7 $\frac{3}{4}$  seconds.  
100 yard dash—14 seconds.  
880 yard run—4 minutes.

Running Broad Jump—12 feet.

Running High Jump—3 feet 6 inches.

Bar Vault—4 feet.

The Y. M. C. A. added to these army tests:

12 pound Shot Put—30 feet 6 inches.



If you can do the hand-spring you know that you have acquired the ability to use your body well

Chinning—10 times.  
When we have passed these standards of ability we can compare now with a more selected group, the college freshman. These men have had more opportunity for special training. The average age is about eighteen years and ten months. The accepted standards for the average man are:

100 yard dash—12 $\frac{3}{4}$  seconds.

Running High Jump—3 feet 11 inches.

Running Broad Jump—14 feet 4 inches.

Shot Put—25 feet.  
Bar Vault—4 feet 6 inches.

In another college group, that of all college men, the standards are a little higher. The average age of those men is twenty years and six months. Many of these men have had expert training and coaching in the events; it is expected that their records would be high for the average at this age.

50 yard dash—7 seconds.

100 yard dash—12 seconds.

440 yard dash—68 seconds.

Running High Jump—4 feet 5 inches.

Shot Put—27 feet.

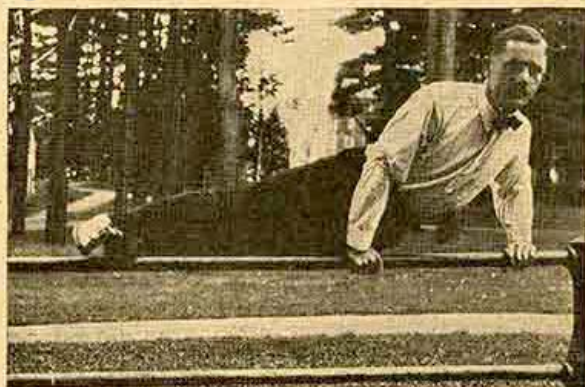
Standing Broad Jump—6 feet.

Chinning—8 times.

Bar Vault—4 feet 10 inches.

Rope Climb—30 feet.

Rope Climb—



The ability to vault is a good test for the arms and shoulders

(Cont'd on pp. 59)



Underwood &amp; Underwood

WOMEN MAKE THEIR BEST ATHLETIC SHOWING AS SPRINTERS

## The All Round Girl

*Miss Morgan tells of the advance in girls' athletics and the enthusiasm with which the American girls practice them. She says that many American girls are "stars" without realizing it.*

By Mary Morgan

WHEN at a recent meeting of women in Chicago, a South American visitor asked for a list of America's most famous women, there were many women suggested for the position. These were chosen from all walks and from every angle of modern every-day life but one—that of athletics. That to me seemed a little short-sighted on the part of those who had suggested women who are leaders in politics, education, social service and other interests. Surely the athletic side should not be ignored, for this is coming to mean more and more to the American girls. And America has many champions of whom she may be justly proud.

Ethelda Bleibtry for her swimming, Molla Mallory for her tennis, Alexa Stirling for golf are not only famous for their superb achievements in this country, but also on the other side of the water.

Even though the feminine athlete may be ignored by those whose interest is centered in more serious subjects, athletics are far from being ignored by the American girls. Not like fads that sweep through the country and gradually die out, this interest in athletics has been the result of the steady growth for years. For a long time, only a few girls in schools and colleges had the advantage of what may perhaps be termed "higher branches of sport." Now, however, the value of carefully supervised sports has been thoroughly demonstrated and opportunities for the participation in some sport or another are open to practically everyone.

The American girl takes to it as a duck to water; not to just one branch, but to all that are open to her. Her enthusiasm is wonderful; she likes to practice all.

The school, college and camp are having

a great deal to do with shaping the athletic future of the American girl, just as they have had a great deal to do with that of the boy. As they never have been before, sports are being encouraged and better facilities are offered. The tendency of the American girl is to take up all the sports that she has time and opportunity for and excel in them.

This is in contrast with the policy of the boy athlete. In a college, if a boy is a point-winner on the track team, that means training during the indoor and outdoor season, which makes it practically impossible for him to take part in any other winter or spring sports; in football he runs the risk of an injury which may work havoc with him. The same is true with those in-



You cannot play good, fast tennis without developing general ability

terested in the crew. Baseball, football and basketball allow more freedom, but the man who is of the 'varsity-team caliber in all of these sports is, indeed, noted for his athletic prowess.

It is an entirely different affair with the girl. For her, it is all the sports of the season, and as they come she takes them up with new interest. Instead of it being a rare occurrence to find a three-sport athlete, it is quite the reverse; the girls who can play one game well are apt to be the first to succeed in others.

"You're naturally athletic; you'll catch on in a little while," is an expression that has encouraged many a girl to venture into hockey after she has succeeded in basketball or to take up one sport after another. There are several explanations of this difference in attitude toward athletics of the girl and the boy. One of the most important is that the season for each of the sports for boys has been considerably lengthened and a formidable schedule is arranged. There are not several, but many difficult contests ahead. The boy has not time to finish a sport and take up another, for they fairly overlap one another.

In girls' athletics there is so often just one game, track meet or tournament ahead. There are a great many schools and colleges that do not encourage competition in sports. To the heads of these, sport is exercise and as such it must be taken in the academic year. As several sports have come to be looked upon as suitable for this or that season, they are changed to suit the season. Hockey, tennis and golf occupy the fall; fencing, water polo, basketball, gymnastics in the winter months; track and tennis and golf in the spring. Sometimes the girl goes in for all these, sometimes the ruling is that she can indulge in but one sport alone.

This policy that has grown up in girls' athletics is quite in contrast to that of the men's. In the latter, this is an age of specialization. Through years of experience, it has been found that the rolling stone, athletically speaking, gathers no championship laurels: that natural ability needs a great deal of technic acquired through coaching, practicing and experience before the fullest results may be obtained. To a very few success comes overnight, as it were—but to hold that success is a large-size order and needs concentration and hard work.



If you are good at one game you are apt to succeed at others

On the other hand, many a girl is a "star" without realizing it. She plays, runs, jumps for the love of it and suddenly wakes up to find herself at the top of the heap, in so far as her environment offers.

There is, however, a gradual change taking place in the world of girls' athletics. It is coming about through the broadened opportunities for competition, and this in turn swings back to the growing enthusiasm of girls for all branches of sport.

To illustrate the point, the international matches in hockey have stimulated an interest among all devotees of hockey to improve the game and place it on a par with that played in England, Scotland and Ireland. In order to do this it is necessary to extend the season from about three months, as it formerly was in this country, to five months, weather permitting. Abroad the game is played for about six months, and the extra length of time has been important in the fine endurance, team play and finesse of the game in which the English excel and the Americans are sadly lacking.

In another sport, track, for instance, the season is about two to three months in most places, so far as the girls are concerned.

That does not give a sufficient practice time for the athlete to gain the knowledge and skill necessary for record-breaking. A common fault of the girl in track work is that she expends her energy in several directions rather than concentrating on one. Probably she is fired with enthusiasm to do her utmost for her school, her college, her class, her club. The points she is capable of winning may save the day for her Alma Mater or class.

It is a frequent occurrence in track sports for men that the coach withdraws a man from one entry in order to save him that he may do his best in another. The consciousness of the ability to train oneself so as to be champion has not awakened in the feminine mind in most cases. Of course, there are champions, but more than that there are many undeveloped ones.

There comes the question as to whether devoting oneself to one or possibly two branches of sport is the best thing or not. There is apt to be a divided opinion on the subject. I can only venture the opinion of the participator, after fourteen years of experience in various branches of sports, I believe that an all-round development is the best thing in the long run, and I also be-

lieve that though excelling in one sport a girl may be more than mediocre in another. To illustrate my point from the eleven members of the All-Philadelphia hockey team which is chosen from the various clubs around Philadelphia, and is one of the best teams in America, five of these have starred in other sports, three are first-rank tennis players, one a golfer and one a sprinter. Three other members of that team are fair tennis players.

There are many who believe that hockey interferes with tennis and golf; that basketball and water polo make one too rough for other team games. Of course, this all depends on the individual. From my own experience I have found that tennis helps hockey in concentrating on playing the ball and the "follow through"; that golf helps hockey in much the same way. Hockey, however, does not help golf so much, as

there is a certain tendency to stiffen up which must be overcome in golf. There is in all the sports the question of muscular control. If this has been learned in one branch it is half the battle in others; then there is alertness and quickness, which are big assets and not to be forgotten in steadiness of nerve.

From the point of view of physical development, a participation in several forms of exercise is undoubtedly the most beneficial. Tennis, for instance, develops the right side of the body more than the left. Golf brings many muscles into play, but not those which would be used on apparatus work or in jumping. The same is true in track work. Sprinting, hurdling and jumping call for varied muscular action. My memories of sore muscles after the first work-out of the season over the hurdles will always be vivid, yet at that time I was supposedly in superb muscular condition after a fall of hockey, a winter of gymnasium work and swimming. At the same time I was hurdling I was playing basketball and practicing sprinting and jumping.

A moot point is whether it is advisable or not in track work to confine oneself to just one event. From the majority of records at the various women's colleges and schools, it is to be seen that one girl holds several records, often as high as five of these. It is a matter for conjecture if girls such as these concentrated on one event whether they might not be able to make more of a mark for themselves and perhaps win a collegiate or American record.

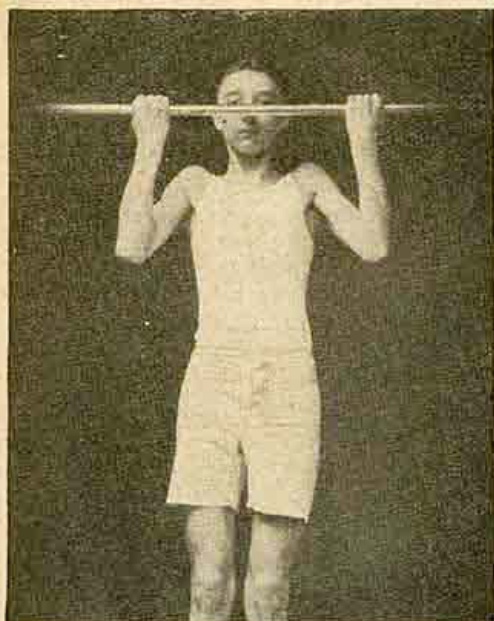
There have been from time to time comparisons between the records for track work of the men and the women. In the sprints women make the best comparative showing. In the fifty-yard dash the best time for women is six seconds, while the men run the sixty-yard dash in  $6\frac{3}{4}$  seconds. In the one hundred, the American record for women is 12 seconds, for the men  $9\frac{3}{4}$  seconds. In the running high jump the difference is more marked, for the women



Underwood & Underwood  
Girls that can go as high as this certainly ought to make a showing in the high jumps

(Continued on page 58)

# To Get the Best Results,



Chinning the bar is strenuous exercise even for the slender man

**T**HE funniest article concerning exercise that I ever read appeared in an English religious paper of a generation ago. It went something like this: A gentleman being struck by the fine physical appearance of his coachman, asked him how he acquired his wonderful proportions. "Oh," answered the coachmen, "it is very simple. For my arms I have two exercises. I first grasp a rung of that horizontal ladder and pull myself up 'till my chin is level with my hands. This I repeat *two hundred* times. Then on a pair of parallel bars I raise and lower my body by bending and straightening my arms. This I repeat another *two hundred* times. Both of these movements expand the chest and broaden the shoulders as well as developing the arms. For my back I use that rock which weighs about five stone (70 lbs.). Grasping it in both

*Everybody concedes the point that a certain amount of exercise is absolutely necessary. Just what form the exercise should take is another question.*

*Mr. Calvert tells how to make your exercises more difficult after you have progressed to the point where they become so easy that they no longer develop you.*

*Working on the assumption that muscular development is promoted more easily*

hands I first swing it between my outspread legs and then overhead, repeating *three hundred* times. For my legs I simply spring high into the air, squatting on the heels as I land, repeating the leap two or three hundred times, until I commence to tire."

"Thus," concluded the faithful fellow, "do I retain my manly figure and do credit to your livery which I wear."

I think that must have been written by some kindly old clergyman who wished to convince his readers of the value of exercise. Laugh all you want, but I assure you that I have met lots of people whose ideas about exercise were just as ridiculous as those in the foregoing story.

A very estimable old party once said to me: "There is no mystery about becoming strong. All that is necessary is to make your work harder and harder. Rig up a horizontal bar, chin yourself once the first day, twice the second day, three times the third day, and so on."

"Fine," I replied, "but when do you stop!"



When you try this you will not have to put very much weight on the bar

# Grade Your Daily Exercises

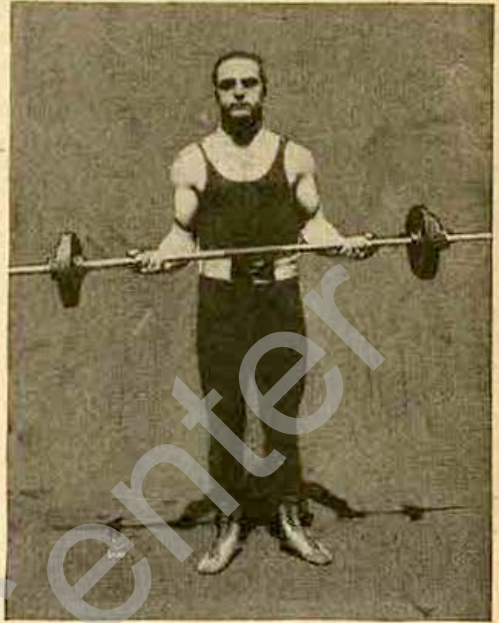
by quick, terse movements than by a great number of easily performed exercises, he suggests methods of performing some very simple exercises in such a way that you can benefit by this assumption.

The illustrations of the gymnastic exercises were posed for by Mr. Carl A. Ackerman, and Mr. Robert B. Synder, Jr., consented to pose for the illustration of the bar-bell exercises.

"That's the very point," he said, "you must keep it up for *several months* and force yourself to the extra repetition daily if you want to become *really* strong!"

Every schoolboy knows how long such a program could be kept up, for in most schools they have a system of physical tests, including chinning the bar. But! Have you ever heard a gymnasium instructor warn a man or boy against chinning the bar? Have you ever heard an instructor dissuade a pupil from "dipping" on the parallels, or from practicing hand stands? I think not, but if you have ever consulted an instructor about taking up exercise with bar-bells, it is ten to one that he has solemnly informed you never, never, on any account, to as much as touch a dumbbell weighing more than five pounds.

Why is this so? Simply because of tradition. In the days of your grandfathers every gymnasium had a set of heavy dumbbells, weighing say fifty, sixty-five and one hundred pounds each. It is a queer thing, but practically every man hates to admit that he is weaker than his friends. It is



You can curl a fifty-pound bar-bell with less effort than it will take to chin yourself

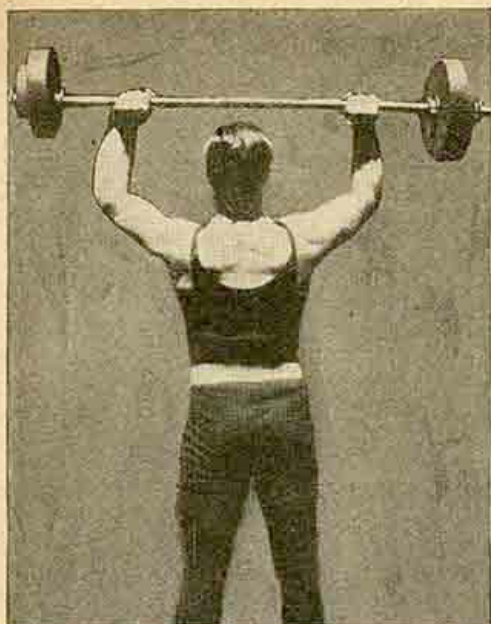
one of our amiable delusions: just as common as the delusion we all have that we could really give the President some tips on running the country, and that the manager of the local ball club would have a better team if he would only take *our* advice. I frankly confess that if I were in charge of a gym that owned a 100-lb. solid dumbbell, I would keep it chained to the floor and allow only skilled and powerful men to use it; just the same as I would prohibit a beginner to even attempt a giant swing on the horizontal bar, and forbid a weedy growing boy from trying to make an endurance record in "chinning the bar."

But if the gym was equipped with an *adjustable* bar-bell and dumbbell, I would not only permit but encourage its use on account of its supreme adaptability to *graded* body-building and muscle developing work.

