

Marriages Wrecked by Youthful Indiscretions

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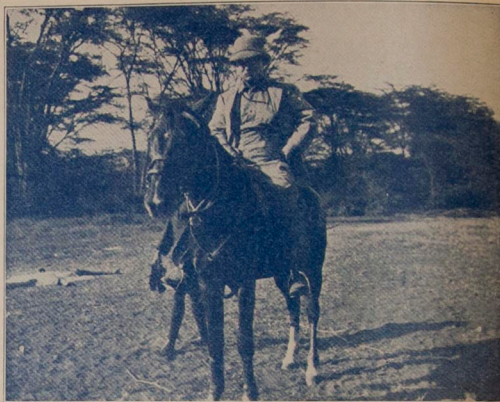
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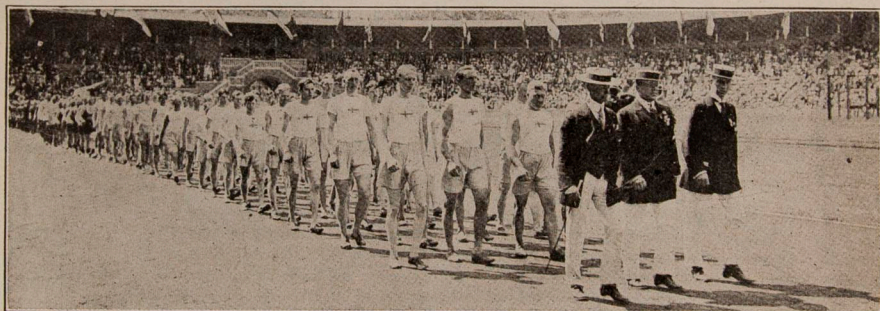
## Why Scandinavia Does So Well At the Olympic Games

NATURAL FOODS AND OUTDOOR SPORTS BEAT PROFESSIONAL INDOOR  
COACHING AND DEVITALIZED DIET

By Clifford Thorne

(Athletic Coach, Detroit Board of Health)

[Noteworthy of this year's Olympic Games, as well as those of other Olympic Games, is the wonderful showing made by the athletes of Scandinavia. Clifford Thorne tells us in this article that the Scandinavians owe their robustness, endurance, and athletic ability chiefly to living outdoors, and eating natural foods. You will find this article a very interesting sidelight on the Scandinavian way of living that brings health and fitness.—Editor.]



THE MARCH OF THE OLYMPIC GLADIATORS OF SWEDEN  
Sweden's team of Champions marching into the arena at the Olympic Games

THE results of the first matches of the Olympic games are showing, like the former records, the wonderful success made by the splendid Scandinavian athletes, but particularly so those of rugged and hardy men from Finland. It is a safe bet that no matter which nation wins the championship honors of the entire Olympic games, the records made by the entries from Finland, Sweden, Norway, and Denmark, will place them, as in former times, very near the lead, and in this 1924 contest they have a good chance of winning over all.

The wonderful showing of the Northern athletes, both men and women, is still greater if we consider the size of the country, the natural handicaps and the number of entries. In the United States, Canada, and England, the athletes have every advantage of splendid professional coaching, and many athletes to take part in all sports; yet their showings in many of the contests,

especially those that call for natural strength, staying power and reserve of vitality, are poor.

### Superiority in All Around Strength

In skating, especially in the distance events, in skiing, in distant running, javelin and discus throwing, vaulting, breast-stroke swimming, shot putting, the athletes from the Northern countries show the results of the superiority of the natural foods and outdoor training over that of training mostly indoors and the eating of divitalizing and refined foods. The American athlete may win out in some of these sports, but he does so only by a supreme effort that many times leaves him exhausted for days after. Should men from Finland or the Sandinavian countries win or lose, in nearly every case their hardy and rugged constitutions show but little effects of the strain, and their natural reserve power, built up almost solely in outdoor sports, fresh air, and helped by

natural and coarser foods, stands them in good stead.

The athletes, both men and women, of the Northern countries are great believers in outdoor training, playing, and exercising, yet the systems in each nation's training is quite different. In Finland, or Fen-land, the system of outdoor's play is at its best, and the result is a race of sturdy, healthy, rugged and enduring men and women. There are people who have imagined Finland to be a land of barren wilderness of ice and snow, where the people go clad in furs and tramp everlastingly on snowshoes. This idea is, during the summer, at any rate, a wholly false one, for during that season the heat at midday is intense; raspberries and strawberries grow wild over hundreds of square miles, the air is filled with the scent of the pine and the whispering of the birch leaves, and the ground is covered with a carpet of brightly tinted flowers

(Continued on page 246)



# The Mind Cure

By W. Peter Schramm

"Day by day in every way I am getting better and better."

Emile Coue's little romance phrase has found its way around the world. Many became his disciples and not a few have fallen off, because they did not obtain the results they expected.

Auto-suggestion is a wonderful thing. When properly applied, it can sweep worry, gloom, disappointment, jealousy, misery, anger, sorrow and passion away like an autumn wind does dry leaves. For example, you may feel blue, discouraged, and have imaginary ills, but when you get out into lively, congenial company, you forget all about yourself; you are taken out of yourself. Any healthy person can practice the mental cure individually, simply by looking on the bright side of everything; the future will always be better, his present ills and troubles are but trifling and temporary, and so mean nothing. That's genuine Coueism. It is simple. And it has a limit where actual disease is concerned. It can perform no miracles.

Here is where so many erstwhile enthusiasts were fooled. They expected auto-suggestion to work illogical cures. True, the mind has a powerful influence on our bodies; but it can do nothing that is miraculous. It can not run harmoniously a system clogged with filth and actual disease, nor can it make a sick stomach digest a heavy meal. You cannot get around Nature's laws. Auto-suggestion and health culture must work together; co-operate like partners in a successful business enterprise. By living a clean, simple life according to Nature and then using the mental cure against other obstacles, one can live a perfect and happy life to a ripe old age. Briefly it means that you can't live by "day by day in every way—" affirmations and—

Eat six meals a day.

Work twelve hours and spend nine more having a good time.

Smoke thirty cigarettes a day.

Move your bowels only twice a week.

Sit in a chair all day with all the windows closed.

Bathe only twice a year.

Go out scantily clothed in all kinds of weather.

And there are other things. The mind cannot prevent the consequences from such risks. A certain amount of common sense is desirable.



# Marriages Wrecked by Youthful Indiscretions

By Bernard Bernard

JUST now there is somewhat of an outcry though still *sotto voce*, because the venereal scourge is becoming so serious. Speaking to an authority the other day I was assured that nine out of ten men in New York had at some time suffered or were suffering from some form of social disease. That is a very terrible thing to say, and it is high time that serious attention was given to this subject in order to eradicate it from our midst.

But on thinking it over, the rapid increase in the appearance of these fell diseases is only to be expected when you consider the big push that has been made recently to prevent the public from reading works of sex education. As a matter of fact, in New York, I was told by one of my representatives, nothing concerning sex would be permissible to pass through the mails. It seems fitting, therefore, to expect that that same State should be the one to lead with such terrible figures of the consequences of ignorant living.

There is not the slightest doubt that there is only one way to do away with these diseases. Even prophylaxis is only a palliative, and a miserable one at that. Promiscuous sex relationships are to blame, and while people are allowed to get their sex information only from suggestive literature and spicy conversation, there cannot possibly be that reverence and seriousness for sex education that is essential for right and clean thinking, and, consequently, clean living.

As most of you know, several of my books have been prohibited from the mails, because of their sex educational nature, because they are outspoken and clean, because they deal seriously with the subject of sex. Yet I say with all the intensity of which I am capable that it will not be until we have public education in sex matters, and such education based on cleanliness and idealism, that we shall get rid of the misery and diseases which accompany loose sex behavior.

## Sex Abnormality Begins in Youth

Abnormality in sex functioning begins in youth most frequently. It is in youth that a good sound education in sexual biology should be given. Our young people should be taught that the human body is the most beautiful and sacred thing in the world, and that any tamper-

ing with it can only bring ill health, unhappiness, and disease.

It would give some people a rude shock to know how prevalent are the youthful indiscretions which are bound sooner or later to work havoc. In fact, these indiscretions so general that some people are ready to call them normal, because, as they say, the average youth practises them. What a terrible, and yet absurd thing to say. Just because, perhaps, everybody suffers, or has suffered at some part of his life, from constipation, that does not make constipation the normal condition; it does not

unable to cope with others in his athletics and physical sports.

## Where Early Indiscretions May Lead

If there is no check put upon these early indiscretions they very frequently lead to the promiscuous indulgence which sooner or later ends in the development of one of the terrible social diseases. Because the youth has accustomed himself to a certain form of excitement this loses its fascination only when replaced by something else, in the case of the perverted mind that has not sought to overcome the indiscretion. The

way, the sure way, possibly the only sure way, definitely to eradicate the terrible social diseases from our midst is to educate our youth in sex matters from a clean and wholesome standpoint. Get them above all to fight against, and overcome, those indiscretions which leave an abnormal condition behind them. Again, inspire them to keep their bodies, minds, and souls pure, clean, and holy, for the sacred function of marriage later in life.

These earlier indiscretions make not only for inefficiency for the time being, and perhaps pave the way for promiscuous conduct that will probably end in filthy blood contamination, but, in interfering with the function, they pave the way for a wrecked marriage. Very many married people are unable to realize their most sacred rites and privileges properly because of this earlier tampering which need not have been. It stands to reason that if artificial stimulation has been used, then the natural stimulation is weakened to that degree, and instead of being able to reap the rich reward of love there is an irritability and an inability of satisfaction that annoys and degrades the victim.