There are many authorities who



If you think that this is as easy as an ordinary sit-up, you can quickly disillusion yourself by trying it



This will develop your deltoids and triceps without making you overwork

claim that it is possible to develop a perfectly proportioned, beautifully muscled body, without the use of apparatus of any kind, outside of the horizontal bar, simply by using the weight of the body itself. And it is true, providing you *know enough* about the action of the muscles and also providing you have unlimited time and patience. But I claim that the same results can be obtained a great deal quicker and far more *safely* by the sensible use of graded weights.

When using your own body as a resistance factor, you at once run up against the unalterable fact that you cannot quickly and voluntarily change its weight.

*For the biceps.* Did you ever see a set of absolute novices lined up and made to "chin the bar." If you have, you will recall that one or two could chin ten times or more, without trouble, most of the others anywhere from two to ten times, and almost invariably one poor chap, for some reason or another couldn't chin *once*—couldn't even raise the body one inch, and had to retire amid the jeers of his champions. There may have been a reason for his failure. He may have never before tried the stunt. He may have had a very heavy body and slender arms, or he may have been naturally and inherently weak,

but frequently he failed in all the other tests, and unless he was particularly thick-skinned he was so discouraged by his failure and the accompanying ridicule that he stopped coming to the gym class. The pity of it is, that of all the crowd, he most needed the work.

Suppose *you* happened to be that chap, what would you do? Would you rig up a chinning bar in your home and strain until you could accomplish the feat, or would you buy a pair of 5-lb. dumbbells and curl them hundreds of times in the endeavor to develop the necessary biceps muscles? Or would you just decide that nature meant you to be weak and let it go at that? If you were wise you would consult an experienced friend and he would tell you that you could learn to chin in two ways. First—to reach up and grasp the bar, and then spring half way up and let the arms do the rest, and as you gained strength to gradually lessen the amount of spring with your legs. Second—instead of always using a pair of 5 lb. bells to quickly graduate to 10 lb., 15 lb. bells and so on, and that when you could curl a pair of twenty-fives, you would find that you could chin yourself. I can assure you that while both methods are good, the second is far the safer because there is far less danger of



If you do not have a pair of parallel bars use two chairs. Of course you must keep your knees clear of the ground





Squatting on one leg will do a lot more for you than squatting on the two legs together

strained arm, back and shoulder muscles. To the man who cannot raise his weight unassisted, chinning the bar once is an heroic feat of strength. When the first method is tried and the impetus of the leg spring is exhausted and the arm and upper-body muscles suddenly assume the task of raising the body's weight, it very frequently results in a slight, but painful strain of the muscles and tendons. The pain alone is sufficient to deter one from the regular practice that is necessary.

*The back, arms and shoulders.* Let us pass to another group of arm muscles; the triceps, that straighten the arms, the ones that help push you up when you try to dip on the parallels. Again I ask, have you ever watched a bunch of novices try that stunt? It is one of the most valuable of all exercises, but for every man who fails to chin once you will find two that cannot master a single "dip." It is a comparatively simple matter to support the body's weight on straight arms, with legs hanging down, but when you start to bend the arms, the body goes down with a rush until the armpits are close to the hands, and as most parallels are several feet from the floor, there you are, stuck! You can't for the life of you straighten your arms and raise your body, your chest muscles feel as though they are being torn from their fastenings, and so, with considerable discomfort, you squirm out of your position and drop to the floor.

I think I can hear you. Why not use the backs of two chairs as parallels, or better still, why not practice the good old reliable "floor dip," where you are face downward,

weight supported by palms of hands and toes and raise the weight of most of the body by alternately bending and straightening the arms?

Good! You are getting the idea. Always work up to your stunt. Train the necessary muscles by means of similar but easier feats.

In the case in hand the floor dip is safer and easier than the dip between chairs, because the man who is too weak to do a single dip on the high parallels finds it utterly impossible to keep the chairs upright.

Even the floor dip taxes an unconditioned beginner. The first rule of the floor dip is that the body be held as stiff as a board; one straight line from neck to heels and would you believe me if I told you many people are so weak in the waist muscles that they cannot hold the body straight. Fact! Just get your own family and friends to try it and you will find with the majority the body bends and the abdomen hits the floor before they begin to bend the arms. What is the remedy. Reduce the wheel-base. Rest weight on knees and palms of hands and learn to dip that way first.

But if you want to develop those triceps why not practice pushing a light bar bell aloft. Use any weight that is comfortable for you. Fifteen or twenty pounds if you are very weak. Most gyms now have adjustable weight bar bells, and you will find that you can increase the weight by jumps of ten or five or two and a half pounds (always reducing the increase as the bell gets really heavy) with the most gratifying results in the increased bulk, shape and



Just a variation of the same exercise as is illustrated by the photograph above.

strength of the back, arm and the shoulder muscles.

A noted instructor once said to me, "I have a free hand exercise which develops the triceps and deltoids just as quickly as bar bell lifting."

Of course I asked to be shown. He immediately went into a hand-stand, and keeping himself beautifully balanced, bent his arms and lowered himself until his chin touched the floor, pushed up to straight arms, and, continuing made half a dozen repetitions. Truly a most strenuous exercise, and it cannot be denied that he had the beautifully modeled arms and shoulders that sculptors dream about. Just the same if the skinny youth or over-plump middle-aged business man asked me for an exercise to develop the triceps I would kind of hesitate to recommend that one.

*For the back.* Now take your back muscles; the big fellows that can contract against hundreds of pounds resistance, what are you doing for them? The free hand devotee considers that he has done his duty by his back muscles if he leans over (keeping legs stiff) and touches the floor with his finger tips. Does that really help develop the size and power of the back muscles whose very function is to straighten you up again? Is it not a fact that the hard part of the movement is the bending over? That merely stretches the back muscles and the coming erect again is not only easy but a positive relief. Meanwhile the back has had no work against sufficient resistance to develop it; the only noticeable effect is an increased elasticity of the muscles on the back of the



Swinging a pair of five-pound dumb-bells is more difficult than simply touching your toes



This is one grade more advanced than swinging the five-pound bells

thighs, not more strength.

You can modify it so as to make it vigorous. Take a pair of five pounders, spread feet apart, keep legs stiff, lean over and swing bells between legs and then high over head as you straighten up, just as that astonishing coachman did with his rock in the opening story. When the five pounders become too easy use a pair of tens or even fifteens. But there is an easier, quicker and safer way to develop your back. Do your original back exercise with a moderately heavy bar bell in your hands. With arms and legs straight, lower bar bell to floor by bending the back and raise it as high as hips by standing erect. Then you get it going and coming. It is easier to bend over, for you get resisting as well as stretching work as the bell pulls you forward; and you get real contracting, developing work,

as you stand erect. Work from twenty to fifty or maybe sixty pounds. Twenty repetitions with sixty pounds is better than twice with one hundred pounds.

*For the abdominal muscles.* Every real health-and-strength-seeker knows without being told that he should strive for a fine set of muscles across the abdomen. Their value lies not merely in surface appearance, but also in the fact that they are a help to local blood circulation and a positive tonic to the digestive organs. What are the usual movements? First, lying flat on the back you raise the legs to a vertical position. Second, still lying on the back you raise yourself to a seated position.

The first is much the  
(Continued on page 56)

# I Lost 107 Pounds in 98 Days

*The true story of a young man who lost one hundred and seven pounds in ninety-eight days. We are glad to announce that Mr. Hanson is the winner of the prize awarded for the best article on reducing, which we announced in our June issue.*

*Mr. Hanson wrote this article not only with the prize in mind, but primarily to help all those who are interested in reducing. He used no strenuous methods, did not deprive himself of any foods, eats as much as he wants and whenever he wants.*

*The reduction that he succeeded in making in a little more than three months, he has held for a period of three years, and to-day is happier, healthier and an all-round better man than ever.*

By H. Hanson

I WOULD like to be in a closed room with any fat man or woman. Not necessarily one who wants to get thin. All of them want to. But naturally, obesity is a very touchy subject, especially one's own personal obesity. Consider yourself, for instance. You would doubtless be willing to concede that so-and-so certainly should reduce. Terrible, how fat he is getting! But when it comes to your own corpulence, that is another matter. You are perfectly satisfied as you are. As a matter of fact, you wouldn't want to be thin. Aren't all fat people good-natured and jolly? To be sure. Then why worry?

Hence the preference for being on the inside of closed doors. Beneath the jolly, care-free pose of the corpulent one, there is the ardent desire for a normal weight, but this desire is repressed by an aversion to discuss your own imperfection in public. Behind closed doors and with no one to listen, you would be free to ask me the questions that I know you would be sure to ask.

To those who really do not want to get thin, if such there are, I can say nothing. But to the average fat man, made so by careless or ignorant eating, I have a story, the story of my life.

The person who has been slender at one time and has become fat, has something to look forward to. He knows that he was normal once and can become normal again, if he will only take the trouble to do so.

For me there was apparently no hope. Always big and fat, I had no memory of ever being normal. I weighed 15 lbs. at birth and it was not long before I weighed more. I seemed to gain weight with unbelievable ease. I was one of those

"naturally fat" people, to whom the taking on of flesh seemed to be as natural as breathing—and eating. Did I inherit a big, fat body? I don't know. Neither my father or my mother are fat, although they are big-boned. If inherited, it was perhaps from my grandfather, who was one of the strongest as well as one of the biggest men in the country.

I remember when I was six years old, my uncle offered to give me a penny for each pound of my weight. We went to the meat market, and I got on the scales. My uncle was out one dollar and six cents.

At six years of age to weigh one hundred and six pounds! At twelve I weighed two hundred and thirty pounds and held that weight with little change until I was fourteen, when the fearful total was two hundred and forty.

At this period, everyone told me that I would change and get thin. I have since learned that children who are fat can and do lose their excess weight during adolescence; but my observations on this subject would fill more space than I care to take up in this article. Let it suffice to say that it is easier to get rid of fat at this period than at any other period of life. The child, in maturing rapidly, uses the fat in growth. This is the reason why many fat children return to normal between the ages of twelve and eighteen. If the parent of the fat child could only realize the importance of this period of child life enough to restrict the child's diet, there would be no trouble afterward with fat.

But my parents did not realize that my fat was caused by over-eating. They thought that I was one of those who "naturally turned to fat." I suppose they



At the age of fifteen I weighed 250 pounds

meant that everything I ate naturally turned to fat and in that I think they were right. Every normal healthy animal is an economical machine and stores up what it cannot use.

After the age of fifteen, I gained weight rapidly until I was nineteen. Then I weighed two hundred and eighty-seven pounds, and measured forty-nine inches around the chest, fifty inches around the waist, fifty-four inches around the buttocks and seventeen inches around the neck—and *did not realize that I was fat!* If I thought of my condition at all, it was as one of those jovial and care-free fat men. But it was at this time that the curse of fat was forced on me in many ways.

I was a regular subscriber to *STRENGTH* and had begun to wish for a body like those of some of the strong men shown in the magazine. I tried to enlist in the army but was turned down because I was *too fat*. And the irony of fat: I wanted to be an aviator! I told the recruiting officer so, only to be laughed at.

Then I realized how perfectly useless I was in my condition and began to look around for a way to get rid of my fat. I had studied cooking in High School for three years and knew a great deal more about food and food values than the average person. I knew that unless one is un-

healthy all fat is an accumulation of too much food. I resolved to eat only food that was absolutely necessary for my body. The first few days I ate practically nothing. I waited until six o'clock on the first day before I ate an orange. The next two days were the longest and the hardest that I have ever spent. I went through the most severe suffering, but I stuck to my resolution, and during the first three days I ate only three oranges, and *lost six pounds*. That gave me the courage for the fourth day when I lost two more pounds.

Then I went to the youngest doctor in my town and told him what I had done and what I wanted to do. I asked him to watch my heart, lungs and kidneys, and to help me arrange a protein diet. He laughed at me and told me that to lose my fat after being fat as long as I was and having the natural tendency to fat, was impossible, and that the very thought of it was ridiculous. But I had the scales to prove to me a loss of eight pounds and finally I convinced the doctor I was in earnest. He then explained to me the necessity of a balanced diet and especially did he talk on the necessity of eating enough to keep my intestines open. (Here let me warn anyone about to go on a diet not to neglect their "filler foods." I mean by "filler foods" any indigestible cellulose. When you get thoroughly interested in your daily loss you are afraid to eat anything that may stop the story of the scales. But you must not allow your intestines to get inactive. There are many "filler foods" that you may eat, and if you are afraid to eat them, then eat sawdust. It has been successfully tried, and though I use sawdust as a joke, I am trying to impress upon you the necessity, as I have found it, of keeping the intestines open and regular. I believe that the average fat man has poor elimination, that his food lies in the alimentary tract long enough to get all there is out of it.

There are a great number of things a fat man may eat, but I am always afraid to lay down a set of rules or a diet for anyone. The reason for this, other than that we hate to be bound by a set of rules, is that the thing prescribed are not always available. So in a little space I will try to give a few simple rules that are as good for the lean man to remember and be guided by as they are sure of making the fat man normal.

NEVER EAT TOO MUCH. This is the first and greatest rule. In the fat man's body there is a wealth of concentrated food which one can figure will last one day for every pound. It has always been easy for me to know what foods to eat by knowing what foods there are. I have in my memory a chart which is something like this:

#### FOODS.

##### A. ANIMAL AND VEGETABLE FATS.

1. Animal, such as lard and butter.
2. Vegetable, such as olive oil.

##### B. CARBOHYDRATES.

1. Sugars, such as candy.
2. Starch, such as potatoes and white bread.

##### C. PROTEINS.

1. Albumen, such as the white of an egg.
2. Fibrin, such as lean meat.
3. Casein, such as skim milk.
4. Legumin, such as peas and beans.

##### D. MINERALS, such as salt mineral waters and minerals in fruits and vegetables.

Hardly a word is necessary about this chart of foods. It will be seen that it includes all foods. One knows that the foods containing fats and carbohydrates are to

be left alone. To do this absolutely is impossible, and it is a good thing that it is so, for the little one gets of these two foods in combination with pure proteins is necessary to keep the juices of digestion functioning properly.

A little thinking will show a large variety of lean meats, fish, eggs, fruits and vegetables that may be eaten alone or in combination; a choice of foods ample and delicious. One more thing I remember when in doubt as to what fruits or vegetable to eat is, that things growing most in the sunshine, *i. e.*, oranges, apples, peaches, pears and the leaves of vegetables (lettuce, cabbage and spinach) are best, while things growing in the dark, *i. e.*, potatoes, turnips and nuts, with the exception of carrots and onions, are the worst.

This short outline of what to eat may seem insufficient, but it is the result of years of study. It covers everything necessary to know, which is a complete knowledge of foods. As I said, anyone to succeed, must *really* wish to get rid of his fat. If one will try for three days, supplying his body with only those foods that he has not already stored and only a *small* amount of *these*, his body will be forced to use its own stored rations. At the end of that time, he will have proven to himself the truth. He will feel better than he ever felt before and the hardest part of the so-called diet will be over.

And now the last and most important are the "filler foods." They are to be eaten to prevent adhesions, to keep the bowels open and to give a feeling of having eaten. Of them all I find one which is the most beneficial, because it is as pleasant to eat as popcorn and because it is perfect. It is the outside hull of wheat, taken off in making flour and sold as *BRAN*. It can be made into cakes but is best eaten as a breakfast food, or dry as popcorn. When I have a longing for something to chew or when I feel a little hungry I eat just *BRAN*. It has an added advantage of supplying a number of minerals. It cannot make fat because it goes through the stomach unacted upon, doing great good in keeping the intestines clean and open.

After the first great loss I settled down to a regular, consistent loss of a pound a day until I gave up the diet. Within cer-

(Continued on page 56)



I lost 107 pounds and then weighed 180 pounds in first-class condition

# "A Boob There Was"

By Harry Barton Paschall

*Whenever the "gang" starts to go anywhere on foot do you find yourself straggling on about three blocks behind the procession; or if someone gives you a friendly slap on the back does your liver do a triple somersault?*

*Don't let that discourage you, cheer up! Perhaps you are another Ulysses Doolittle who will sooner or later hit on the right system.*

*Try this system out and see if plenty of exercising, boxing, wrestling, tumbling and getting outdoors will do for you what it did for him.*

*A Boob there was, and he said his prayer—  
Even as You and I,  
To an Exercise Chart and a Beefsteak Rare—  
Even as You and I.*

*—Kipling, Up-to-Date.*



ONCE upon a Time, in a Middle West Center of Culture, there lived a Boob by the Name of Alexander Ulysses Doolittle. Being the Only Offshoot of the Doolittle Family Tree,

Young Alec Ran True to Form and Arrived at the 21st Milestone a Total Loss. At Twenty-One he Weighed 98 Lbs. and when he stood Sideways his Shadow looked like a Crack in the Flooring.

Just about this Time Young Alec was Thrown into the Society of a Group of Young Bloods Who had been Brought Up on Football and Friendly Boxing Bouts—the Kind of Friendly Encounters that End Up with the Conquered being Carried out on a Door, while the Doctor Tries his best to Reset the Bones in the Victor's Proboscis. Anyway—if You get what I mean—Alec's New Friends were a Bunch of Young Huskies.

Now Alexander Ulysses found Himself at a Terrible Disadvantage when Consorting with the Flower of America's Youth. For one Thing—whenever the Gang Started to Go anywhere on Foot He found Himself Straggling about 3 Blocks Behind The Procession. And when it Came to Young Ladies, they just Shoved Alec Aside. Affairs Ran Along in this Wise for a Time until Alec Finally Grew Rebellious and Actually Threatened One of His New Friends with Bodily Injury. His Friend was Quite Anxious to Accommodate Alec's

Thirst for Gore, so they Went Outside and 11½ Seconds Later One of the Boys was Carrying Alexander's Ruins Home in his Vest Pocket. The Disastrous Ending of This Little Agair Convinced Alec that it was Up to Him to do Something. He Decided that he'd take 3 Weeks Off and get Strong enough to give his Erst-while Friend the Licking of His Young Life.

The Resolution Being Formed he Proceeded to Carry it into Execution. So He Hobbled Downtown to Prof. Hercules' Private Gymnasium, where the Sign Said: "Be Strong Like Me—I Learn You In Six Lessons." This impressed Alec, especially Since there was a Beautiful Picture of the Prof. on the Sign Board—Which Looked like a Combination of Hercules, Apollo and Wallace Reid. Says Alec to Himself: "This Guy Hercules must be The Goods, If He Can Build Himself up like that Picture, He Oughtta be Able to Fix me up in a Week." So saying, He Ducks Inside.

As he stepped Into the Office he sees a Short, Bald Headed Goof with a Bullet Head, a Nose which Someone has Spread all Over his Physiognomy, and a Waistline which measures not Less than 68½ Inches. "Yo Ho," says Alec, "Can you Tell Me where I can find this Feller Hercules, which has His Picture painted on the Sign Board Outside?" Whereupon the Fat Man Sticks Out His Chest—only his Chest seems to Grow about 10 Inches too Low on his Body, and Grunts: "You're lookin' at The Professor Right Now, Me Lad!" At this Information Alec's Jaw Bone Let out a Notch and He Falls Backwards into a Chair, fanning Himself with his Hat. After a Few Minues he Recovers the Power of Speech, and Gasps: "How did You get That

Way!" "Follerin' my Special 1 Lb. Dumb-bell Exercise Chart for 3 Hours a Day an' Eatin' 4 Lbs. of Raw Beefsteak at Each and Every Meal. I've allus made it a Rule to Eat Four Times per Diem," Proudly Answers the Prof. And without giving Alec Time to Collect himself he Whirls Around and in the Twinkling of an Eye he Holds Up before Alec's stupefied Gaze a 24 x 36 inch Chart showing a Guy Swing-ing a Pair of Kindergarten Dumb-bells in 86 Different Pos-itions, Up To and Including Standing on His Head. "Here," says he, "Is the Whole Magic Secrut — Prac-tice these here Exercises Night and Morning for 28 Years and Maybe you'll Look Like Me — \$18 Please."

When Alec comes to he Finds Himself out on The Sidewalk Clutch-ing a Chart in One Hand and a Busted Bill Fold in The Other. From the Inside comes a Rending of Flesh and a Gnashing of Teeth as the Prof. lights into his Mid-day Steak. Alec staggers Home.

After Sneaking Up to his Boudoir and Locking the Door, Alec Pulls out the Chart and gives it the Onceover. Although it Don't look any Too Attractive to Him He Decides that He might as Well Try it Out 'Cause He's Out 18 Bucks Any way he Looks at It. So he goes Out and gets himself a Pair of 1 Lb. Dumb-bells and 16 Lbs. of Steak and Resolves to Start in the Next Day.

Well, to Make a Short Story Long, He Wakes Up the Next Morning, and after a Few Groans Manages to lift His Weary Frame from the Mattress. His Eyes fall upon the Dumb-bells right Beside his Bed, where He left 'em The Night Before, so

he wouldn't Forget to do His Evolutions. He Slides out of the Hay—Pins the Chart up on the Wall in Front of Him and Starts In. At the End of an Hour and 30 Minutes he Finds That he's got as Far as Exercise No. 47 and decides to Call it a Day. When he Reels Down to Breakfast He Calls in a loud Thin Voice for 4 Lbs. of Rare Beef-steak and Six Cups of Coffee. The Colored Cook is Anxious to Please so she sets out the Layout and Backs Warily Out of the Room. But she has a Sus-picion that the Poor Boy's Brain is Hitting on Some-thing Less than One Cylinder.

At 8:45 A. M. Six Doctors were Called In and with the Aid of a Stomach Pump and Two Boxes of Nitro-Gly-cerine Tablets they Manage to Revive Alexander. On Top of the Hour and 30 Minutes Aesthetic Dumb-bell Dancing the Four Pound Steak was Too Much. The Docs held a Consultation and decided that Alec would be able to be Out in a Month or So.

After this Experiment with Physical Torture Alec was in Black Despair. How was he going to keep his Reso-lution to Lick the Stuffin's Out of that One

Time Friend of His? How? I ask You, How???? But as the Days went By his Faith in Human Nature gradually Returned and a Month later we find him answering a Bunch of Ads in the Ladies' Home Weekly—which Ads state that they can Make a Man of You no Matter how Far You have Fallen. And the Pictures were Beautiful. So Alec clips the Coupons and in about 3 Days the Poor, Overworked Mail Carrier dumps several Tons of as-sorted Physical Exertion Courses on the



"You're Lookin' at The Professor Right Now, me Lad!"

Doolittle Piazza. Alec tries 'em All. One Course tells Him to Concentrate his Mind on His Muscles—and of Course he has to pass that one up. Another one shows How the Use of Rubber Bands will Build Up a Powerful Physique—but they Don't for Alec. Another tells you to Sleep without a Mattress and Alec cut gashes in his Epidermis for a Week Trying to Slumber on The Springs. And Still Another One advocates Percussion of the Abdomen and Alec swings one to his Solar-Plexus by Mistake and Knocks himself Out.

After wasting Several Months of Valuable Time trying to Get Something out of His Mail Order Systems he decides that There must be Something Rotten in Denmark. So he Goes to an Old Friend of His who is Big & Husky and asks Him How to do it and What's the Matter with All these Systems Anyhow?

This Friend, being a Sensible Guy, and, moreover, Being Moved to Pity by Poor Alec's Condition, Spills the Whole Works. "Forget It," says He. "All them Dumbell Swinging Courses are The Bunk! That Goes for the 'Eat Your Way to Strength' too and All the Rest of 'em. There's Only One Way to Get Strong and that's to Take Plenty of Exercise. Join a Gym—Learn to Box and Wrestle—Use the Big Dumb-Bells. Tumble—And get Out of Doors. Eat just about Whatever You Want. And That's That!"

"But I'm not Strong Enough to do Those Things," moans Alec.

"Bunk!" says His Friend, and He Slaps him on The Back, causing His Liver to do a Triple Somersault.

Alec thinks about It for Awhile and Finally Decides That He'd at Least Give His Pal's Advice a Trial—Which would

be No More than He had Done for the Fake Systems.

Last week He Met the Bird who had Trimmed Him Months Before. They Say He'll be Out of the Hospital in 6 Weeks. (No, not Alec!)

Moral: There are Systems and Systems But Don't Get Discouraged!

## Do You Exercise Daily?

NOT so many years ago the man who insisted on deserting his business for the sake of recreation was pointed out as one who was probably of unstable character in a business way. He was a living example of how not to succeed in the world's industrial, commercial or professional battles.

Now the man who insists on working all the time and who does not occasionally or at regular intervals take some time away from his business for recreation, whether it be of an outdoor nature or regular indoor exercises of some sort, is pointed to as one who is following the pathway to an early break-down.

One of the big life insurance companies has a section in its larger polices to ascertain how much out-door or gymnasium exercise the applicant takes, and if he does not take any the company wants to know whether there is any physical reason why he cannot. Incidentally, an official of this company states that they consider an applicant a far better risk when he admits that he has learned to play.

Furthermore, the physical instructor at the main Y. M. C. A. branch in one of the larger cities states that the most successful class include business men.



"A Use of Breakfast and  
Six Cups of Coffee—"



"Bunk!" says His Friend.





A NECK-AND-NECK RACE THRU THE LOWER RAPIDS

## The Craft of Romance

*Think of that supreme moment when you tumble the duffle bags into the canoe and shove off to bid farewell to all that represents the life you know most of the time. Just beyond lies—romance!*

By T. Von Ziekursch

**T**OBIQUE, the Mamozikiel, Upsalquitch, Spirit Lake, Loon River, the vast lake country of northern Minnesota, the chains of alluring ponds nestling in the woodlands of Wisconsin, the wild water of the north woods, racing, foaming, leaping with the utter freedom of the wilderness, the tumbling streams of the west carries an appealing picture, surely. And then, too, the turgid streams and unruffled, turquoise-hued depths of the bigger lakes where the spruce and birch, the cedar and maple and all their kindred form a stern but beckoning guardian corps to the slow-lapping wavelets at the edges. If all that does not arouse a genuine thrill, a call that digs in deep to rouse up the element of the boy that is sure to be left in you somewhere, then you probably are a misplaced atom in the cosmic scheme.

Think of that supreme moment when you tumble the duffle bags or blanket rolls and all the other equipment into the canoe and shove off to bid farewell to all that repre-

sents the life you know most of the time. And just beyond lies—romance!

The hot months, like the mosquitoes and flies, are with us. Every brick, every square inch of asphalt reflects its own individual unit of heat, and worse still, of dust and unpleasantness. The clang and jangle of passing street cars, of auto trucks, of the myriad noises that help to keep business booming for specialists in nervous disorders, all these seem worse now. And they are. This is vacation time, the time to loaf for a short space and be content or not to loaf for a short space and become a chronic crank.

Now that we are into the midst of this dissertation and you know what it is all about, stop and think with us for a moment. Lend your thoughts to consideration of the new idea that has come into vacationing, the idea that associates itself with this word picture of the woods we have endeavored to paint in the opening paragraphs, just as much as it does with white flannels



Have you ever been on a real thorough-going canoe trip? You don't need a license or permission; the streams are ready to welcome you

and all the gorgeous and thoroughly uncomfortable things of the seashore or the

mountain hotel, with its tennis courts and tea dansants.

A generation ago you would not have thought a thing of it, if whoever you were going vacationing with had refused utterly, absolutely and finally to be led off into the woods on a "back-to-the-primitive" type of vacation. But now—how things have changed! Now there are two things that more than all others seem to be leading a large portion of those on pleasure bent into the joys of the backwaters of nature.

One is the canoe and the other the auto camp. Each has its devotees, some of whom, many, probably, worship at the shrine of both. And the following of each has grown to proportions that are amazing.

But, to get down to the very point of the brass tack, have you ever been on a real, thorough-going canoeing trip, one of those in which you are not merely breaking your precious neck and developing pulled tendons and strained ligaments in an effort to get somewhere? Is there anything that offers a greater call into the bosom of romance and fun? Perhaps, but if so we have not found it. Your hiking trip has a lot of harshness connected with it, your auto tour becomes tiresome, but your canoe trip is a ramble back into the land of boyhood dreams.

Perhaps you are going down-stream



The hardened canocist does not tire any more from paddling than the hardened walker does from hiking



Few things are needed to shoot rapids successfully. A watchful eye, an unerring balance and nerves that can laugh are the chief requirements.

drifting, with occasional dips of the paddle to keep the canoe straightened out or to make a little extra speed. On either side there are trees, trees of every kind and species, fresh with the verdure of summer in the depths, a shelving bank, with its rocks and little, cavelike excavations where gnomes and their ilk should hold forth. Probably it is muskrats or an otter instead. But what is the difference? Everything is fairly cool and inviting, fresh with the smell of the woods.

Another scene; mayhap instead of the forest you are on one of those meandering waterways that weave in and out through the lowlands with willows growing at the brink instead of the more stately monarchs of the depths. On every side is a landscape that a Manet would have striven in vain to equal. It is rustic beauty to the ultimate degree and you drink it in deeply, your mind invigorated by that which your eye sees just as much as your body is by it all.

And then, late in the afternoon you select a spot that has possibilities for comfort and for scenic beauty as well. Why not have both? You are in a storehouse of the wealth of nature; why not help yourself liberally? You do.

You shove the canoe up on the bank and pitch the tent or fix your blanket roll for

a comfortable night with whatever other kind of shelter you desire; you build a fire, start the coffee and grub, and you just cannot help being full of something you may not recognize as happiness. Of course, if you have a toothache things do not assume such an optimistic and appealing look, but, at that, you'd probably forget half the pain of it under such circumstances.

And what a night! There in the open with the knowledge that the morrow will bring you no worry about the kind of roads you are likely to meet, the chances of getting a fresh supply of gasoline or a new inner tube or shoe. True, you may bump into rapids, but that only makes you want to start earlier to get to the fun of them.

In the East few know the joy that the canoe affords when compared to those who have discovered it as a fairy craft to the land of dreams in the Middle West, the Far West and all through the northern states; yet there are few sections that afford more opportunity than those of the Atlantic seaboard.

You don't need a license, you don't have to ask permission from anybody; the streams are open and ready to welcome you. Seventy-five dollars will outfit you completely, canoe and all the necessaries, and there you are.

You can pick your scenery, your only expense will be for the food you eat, and nothing could be more democratic than that.

The auto can go only where the roads lead, and they have to be pretty fair roads at that, unless your backbone is going to suffer along with the springs and various other parts of your car's anatomy. The train can take you only as the steel rails have been laid; even your horseback voyageur must keep an eye to the kind of traveling that lies ahead; the motorboat needs ample depth and has a ravenous maw for gas and oil; and your canoe can laugh at all of them.

There is a certain element of calm and rest, of new strength and fresh vigor in this craft of the Indian that nothing else affords, and unless you have shot white water you have never known the greatest thrill that sport can give.

You have ridden in one of those wild coasters at an amusement park, but they are tame. A half mile of rapids, of churning, lashing, milky waters, of rocks and shallows, of deep pools, will give you something that you can keep the thrill of fresh and vivid throughout all the years to come. And yet the danger of shooting rapids is vastly overestimated. Few things are needed to do it successfully. Of course, you must be an experienced handler of the blade; and for the rest, a watchful eye for

the rocks, an unerring sense of balance and nerves that can laugh. It must be taken for granted that I am not referring to the fierce mane of the Yukon's white horse or such breeds wherever they happen to be encountered. Plain, ordinary rapids are what we aim to allude to.

And if you do not happen to want any of that game, ninety-nine times out of a hundred you will find a portage or carry trail on the bank to prove that others have not wanted it either. Toss the canoe upside down over your head and lug it to the end of the rapids, then go back and get your equipment and grub and you are ready again.

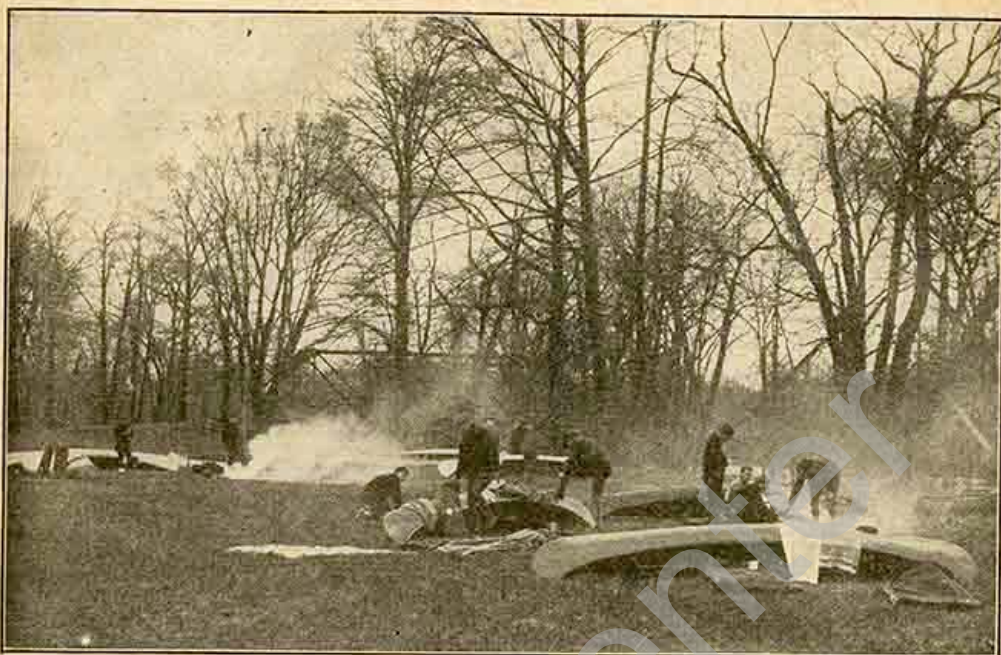
Perhaps you have not taken a tent along, only a bit of canvas or tarpaulin to cover your stuff. That's enough. A square piece of canvas six by twelve feet is ample for anything except a windy cloudburst, and you can make it ample even for that. By the simple process of putting a half dozen eyelets in each end of it and carrying pieces of rope to hold it down, you can raise it over your beached canoe, throwing it over a rope that has been tied from one tree to another and which serves as a ridgepole. If there are only two of you, the canoe is an excellent sleeping place in a stretch of bad weather.