As I have remarked above, the surest and best way is to establish a general satisfactory sex education for our youth. But let us not tell the story too bluntly. Just as the diseases which are due to poisoning through wrong eating and wrong living can be remedied to a great degree by establishing a healthy blood stream, by right eating and efficient elimination, so also can normal sex functioning be achieved by right living and the correction of misunderstandings and ignorance regarding sex conduct.

Owing to ignorance the views on sex are either that it is something which

(Continued on page 250)



THE HARMONY OF LOVE  
David's painting of "Paris and Helen," exhibited in the Louvre, Paris

mean that everybody ought to suffer from constipation. Of course, I know there are some people who hold even this foolish view.

Again, a great many people believe that, in talking about this matter, we are unwittingly drawing its attention to young people, and that, even where they have not practiced it hitherto, they may be led to do so. It is not true, and, in any case, the practice is so prevalent that our youth must be warned of its dangers, must be cautioned against it, must be helped and led away from it. Moreover, I have found from my experience, which is based on years of intimate contact with young people, that as soon as this subject is dealt with sensibly, cleanly, and nobly, the victim will do his utmost to rid himself of the fell habit. But the greatest and finest way to do this is to inspire a desire for a clean, healthy, and well developed body. If a young fellow strives to develop his body he will not do anything that he knows will prevent its development, and he knows perfectly well that the disastrous habit will not only prevent his physical development but will make him dull and listless mentally, and



# The Crawl Strokes and How to Swim Them

[The fellow or girl who cannot swim nowadays is quite out of fashion, but the one who can do the crawl stroke, and fly through the water somewhere near Johnny Weissmuller's record time, is the hero of the beaches and swimming pools. Here is your chance to learn the crawl stroke early in the year.—Editor.]



INTERNATIONAL  
The "Eight English Rockets" of the Fantasy Company find the spacious Beach at Ocean Park a splendid place to rehearse their dancing act. The girls are some steppers and dance to the tune of the wild, whispering waves. They are shown above strutting their stuff, prior to a swim in the briny

**I**N spite of the popular belief, the so called Australian crawl used by American swimmers really is an American stroke. The fundamentals were however, brought from Australia to America by the famous Cavill family of swimmers.

In the Australian crawl the arm stroke is timed with the leg thrash, stroke for stroke, this slowed down by the swimmer. In the American crawl the leg beat is much faster.

There are many kinds of crawl, the four, six, eight, and ten beat, single and double trudgeon crawl.

In swimming the crawl the pupil should endeavor to get the arm stroke first. Place wings across ankles or knees and keep legs stiff, reach arm out in front of the head, and with a strong downward movement bring arm slightly bent to thigh as in picture No. 1.

Take your time, and do not cross arm in front of eyes. Relax on the reach forward. Hold head up and breathe in through mouth and out of nose, practice this stroke a lot and get your muscles used to the pull. (No. 2.)

Practice the leg thrash by holding wings in hands and extending arms out over head. Hold your legs stiff at first and kick mostly from the hips. The thrash should be about fifteen inches wide. (No. 3.)

Now by placing wings under the stomach try your arms movement (No. 4) and leg thrashes as in pictures Nos. 1, 2, 3.

The trudgeon crawl is one slightly wider than the thrash.

In learning the breathing, take air in through the mouth and with face under water exhale through the nose. This takes quite a little practice, but keep it up and it will soon be a habit. Do not take a deep breath, just a quick gulp will do and exhale slowly.

After learning the crawl, the back stroke is easy; as the legs kick free, without special timing and you do not have to exhale under water.

Sweep the arms over the head and bring back under water to the hips. The body will bend with each movement of the arms in order to get the reach. Nos. 5 and 6.)

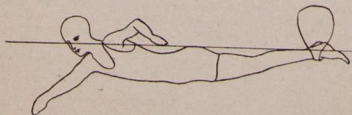
Practice makes perfect, so keep up trying and by next summer you may be making records.

CLIFFORD L. THORNE,  
(Famous Life Guard.)

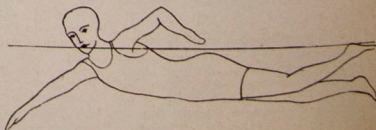
## HERE'S A GREAT IDEA

Dear Friend Bernard.—I am always anxious and on the lookout for something that will aid our cause. Here is my idea. Let us all buy five or six or even more copies of HEALTH and LIFE and give one to each person who does not know what exercise is, or who is getting interested in exercise. A lot of us spend money on a lot of unnecessary things, and we go as far as spending quite a sum of money, so what is \$1.00 for a good cause. It may be the means of saving one from illness and death. I only wish some one had given me a book of the sort, while I wasted my time away reading cut throat books. On this we all agree. I hope that every one will do his duty. Let's go! I'm started. Yours for Health,

—Frank Dennis, Birdsboro, Pa.



No. 1



No. 2



# Controlling the Glands for a Long Youthful Life

Steinach's Experiments and Researches in the Ductless Glands and Internal Sex Secretions Distinctly Valuable.

DR. HERMAN H. RUBIN, in his "The New Science of Radiocriology in its Relation to Rejuvenation," has summed up the work of Dr. Eugen Steinach of Vienna on the research he has conducted with regard to the internal secretions of the ductless glands and what they mean to continued youthful health and long life.

This book very clearly explains in outline the importance of the ductless glands and how their abnormality or premature senility causes ill health and premature death. But it appears the reason for putting out the book is to boost a machine for the radiation of the glands. There is not the slightest doubt that the machine would have some beneficial effects, although the author claims for it much more than it can possibly deserve. However, in the earlier part of the book, he shows how the general health is dependent upon the efficiency of the ductless glands.

Here is the point where, together with the majority of his colleagues, the author limits his logical method. If the body is dependent together with the ductless glands, the ductless glands must also be dependent with the body. That means to say that the body may equally be responsible for the abnormality in the ductless glands, as that the ductless glands may be responsible for abnormality in the body.

It is this incompleteness of reasoning that results in the limitations of medical healing methods. Medical Professors like to attribute the functioning of the whole of the body to a single part of it, instead of realizing that the body is a unity, and that it must be treated as a unity, recognizing that the whole influences the part as the part may influence the whole.

So then it is that Dr. Eugen Steinach points out most valuable facts with re-

"The New Science of Radiocriology in its Relation to Rejuvenation," based on the Radiation Technique of Dr. Eugen Steinach, of Vienna, by Herman H. Rubin, M. D. 8vo. 64 pp. Cloth. Medical Science Pub. Co., N. Y.

gard to the ductless glands. Quoting from Dr. Rubin's book:

## The Endocrines—Classification

"The Endocrine glands (or as they are sometimes called, the ductless glands, or glands of internal secretion) are the Thyroid, Parathyroid, Adrenal, Pituitary, Pancreas and the interstitial or sex glands, called the Gonads. There are, also the Thymus and the Pineal—active primarily in childhood or adolescence, not usually active after puberty. The collective name of these glands is "Endocrines."

## Distinction Between the Endocrine and Other Glands

"The body contains many glands which may be divided into (a) the glands of external secretion, such as Salivary, Sweat and similar glands, and (b) the glands of internal secretion—the Endocrines. These latter glands possess no ducts—hence were first called ductless glands. These glands form within their cells specific chemical substances which pass directly or indirectly into the blood stream, thus forming the active material of their secretion—known as hormones. This secretion remains within the body, circulating with the blood, whereas that of external secretion glands (like the salivary) passes by way of ducts to the exterior of the body and is excreted. The hormones from the endocrines are conveyed by the blood to the body organs where they control the chemical processes.

"Some of the ductless glands serve a double purpose, in that they also excrete externally. These are the Pancreas, Testes and Ovaries. However, we are concerned only with the internal secretions—the hormones sent into the blood stream to regulate the body chemistry.

"The chemical hormones of the sex glands are produced by the interstitial Cells of Leydig in the testes and cells

of the Graafian Follicles and the Lutein Cells in the ovaries. These hormones must not be confused with the external secretion of the sex glands, namely the spermatozoa and the ova.

"The thyroid and the gonads (sex glands) are very closely and sympathetically related. With decline or destruction of the gonads, the thyroid swells or swells, the speed producer ceases to call upon the great chemical laboratories, such as the gestative system, for more and more fuel, for more and more steam with which to enable the body to indulge in more work and more play. The fire of youth burns out, and like the emuch or the eunichoid, the quick, animate, alert, become the slow, heavy and stupid. Thyroxin, one of science's newest discoveries, may temporarily supply the thyroid impulse where needed, by doing part of the work of the thyroid gland. But for real living energy the thyroid must be made to perform its own function.

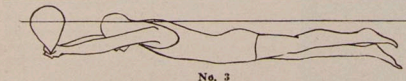
## The Gonad Function (Sex Glands)

"Popularly, the gonads are recognized as glands of external secretion, and historically they have been considered as such, the vastly more important internal secretion having been entirely overlooked until recent time.

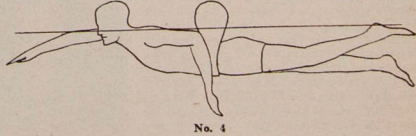
"Castration, or the physical alteration of the sex organs, is one of the oldest of surgical operations, dating into antiquity before the dawn of history. In fact, even up to the present day, the eunuch is a sad but familiar figure in the Near East. Unlimited observation of the effects of such operation has been available to physiologists for centuries, yet the true import of the depletion of the internal secretion with its transforming effect on all the chemical processes involved in metabolism and the growth and life of normal men and women has been missed.