Presuming that there are two or three of you going on a trip, better figure on an eighteen-foot canoe; a seventeen-footer should be ample for two. The matter of loading is important. See that the greatest amount of weight is in the rear half. That does not mean to overload the rear, but be sure it has at least some more weight than the fore. It will make paddling much easier and the handling of the craft comparatively simple. A canoe that is down in the prow is a mighty contrary thing.

Take along an extra paddle; there are so many things that can happen to them that you may need it. Now as to the paddles themselves, and this is important: In picking your blades be sure they are free from blemishes, such as knots or holes; also note that the grain does not run crosswise. Sometimes it does in cheaper paddles,



Your canoe trip is a ramble back into the land of boyhood dreams



What could be more enjoyable than a warm fire and something good to eat on one of the prettiest spots along the river

and you are almost sure to break it then. Furthermore, do not take a paddle that has splinters on it. You are in for trouble if you do.

Stand the paddle on end; it should come about to your chin. And be careful in the shape and weight of it. The best size under all conditions is a blade about seven inches wide, although they come up to twelve inches in width.

A great deal of the real success and pleasure of canoeing lies in the paddles, although few suspect it. You will find they come in three weights: heavy, medium and light. Forget the heavy kind; they are useless, and will grow heavier in your hands with every passing mile, unless you are closely related to Hercules in a muscular way and have the endurance of a Dog Rib trailer.

Undoubtedly the most efficient way to paddle is the Indian fashion of "feathering" without lifting the blade from the surface, but that takes practice and a rather narrow blade.

It is a rather surprising thing that a paddle, which is either too long or too short, affects the drive of your stroke in the same way. If it is too short you cannot get full power and leverage of your top arm on it,

and if it is too long it stretches the bottom arm and you cannot put your real strength into it, losing a lot of motion and tiring fast.

That about tells all that can be handed out in canned form. The rest you will have to pick up, and it consists mostly of getting your muscles used to the steady stroke that in a short while becomes a natural motion. The hardened canoeist does not tire any more from paddling than the hardened walker does from hiking. Do not put too much into each stroke; take it easy. If the other fellow in the canoe with you uses a more powerful stroke than you do, don't concern yourself about it. If you are in the stern it is an easy matter to take care of in the steering; and if you happen to be in the bow, let him do the worrying and take care of it by steering. Eventually he will suit his stroke to yours.

In last month's issue we told about the equipment to take along on a camping trip, whether by hike, auto or any other method. The same outfit will do for your canoe trip.

So far as we personally are concerned, we just about hand the palm to the canoe as being the ideal craft to take you back into the land of fun, recreation, health and romance. The only reason there are not  
(Continued on page 54)



Underwood &amp; Underwood

## Exercises for Children

*Mr. Mason was formerly the Director of Playgrounds of the cities of Philadelphia, Newark and Brookline, Mass. At present he is connected with the Physical Education Department of the University of Pennsylvania.*

*He is also Director of a summer camp for boys. From his varied experience, Mr. Mason has a few brief and pointed suggestions to make which will be of great value in forming the health of children.*

*The photographs of J. Leonard Mason, Jr., give you a very good idea of the successful application of his principles that Mr. Mason has been able to make.*

By J. Leonard Mason

**T**HE boys and girls of to-day are the men and women of to-morrow. These little people whom we see playing all about us will soon take up the responsibilities of life as fathers, mothers and citizens. How much depends upon childhood training whether they grow to adult age well prepared to meet life's happiness!

It is our duty as fathers, mothers and teachers to remove the handicap of weakness, whatever it may be. We cannot remove the obstacles on the journey of life but we can prepare the boy and girl to overcome obstacles by training the mind and body to be active, strong and enduring.

We have but to read the world's history from the beginning up to the present time to find that the men and women who survive and accomplish a creditable life's work have practically all developed and strengthened their bodies by exercise during the growing period. Nature is so willing to re-

spond during these plastic years! Perhaps the most conspicuous example of this fact is shown in the life of Theodore Roosevelt. As a boy he was far from robust, being deficient in health and strength. His persistence in daily exercise at an early age gave him the start, physically, which enabled him to get the most out of his later outdoor life and to become eventually one of the most forceful citizens and strongest presidents America has ever known.

The writer has heard Doctor Sargent of Harvard say in his lectures, that: "Roosevelt came regularly to the gymnasium while a student at Harvard, exercising every muscle in his body with the same vigor that he displayed in everything else that he did. He was particularly fond of the chest bars and would push and pull his body back and forth between the upright bars until his teeth shone in his characteristic expression of determination."

A young student once came to me saying that he had received an appointment for

the United States Military Academy at West Point but he had failed to pass the physical examination on a number of counts including weak arches of the feet, flat chest, stoop shoulders and general under-development of the entire muscle system. This young man was taken in hand and given specific exercises to correct his physical defects. As the muscles became toned up he was given vaulting exercises over the horse and some wrestling practice. About six months after his rejection he again took the physical examination with the result as stated in the following letter:

Baltimore, May 1st, '14.

Dear Sir:

Through the regular practice of the exercises you gave me I was enabled to successfully pass my physical examination for West Point with the remark from the examiners that my development was "VERY GOOD."

Sincerely yours,

FRANK ANDERSON,  
U. S. C. C.

This is an interesting case of a young man getting himself in splendid physical condition through systematic exercises after failing in an important examination. However, it has even greater significance in showing the mistake of letting a child get into such a poor condition that it may cause him to fail altogether in successfully meeting great opportunities that await him on the very threshold of life.

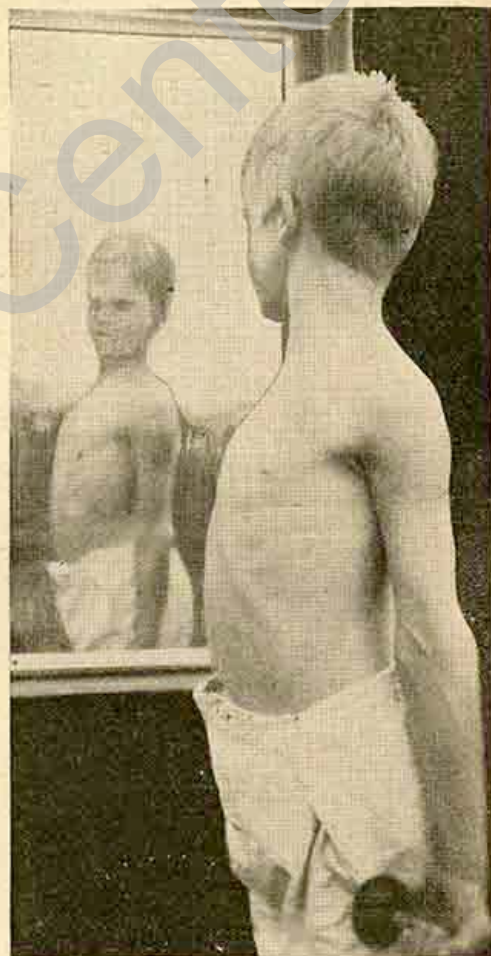
The writer can testify from personal experience to the wonderful results from systematic body building exercises. Up to ten years of age his own life was despaired of. Physicians said, "He has neither the constitution nor the physique to grow to strong manhood," but upon the suggestion of a neighbor his parents insisted on the boy attending a local gymnasium class where fortunately he received instruction from a first-class teacher. More than this, his little dumb-bells were kept on the bureau in his own room and every night, stripped to the waist, the exercises were done faithfully, the boy taking great pride in seeing the muscles enlarge, the shoulders broaden and the chest expand, laying a foundation of health and strength which has served him in good stead during later life.

In this article I wish to speak especially

on the value of what is generally spoken of as formal or setting-up exercises; also of those movements which are given to correct a definite physical fault by strengthening under-developed parts of the body.

Let it be fully understood that wholesome play as experienced in active games, swimming and other recreative sports should be encouraged among growing boys and girls. Very often we find that play of itself is not enough to insure strong bodies and sound health. It is best to supplement the play side of the child's activities with exercises which will build up a good muscular system, an erect carriage, full chest and broad shoulders. These formal developing exercises are the A B C of physical training.

A child who is not physically strong



Get into the habit of using your mirror. You can detect errors in position very easily this way.

naturally cannot get the best results from active games requiring a maximum of physical effort. Yet such a child can be brought to a state of physical fitness whereby he or she can participate in such sports with much benefit, by first taking a course of daily exercise in the gymnasium or at home. A boy of my own acquaintance wanted very much to play football but being undeveloped and not as strong as others of his age he was denied the pleasure he craved. He desired to get strong, bought a pair of small iron dumbbells and every night went through a number of exercises until his arms and shoulders ached. The next Fall he played end on the team. He didn't need any padding on his shoulders for his well-developed muscles provided it and his well-knit sinews kept him from any possible injury. An opposite case was that of a girl who had the spirit of play so keenly that nothing could keep her from it. She played on her school basket-ball and hockey teams but she did not have the physical vigor necessary to derive the benefits and so the reverse condition took place; she finally had to stop on account of a physical breakdown.

So we find that boys and girls who have the spirit of play, but who do not possess the physical vigor to allow them to participate in competitive sports with more normal children, can acquire a strong physical foundation by practicing daily body building exercises and thereby avoid being deprived of one of the chief delights of life, namely, wholesome sport.

There are some who hold the opinion that all normal boys or girls need to make them grow up physically sound is "natural play," but this is not the case. Important as is such play in child life, he or she must have the training which only a well-directed course of physical exercises can give if a high state of health and physical efficiency is to be reached. With all the complexities of modern life we cannot afford to deny the child any part of his training which will better equip him to meet the big tests and emergencies which come to all of us sooner or later.

#### *Posture*

It has been said that, "The health of the people is the beginning of happiness." We are realizing more than ever that body posture has a very definite relation to health.



Stretching exercises develop the muscles that straighten the spine and hold the chest high

It is during childhood that habits of posture are formed. When the bones become hardened it is almost impossible to change one's carriage to any marked degree.

Enumerating the elements of good posture we have:

**HEAD:** carried well on the shoulders with chin firm and drawn slightly back.

**SHOULDERS:** well developed, held even and parallel with the hips, not too far forward or backward.

**CHEST:** well developed, deep, held naturally high with the ribs giving plenty of room for the lungs and other organs of the trunk to function properly.

**SPINE:** straight so far as any lateral curves are concerned with only the slight natural anter-postera curves which saves us the many jars we otherwise would get.



The position of the spine is very important and as this depends upon the muscles attached to it the proper development of these back muscle groups is most essential.

**HIPS:** even and not protruding.

**FEET:** should be well arched as the so-called flat feet give much trouble, especially when one reaches adult life. In walking do not toe outward but acquire a nearly straight position of the foot when it is placed on the ground.

**ARMS:** well developed and carried naturally and gracefully at all times.

**LEGS:** straight, strong and shapely.

### Exercises

The principle factor in acquiring a good, healthful position either when sitting, standing, walking or running is a well developed muscular system. In the process of acquiring this development muscular coordination and nerve control follow naturally.

For the boy or girl who has no special muscular weakness or distinct incorrect posture, a general series of exercises should be practiced daily. These exercises should use all of the principle muscle groups. While practicing the exercises the entire body should be kept in an erect position for this in itself is splendid training. In play or at work we take all kinds of positions as we also do during our relaxing moments. This formal exercise period is the time to think about good posture and practice it consciously.

There is nothing better to exercise with than a pair of dumbbells suited in weight and size to the one using them. Children from eight to twelve years may use small iron dumbbells from one to two pounds, according to the child's strength. The handle may be wrapped with tape so as to give a better grasp and be more comfortable in cold weather.

The principle exercises in a general series are here given:

(Movements should be done with moderate speed and muscles made to contract and extend to their full extent. Begin by practicing each exercise eight to ten times and increase this number until you feel the muscles have had a real test.)

#### Group 1—Arms and Shoulders

Exercise 1—Keeping elbows at side; contract and extend arms.



Full inhalation and drawing in the abdomen develops large, flexible chest walls

Exercise 2—Raise arms forward over head.

Exercise 3—Raise arms sideways over head.

Exercise 4—Arms held forward; swinging dumbbells backward as far as possible and return.

#### Group 2—Neck Exercises

Exercise 1—Bend head forward and backward.

Exercise 2—Bend head sideward, left and right.

Exercise 3—Turn head left and right.

#### Group 3—Trunk Exercises

Exercise 1—Hands on hips; bend forward and backward from the waist.

Exercise 2—Hands on hips; bend sideward, left and right from the waist.

Exercise 3—Hands on hips; turn or twist sideward left and right from the waist.

(Continued on page 60)

# The Romance of Strength

*This is the second of two articles on incidents and experiences relating to the development and use of great strength.*

*In this article Mr. Jowett speaks about feats of English and European lifters. He suggests that the American continent form an association that will give opportunities and rewards to lifters as does the British Amateur Weight-Lifting Association. He thinks there are more natural strong men in America than we know of, and that we never will know of them unless we organize a Weight-Lifting Association.*

By Geo. F. Jowett

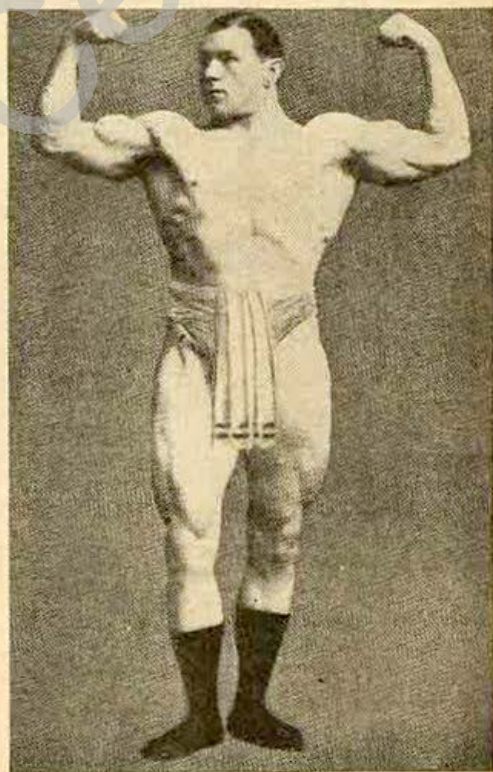
RUSSIA has given the world some remarkably powerful men, but the greatest of them all, if not the greatest of all Continental athletes, is George Hackenschmidt. At one and the same time he was the champion wrestler in both the catch-as-catch-can and the Graceo-Roman. He was the nearest ideal to the perfect Hercules that I ever saw and was always a source of great inspiration to me, during my athletic career. His tremendous physique was a marvel to behold, combining hugeness with symmetry.

That wonderful athletic enthusiast, Dr. Von Krajewski, was responsible for Hackenschmidt's wonderful career. Teaching, training and encouraging him, in his own private gymnasium, he developed Hackenschmidt into what he was. Hackenschmidt's best lifting achievements were: two-hand jerk 360 lbs., two-hand snatch 257 lbs., press in wrestler's bridge 310 lbs., and in the back press 363 lbs. With one hand he snatched 200 lbs. and pushed 231 lbs.; in the one-arm press he accomplished 270 lbs. About the last-named record he was always pleased to relate a very humorous story.

Hackenschmidt was preparing to create some new records at Count Ribeaupierre's riding school, and at that time the Doctor was wearing a beautiful pair of new trousers that took Hack's eye very much, and he remarked how dearly he would like to possess such a pair. To this the Doctor answered, jestingly, "My dear George, when you break Sandow's world record in the one-arm press, you shall have such a pair."

It was Hackenschmidt's proudest moment when he eclipsed Sandow's record of 255½

lbs. on this occasion by lifting 270 lbs. in the one-arm press, and when he saw the enthusiastic Doctor rise in his seat and raise his hat in genuine emotion and later come rushing into the arena, in full view of the audience, with a pair of newly pressed trousers, which he laid in George's hands. Hackenschmidt claimed that he was more pleased with the trousers than he was with the beautiful gold medal which was



George Hackenschmidt, one of Russia's greatest lifters and wrestlers

presented to him to commemorate the occasion.

Hackenschmidt did much to popularize physical culture with his physical demonstrations. He started the wrestling boom which lasted for a number of years, as long as he was in the game. In fact, he was the physical idol of the British people. He suffered great privations during the late war, in Russia, but back in England now, he is taking up the reins of physical endeavor again.

Another famous Russian celebrity, who was trained in Dr. Krajewski's school, was George Lurich. He, however, never equalled Hackenschmidt in his achievements. Lurich defeated Hack in his early wrestling days and made much profit and advertisement out of it, but it was fortunate for him that he met Hack when he did, for the latter had only just taken up wrestling, while Lurich was then a seasoned wrestler. Neither love nor money could ever induce Lurich to meet Hack on the mat after that. Every inducement was offered him, but he preferred his one victory. He knew that he would be doomed to a quick defeat if they ever met again.

Nevertheless he was a wonderful man and at his best scaled about 190 lbs. against Hack's 210 lbs. Several times he won the world's wrestling title in the Græco-Roman style. Lying on his back with a bar weighing 220 lbs., he pressed to straight legs 75 times and with a 250-lb. bar he pressed 60 times. Lying on his back he jerked, in the shoulder bridge style, 443 lbs. once and 340 lbs. thirteen times; in the one-arm jerk he did 267 lbs., and I have a picture of him supporting aloft at arm's length five of his friends all at once, clinging together.

It has often been said, by men who should know, that the greatest strong man of all time was Louis Cyr, the famous French-Canadian, and the fact remains undisputed by lifters that the ponderous Louis never trained. Cyr weighed about 300 lbs. stripped, and could sweep from the floor to the chest in one movement and then jerk aloft a bar bell weighing 347 lbs. I remember hearing a famous British lifter say that the greatest feat of strength he ever saw was done by Cyr. It happened when he was appearing at the halls in the old country. He was pressing a dumbbell weighing 247 lbs., when someone in the audience

disputed it. Cyr, hearing the dispute whilst he had the weight aloft, looked into the audience at the disturber, and while talking to him he slowly let the bell come to the shoulder and as slowly lowered it to the side, and stood thus, all the time talking as though he held nothing. He then, with hardly any effort, swung the bell to the shoulder lightly and thus completed his lift. We can hardly blame the disturber for doubting the weight when a man held such a poundage with such ease and contempt. The strength sub-consciously exhibited during the lift awed the Briton who was standing in the wings.

I was in Montreal when he died, and I know that the world had not only lost a



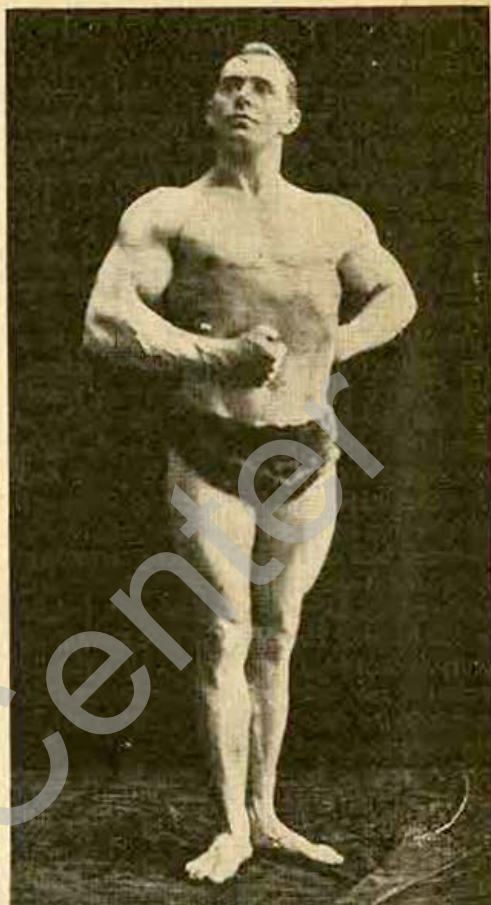
W. A. Pullum, the "Wizard of Weights." He was the first man to lift more than twice his weight without the aid of any apparatus

wonderful prodigy of power but it also lost a first-class sportsman and gentleman.

Perhaps the strongest man upon his merits before the world was that famous German, Arthur Saxon, who passed away a few months ago. As a lifter he stands head and shoulders above all others, which speaks more for his power when we stop and realize that here was a man who did not have an abundance of weight to help him along with his feats as did Cyr, Swoboda, Steinbach and many other great lifters. Saxon at his best weighed about 200 lbs. stripped. He was a man who was very modest in his powers and when dressed, like Bonnes, he never looked the part. His best feats are not known very well on this side of the Atlantic, but I can speak for many, as I have often seen him lift. His very best feats were in the two hands anyhow and the bent press, tho he excelled at all-round lifting, as he was naturally a remarkably strong man.

With his two brothers he toured the world as the Saxon trio, and let it be here said that his brothers, who weighed no more than 168 lbs. stripped, were also wonders of muscular power. Arthur, in the two hands anyhow, accomplished 448 lbs. by first pressing a bar weighing 336 lbs., and while holding it aloft in his right hand, stooping over and picking up with his left hand a 112-lb. kettle bell, which he pressed aloft and stood erect with both weights. This feat was performed in Germany. When traveling with Bostock's circus in England he was presented with a gold medal by Mr. Bostock himself for lifting 411 lbs. in the two hands anyhow, which was the largest poundage that he officially lifted while in England, in that style.

His other feats were: one-hand snatch 200 lbs., two-hand military press 252 lbs., two-hand clean 311 lbs., two dumbbell clean and jerk 288½ lbs., press on back 386 lbs., swing (in the old style) 187 lbs. In the bent press his best official record, while in England, was 336 lbs., made on an occasion when the famous lifter, Inch, backed him to lift 350 lbs. He pressed the weight to arms length at different times, but the bar would roll away. He is credited with 371 lbs. on the Continent in the bent press. He had been seen on different occasions to press that weight and more to arms length, but at this particular time either the bar



Ed Aston, one of the few men to succeed in raising 300 lbs. overhead with one arm

was too short, or it would roll away, or he would fail to stand erect.

I remember hearing a story of a Saxon bent press, which I have every reason for believing, as it comes from men who witnessed the feat and who were of unimpeachable character.

It was a known fact that the more clumsy the weight, the better Saxon would lift and he dearly loved to tie weights on the bar. On this one occasion Saxon had been lifting and after the performance some of the party gathered around and asked him how much he thought he really could lift, to which he answered by inquiring if they would supply him with some weights. The weights were secured and selecting the largest bar, he lashed the plates to the bar and began to press. He failed to get it away and took off his coat and vest and tried

again only to fail. He next divested himself of his trousers and stood prepared to try again in his underclothes. He failed again and the weights came down on him. This seemed to touch him, for he instantly stripped himself of everything, even to his socks, and this time he succeeded in elevating the weight to arms length, naked, bleeding and bruised. Marvelling at this demonstration, they naturally inquired as to the weight, so the whole outfit was carried to the scales where it weighed  $386\frac{3}{4}$  lbs.

Saxon was a great man for fun and would often say there was not as much in his weights as there really was, just to get lifters trying and then laugh at them after they had exhausted themselves. On one occasion he left his bell outside the hall door, where he was appearing and unloaded it so that it weighed much less than 200 lbs.



Thomas Inch was the first man to place scientific lifting before the British public

Many of the lifters tried it and finding it so light were tickled to death to think how easy it was going to be to take Saxon's money. In fact they actually quarrelled among themselves as to who would be the first to lift it. When the time came, Saxon's manager made the usual challenge. Saxon walked up to the bell, pressed it overhead with apparent ease, but to the other lifter's consternation they could not even move it off the ground. Then they realized that they had been made the dupes of a joke, for the bell had been loaded up to 300 lbs. prior to Saxon's act.

Eugene Sandow is often termed "The Pioneer of Physical Culture in Britain," which is well merited, for when he came to that country many years ago, with his wonderful physique and remarkable show, he took all by storm and created a revival which has increased as the years have passed. His popular victory over Cyclops made him an additional favorite. He demonstrated for the first time before the British public the bent press, and many have considered him the inventor of that lift. This is not correct, however, for Sandow learned it from Attila, a Continental lifter; however we owe Sandow a debt for recognizing its possibilities and developing it. When he defeated Sampson, who was the tutor of Cyclops, Sandow made a reputation that forever dwelt upon a rock. He was, however, defeated by McCann and has since established a physical culture school that has been very successful.

Thomas Inch was the first to place scientific lifting before the public and to him can really be given the honor of developing the lifting material of Britain, by his wonderful example and willing encouragement to all who desired a chance at the game.

He first won notoriety by challenging the world for the middle-weight title, which was accepted by W. Caswell, and also by Maurice DeRiaz, the famous Swiss lifter and wrestler, but DeRiaz came in a little too late for acceptance. Inch won in spite of the ability of his opponent. He popularized the bent press among lifters and developed its science. In this he was greatly helped by his close friendship with the king of lifters, Arthur Saxon.

One thing that the British public owes to Inch was his demand for exactness of the  
(Continued on page 52)

# Prize Contest Announcement

**C**HARLEY PADDOCK was the most popular author in the June issue of **STRENGTH**. George Russel Weaver, who won the first prize, selected "What Makes a Sprinter" as the most interesting article.

**Paddock Wins First Place.**

Second place went to Alan Calvert's article "The All-Important Shoulder Muscles," and third place to Jonathan Earle's "The Story of a Fight Against Tuberculosis."

Most of the sprinters who read **STRENGTH** must have written in about "What Makes a Sprinter," and they all seem to agree not only that Mr. Paddock ought to know but that he certainly did know a lot more about sprinting than they imagined there was to the art.

All three of the articles which were judged most interesting in the June issue gave definite, clear-cut and helpful suggestions to readers who happened to be interested in the subject in hand.

\* \* \* \* \*

**T**HE number of people that have succeeded in reducing their weight fifty pounds or more and that were willing to write in and tell us about it was really astounding.

**H. Hanson Wins June Prize Contest.**

*We have awarded the prize to Mr. Hanson because we believe that his feat of reducing more than a pound a day for a period of ninety-eight days was the most remarkable feat mentioned in any of the reducing articles received by us.*

Several of our readers have written in stating that they reduced more than one hundred pounds in a period of one year or longer and we intend to publish one or two of these articles in future issues of **STRENGTH**, as we are certain they will be of great interest.

One thing that was very noticeable is that almost all of the really fat folks, the ones that got up to three hundred pounds or better, seem to have had a natural tendency to put on weight from their childhood days.

Furthermore, none of them seem to be

wholeheartedly in favor of either diet or exercise, although they all agree that in the long run a proper combination of the two will bring the results or at least brought them in their individual cases.

Mr. Hanson was the only man who made remarkable losses and did not include some very strenuous exercise in his campaign. His dietary plan, which he undertook with the advice of his doctor, would seem to us to have been so strenuous that exercise should have been ignored in his case.

He certainly succeeded in keeping his weight down after he had once reduced and he attributed this to a combination of his reduced diet and more exercise.

\* \* \* \* \*

**T**HE trackmen seemed to be delighted with the June issue, as they were very much interested in Walter Camp's criticism of the American method of training for track athletics.

Editorially we are inclined to agree with Mr. **Walter Camp Arouses Trackmen's Interest.** there is entirely too much specialization to track athletics particularly.

"If the imperfection of the track (speaking of the Antwerp Olympic Games) meant only slow time that would have to be taken into consideration; but the average man who runs to catch a car, or runs across a field in hunting, or who makes any physical effort, cannot expect to have all the conditions favoring him, and certainly his muscles and tendons should be in sufficiently good condition to stand the ordinary work, else we are certainly refining our athletics to too great a degree."

On the contrary, many of the track men attacked this point of view and were more inclined to agree with Paddock that the game was worth the cost.

Mr. Weaver's letter follows:

*To the Contest Editor:*

*To have Charles Paddock talk to us of sprinting! There is a thrill, indeed!*

*Consider that we have in Charles Paddock's article on what makes a sprinter, an exposition bearing great authority, as coming from the greatest sprinter of all time. And we find, upon reading the article, that he not only knows how to run, but also how to teach*

*(Continued on page 50)*

# Women Admire Men

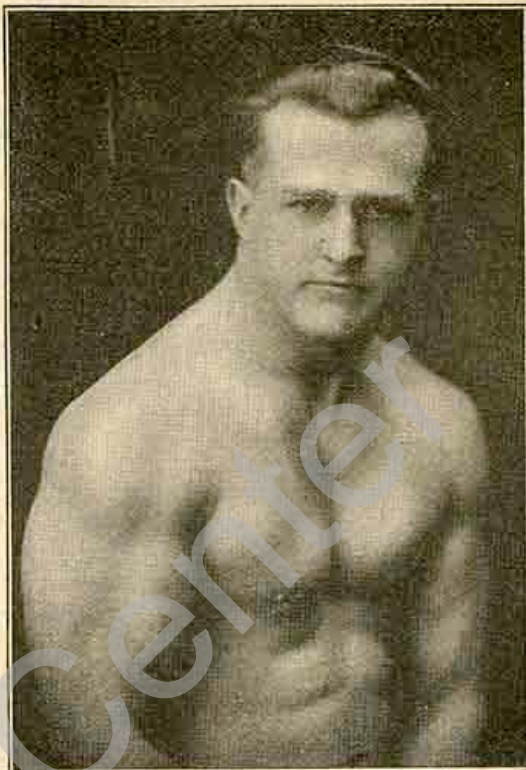
*for their strength—*

Man was meant to be woman's protector. The better he can meet this qualification, the more will he be admired. Read back through the ages and you will find this has always been true. There was a time when men fought with each other to decide who would own a certain woman just as they would fight over a pot of gold. Civilization and culture soon overcame such savage conditions, but the man of strength and power has continued to have the advantage. Ivanhoe describes the knights entering into combat, after which the conqueror would kiss the hand or show respect in some manner to the lady he held in highest regard.

## The Man of Today

What must womanhood think of the present-day man? Statistics show that over 95 per cent. of us are suffering from some ailment. Our indulgence in worldly pleasures has made us a race of anaemic, flat chested dyspeptics. It is no wonder that man's years on earth have been shortened. What can he expect when he wastes the very strength that God gave him.

I heard one girl say the other day: "Of course I admire a strong, healthy man, but the men I meet are so weak-kneed they can barely stand up straight." It is true. The strong man of today is the exception. And that is my task. To make the exceptional man.



*Photo of Earle E. Liederman,  
taken February 1922*

## Do You Seek Admiration?

Do you wish to be one of these weak-kneed dyspeptics? Or have you enough manhood left to say: "I will be strong?" I don't care what your present condition is. If you have a spark of will-power left, I can make you a man to be admired by all. Just think! I guarantee to put one full inch of muscle on your arms in 30 days. Yes, and two full inches on your chest in the same length of time. But that is only the start. From then on you will notice a complete change in your physical make-up. You not only develop big, brawny arms and a full chest, but a complete armor plate of muscle surrounding a body that has been re-built inwardly as well. You will have the flash to your eye and the spring to your step that shows you to be a human dynamo. You will be admired and sought after in both the business and social world. You will be a leader of men. All these things and more are awaiting you. It is now up to you to decide just what manner of man you will be. Come then, for time flies. **SEND FOR MY BOOK.**

## "MUSCULAR DEVELOPMENT"

It is chock full of photographs of myself and my numerous pupils. Also contains a treatise on the human body and what can be done with it. This book is bound to interest you and thrill you. It will be an impetus—an inspiration to every red-blooded man. All I ask you to cover is the price of wrapping and postage—10 cents. Remember this does not obligate you in any way. Don't delay one minute. This may be the turning-point in your life today. So tear off the coupon and mail at once while it is on your mind.

**EARLE E. LIEDERMAN**

Dept. 709

305 Broadway, New York City

**EARLE E. LIEDERMAN,**

Dept. 709, 305 Broadway, New York City.

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

Name .....

Address .....

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

## READERS' SERVICE DEPARTMENT

### *How to Overcome "Going Stale"*

*This is one of the great problems that face all athletes and we have therefore decided to print our answer to a letter that we received in the past month on this subject. Our reply is largely based on the findings of Dr. Randolph Faries in his book, "Practical Training for Athletics, Health and Pleasure."*

**M**ANY athletes wonder why it is that they are beaten, when on previous occasions they have never had any trouble in defeating their opponents. The explanation is a very simple one. When a man begins to train for the first time he subjects his muscles, nerves and lungs to severe work. These organs require an instinctive knowledge of the amount of energy that they are required to expend and as time goes on they begin to feel the effects of this work. Not recognizing this, you, in all probability either did not allow a sufficient time for these organs to rest, or else you increased the severity of your exercise too rapidly. Your experience is not an uncommon one. Many people find their nerves, lungs and muscles do not respond to their work so readily, in spite of the fact that they desire to continue exercising and are surprised to find themselves falling below their records and do not stop to try to find out the cause of this.