"Nothing more completely changes the entire human organism than the removal

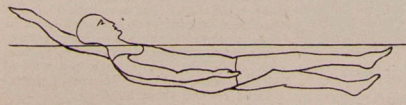
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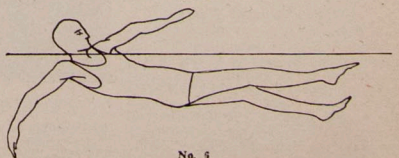
No. 3



No. 4



No. 5



No. 6



# Getting Married

By Bernard C. Roloff

(Superintendent, Illinois Social Hygiene League)

["Whenever a man or a woman indulges in relationship without love—humanity loses something more precious than rubies," declares Ettie A. Rout. When a woman marries a diseased man the woman suffers. Then we hear the weeping of women who have done no wrong, the cry of innocent babes too young to know how they suffer and why. Let these guide and direct our steps from the swamps of ignorance and pre-justice into the clean light of day.]

## When Should People Marry? Should They Marry Very Young? Are Late Marriages Happy? Can Two People Live as Cheaply as One?

These and similar questions trouble some people when they contemplate matrimony. Others throw all caution to the winds and dive into marriage recklessly. Recklessness begets trouble—Because so few marriages are happy nowadays, this little story is written.

Above all things, the leading cause of wrecked marriages is venereal disease—in the man or his wife. And few who marry know when they do marry, that they have it. The main cause of venereal disease is prostitution.

I have often been asked how best to solve the problem of Prostitution and of Venereal Disease. My answer has been "GET MARRIED." Get everybody happily married—provided, however—

1. That both parties are mentally and physically fit; free from tuberculosis, epilepsy, congenital deafness, blindness, mental diseases, and last but not least venereal diseases.
2. That they either love each other or at least are thoroughly congenial.
3. That they either have the means to marry, or are willing to live frugally and simply until they can afford luxuries, or that they both remain at work until their finances permit the wife to remain at home.

Tragedy as deep and as blasting as any described and shown so graphically in "Damaged Goods," "The Fool," "Wild Oats," and "The End of the Road" may readily follow any of the young men or women who fondly imagine that some half-remembered sore or infection may never trouble them again.

Any one who has ever been exposed to a venereal infection through even a single sex-contact, may have, lurking in his system, the germs of syphilis or gonorrhoea waiting an opportunity when bodily resistance becomes low, to cause irreparable damage UNLESS HE HAS GONE THROUGH MOST CAREFUL SCIENTIFIC PHYSICAL EXAMINATION AND LABORATORY TEST.

## What a Woman Wants

Every woman should demand of her husband-to-be the same chastity and virginity that he expects to find in her. At least, if she is willing to forgive his youthful errors, she should DEMAND of him clean blood. What is more—she should demand PROOF that no trace of either of terrible race-destroying diseases exist in his system. If the girl has not the courage to demand

this, her father or mother should do it for her. A careful examination by a specialist or a good clinic, accompanied by special tests, Wassermann blood tests, urine examinations and microscopic tests are necessary to PROVE freedom from Venereal Disease.

The father and mother of any pure, young woman who is about to be given in marriage are delinquent in their duty and facing the possibility of many future heart-aches unless they insist that their daughter's husband-to-be, no matter how well they know him, prove to them his fitness to marry.

## Infected Men—Poor Husbands

If traces of Gonorrhoea are found, the

man SHOULD NOT MARRY for from three months to three years, and should immediately go under active treatment by a competent specialist.

If signs of Syphilis are found, the marriage should be postponed for five years, and should not take place until the patient has been thoroughly treated from one to three years, and only after repeated blood tests have shown him to be free from taint for two years more.

Not only Men—but every Woman as well—should be willing to have a careful examination made.

## Why?

Because—it is estimated that eight or ten out of every hundred men have Syphilis and perhaps half as many women. And Syphilis is a blood disease that kills and cripples and blinds and makes insane not only its victims, but their innocent children as well.

Because—physicians estimate that at least fifty out of every hundred men have or have had Gonorrhoea. And this disease sterilizes men, kills the gift of motherhood in women, destroying ovaries and tubes, and often the woman herself, as well as blinding her babies.

A state law could be enacted to force examination before marriage upon everyone asking for a license—and such laws do exist in many states.

## Knowledge Better Than Law

But, better than a law is KNOWLEDGE, and the willingness of men and women to seek examination VOLUNTARILY.

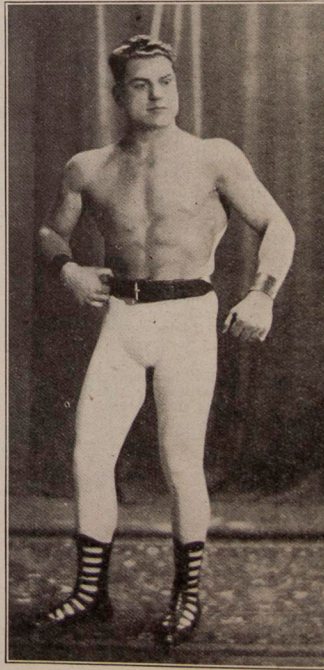
If you are to be married, go to your family doctor for examination. If he cannot do it, he will refer you to a good specialist. Do not be satisfied with a hurried, careless or unscientific test.

Do not let anyone put you off with excuses. Your happiness is at stake, not theirs. The money you spend for such an examination may save you from a life of suffering, disgrace, humiliation—a living hell.

On the very day this was written there came into our clinic a woman of refinement, happily married for 23 years, but whose babies all died at birth or soon after, whose health is shattered, eyesight failing, who never suspected until we saw her, that her husband had infected her with syphilis. The husband, once a prosperous business man, confessed himself a failure, and the night before both had walked to the edge of Lake Michigan determined to end their lives.

Another, a beautiful young wife of

(Continued on page 250)



HYATT, THE GIANT CALIFORNIA STRONG MAN

He is touring in vaudeville and showing folks how to carry Grand pianos around the stage, bend iron bars and lift a 312 lb. barrel of water with one finger. He is one of Lionel Strongferr's pupils



# Using the Mind and the Soul

A Course in Applied Psychology

By Warrington Dawson

(Author of "Opportunity and Theodore Roosevelt")

FIRST SERIES: THE FACULTIES OF THE MIND

Article I

## OBSERVATION

(Continued from last month)

Without observation you can never be a success in any calling which requires ability, whether of an imaginative or administrative or mechanical or any other order. The man who is not observant can never have true knowledge of either men or things. But he must possess the selective faculty, and observe what is worth observing in his own case. The best working electrician I know today I noticed first as an apprentice who never put a nail in a wall without measuring his distances and testing his nail besides; he learned as a boy to observe the simple conditions needed for the elements of his trade, and so prepared himself for passing on and so prepared himself for passing on to broader observation but always of the things he needed. Similarly, I once heard said of a great novelist, "He could look out of that window and see more in a minute than they or I would see in a half day." Certainly—if anything were occurring there, or if any special quality of the landscape attracted him; but if not he would see less than the rest of humanity, because he would care less, and being great would less readily squander energy on trifles.

Are you observant? If so, to what extent? Few people could answer the question off-hand, the first time it's put to them. But they can answer, and learn to know themselves in the very foundation for the use of their mental faculties, by putting themselves to a simple test.

A few days ago I was in my study with my friend C. A. Reoppel when I suddenly said to him: "Look me in the eyes, and without looking down again tell me what articles you observed on the table near you." He answered, "I hadn't noticed them particularly." To which I replied, "If you had, the test would prove nothing. But you touched several while talking, and you looked at others." He made a mental list of articles which was very nearly complete. I knew them, of course, but I supplemented his list by telling him as nearly as I could what he had done with each article he had displaced while talking with me before I thought of this test. Suddenly I said: "There's one article which puzzles me. I can just see, near my limit of vision while keeping my eyes on yours, a shining streak I can't account for." He asked what it was, for it did not come within his limit of vision. I answered, "I might make a guess, of course, but it

would be a sheer guess. I prefer to say I don't know, because I certainly had not observed any article in that place." We then both agreed to look down. The article was a silver coffee-pot which a servant had put down noiselessly while we talked looking straight into each other's eyes and so concentrated upon our task that we had been unaware of a movement near us. We had stood equally well the test of observation—as of concentration.



WARRINGTON DAWSON

Even in our daily dealings with life, and in our relations with people, nothing is more useful than a well-developed faculty of observation. By far the greater part of idle arguments on which some people waste valuable time and from which others concoct misunderstandings leading to grave quarrels, could be avoided by a little observation before the act, or indeed after the act.

I recall an occasion when John Powell, the greatest of the world's composers and pianists to-day, was staying with me. On the first night, I was shocked to hear sounds of snoring come from the direction of his room. Now, I know that snoring is a habit as unnecessary as it is objectionable, that it

can be contracted accidentally and can take a hold before one is aware of it, and that the sooner it's conquered the better it is for oneself, one's family, and one's neighbors. But next morning, just as I was about to approach John Powell on the subject, very gently and for the good of his soul, he approached me on the subject in exactly the same spirit. He told me he had heard sounds of snoring come from my room.

We might have started an argument, we might have lost our tempers, or else we might have said nothing and done nothing, each stubbornly keeping his opinion. But we were both observers, so while saying nothing more, we did something. Each decided, privately to watch the other that night.

I had been in my room for some time before the sound of snoring came, and then I started softly towards John Powell's room. When half-way there, I met him half-way to mine. We both stopped, considerably surprised. But we did not speak. We listened.

The snoring came through the open windows from an old gentleman on the floor below.

The question now arises: If I lack observation, or if my observation is imperfect, how can it be developed and systematized?

To that question I must make two answers, one negative and the other positive.

The first answer is: You cannot develop and systematize your observation by any cut-and-dried method ever suggested under any special name as a "system."

My second answer is: You can develop and systematize your observation (1) by allowing your natural instincts and impulses to prompt you, to select for you, (2) by registering these thought-pictures in their true proportions and relative values, (3) by applying consciously when useful or necessary the method which you have seen operate within yourself.

I shall give you an example.

Assume that you are in a restaurant, with a very ordinary meal spread out before you. Not a very poor meal any more than a very good one; just the sort of meal you have often had and forgotten, and are apt to eat and to forget many a time again.

But a dramatic event breaks upon your attention—a message may be brought to you, or a man beside you may drop

(Continued on page 252)





TWO WORLD CHAMPIONS

On the right, Jack Dempsey, who has changed hats for the time being with Captain Johns, on the left. The two had a great time together while Dempsey was in Florida some time ago

ALMOST the life and soul of Miami Beach is Captain William Johns, Captain of the Life Guards. He organizes Swimming Contests, Tug-of-War Contests, Athletic Contests, and every form of fun and amusement that you could and could not think of, to amuse, as well as give health to the visitors to sunny Florida.

Recently Johnny Weissmuller, Stubby Kruger, Bob Skelton, and other Stars went down to Miami Beach to smash records. They found in Captain Johns a trainer who was in some measure responsible for their record breaking. Recently, too, when Jack Dempsey, the World's Heavyweight Boxing Champion, visited Miami Beach, again Captain Johns kept Jack busy and fit.

An article which appeared some months ago in HEALTH and LIFE gave an account of the romantic career of Captain Johns. He has traveled all over the world, having had a life somewhat similar to that of Joseph Conrad, the famous writer of sea stories. He has fought in rebel armies and in mutinies, his gigantic strength and athletic ability giving him an advantage in every adventurous situation in which he had been placed.

As many of you have seen his picture from time to time in HEALTH and LIFE, you will know that he has a magnificent figure. His muscles stand out like those of a bronze statue. His skin, tanned by the sun, and his radiating smile make him a most perfect specimen of physical manhood. Often, for a little exercise, he will pick up a man or woman, sometimes two or three of them at one time, and walk about with them, and press them to arm's length several times, just to get his muscles into action. This is in addition to long swims and other athletic stunts.

One of his most recent adventures was a tussle with a live turtle, weighing three hundred and fifty pounds, out at sea.

Captain Johns was standing on the shore one afternoon, and, looking out to sea, saw what he thought was a boat

## Wrestling Under Water With a 350-lb. Turtle

[You will enjoy this thrilling story of a struggle under the sea between Captain William Johns, HEALTH and LIFE Enthusiast, and a turtle weighing three hundred and fifty pounds. It is one of the most exciting and remarkable feats of which I have ever heard.—Editor.]

turned upside down, about three hundred yards out. He took his boat, and rowed to it with the intention of salvaging it. But when he arrived he discovered it was a huge turtle.

He armed himself with a strong rope, then leaped overboard. There then ensued half an hour's struggle between man and beast. As fast as the animal could swim, so fast did the Captain swim after it. We must not forget that Captain Johns is the Champion Under Water Swimmer of the World. That is why he was able to swim after the

turtle and battle with it so bravely under the water. None but he could have done it.

Apart from coming to the surface occasionally to replenish his air supply, Captain Johns dragged, and was dragged by the creature all over the bed of the ocean for thirty minutes. Just imagine to yourself what a three hundred and fifty pound turtle must be like! It was covered with moss and barnacles, and, according to calculations, is approximately five hundred years old, so he was a wise old guy anyway. But he wasn't wise enough for the Under Water Swimming Champion, for at the end of this tremendous half hour's struggle, Captain Johns managed to secure the rope firmly round the animal's neck; then away he swam to the shore, and had the enormous turtle towed in.

Next time you go to Miami Beach you will be able to see this turtle for yourselves, and verify

this story. It is a pity that there could not have been motion pictures taken of this wonderful struggle. Certainly such a film would have made one of the most thrilling features.

### INSPIRED

"I received the 'Art Album' today and am delighted. It inspired me so much that I am resolved to get a new grip on life and become what God means me to be, a real man. I am enclosing herewith one dollar and twenty-five cents, for a copy of 'Sex Development.' I believe that with what knowledge of exercise and athletics I now possess, plus the new and more true information given in this book, I shall be able to attain my ideal. May the great work which you are doing soon will reach to and be carried on by every soul in this country."—L. F. H., Md.



LIFTING A HANDFUL OF BEAUTY

Captain William Johns using a bathing beauty as a barbell. He is a great believer in weightlifting, but uses human weights



# People Die at 70 Because They Think They Ought

(HOW TO BE FIT AT 101)

By T. J. Allen, M. D.

"As a man thinketh in his heart, so is he." "There is nothing either good or bad, but thinking makes it so." There are ever so many truisms that express the power of thought. Dr. Allen, in his article this month, tells us that because people have thought that the average age was three score years and ten, that is why it has become so. We ought to counteract this suggestion by making up our minds that we are not only going to be fit and well at seventy, but that we are going to be fit at a hundred and one. Of course, in addition to thinking about it, we are going to do those things necessary to keep our bodies healthy and fit.—Editor.]

HOW often we read in the newspapers of a person's dying on the exact day he had predicted he would die. We all do it, more or less in setting a date, consciously or unconsciously, much earlier than the age we should reach by a better habit of thinking, in this respect. This is not saying that we die because we expect to die but only that thought is a factor in longevity as well as in health and fitness.

## The Life of Mules Lengthened by Uniform Feeding.

If a mule had a mind capable of



WHAT'S A LITTLE FEAT LIKE THIS TO A MAN WHO WRESTLES A 350 LB. TURTLE UNDER THE SEA?

Captain William Johns, the hero of a wonderful under water battle with a three hundred and fifty pounds turtle, thinks nothing of taking two or three men, and walking around doing physical exercises with them. In the above picture the fellow in his left hand is Ed. Romph, son of Mayor Romph, of Miami, Florida. Ed. is also Champion Swimmer and Diver. Hanging on his right arm is Pete des Jardins, Champion Senior Diver of the entire South, including thirteen States

"holding the thought" he could live longer by intending it. Some men promote their health, fitness and longevity, by thought, more than the mule, but, while the lower animals are incapable of perceptible improvement in this respect, the average human can improve a hundred per cent, by the methods that I am going to explain in this and succeeding articles. Since the introduction to this series of articles was sent to the editor, in which I referred to my research work that first demonstrated the great importance of uniformity in feeding as a factor in fitness and longevity, the announcement has come from Washington of the discovery that the efficiency and longevity of mules and horses may be increased 25 per cent chiefly by more uniform diet. This, with the evidence from Metchnikoff's great work, the "Prolongation of Life," to be quoted in a subsequent article, emphasizes the importance of variation as the chief factor in our premature senility and cancer, which Metchnikoff saw to be identical, altho he failed to see that the facts and inferences stated in his brilliant work clearly point to the conclusion that I have stated. So, let us not make the common mistake of neglecting the physical when we emphasize the importance of the mental, as most advocates of suggestion do.

The familiar case of the criminal used by French scientists as a clinical subject who died because, being blindfold, he was impressed with the thought that he was being bled to death, without losing a drop of blood, tends to prove that holding the thought of early departure shortens life. The familiar biblical saying that the normal period of life is "three score years and ten," has materially shortened the lives of millions. It has long been observed that the life of the farmer who retires to live in an adjoining town is apparently shortened. This is partly due to the inferior hygienic conditions of the town, but, undoubtedly, the thought, constantly suggested of approaching death, lowers vitality and shortens the life. It is unreasonable to expect that a man of seventy should be able to do as strenuous physical work as he was able to do at 30, but, there are very few positions in which the average man may not, by following a simple system of maintaining health and fitness, be a more valuable man at 70



GERTRUDE EDERLE AND CAPTAIN JOHNS Here is the greatest girl swimmer, Gertrude Ederle, with Captain Johns. She, too, owes some of her robust health and strength to the sunshine of Florida.

than at 30. Edison was more efficient at 70 than at 30, and it is quite probable that his most important work will be done after 80.

## Is Your Work Labor?

We have been too much disposed to regard work as labor and to look forward to the time when we shall "be able to do without working." Edison's idea is surely better, whatever the outcome—fit at 100. The several ways in which wrong thinking in this respect reduces health, efficiency and longevity will be explained in a subsequent chapter with suggestions for overcoming the waste of billions of dollars in industrial life as a result of "time serving" and "soldiering," of laboring instead of working.

Recognizing the fact that, as I have suggested, in the beginning of this article, holding the thought of being old and unfit at 70, shortens life and reduces fitness, one should think of oneself as vigorous and fit at 70. For one who begins early enough and follows the suggestions that I am here giving, for the improvement of both mental and physical factors in fitness and longevity, the ideal of our title is altogether reasonable—to be fit at 101. The case of the gardener who says he is enjoying his work in his one hundred and first year, need not be rare.

## JOE BONOMO ENTHUSES

"I am a constant reader of Health and Life Publication, and find it not only interesting, but also gives one information of the doings of the athletes of to-day. It is very helpful to those seeking knowledge of greater strength, and a beautiful body.

"I have highly recommended it to many of my picture fans, followers, and personal friends."