"Because you are able to make your tissues do a fair amount of work without becoming greatly fatigued, it never occurs to you that you are really overworking yourself. The fact that as days pass by there is no improvement in your condition and the fact that your muscles do not respond with the same vigor, simply goes to prove that you are suffering from "staleness."

"Overwork is a common occurrence among men who train very hard. What causes it is that the first year a man trains he usually goes through a course of very rigid exercise, the second year the work is still harder, the third year it is marvelous the amount that his tissues will stand, and in the fourth year he works still harder, only to find that he is unable to do as well as in previous years, and this astonishes him. During the first two or three years his tissues were being trained up to their utmost limit, and being a beginner at the game you took all this time to develop the

various tissues to their highest degree. Your body during these years retained some of its training—in fair, if not good condition—and did not need so much work or so great a quantity of exercises to put it into first-class condition. Many men who train either lose sight of this fact or do not know about it, and so instead of giving themselves just the amount of exercise that they need they give themselves more than they can do and "staleness" is the result.

"The trouble with you is that you are too fond of exercise. You imagine that if you do not exercise daily your body will not remain in good condition. Actually you are overworking already fatigued muscles when they need an absolute rest. I know of an instance where an athlete trained for three years, and at the end of that time ran a mile in close to four minutes and thirty seconds. This was in the spring of the year, and he continued to train all through the summer, and the result was that in the fall he could not run a mile in better than five minutes and ten seconds. After an absolute rest of three weeks, he ran a mile in better than four minutes and twenty-five seconds. This, of course, is a perfect instance of overwork and illustrates what rest will do for you in this condition. The same rule holds good in all sports.

In fact, it may be laid down as an invariable rule, that when a person, after having exercised for a long period, falls short of the standard he has been reaching, he is overworking, and to improve his condition he must rest long enough to let all the tissues in his body regain their former strength and fitness for exercise. It may be necessary to cease exercising for quite a period of time to accomplish this. I have known of instances of highly-trained college athletes who have been benefited by a full year's lay-off.

Athletes often work too hard in the



# Down goes the price!



Complete Course in  
**BOXING**  
**Jiu-Jitsu**  
**Wrestling** \$3.85



## Send No Money

Think of it! For only \$3.85 you can now have the famous Marshall Stillman Course—the course that cuts the time of learning boxing in half. You can have it on 10-day trial without sending a single cent of money!

Over 60 complete lessons in Boxing, Jiu-Jitsu, and Wrestling—six volumes, hundreds of pages, and over 200 photographic illustrations—all for only \$3.85, or less than 5c a lesson.

### You Learn At Home

Marshall Stillman will teach you right in your own home—just as he has helped nearly 30,000 others—how to box in true professional style. You will learn all the fundamentals of boxing, and the blows and guards developed by the top-notchers—the Jack Dempsey Triple, the Benny Leonard Triple, the Fitzsimmons Shift, the Mike Donovan Leverage Guard, etc. You will be able to put the gloves on with any of your pals at the club or gym, and box rings around that "fellow who thinks he knows it all." You will learn all the secrets of the ring, all the fine points of boxing—feinting, ducking, clinching, breaking ground, judging distance, timing, etc. In short, you will become a good boxer in a very short time, and at very little cost.

You will also learn Jiu-Jitsu and Wrestling—how to subdue an armed opponent, how to break a strangle hold, how to throw an opponent who grabs you from behind, and the best wrestling holds—the Gotch Toe Hold, the Stecher Scissor Hold, the Head Lock, etc.

It's just as though you had several teachers, each one an expert in his part of the game.

### Lessons Made Easy

It would take months to learn the blows and guards of boxing by the old method of teaching. In the Marshall Stillman "Short-cut" system, the lessons are reduced to the simplest movements, each movement is described in detail, and every blow and guard posed for by two experts.

You practice before a mirror, starting with motions you are already familiar with, such as reaching your hand out for a coin, the breast-stroke in swimming, etc.

And from these familiar movements, Marshall Stillman leads you sub-consciously into striking heavy blows, ducking, blocking, guarding, feinting—in true professional style. You're not punned and pouted while learning, as in other methods of teaching.

When you've mastered the fundamentals, you're taught all the good blows and guards—when and where to land them, and what blows to expect and how to guard against your opponent's counter. And to prepare you for your first opponent, Marshall Stillman has cleverly combined these blows and guards into three lively rounds of Shadow Boxing—great exercise for producing speed, wind, and confidence.

In addition to your Boxing, Wrestling and Jiu-Jitsu Lessons, you'll be given a complete set of building-up exercises to improve your physique and keep you in condition.

The value of this famous Marshall Stillman Course cannot properly be measured by its price. Some students write us that it's worth \$25; others, \$50. When Marshall Stillman first produced it, it sold for \$10. As sales increased and costs of materials came down, we cut the cost to \$5. And now we have cut the cost to only \$3.85—on this liberal offer.

### 10-DAY TRIAL

Simply fill in and mail the coupon and the course will come to you at once. On its receipt hand the postman \$1 as a deposit while you examine it for 10 days. Use the course for 10 days—try it out thoroughly; try the different blows and guards; try the lessons in Wrestling and Jiu-Jitsu. Give the entire course a thorough try-out. At the end of 10 days either send us \$2.85 more or return the course, and we'll send your dollar back immediately.

Mail the Coupon at once to

**Marshall Stillman Association**

Dept. 1722-H

42nd Street and Madison Avenue, New York

### 10-DAY TRIAL COUPON

MARSHALL STILLMAN ASSOCIATION,

Dept. 1722-H, 42nd St. and Madison Ave., New York.

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

Name .....

Address .....

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

gymnasium during the winter so as to be stronger when spring comes, and to be in condition as soon as the weather will permit them to exercise outside. After going through this winter preparation they are surprised to learn that their muscles and nerves actually lost some of their old-time vigor, and instead of being able to do better, or as well as they did in former years, they do not reach their old marks. There is just one cure for this, and that cure is a good long rest and the length of the rest is dependent upon the amount of overwork. Nothing is harder than to convince a man of this, nevertheless it is true. If a man, when he is overworked, takes a much-needed rest not only does not go backwards but actually improves in his physical condition. Overwork invariably lowers the vitality of the individual and the best thing that you can do to restore your muscles to their normal vitality is to get plenty of rest, good food, pure water, wholesome and pure air, an abundance of sleep and try to keep away from disturbing influences as much as possible.

"All physical exercises not only tax the muscles but also the nerves and their centers. Every physical exercise that necessitates accuracy produces a movement the coordination of which calls for an amount of nervous energy much greater than when accuracy is not required. Herein lies the great difference between physical exercises that are purely mechanical and those which demand not only a great amount of nervous energy but also the proper use of that energy.

"The best way to avoid the bad effects of overwork and exhaustion is by eating good, wholesome food, and getting plenty of sleep. Poor food will change the quality of your blood, making itself felt on your nervous and muscular system and finally on your whole body. "Staleness" generally shows its effects upon those who neglect their sleep. Nearly every case of overwork is due to an absolute disregard of the bodily symptoms which are trying to tell the individual to exercise less. Lassitude, inactivity of the muscles, indisposition to exercise, irritability of mind, poor appetite, lack of pep, restlessness and sleeplessness, loss of weight and headaches, are the symptoms which indicate that you are overwork-

ing. The most important thing to do to avoid the evils of overwork is to recognize the fact that it is possible to get too much of a good thing. Then when you exercise regularly consider carefully the question of rest. The moment you feel that you are getting "stale," by using intelligent judgment you can absolutely avoid this danger."

\* \* \* \*

**F**ROM this you will readily see that it is not the policy of the Readers' Service Department to send perfunctory answers. We will reply as fully and as courteously as we possibly can to any letters addressed to us.

We do not, of course, receive many letters that necessitate so long an answer as the one printed above, but we can and do give you the full information that you desire to the best of our ability.

The editorial staff of STRENGTH has been increased in size and we are in a better position to take care of such letters today than we have ever been in the past.

### FIRST AID FOR THE OUT-DOORS MAN

**W**E are also printing a brief extract from a letter which we received from a novice in wood-craft:

*"I carry one of those Seabury and Johnson first aid kits made for the U. S. Army, containing two antiseptic compresses of sublimated gauze in oiled paper, one antiseptic bandage of sublimated cambric with a safety pin, and one triangular bandage with safety pin. Directions are on each bit of equipment in the packet, which is two inches wide and about five long. I also carry an unbreakable phial of iodine which I have twice applied to snake bites. It is invaluable."*

The same letter called for books of complete information on this subject for dealers and manufacturers of camping equipment.

All this type of information is gladly supplied by us. We want to help you to exercise, to get outdoors, to play games and to get into first-class shape and stay there.

Any information that you feel the need of will be gladly forwarded by us. Be sure to write your name and address plainly as we can only answer one or two letters in

# YOU Can Live a Supreme Life

**Radiant Health, Great Strength and 100% Mental Efficiency Can Be Obtained Thru Taking Advantage of This Wonderful Offer.**

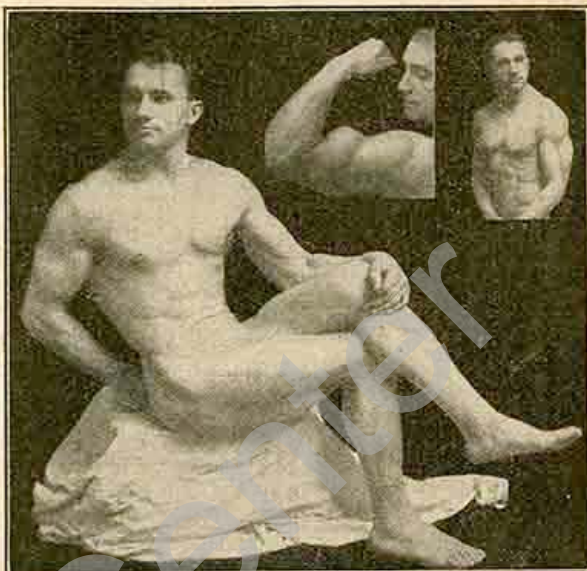
PRACTICE

## Muscle Control and Be the Man You Should Be! Admiration

always follows the robust, graceful and alert man. Pity trails behind the weakling, because his failing energy is not sufficient to carry him over the obstacles that obstruct every man's path to progress. Do you belong to the REAL MAN set—the dominant class of successful people, or are you among the sickly, flat-chested, weak-legged, nervous and always ailing—the insignificant class, that, instead of living just merely manage to breathe and exist? You are being given a wonderful chance to get more satisfaction out of yourself and the world by this

### Amazing Opportunity for Greater Strength

offered by Prof. Matysek, the man who, years ago, having resolved to become healthy and highly developed, has experimented and trained himself until he is ranked among the strongest men in the world. He, in order to accomplish this, has been secretly practicing on this



ANTONE MATZEK

the muscular phenomenon, the man who is offering to place you on the energetic strong man map. When you find your place on this map you will always be full of pep, ambition and joy. You will be a REAL MAN.

### "Body Beautiful" Maker

Thousands of men who have tested his "Muscle Control Course" say that it is the SUREST AND QUICKEST "MUSCLE BULGING OUT" STIMULANT, A CURATIVE SYSTEM OF EXERCISES THAT PRODUCE REALLY ATHLETIC MEN WITH GRACEFUL OUTLINES FULL OF STRONG PERSONALITY.

Only ten minutes a day, in the privacy of your own room, solves any case. From my own experience, as well as the very large number of pupils I have successfully aided, I know that in less than five days your efforts will be realized to a most surprising extent. If you are already training on some good "system" these Muscle Control exercises will force your progress to be 100% faster!

### Matysek's Muscle Control Course Consists of

Two handsomely finished charts containing twenty-one beautifully produced pictures showing every detail as to how to perform the movements with absolute correctness. The instructions are "straight from the shoulder" such as only an expert who went through the mill himself could ever possibly produce. The following is but a part of what is embraced in the course:

- How To—quickly make respond the inactive bowels.
- How To—easily correct the rounded shoulders.
- How To—expel bothering gas out of the stomach.
- How To—promptly chase away the staleness of the body.
- How To—strengthen the nerves and internal organs.
- How To—control every muscle of your body.
- How To—store up energy for feats of strength.
- How To—completely relax and contract.
- How To—breathe effectively.
- How To—arouse your inactive nerves.
- How To—create better blood circulation.
- How To—increase your chest circumference.
- How To—learn the famous shoulder blade control.
- How To—thicken the shoulders.
- How To—make your shoulders supple.
- How To—broaden your back.
- How To—depress the abdominal muscles and wall.
- How To—control the chest muscles, biceps, triceps, thighs, calf and all other muscles.
- How To—assist in training the abdominal regions to be immune from rupture.
- How To—master correct posture.
- How To—overcome insomnia.

and many other vital pointers you need every day, too numerous to mention. The exercises in this course cause no strain on the heart and do not create nervousness.

### I Want to Assist YOU to Get Healthy and Strong

For this reason this Muscle Control Course is being offered you at such a thrilling price that YOU CAN WELL AFFORD IT. COSTS BUT \$2.00. I guarantee quick results and absolute satisfaction or money back. In addition to this course you have the privilege to ask any questions pertaining to your physical training. To these I will gladly reply, giving you personal attention. This favor alone is worth the \$2.00 I ask. Better avail yourself of this splendid offer right now for in the future the charges may be doubled. GET STARTED RIGHT NOW!

### Prof. Matysek

Muscle Control Dept. 221

523 North Charles Street, Baltimore, Md.

Detach and mail NOW while it is on your mind.  
 PROF. MATYSEK, Muscle Control, Dept. 221,  
 523 N. Charles Street, Baltimore, Md.

I want bulging muscles and yet I want them to have fine outlines. I desire to increase my strength, my internal activity, my energy. I want to be more than I am now and I want to achieve my "chief aim" in a short and efficient manner. For these reasons send me your wonderful Muscle Control Course, illustrated with 21 high-grade pictures of yourself.

Name .....

Address .....

City..... State..... Strength, 5-22

(Canadian and Foreign Orders \$2.20.)

## We Are Giving Away 100--Hundred Lb. Plate Bells

You can become a regularly enrolled pupil of the Milo Bar Bell Co., receive your plate bell and both courses of instructions, the course in Body Building and Muscle Developing Exercises and also the course in the Eight Standard lifts absolutely free of charge, anywhere in the United States.

To take advantage of this offer all that you will have to do is obtain for us 20 new subscribers to STRENGTH.

You do not have to collect the subscription money.

You do not have to deliver the magazine. Simply write us, using the attached coupon.

We will send you twenty subscription blanks to STRENGTH. All the blanks that you obtain will be numbered and your name will be endorsed on the back of each blank.

With each subscription that you sell, simply let the subscriber forward us the blank. The subscription will be placed to your credit and as soon as the twenty have been received the bell will be shipped to you at once. All charges will be prepaid.

The regular instruction blank will be sent you and your course will be laid out carefully and thoroughly.

Each subscription can be sent in as quickly as it is obtained and absolutely no delay will be caused the new subscriber.

He will not have to wait a week or ten days till you obtain your full quota of subscriptions. Immediately upon deciding to subscribe he will fill in the blank and send it to us. Upon receipt we will forward him his first copy, thus acknowledging receipt of his subscription.

Fill out the enclosed blank to-day and start to obtain your bell now.

Milo Publishing Co.,  
301 Diamond St., Philadelphia, Pa.

Gentlemen: Send me the 20 subscription blanks to Strength. I want that plate bell as quickly as I can get it.

Name .....

Address .....

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

## TOBACCO

### Habit Cured or No Pay

Any form, cigars, cigarettes, pipe, chewing or snuff  
Guaranteed. Harmless. Complete treatment sent  
on trial. Costs \$1.00 if it cures. Nothing if it fails.  
SUPERBA CO. M4 BALTIMORE, MD.

STRENGTH each month and we always answer all letters personally as soon as they are received, unless the sender does not write his name and address. We never print your name even if the letter happens to be of such interest that we use it in STRENGTH.

## Prize Contest Announcement

(Continued from page 44)

others. He lets us have, at the very beginning, a comprehensive view of our subject by telling us the three ways in which speed is attained: through natural ability, development, and condition. He then takes up these three separately, and in a clear and interesting manner explains how, from each one of them, the runner draws the desideratum—his speed.

The article is authoritative. No one can deny that. It is intensely interesting and Paddock has taken care to see that his statements are made vivid and impressive by a profusion of illustrations drawn from his own extensive knowledge of athletes. There are no long or involved sentences to tire or bewilder us; each is as clear as a sentence could be.

All in all, it is a splendid and perfect article.

GEORGE RUSSELL WEAVER,  
162 Woodruff Avenue, Brooklyn, N. Y.