"Wishing you a greater success, I am  
Very sincerely,

JOE BONOMO,  
"Screen's Most Perfect Strong Man."



# That Fantastic Paragon— "The World's Strongest Man!"

By Edward W. Goodman

(Noted Lawyer-Athlete)

[In this article Mr. Goodman delves very deeply into the many problems we have to consider before we can say truly what we mean by the term "strongest." It is a very long article, but I have given it to you in full because it is, in my opinion, the first time that this question has been thrashed out so clearly and completely. If you are a Strong Man, or interested in Strong Men, it will pay you to read it through, every word of it, very carefully.—Editor.]

MUCH has been said by the claimants of this title at the present time in America (but so little has been accomplished in substantiating each claim)—with the continual gulling of public and audiences by the issuance of preposterous statements, that the writer feels constrained to present within the confines of this article a logical disputation entirely opposed to the proposition of there being anyone able to claim the title of "The World's Strongest Man," and outlining herein some data that may be of interest to the weightlifter and athlete.

It will be observed that it is invariably those "in the business" of performing who lay the greatest stress upon this extraordinary title and that they, in support of their individual contention, seek to convince a somewhat puerile public by performing spectacular feats, "pet" and "trick" lifts; in short, attempting to achieve by deception, sham and trickery, what they cannot attain thru merit—recognition.

## Great Pet Lifters

It may seem peculiar, but it is nevertheless a fact, that all of these "strongest men" are showmen in the backlifting, harnesslifting and supporting feat class, and, but very few of them will commit themselves into making any statement regarding dumbbell or barbell performances—and generally, a discussion with them upon the subject reveals their lack of knowledge thereon. Let the reader, then, judge for himself why claims are made regarding their own particular lifts and not standardized or recognized lifts and feats of strength.

If you should ask one of these "strongest men" to try a few barbell lifts, he will sneer, inflate his chest, and pointing to the apparatus he uses, tell you that "there is MY bell"—and, unless he has constantly practiced with the weights in secret, he will refuse to try any regular lifts; although, he may urge you to try his special stunt—and then, some of them won't even let you touch their apparatus!

Poundage lifters always claim that the man who raises the greatest number of pounds in the least number of lifts is the strongest man—indeed, they have come to the point now where they tell you with positive assurance that the strongest man in the world is the man who can raise the greatest poundage in one lift—that is, in their lift!

The foregoing claim is made in utter disregard of the fact that all such lifts are necessarily back or harness lifts and that the back or harness lifter moves his weight (if at all), but the fraction

of an inch, whereas the barbell performer covers a distance of as much as seven feet.

## All Factors Must Be Taken Into Consideration

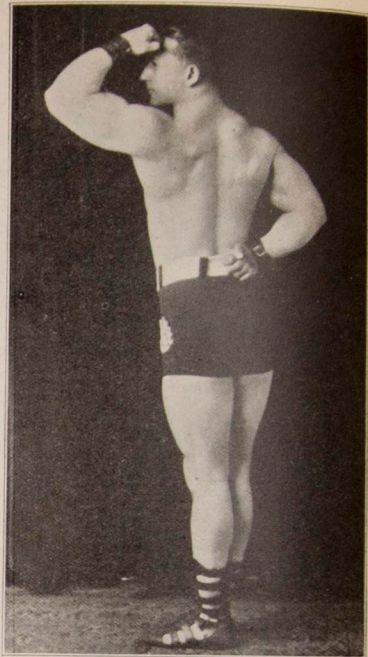
It would be just as reasonable in every way to assume that, in judging track meets, for instance, every man's time should be the only factor considered and that, if one athlete runs, let us say, 100 yards in 10 seconds and the second competitor does the accredited distance in 9-4/5ths, then, according to our poundage philosopher, the second competitor should be declared the winner regardless of the distance he actually covers. But what is the answer where the athlete who makes the best time has had a handicap of 10 yards credited to him, and still is really beaten in distance by the ten-second man?

If there is any reason or logic in this proposition, the writer stands to be corrected. Considering everything, however, the true weightlifter has a very good chance to beat a booster of the type referred to at his own game (or it is certain that he can do so with little practice), because of the real strength at his command, and for the reasons hereinafter given.

Professional performers who make such claims (and the writer has never heard of an amateur who would do so), fancy designs with iron bars, pull automobiles with their teeth and thereafter proudly proclaim themselves "strongest man in the world!" It is sickening to all but the general public that likes to be fooled, for (as P. T. Barnum, America's foremost showman once truly said)—"There's one born every minute!" and the vast majority of people are incapable of analyzing, extirpating or discounting any claims made after the performance of spectacular feats, no matter how presumptuous and absurd or insulting to the intelligence they may be. There is, beyond question, a good deal of suggestion, psychology and, in some cases, a bit of hypnosis about a performance of this kind.

## Gulling the Public

Where there are shows, there are showmen and audiences, and where there are showmen and audiences, there are performers and "fakers," although



EDWARD W. GOODMAN  
Noted Lawyer-Athlete, of the Los Angeles Athletic Club

not all performers are capable of trickery, at least, the writer knows of some exceptions to what is now the general rule—but the most colossal faker of all, the most notorious seeker of cheap publicity, is that brassy individual who raucously announces himself to a gaping multitude as "the strongest man in the world,"—regardless how exceptional his performance may be.

Of course, it is sometimes quite true that even the performance of spectacular feats calls for strenuous muscular exertion, but in view of the physical (and somewhat apparent mental) shortcomings of these egotistical "champion" boosters and self-advertisers—who prove their deficient mentality by their absurd statements—it appears clearly that while some strength is necessarily exerted, it is but one-sided and not an all-round, coordinated muscular effort for ability that accomplishes the result; in other words, it is not such a quality or degree of well-balanced strength as would warrant anyone in claiming the world's title on the basis thereof.

To recognize a title such as "The Strongest Man in the World," and predicating it upon the performers of one or two, or even more, spectacular feats alone, without due regard to other more vital and elemental factors, would create an anomalous condition—for all men are not perfect in their performance of every feat or lift. Some are naturally stronger along certain lines, according to their build, their adaptability and their in-

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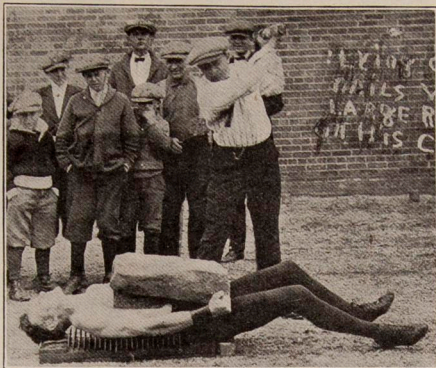


# With the Men of Iron

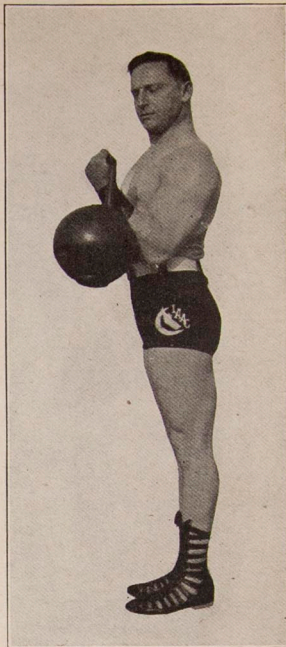
Secretary Swift Answers Jones.—Presentation from English Lifters to Jowett.—Did Jowett Lift Double His Body Weight?—Goodman Corrects Franks.—A. C. W. L. A. Information.

Charles B. Swift, Secretary to the A. C. W. L. A., sends in the following answer to Kenneth T. Jones, who defended Matysek in last month's HEALTH and Life.

It behooves me as the Secretary of the A. C. W. L. A., to answer Kenneth T. Jones, and the squawk he made in the April edition of HEALTH and LIFE Magazine. He evidently is very uninformed or he would not make some of the assertions that are paramount in his letter as published. To begin with when Mr. Geo. F. Jowett visited the Physical Culture show of 1922, he was given to understand, that the contest was for



**A LITTLE TRICK OF PRESLER'S**  
Charles Presler is touring around with the Morris and Castle Shows, and has been astounding people with feats like the above. The fellow with the sledge hammer pounds the rock to pieces while Presler supports it as above.



**A LAWYER ON THE JOB**  
E. W. Goodman, of the L. A. A. C. His article on the elucidation of what we mean by the "World's Strongest Man" is worthy of his status as both lawyer and Champion Weightlifter.



**BENDING A HORSE SHOE WITH HIS TEETH**

This is another little trick of Presler's. He gets a horse shoe and bends it out of all recognition by the above method. He is touring with the Morris and Castle Shows, and if they visit your neighborhood don't forget to look him up, and give him the glad hand.

American citizens only, Canadians were exempt, in other words. Hence, how was he to lift, when he is a native of the Canadian Dominion?

As for the sportsmanship of Matysek, why does he evade the answer given to him by Geo. Jowett, that the President of the A. C. W. L. A., Mr. Bernard Bernard, stands willing to arrange a contest between the two, at any time, and any place. Also Mr. Ottley Coulter stands willing to meet him on the same terms, with the only proviso that the contest be held under strict American Continental Weight-Lifters Association Ruling, and the records created thereby would be beyond question, Jowett also demanding the same conditions?

Also, the acceptance of Matysek's challenge, was made by no more than two or three excellent amateurs who would handle poundages that would make Matysek weep in holy horror, if he were to attempt likewise. Young Robert Snyder, of Maryland, and Joe Johnson, of Michigan, are willing to accept the def, of Matysek, and there are several real amateur weight-lifters in the state of California who will be more than willing to meet the so called Champion, furnish the Club, weights, referee, judges, etc. This has already been published in the previous editions of HEALTH and LIFE—YET Matysek has not accepted one of the challenges, if he IS WILLING to meet any of the above listed men all he has to do is to get in touch with the President of the Ass'n, and he will arrange the terms, and conditions governing the match. I cannot answer in behalf of Mr. R. Smith, as he is not a member of the A. C. W. L. A., and any dispute to his claims will have to be fought out elsewhere as I have no authority to speak for him.

When Mr. Kenneth Jones wishes to compete; that, is when he considers himself any-

where near a lifter, he will find worthy opponents listed in the A. C. W. L. A. that will be willing to take up the gauntlet when he will throw it down, hoping that he, as 'the champion of Matysek, will induce him to real action and no further braggadocio, I am, very truly yours,

CHAS. B. SWIFT.

George F. Jowett has been presented with a beautiful solid gold medal from W. A. Pullum, the World's Feather-weight Champion Lifter, on behalf of the lifters of the famous Camberwell Club in England. This medal is in recognition of what Jowett has been doing for the Iron Game by Iron Men across the seas. \* \* \*

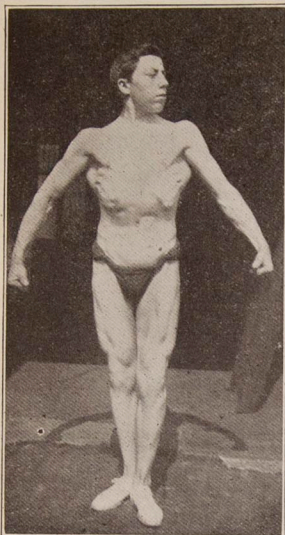
Joe Johnson, of Muskegon, Mich., has some misunderstanding about George Jowett's double body weight lift. I am publishing his letter herewith, and have not the slightest doubt that Champion Jowett will clear up this matter to Johnson's satisfaction in the next issue. I am publishing it, because HEALTH and LIFE stands for a clean, square, and fair platform for all sides. Here is the letter:—

Editor Health and Life  
My Dear Mr. Bernard:—

I have noted in the April issue of HEALTH and LIFE about Jowett's  
(Continued on page 248)

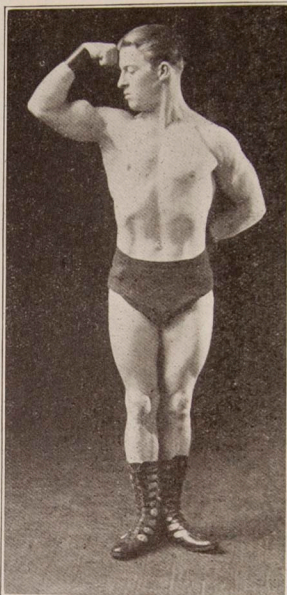


# Health and Life Enthusiasts



BRITAIN'S STRONGEST BOY

Eric Trengrove, of Salford, Manchester, England. This shows his wonderful muscular development. When this photograph was taken he was only fifteen years of age. He is now sixteen, and has been trained since he was twelve by Laurence Allen, who avows that he has trained him on the lines advocated in **HEALTH and LIFE**, which they both enjoy reading every month. Trengrove's muscular make up is really wonderful, and he has strength too, for only a few weeks ago he won a medal for beating men of all ages on the two hands dead lift, when he lifted three hundred and eighty pounds



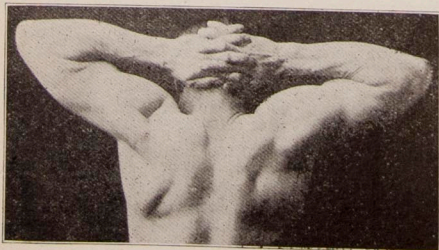
MARTIN MOLLOY

Martin Molloy hails from Albany, New York, and although only eighteen years of age, weight, and although only twelve pounds, he is possessed of a fine physique, and can do some very creditable lifting. George A. Dembinski says that he has seen him do two hands clean and jerk of one hundred and seventy-eight pounds. That is certainly going some for a fellow as light as Molloy, especially in view of the fact that he has not been very long in the game either. The English record in this 112 lbs. class is one hundred and eighty-two pounds, so Molloy has a good chance of beating this



ADAM HOROSCHAK

Adam Horoschak, of Shelton, Conn., is the Lightweight Champion Wrestler of his State, also a proud pupil of Lionel Strongfort, and a student of Farmer Burns. He is twenty-four years of age, and has been practicing wrestling and physical culture since eight years of age. At the age of sixteen he was a weakling, always sick and dependent upon medicines. Taking up Lionel Strongfort's course he became a different man. Then he took up wrestling under Farmer Burns, finally winning the Championship.



A VITOLAXING SILVER MEDALIST

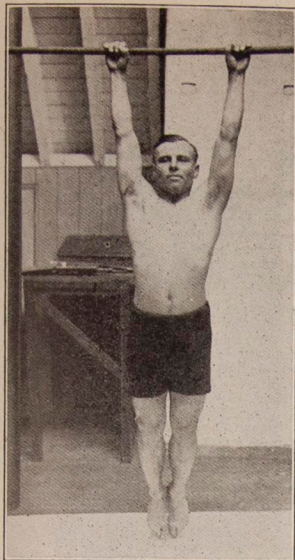
George Arsenault, of Flint, Mich., showing the development he obtained in thirty days of the "Vitolaxing" System. He certainly has a fine back. Those of you who think you are getting too old to develop muscles will be interested to know that Mr. Arsenault is thirty-five years of age. There's no excuse left for not developing a healthy and muscular body. So sure as you exercise scientifically, you must obtain results.



JOHN BASTOW'S BACK

Above is a photograph of John Bastow, who told his story some months ago in **HEALTH and LIFE**, of how he was weak and ailing, and how, by **HEALTH and LIFE** exercise and right living, he recouped his health and fitness until he is now remarkable for his strength.





THE PULLING MUSCLES ARE THE CHIEF ONES USED IN WRESTLING

The difference in the use of the muscles between weightlifting and wrestling is in the fact that wrestling uses the pulling muscles and weightlifting uses the pushing muscles. Wrestlers are well advised to practice this exercise in their training

A BATTLE of head holds was witnessed when Michael Romano, the Italian, wrestled Ed. "Strangler" Lewis, and lost. Romano has used the head hold, or strangle hold, in his matches equally as much as has the "Strangler," so Lewis had a good dose of his own medicine. Lewis won the first fall in 41 mins. 20 secs. with a toe hold. The second Romano took, showing the Champion what it felt like to give in to the head lock in 12 mins. 50 secs. The third was taken by the Champion with a cross body lock and double wrist lock in 8 mins. 10 secs. As a matter of fact, Lewis was almost out as a result of the many head locks which Romano had applied upon him. When the end came, it was after Romano had applied three head locks in succession, and Lewis was groggy against the ropes, with Romano tugging at him to get him away. Lewis let go suddenly, and the Italian fell back with Lewis on top of him. The Champion then turned round quickly, and applied the double wrist lock with a cross body hold.

Up to this point the Italian mat fans present all looked forward to having an Italian World Champion, and their disappointment was so great that they began to swarm towards the ring, condemning Referee Charley Lavine, who had to be escorted away under police protection. There was sufficient in the match at any rate to show that a return

## Among the Grapplers

A Battle of Head Holds.—Hugh Nichols Promises Well.—Among the Amateurs.—Make the Olympic the A. A. U. Style.—Training.—The Crucifix Hold.

may give Romano a real chance of becoming next Champion.

\* \* \*

Johnny Meyers has been wrestling all and sundry with the object of working his way back to the middleweight crown. He pinned everybody with the exception of Hugh Nichols, who was awarded the decision in a match at Cedar Rapids, Ia., recently. Nichols won the first fall in 21 mins., and after 40 mins. of wrestling for the second fall, Meyers, becoming impatient, began to use such rough tactics that Referee Logan Champ was compelled to award the match to Nichols on a foul. Watch Nichols. He is a very interesting wrestler. There is no reason why he should not become next Middleweight Champion, if Joe Parelli gives him the chance.

\* \* \*

Yussif Hussane, the Turkish Heavyweight was sent to hospital during the month with a fractured rib and other injuries which he suffered in a match with Jim London, the Greek. That's what happens when Greek meets Turk.

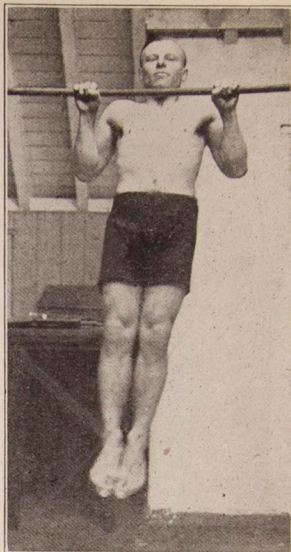
\* \* \*

### Among the Amateurs

Wrestling has been made a major sport at Nebraska University. The Committee made this announcement, that they recognize the greatness of wrestling as a sport.