\* \* \* \* \*

In the September issue of STRENGTH you will find the prize-winning article from the July contest. This story will deal with a great feat of natural strength and we hope to hear of some feats that will make our friend Geo. F. Jowett sit up and take notice.

You will also find a very interesting article by Dr. Randolph Faries on the effect of exercise on the heart. Dr. Faries is a famous track man, having won the Inter-collegiate games mile run three years in succession and the half-mile run one year while he was in college.

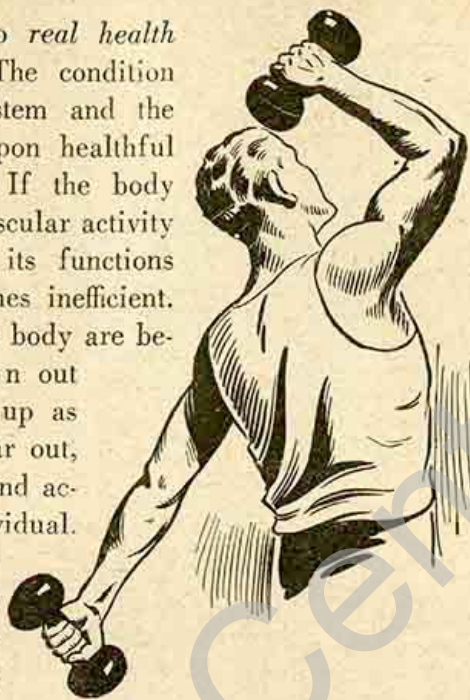
Dr. Faries became interested in the effects of strenuous athletics on the heart and has made numerous experiments both on himself and on other athletes. For some time after graduation Dr. Faries was the Physical Director of the University of Pennsylvania and had unlimited opportunities to develop his theories on the action of the heart and lungs under physical stress.

We have decided not to announce a new prize contest with this issue, as we have on hand several articles on weight reduction which we intend to print in future issues of STRENGTH and we feel that they will be of great interest to our readers.

# Why We Should Exercise

There can be no *real health* without *exercise*. The condition of the nervous system and the brain depends upon healthful muscular activity. If the body does not get this muscular activity it cannot perform its functions properly and becomes inefficient.

The tissues of the body are being gradually worn out and must be built up as quickly as they wear out, to keep the health and activity of the individual. There is only one way to build tissue and produce firm and healthy muscles



and that is through exercise.

If you are constantly working your mind and body you need the beneficial results that are obtained through exercise. Particularly if you are a brain worker you should have some active exercise that will build up healthy tissue, sound nerves and firm muscles.

## Give Yourself Fifteen Minutes Every Day

If every man and woman would practice a few simple exercises with a pair of dumbbells suited to your own physical condition for *fifteen minutes daily* you would greatly improve your physical condition. You would expand your lungs, invigorate your circulation, strengthen your digestion and nervous system and give every muscle and joint of the body vigorous action, thus keeping the body toned up and strong enough to be *free from danger either of incurring serious disease or any lighter ailments*. It would also increase their usefulness and, needless to say, happiness would be greatly enhanced.

Instead of getting up at the last minute and eating a hasty distasteful breakfast and

rushing off to work, get up fifteen minutes earlier. It will make only a slight difference to you at first and in time you will learn to enjoy getting up earlier and taking your exercise. After all your health is the most precious possession you have, and through it you either obtain or lose success and happiness.

We make the best quality dumb-bells obtainable. They are of the best workmanship and material, are evenly balanced throughout and are attractively finished in black enamel.

5-lb. Dumb-bells, per pair . . . . . \$1.00  
 10-lb. Dumb-bells, per pair . . . . . 2.00  
 15-lb. Dumb-bells, per pair . . . . . 3.00

*Sent on receipt of price, f. o. b. Phila.*

**FAIRMOUNT FOUNDRY CO.**

Fifteenth St. and Indiana Ave.

Dept. 4

Philadelphia, Pa.

## The Romance of Strength

(Continued from page 43)

truth in records. He never asked for anything better than to have a certified set of scales on hand, with the Inspector of weights to weigh in his apparatus. He thus compelled all lifters to lift under the most exacting conditions, and he taught the public to look for this and they now get it, too.

He was the first Briton to ever lift over 300 lbs. with one hand in the bent press. When in condition his weight was about 185 lbs. He produced some great bent pressers, among whom was the famous W. L. Carquest, who at 126 lbs. pressed 222 lbs. He also had a pupil named Burgess who raised to straight arm 256 lbs. in the bent press, but he failed to stand erect.

Inch has done more than any man to prove to the public that he was on the level and to show the prejudiced people that physical culture was a positive science, not a quack remedy. He, on one occasion, took some cases of heart trouble that were pronounced incurable by specialists, and not only cured them, but made robust specimens of manhood out of them. He also demonstrated to the public that there was no limit to physical development and under stringent conditions and for a wager he increased his chest measurements inside of six months from 46 in. to 53 in., and his biceps from 16½ in. to 19¾ in. All his other measurements of course showed increases also. This won the wager as he far exceeded the demands called for. He also showed by this that physical dimensions were not synonymous with strength. He was measured, both at the beginning and end of the period, by prominent sporting authorities.

Inch is well over forty and is still creating records. He has done in the two hands anyhow (official) 356¾ lbs. and I believe that he has lifted 400 lbs. in private; two hands push 252 lbs., bent press 306 lbs., swing 176 lbs., one hand push 164 lbs. Arthur Saxon told Inch that he did not believe any man would ever succeed in lifting in the one arm side press 200 lbs., and Inch is proud of the fact that he has side-pressed (officially) 210 lbs. and beaten this

in private. We shall hear more of Inch yet, despite his forty odd years.

The last few years has brought into great prominence in England W. W. Pullum, a lifter whose feats and teachings have startled the lifting world. So many records has he created and exceeded, so many conceptions as to the possibilities in lifting that he has been termed the "Wizard of Weights."

When this remarkable little lifter commenced his career he had tuberculosis and in a short time not only eradicated it, but became a world champion, and the only man to ever exceed his double body weight by forty pounds in the two hands anyhow, surpassing the great Saxon in this respect. He also was the first man to swing more than his own body weight with either hand. Not only has he made a phenomenon of himself, but he has the faculty of doing the same with others, bringing results out of them that even startled themselves.

Among his famous pupils was that wonderful double-handed lifter, Clarke, who at 147 lbs. has jerked overhead over 290 lbs. Sad to say, this powerful lifter will never delight the public with such lifts again, as he was very badly crippled in the leg during the late war. What this wonderful lifter would have done we cannot guess, as he was a long way from being near his limit, when he made his pre-war records.

Pullum weighs stripped 122 lbs. and in the two hands anyhow has done 282 lbs. and 217 lbs. in the bent press. In the swing right and left he accomplished 125 lbs., and in the near future more will be heard of him and his pupils who create all their records under the exacting conditions of the British Amateur Weight Lifting Association.

Let those who claim records try and lift under the same conditions, with all weights weighed before an inspector of scales and done as the lifting laws call for; with a weight held at the shoulder until two is counted, then after weight is elevated to arms length, stand with feet together, arms and legs straight and the weight held in position till two is counted again, before a lift is passed as perfect. Oh! for such a

# Strengthen and Beautify Your Hair

## Why Become Bald or Gray?

**N**EARLY thirty years ago my hair began to come out in bunches. I suffered the tortures of the damned. Baldness stared me in the face. Hours and hours I would lie awake at night trying to fathom a way out of my difficulties.

I even tried a hair tonic, but soon threw it out of the window.

After a period devoted to intelligent consideration of the reason for loss of hair, together with sensible, dependable methods for building hair health, I found a way out.

Here I am, thirty years later, with a head of hair as shown in the accompanying picture.

I want to pass on this invaluable information to every owner of a head of hair. It is worth just as much to you as your hair is worth.

Barbers rarely know anything about remedying dandruff or falling hair. Hair culture is a sealed book to them. Doctors are as much in the dark as the barbers. So-called experts are often little better than "quacks."

Now my book is not technical. Anyone can understand the clear instruc-



Bernarr Macfadden. Note his thick, luxuriant, healthy hair.

These chapter titles will give you an idea of the tremendous scope and value of this remarkable book. Hair as an Attribute to Beauty. Facts Everyone Should Know About the Hair. Care of Healthy Hair. How to Care for Baby's Scalp. Facts About Soaps and Shampoos. The Cause of Hair Troubles. Dandruff. Parasitic Diseases of the Scalp. Falling Hair. Baldness. Gray Hair. Superfluous Hair. Hair Tonics. Eyebrows and Eyelashes. Hair Dressing.

tions presented therein. You can thicken and strengthen the hair you already possess. You can make it more healthy and lustrous in appearance.

You will find therein a remedy for falling hair, dandruff and all other scalp and hair difficulties. You will learn how to give your hair its original lustre and luxuriance and color.

## Send No Money

I want everyone to possess a copy of this book. I am so sure of the value of the contents that I am willing to run the risk.

Send for the book, even if you do not want to pay for it. Secure the information contained therein, and if it isn't worth a hundred times Two Dollars to you, you can return it.

Simply fill out the coupon attached hereto and mail it to us. When the Postman delivers you your copy you pay him \$2.00, the price of the book, but if you return the book within five days your money will be immediately refunded, without question.

PHYSICAL CULTURE CORPORATION, Dept. S8, 119 W. 40th St., N. Y. City

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## Physical Culture Health Book Index

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organization on this continent, then an interest would be taken in lifting, we would know how we stood with other lifters and know real lifters from fakes.

One thing British lifters demand of all lifters who tour the halls over there is that they demonstrate their feats before the Association, and if they are able to vindicate their claims, then they receive the wholehearted support of the British lifting world and wherever they go they are afforded a welcome by brother lifters. Among other famous British lifters, I remember one by the name of Vulcan, who delighted to walk into a coal yard where the coal heavers were testing their strength on the various blocks of iron. He would tie two fifty-six's at each end of a crowbar, and astonish them by pressing to arm's length with one hand.

Fletcher, who beat Elliot's record of 269 lbs. two hands clean, and C. C. Martin, who pressed with the left hand 256 lbs. clean, and A. Manby, who did 270 lbs. two hands clean, are among Inch's pupils. Another great military presser was E. Smith, who at 151 lbs. did 215 lbs. with two hands, in the correct style.

Edward Aston, who holds the title of "Britain's Strongest Man," is one of the half-dozen men in athletic history who have succeeded in raising three hundred pounds overhead with one arm.

He is rather lighter than the big champions, being what, in this country, we would call a "light heavy-weight."

He is a striking example of the strength which can be obtained by training along progressive line, and his wonderful build is the result of practicing a great variety of lifts and strength-feats.

The world is full of strong men. All that is wanting is development. When the world, or rather the American continent, forms an association that gives opportunities and rewards to the lifters, as does the B. A. W. L. A., then we shall see a reliant public encouraging lifters on their merits. Then, large as the records seem now, we shall see them all pass by, and the world startled with the trained and untrained prodigies, brought together to do their utmost, delighting audiences with feats of strength that will be free from fake.

## The Craft of Romance

(Continued from page 35)

hundreds of thousands more than there are who have found the secret of this key to the land of boyhood dreams is because they have never done it; and one of the great faults we have is hesitating about tackling anything we have never tried, unless somebody with greater experience and as much enthusiasm leads us to it and shows us how.

To-day a friend, who is connected with the world's greatest publishing house as a sort of promoter and leader for their wonderful sports and recreation system, which affords endless pleasure to thousands of employees, came to see us. He is an all-around athlete of remarkable ability, one of the best amateur boxers in the world, a fine hurdler, pole-vaulter and high-jumper, has done close to twenty-three feet in the broad jump as well as excellent performances in other events. He is past the thirty-five mark and looks like twenty-eight. The beauty of it all is that to-day he can equal his marks of ten years ago.

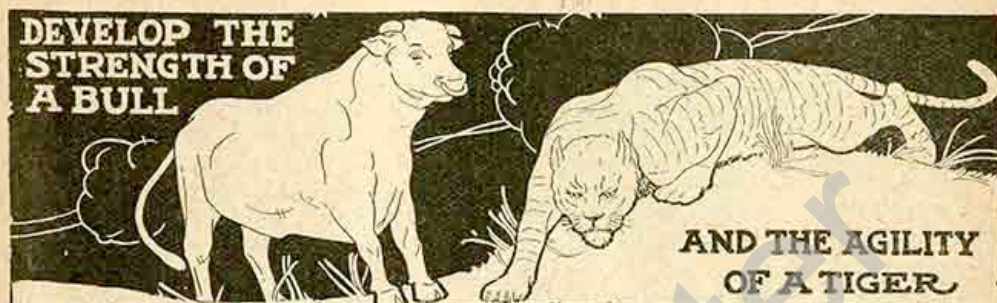
What he came in to tell us was that he had recently purchased a canoe and was amazed at what followed. Previously he had always looked on the great river nearby as merely a place for ferryboats to gambol on and other pleasant-looking craft to wander aimlessly up and down, a place near which factories and storehouses could be built for the sake of convenience in shipping and receiving their goods.

Some enthusiast told him about the veritable fairylands that waited up and down that river in the little tributary creeks and coves, things and places he had never dreamed existed, and doubted until he found them himself. He spun a yarn about some ruffle or bit of foam or something on one of those creeks and made it sound a heap more interesting than the one we told in return about the time we fell asleep while drifting down the Athabaska all alone, and woke up just in time to miss cracking our koko on a rock, as the canoe went over in the rapids ten miles below where we had started our inopportune siesta. He probably got more fun out of his incident than we did out of that particular one of ours.

And now he and his wife and the young-



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ster are all wondering why they never discovered the joys of the canoe before. As they can use it only for a day at a time they added one of those little motors that you can hitch onto the stern. It takes them to places much faster than hand paddling can and that all helps on a one-day trip.

When you eat turkey or smoke tobacco you don't stop to think that they are purely American things; but they are. In the sense that we know it, so is the canoe.

Those that you see wherever there is water throughout this country are merely adaptations from the canoes of the Indians—by far the most efficient craft that has ever been developed for traversing inland streams with maximum speed and minimum effort and noise.

## I Lost 107 Pounds in 98 Days

(Continued from page 27)

tain limits I could eat much or I could fast, which I tried, but lost no more than my pound a day. Fasting only made me weak and faint, while by eating my regular rations as planned, I lost just as much and felt better than I ever felt before. At the end of 98 days I had lost one hundred and seven pounds, so that I weighed just what I wanted, one hundred and eighty. In getting back to normal eating I gained three pounds. In the last three years my weight and measurements have not changed much. I am normal at one hundred and eighty-seven, am six feet tall, forty-three inches around the chest, thirty-three inches around the waist and sixteen inches around the neck.

During the diet I took no great amount of exercise. My doctor said that my heart had enough strain in caring for the fat that was being burned up without adding to it the strain of exercising. I have often wished that I had tried a small amount of exercise to see what it would have done for me.

Now I want to make a promise to those who are willing to put forth the necessary effort to lose their burden. You will be born again. I found that I (as you will be) am better in every way. You can imagine the difference that you will feel physically. You will be able to do all the things that you have ever wanted to do because in

carrying your fat around you have built up big muscles, muscles bigger than those of most men. Though your physical difference will be beyond your dreams, there is a bigger surprise in store for you. It is the mental difference that you will feel most. From the first day of the diet and through your life, if you will follow the teachings of moderation, you will enjoy a mental intoxication, a feeling of exhilaration, that no one but a man that has plumbed that pit which is half asleep, half alert, half alive, can feel. You will wake up for the first time in your life. You will enjoy your food more than you ever did because you will have learned the good of it. You will be able to eat as much or more than you ate before. You will be able to do and feel all this because you will be healthy.

## To Get the Best Results Grade Your Exercises

(Continued from page 24)

easier and should be your initial exercise. In the second movement it is advisable to have a strap across the ankles, or to put the feet under some heavy object like the foot rail of your bed. That keeps your heels on the floor and makes it easier to sit up. The abdominal muscles are tremendously strong, and if you want a really respectable development in that region, it becomes necessary to make countless repetitions.

If I remember rightly some chap did the second exercise several hundred successive times in a test. At that I do not believe his muscles were as strong as they would have been if he made comparatively few repetitions against the resistance of a weight.

You can increase the severity of the second exercise by raising the arms above the head as you go down. You can make it still harder by holding a dumb-bell in each of your upraised hands. You can adopt advanced exercises such as sitting crossways on a chair and bending back until your head touches the floor and then sitting up again. You can even do "Roman Chair" work where your hips are not supported, the only support being under the knee joints. But these last come in the class of the ultra strenuous.