\* \* \*

Some good wrestling has been seen at the various tryouts for the Olympic



CHINNING THE BAR

From the hang position illustrated in the opposite picture pull yourself up until your chin is on a level with, or even above, the bar. This is a wonderful exercise for developing the pulling power so essential to the wrestler

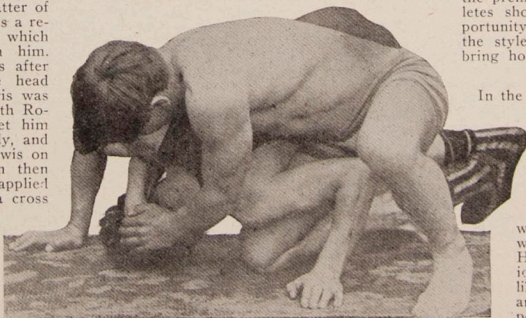
Games, although they have lacked a certain amount of interest because of the Olympic style. It was announced in these columns a long while ago that the Olympic style bars scissors holds, strangle holds, toe holds, double wrist locks, and any holds likely to do serious bodily injury. It is a pity that the A. A. U. cannot either have the wrestling rules for the Olympic Games reformed, or else conform amateur wrestling in this country to Olympic Games rules.

After all, the Olympic Games form the premier honors and our Athletes should be given every opportunity to practice continuously the style that will permit us to bring home these honors.

\* \* \*

In the recent Illinois-Wisconsin Tryouts a good man was brought out in Charles Fisher, of the Swedish-American A. C. He has only been wrestling for five months, and with a little more experience would have pushed his way through to the finals. He has a remarkable physique. He looks almost like a mountain of muscle, and certainly has enormous power behind that muscle. He has just the slightest tendency to be slow, but with practice he could get rid of the slowness, and in any case you can look

(Continued on page 252)



BERNARD'S PATENT METHOD OF APPLYING THE CRUCIFIX

Notice how the right leg is placed well under the armpit. Then to assist the Further Nelson he pushes on the head with his left hand. He also maintains this kneeling position so that finally he has his opponent upside down with both arms under control and a form of body scissors with his (Bernard's) right right arm. Notice too Bernard's muscular development, those intercostal muscles and left arm of his particularly



# The Athlete Detective

By Richard Bonner

[This thrilling serial story introduced Errol Fieldlow, inventor of an anti-gravity substance; James J. Fennol, wealthy patron of Fieldlow; Jessie Fennol, Fennol's daughter; and John Blount, athlete detective. Fieldlow's only mathematical formula has been stolen together with numerous plans for the salvage and ownership of many treasure ship wrecks. The case is known as the Acme case, and Blount, who has been threatened with death if he takes up the case, knows that Fried Gilping, one of the world's cleverest crooks, has something to do with it. Blount was interviewing Mr. Fennol and his daughter, when the floor of the room in which they were standing, lowered them into darkness, and they knew not what. They finally escaped, Blount freeing himself and arranging with Roy Jackson, Sports Promoter of the International Auditorium, to await their coming in his auto. When Blount arrived with Mr. and Miss Fennol, Jackson connected with the case, was pitted against John Blount. He had endeavored to chloroform Blount, but the latter arrived sensationally, getting into the ring by way of the roof. During the match, the Unknown's associates endeavored to put Blount out of action by foul means. Blount, however, substituted the Unknown's head for his own, with the consequence that the Unknown was put out of action. He was revived by his friends, who hurried him away. Chapter 3 took Blount to Errol Fieldlow's laboratory. From there, by means of a newly invented form of radio, Blount heard cries for help from Mr. and Miss Fennol. Blount and Fieldlow made their way to the source of the cries, but when they arrived a car was just leaving, bearing Miss Fennol away. They gave chase, but the miscreants got away. Chapter 4 introduced us to Blount disguised as an old man. He made his way to the retreat of the evil doers, where they had their laboratories, etc. He had collected all the facts he desired, and was about to move away, when he was discovered. At the same time, he had the surprise of his life, when at the door of his place of captivity appeared no less a person than Jessie Fennol.—Editor.]

SO THIS was why she wanted Blount to resign from the Acme case! It was all clear now, too clear, horribly clear. For the first time in his life Blount had left the pulse of emotion for a woman, and that woman had baffled him. Now he thought about it, he could not conceive why he had allowed her continually to pester him to drop the case. But it was his feeling for her, yes, perhaps the blindness of love, that prevented him from seeing through her.

But this was no time for remorse; at least, not for the expression of it. Blount was deeply injured to the depths of his soul, but he counteracted it by determining to end this case as speedily as possible.

It was a curious place to determine to finish a case quickly. Here he was, absolutely powerless in the hands of his adversaries, a gang who would stop at nothing to achieve their end. In fact, the decision was made to get rid of Blount immediately. He was gagged and bound, and left in the same room to which he was originally taken, and a guard mounted over him.

He could hear voices, very faintly and indistinctly, but there was one which he recognized immediately. It was that of Fried Gilping, a man who would stop at nothing, and who had, moreover, an old grudge against Blount. He saw now his opportunity to exterminate for ever a thorn that would be continually in his side unless extracted now for good.

"Dig his grave, and bury him right now," said Gilping. "Waste no time, words, nor ammunition. Get right down to it immediately."

Later a messenger came into the place, and handed a note to the guard. The note read:

"Take Blount out immediately. Shoot him, bury him, and have the whole job finished within ten minutes. F. G."

Gilping and his confederates were aware of the fact that Blount only carried a revolver filled with blanks. Perhaps this was the reason that, in bind-

ing him, they had omitted to take his revolver from him. The guard took out his own revolver, examined it to see that it was properly loaded, and put it down on the table.

This was Blount's opportunity. He had used the few minutes he had been waiting there to stretch the ropes which bound him, and so to secure a little freedom of movement, although he had to be careful because the guard was eyeing him closely all the time.

But now, with an extra wrench, he was able to move his hand a little, and by continuous struggles he managed to reach his revolver. Taking it from his hip, he made a sudden dash to the table, and, quick as a flash, exchanged his own revolver for that belonging to the guard. He then stumbled, purposely, placing in his own belt the revolver belonging to the guard, and he lay on the floor apparently bound and gagged securely.

"So that's your game, is it?" snarled the guard. "We'll get you out at the double, and put you under the turf, where you'll be safe. Come on."

The two men then led him away out of the building, over to a clump of trees on the side of the mountain.

Reaching for the revolver, Blount drew it, and pointed it at the guard. But the guard merely laughed, believing Blount still to have his own revolver, loaded only with blanks. Then Blount shot at a neighboring tree, making the bullet ping as it hit its mark. Then he shot a second bullet, which he purposely made graze the guard's shoulder. But before he could fire another shot, the messenger had jumped upon him, and taken the revolver away from him; for it must not be forgotten that Blount was still fairly securely tied, and so could not make much of a struggle.

"The quicker we get you out of it the safer I'll feel," growled the guard. "You're the trickiest guy I ever met anyway. There's no certainty of being your undertaker until I've got you well under the ground. So I'm not wasting

any more time. Stand there!"

Crack! rang out the revolver shot, and Blount dropped like a log.

"That's that," remarked the guard. "That finishes him. No more running away, and no more chances I'm taking."

Then he and the messenger proceeded to dig a hole into which the body of Blount was to be placed.

They soon had this accomplished, and into it they threw their victim, and began shoveling in the dirt, so that no body would ever learn of the whereabouts of the great Athlete Detective, who had disappeared mysteriously.

However, the guard did not know that the joke was on himself, and that he had shot Blount with Blount's own blank cartridges.

As the earth was thrown on him, so Blount managed to make a little tunnel to the exterior, so as to bring air to him. He also gradually raised his body so as to leave a bare space beneath him. Finally, he could feel the two men jumping on the top to level down the ground prior to their departure.

It was an enormous strain. The mere fact of holding up all that earth, and the weight of the two men jumping on the top of him was a feat of strength that none but a trained Iron Man like Blount could ever have accomplished.

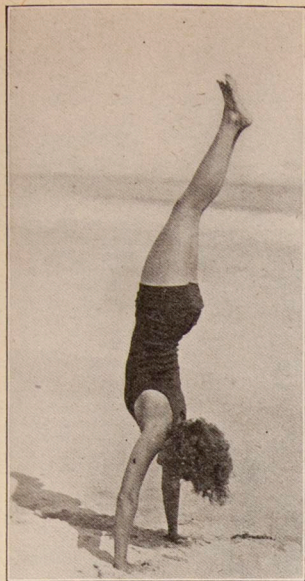
Now that his supposed undertakers had gone, he had the greatest task of his life to extricate himself from his grave. They certainly had packed him in tightly, and he had not been able to reserve much room for himself; but, by a tremendous effort, he pushed the earth away and drew himself out.

Meanwhile, both guard and messenger were reporting to their chief, presuming that Blount was safely dead and buried at the appointed place.

Leveling the earth down carefully, so as not to arouse any suspicion, Blount then made his way over the side of the mountain across the treacherous peaks until finally he was able to take his train back to Town.

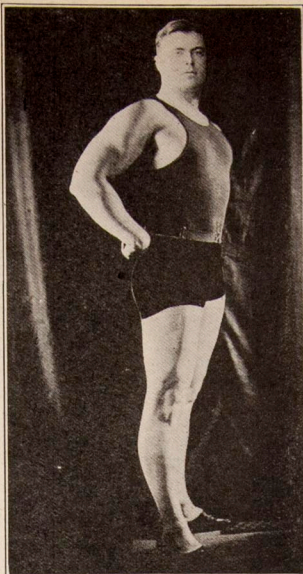
(Continued on page 240)





**MISS ALASKA BELIEVES IN HAND BALANCING**

Miss Alaska, otherwise Mrs. Earle Liederman, practices hand balancing as part of her daily exercise. Earle Liederman, her trainer, is very proud of her hand balancing ability. She not only executes a perfect hand stand, but is able to do several dips while holding this balance; in other words, lower her chin to the sand and press up again, while retaining the balance



**ARTHUR F. GAY IN A NEW POSE**

Latest photograph of Arthur F. Gay, who won honors as the Strongest Man of the American Army and Navy during the war. He has been termed "The King of American Strong Men."