By far, the best abdominal developer is number two with a light bar bell held at back of neck. It is easy to start with ten pounds and work up to fifty pounds. You might think it was dangerous but it is not. In many cities no man can pass the physical test for the police and fire departments unless he can rise to the seated position at least once while holding a forty pound bell at the back of the neck. This test has never resulted in any strain and it effectually weeds out all the candidates who have a tendency to paunchiness.

*The legs.* Of course you know the accepted code—For the calves, rise on the toes; for the thighs, squat.

As in the case of the back muscles, your leg muscles are so strong that it takes hundreds upon hundreds of repetitions. In "How to Get Strong" Mr. Blaikie tells of a friend who was dissatisfied with his fourteen-inch calves and finally succeeded in increasing their girth to fifteen inches by rising on his toes fifteen hundred times daily. It took quite a long time at that and I have often wondered if the result obtained was worth the work involved.

You can get rapid increase in calf measurement by going up and down on the toes of one foot. It tires you very quickly, and when it comes to your thighs you can apply the same principle. Use one leg at a time. A one leg squat is not difficult to learn if you adopt the progressive method outlined in my January article.

I advise one leg work because two leg work very soon becomes a matter of endurance and endurance work tends to develop slender and wiry legs, and perfectly capable legs, if you prefer that kind. The trouble is that the long-distance runner type of leg does not go well with a marked development of the upper body and arms. So why not use your good old bar bell. Make it fairly light (twenty-five pounds is plenty to start with) and hold it across the shoulders as you rise on the toes and squat. You condense your exercise, save time, and acquire larger and more shapely muscles.

The foregoing are merely suggestions, and I trust that they will prove helpful. I am fully aware that they will seem far too strenuous to a great many of you. I have met thousands of people who have assured me that they have no use for muscular de-



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| .... Structural Engineer     | .... Employment Manager    |
| .... Business Manager        | .... Steam Engineer        |
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| .... Electrical Engineer     | .... Telegraph Engineer    |
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velopment. All they want is just enough exercise to keep them "feeling good" and enable them to easily accomplish their tasks in life. I have noticed (thousands of times) that when these same people took up some form of exercise and commenced to pack some muscle between their elbows and shoulders they would positively insist that I gave an opinion on the hardness and size of their respective biceps muscles.

Somewhere there is a poem about a man who starts out by saying that he needs but little and his wants are few, but before he gets through his list he specifies about everything that the average millionaire possesses.

Men are like that when they become really interested in exercise. They start out by carefully explaining that they must conserve their health and end up by working hard to earn the shape of an Apollo and the strength of a Hercules. Here's hoping this article may help some of them.

## The All Round Girl

(Continued from page 19)

can do but 4 feet 9 inches against 6 feet 7 5/16 inches; in the running broad jump the best for the women is 16 feet 9 1/2 inches, compared to 25 feet 3 inches for the men. The only other event which may be compared is the javelin throw, the leading woman shows a heave of 98 feet 2 1/2 inches, as opposed to that of 197 feet 5 1/4 inches for the best done by a man, or almost one hundred feet farther. In other events there is too great a difference in distances and standards to make any fair comparisons.

From these few facts it may be seen that the American girl is far from being an Amazon and threatening the athletic supremacy of the man. She plays the game more for the fun and sheer joy of it rather than for an individual supremacy. When she is pitted against strong rivals in order to uphold the honor of her country, her college, her school, her club, she does her very best and often succeeds splendidly. Champions may come and go, but the average girl goes along playing the game for the same interest and love of it. And while the girl who goes in for five or six sports may not be a world's champion, she is undoubtedly by her devotion to them raising the standards and thus benefiting the girls of to-morrow.

## The Bearer of Sad Tidings

Not long ago two colored battlers, known respectively as Kid Norfolk and the Jamaica Kid, fought before a big crowd at Madison Square Garden in New York. There was a large attendance of spectators of their own race, who were divided into two camps, one group, mainly made up of West Indian negroes, being enthusiastic champions of the Jamaica Kid, while the other group as heartily championed the cause of old Virginia's chocolate-tinted representative.

For a while honors between the pair were even. All of a sudden Kid Norfolk dealt the islander a terrific wallop in the stomach. As the victim staggered back a shocked silence fell upon his adherents. The hush was broken by a shrill Afro-American voice from the other camp crying out:

"I'll tek de sad message home!"

And then as Kid Norfolk delivered a finishing blow square and solid upon the point of his staggering opponent's jaw the same voice added:

"'Twon't be no trouble—I go right a-past his house."—*Saturday Evening Post.*

## Physical Tests and Standards

(Continued from page 15)

20 feet in 12 seconds.

Weight Lift—300 lbs.

Swimming, 20 yards, 15 seconds.

In the above tests we have the addition of a test of strength in the weight lifting. We have also one of the best agility tests, that of climbing a rope for speed. This takes careful use of both arms and legs. Another test of speed is the swimming standard.

A few years ago at University of Indiana there was established an honorary society with the ideal of physical efficiency. There, standards for full membership were:

100 yard dash—11 $\frac{3}{8}$  seconds.

Running High Jump—5 feet.

Running Broad Jump—18 feet.

Shot Put (16 lbs.)—30 feet.

120 yard High Hurdles—20 seconds (leaving all standing).

Pole Vault—8 feet 9 inches.

Throwing Baseball—250 feet on fly.

Kicking Football—120 feet on fly.

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### Throwing the Discus

By Dennis Carey, Ex-Champion and one of the greatest all-round athletes and trainers in the world.

### The Disease Carrier Fraud

Dr. P. L. Clark, B.S., M.D., Ph.Sa., will continue his plain-spoken exposure of the disease-carrier superstition, which has gripped the medical men and is leading them to persecute innocent human beings. If this fraud is not exposed it will lead to universal suffering. You need to know all about it.

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By Bernard Bernard. Some easy tricks by means of which you can over-power any assailant, no matter how strong or vicious he may be.

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## Strong Hair

**How to Save Your Hair  
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You can have a fine head of hair. I am close to sixty years of age and my hair is stronger than it ever was. A short time ago my hair started to get thin and fall out. I did not want to get bald, because a bald headed man always reminds me of a house without a roof. So I started to exercise and massage the scalp. Very soon I noticed new hair growing and I tried my discovery on some of my pupils in my new gymnasium. Their hair also got new life and started to grow thick, strong and luxuriant, so I decided it was my duty to let the public know of my new discovery. My book "Strong Hair" will show you how to keep your hair and grow new hair. Every reader of this magazine should have a copy of "Strong Hair." The first edition will be sold at the special price of 25c in coin postpaid.



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Swimming—100 yards.  
Three-mile run—18 minutes 30 seconds.  
Ten-mile walk—2 hours 30 minutes.  
Tumbling: (a) Front hand spring; (b) Back hand spring; (c) Front dive over 4-foot obstacle.

Here a knowledge of the technique of one feature of baseball and football was required. Endurance was emphasized in the distance runs and walk. Tumbling was considered an essential part of an all-round efficiency test.

However, in this all-round test for the honorary society there are many events which contain rather technical and difficult exercises like pole vaulting and hurdling. These, moreover, take considerable equipment beyond the reach of most men. Hence, we suggest, as we have described, the following events as one test of all-round physical ability. Very little equipment is necessary as the times and distances are within reach of all of us if we are willing to practice.

With the exception of the quarter mile (440 yards), which should be run about twice a week, try two or three of the events each day until you have reached the standard. Keep on trying until you are able to surpass the standard in each event and then write, giving your records and telling how you accomplished it, with suggestions for others who may be trying. Then try for the standards set by the honorary physical efficiency society as they are given for our tests. Remember that progress will be much surer and practice much more real fun if you compete with your friends. Try hard and then tell about it.

## Exercises for Children

(Continued from page 39)

### Group 4—Leg Exercises

Exercise 1—Hands on hips or with one hand on chair or table; lower the body bending the knees, keeping knees well apart.

Exercise 2—Rise on the toes.

Exercise 3—Raise leg forward, keeping knees straight, right and left.

Exercise 4—Raise leg sideward, keeping knees straight, right and left.

### Group 5—Finishing Exercises—Without Dumb-Bells

Exercise 1—Arms extended sideways; revolving arms in circle of about twelve

inches, first starting forward then starting backward.

Exercise 2—Stationary running skipping until breathing is well accelerated.

Exercise 3—Steady deep breathing while raising and lowering arms.

There are many more exercises which are both interesting and valuable. Many books containing pictures and description of exercises are readily obtained. Schools, Y. M. C. A.'s and other organizations are supplying teachers trained to give gymnastic drills so that it will not be difficult to interpret and build upon this brief outline of exercises given.

It is a good plan to exercise in front of a large mirror, this being an incentive for a boy or girl to become interested in developing the body. They can then see what they are doing and soon learn to recognize the difference between a right and wrong position when seeing it in the glass. This gives something definite to work for which one cannot get without watching the muscles and seeing one's own faults as well as the improvement being made. Dress with little or no clothing when exercising in one's own room so as to see the muscles actually at work and for hygienic reasons.

#### Special Corrective Exercises

The correction of faulty conditions or posture due to muscular weakness is generally accomplished by toning up and strengthening the muscular groups which will hold the bone structure in proper position and keep the organs of the body in their proper place to function as they should.

This is done by systematically exercising these muscles every day and the use of muscular manipulation and massage. Muscles may become shortened or may have had that tendency from birth. In such cases these muscles groups must be stretched and elongated by placing the emphasis on the extending rather than the contracting movements.

A general exercise which does much to correct the tendency toward spinal curvature, flat chest and stoop shoulders is hanging and swinging on the rings and bars in the gymnasium and on the playground. One can see the little spines straighten out when a boy or girl is thus engaged.

When a parent or teacher sees that an incorrect posture is becoming habitual in

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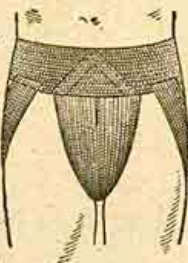
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a child the cause should be sought after. Are the school books being carried too much under one arm? Is the seat too high for the desk? Are the shoes ill-fitted? Analyze these things and take steps to correct the trouble. As has been stated in the first of this article, the greatest safeguard and insurance against faulty habits of posture and the greatest aid to a healthful carriage and strong well-developed bodies is the general "setting-up exercises" done regularly at home or in the well-directed gymnasium class.

Make these exercises a pleasure, not a burden, by arousing in the boy or girl's mind an interest in having a splendidly-developed body. Strength and beauty are always desirable. Hold forth the best examples in history of strong men and women. Show them the wonderful status of the Greek type of figure. Who can be satisfied with poor muscular development and weak bodies when familiar with such specimens of manhood and womanhood?

I would say to the child: "My boy (or my girl), take your dumbbells, stand before your mirror and go to work, and if you do not in good time acquire the strength and grace of a Venus de Milo, Juno, Hercules or Apollo you will at least become a red-blooded American citizen, able to take your part in the world's work and have your share of the happiness that comes only from good health."

## Now Is the Time to Get Out-Doors

There are thousands of square miles of broken mountainous country overrun by deer, bear, wildcats and small game of every sort, affording excellent trout and bass fishing, wonderful camping facilities and everything the heart of the outdoor lover can desire.

Now there is the matter of other expenses and they depend entirely on the individual. A gun if you want hunting, a few cartridges or shells, a pair of boots or heavy shoes and leggings, a tent and grub; a fishing rod and the hooks, lines, flies and what-nots if you want fishing; a camera if you want to take pictures, and you are outfitted.



After your first expense is covered, meaning your equipment, you should have nothing more to worry about in this direction for several years at least.

Everything lies before you—dweller of the cities. You have probably been interested enough in your general health and the power of your muscles and body generally to give serious thought to keeping fit physically. A well-kept body is bound to engender a keen appreciation of the outdoors. You probably want it and need it. A week or two in the woods will round out those many months of exercise, of no matter what kind, you have taken in the city and afford an outlet for the piled-up energy.

I know a gymnasium instructor in New York who has found that one sure method of maintaining interest among his pupils in their work throughout the year was by forming an out-door club, the chief hobby of which is canoeing. Anyone who has ever spent a couple of weeks paddling a canoe knows that it is no task for an ill-conditioned weakling.

Twice each year that instructor's classes hold regular pilgrimages on the water trails that upper New York is so plentifully supplied with. And there are week-end hunting and fishing trips. The men who are in his classes realize they have to be in shape to stand up along with their companions. This physical instructor claims he never loses a pupil unless said pupil moves to some other part of the country.

There are several other cases of this type that might be cited to prove that the man who is interested in maintaining bodily condition also develops a natural liking for the out-doors.

Undoubtedly the West leads the East in most matters pertaining to the out-doors, to health and general efficiency. But the East is learning fast.

The old idea that the out-doors was hundreds of miles away, some place beyond the Mississippi or north of the Canadian border is being dispelled, and a new realization that it is at hand waiting to be enjoyed is dawning.

Undoubtedly the fact that the West leads the East has had a lot to do with the remarkable showing made by western athletes in the past few years, particularly in the events calling for great strength.



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## THE BEST METHOD OF DEVELOPING PERFECT PROPORTIONS

is to set, for yourself, an ideal.

Do not decide that you want to have a sixteen-inch biceps! Do not decide that you want a fifty-inch chest! Do not decide that you want great pectoral muscles!

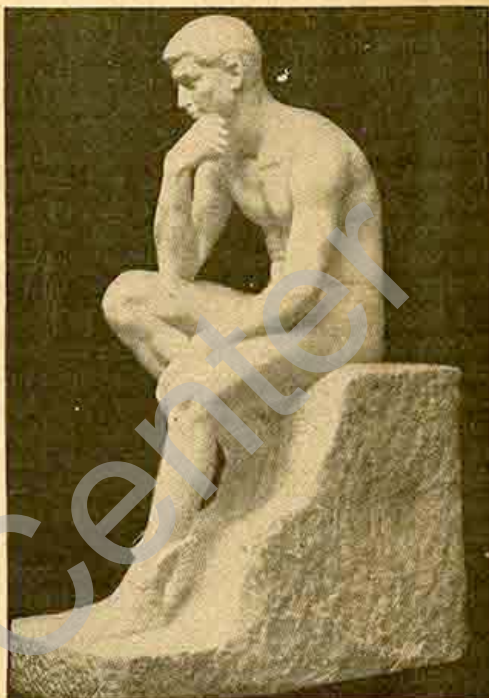
*Make up your mind that you will have a well-developed body. Decide to acquire a good build!*

## ABOVE EVERYTHING "LEARN TO POSE"

And when we say learn to pose we mean learn to pose with discrimination. Use your knowledge to assist you in developing your body to the physical perfection that you desire.

We all know any number of men who would be a laughing stock if they attempted to pose after any of the old Greek statues, and yet we all know that the figures on these old statues come very near to being physically perfect. We all know that a man who is well developed and has a slight knowledge of posing should be able to approximate these works, at least.

"How To Pose," by Monte Saldo, contains thirty-six illustrations of classical examples, actual poses and explanatory diagrams. Anyone who hopes to develop himself symmetrically should not be without this book.



*It is a practical text-book on posing and is the foundation on which you must build if you care to really make the most of yourself physically.*

No one has developed a good body unless they can see for themselves that it compares favorably with the generally accepted standards of physical perfection.

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Listen to this dictum of Checkley's (page 18 of the book)

"It is stating a simple truth to say that a man or woman should get good health, sufficient strength and perfection of form in the ordinary activities of life, if those activities, however meagre, are carried out in obedience to right laws!"

Checkley practised what he preached. Having but an ordinary physique and poor health, he found that he made but slight gains from a slavish routine of exercises, so studied anatomy and evolved his system of growing healthy and strong. He acquired such a constitution, and such strength and underlying vitality, that at the age of seventy he was able, any day, to trot one hundred yards while carrying three men on his back. Yet he mentions his own strength only once in his book. He took more pride in perfecting the physique of one pupil than in his own marvelous physical powers. He believed that vigorous health is the first consideration, that no great or abiding muscular strength is possible unless the bodily carriage is such that the organs and glands can function properly. This is not merely a "keep-fit" system, but one that will put you in the superman class, without monotonous exercise or distasteful dieting.

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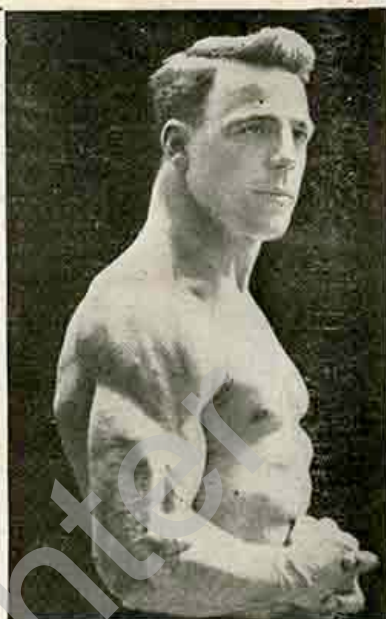
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