**PHYSICAL PERFECTION THROUGH EXERCISE AND SWIMMING**

This charming lady is Miss Bess Levine. She is an accomplished swimmer and high diver and well known in the South for her daring and difficult feats. She is a staunch believer in physical exercises, in which she is directed by the famous Earle Liederman



**CAPTAIN JOHNS REFEREES TUG-OF-WAR CONTEST**

Captain Johns, the famous Captain of the Life Guards, at Miami Beach, Florida, believes in keeping fit himself and in having the bathers in his charge also fit. He often organizes tug-of-war contests, and here he is directing some ladies who are pulling their way to health.



# Health and Life

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

## EDITORIAL

(Written by the Editor)

### HEALTH AND LIFE'S THIRD BIRTHDAY

Well, friends, with this issue HEALTH and LIFE celebrates its third birthday. The June 1922 issue was the first issue published. For the first few months it went through many trials and tribulations. Struggles about which I intend to tell you one day were especially severe during the first few months of its existence.

But, on the whole, HEALTH and LIFE has had a steady growth and progress. It has come to mean something, and has achieved success of which I, as its Editor, feel I have the right to be proud. But, friends, I recognize that to you is the real credit due, because you have stood by it steadfastly, and it is only with your support that it can continue to make progress. News-dealers also have been kind and sporting. Many of them are HEALTH and LIFE enthusiasts, and read the Magazine from cover to cover, and so it frequently gets a front place position and a good sporting chance.

### DON'T FORGET THAT HEALTH AND LIFE IS YOUR MAGAZINE

Since HEALTH and LIFE started, hundreds of other magazines have been born, and hundreds have died. Yes, more have died than have been born. It is not a picnic, running a magazine. It is a business, it is a profession. But even a business or professional ability does not necessarily put over a magazine. It has to have a cause, a message. I believe that HEALTH and LIFE has both. It certainly has its message, and represents a well defined cause. Probably it would make greater headway if it did not stick so closely to its cause. But I, as its Editor, feel that its true expression is to represent its cause. At any rate, as long as I am Editor, it will continue to expound honestly and openly the ways of right living and physical education. It will criticize and endeavor to root false ideas, prudery, and ignorance by the establishment of true ideals, cleanliness, and inspiration for physical upliftment. But I want you to feel that HEALTH and LIFE

is your Magazine, representing you, advocating you, and giving expression to the deepest of your feelings and views. Your constructive criticism is invited, and if there are any ways in which you think that HEALTH and LIFE could be improved upon, just send along your ideas. They will be very welcome.

### SPECIAL OLYMPIC GAMES ARTICLES

HEALTH and LIFE is going to be represented at the Olympic Games this year. It will have a representative present, who will construct special articles about the Olympic Games, and also send along special photographs. So HEALTH and LIFE is going to be well worth reading this summer. They will not be articles such as you would read in the ordinary press, but special articles from the HEALTH and LIFE standpoint, and I know that you are going to enjoy reading them. The Olympic Games constitute the greatest feature of this year. They represent a great international struggle for physical supremacy, but a physical supremacy that is noble and good, one that is constructive and not destructive. Although there will be keen rivalry between the nations, it will be to a sporting and most friendly nature, one which will lead to a better understanding between the members of the various nations. Over here, in U. S., we have learned to respect all peoples for what they are worth, irrespective of nationality. In Europe, alas, there are still misunderstandings between nations. May these great Olympic Games do their fair share

to unite the peoples of the world, so that in future the only international rivalry shall be in the sphere of constructive effort.

### ALL HONOR TO STRONGFORT

To Lionel Strongfort must be given the credit for playing the chief part in the present boom of the Iron Men touring in vaudeville. Achilles, Hyatt, Hajnos, Kronos, and others have all graduated under the direction of Lionel Strongfort. Lionel Strongfort was, as many of you know, one of the greatest Iron Men showmen ever having appeared in vaudeville. These Strong Men touring around are going to do a great deal of good because young fellows in the audience, and even old fellows, too (at least those who think they are old), will be inspired when they see the magnificent bodies of these athletes, and watch their enormous feats of strength. But what is of extreme satisfaction is that this growing desire to see Strong Men and the universal admiration for the Strong Man; they are the healthiest signs of our times. Of course, what we want are the actual athletes, not merely the lookers on, but the good thing about the stage Strong Man is that he inspires his audience with the desire for a strong and healthy body, because he himself makes such a splendid picture of manhood.



Fotograms  
"WORLD'S STRONGEST WOMAN" WINDS IRON BAR AROUND HER ARM  
Mrs. Nears Fara, called the "world's strongest woman" shows her right to the title. She winds a bar of iron of substantial thickness around her arm in a few seconds without great effort. She is shown here accomplishing the feat

### "ATHLETE'S HEART" IS ONLY BOGEY

For some extraordinary reason medical men have always been looked upon as authorities on physical training. There is really no more reason for this than that we should look at a Physical Training Instructor as an authority on medicine. Of course, a doctor ought to know all about physical training.



and perhaps that is why the public have been putting their confidence into these medical men as authorities on physical training. If all doctors acquainted themselves with the facts of physical culture and applied those facts to their own bodies, so that they really appreciated what physical culture could do for themselves, they might also be able to inspire others to take up physical culture. Old time doctors, and even old fashioned doctors today, have frequently tried to scare athletes and would be physical culturists about what they have termed the "athletic heart." Professor Bellin de Coteau, of Paris, has been making a special study of what has been termed "athletic heart," in view of the coming Olympic Games, and he has reported that there is no such thing as "athletic heart." He says he has devoted many years of experience, and he has yet to discover a legitimate case of strained heart resulting from an over-indulgence in athletics. As I have before pointed out in these columns, the person who does not train properly and then indulges in strenuous athletic feats will suffer for it. But in conscientious physical training there is not the slightest harm. The muscles of the heart become strengthened just as do the other muscles of the body, and the heart adapts itself to proper scientific training. It is when athletics are carried out unscientifically, where the athlete does not practice his exercises regularly to fit his body for the strain, that there is a chance of injury.

**CONCEPTION CONTROL MEANS A BETTER RACE**

Those who fear that conception control has in it the germ, and of race suicide will be interested to know that Dr. Marie Stopes, who is one of the most famous leaders of the movement in England, has just brought into the world a splendid baby. According to the reports, this child is above the average in health and fitness, and the mother had a good time all the way through. Dr. Stopes, when being congratulated, said, "That is what comes of birth control. You get your babies when you want them, and at the right time. You get good, strong babies, and cut out the weaklings." The real value in the birth control movement is that it will permit women to space their children so as to enable them to be fit mothers and bring children into the world only at such times as they are desirable and best both for mother and child. It is only a matter of time before the virtues of the birth control movement will become known, and when women will determine that they are going to own and control their own bodies, any meddling will stop them having the information which will give them this control.

**A DOCTOR "DISCOVERS" THE DIET CURE**

Here's a smack for the Vitamine theory. Dr. S. Monckton Copeman, a cancer specialist, has put aside a few prejudices and made some experiments

with diet in the cure of cancer. He ignored the Vitamine theory entirely, and put a taboo on food stuffs of animal origin containing the fat soluble vitamins. He cut out all meat and animal fats, butter, eggs, cream, etc., and in place substituted lettuce, water-cress, and other fresh vegetables. Now he reports that one scientist who was operated upon four times for cancer of the jaw, is undergoing this diet and has never felt fitter in his life. A woman who had the disease in a very terrible form, and who five years ago was given only three months to live by her medical advisers has taken the diet, and she now cycles with enjoyment, and

that the absence of animal fat soluble vitamins is nothing at all to do with the success of his diet. The importance of a diet depends not only upon its calories and vitamins but on the valuable mineral salts contained in a form assimilable by the human body.

**HOSPITAL NURSES COMPELLED TO WEAR GERM NETS**

Various school authorities have been persecuting teachers who have had sense enough to bob their hair; but it gave me somewhat of a surprise to learn that a certain lady superintendent of a hospital insisted that all the nurses under her supervision should wear long hair. When you think it over, however, it is not quite so curious as it seems, for most hospitals are very unhealthy places, and nurses and superintendents take their ideas from their medical supervisors and authorities. It is surely much healthier for a nurse to have short hair, the shorter the better, than to have a big mass on her head that not only lowers her own vitality because of the oppressive heat on her head, but is a wonderful net for dirt, maybe germs.

**WOMAN'S UPWARD STRUGGLE**

But isn't it rather unfortunate in this case that it should be a woman, and presumably an educated woman, who insists that her fellow women should be compelled to submit to the old fashioned practice of allowing the hair to grow to abnormal length? Yet when you think it over, are not women themselves chiefly to blame for most of their inequalities? Many people believe that women judges, and women on juries, would be harder on their sex than would men juries and judges. Then, again, the recent endeavor to give women the control of their bodies, the ability to control conception, was battled hard against by several women's organizations. Women have a great fight to make for their recognition as human beings equal with men. They will find, however, that those who stand most firmly in the way of their freedom are many of the women themselves. But this again is due to the fact



**A POLICEWOMAN IN TRAINING**  
Sgt. Clara Glover of the police force kept her muscles in trim in case of emergencies. Here she is concluding a little swimming practice. She is now a leading member of the staff of HEALTH AND LIFE

play hockey. The doctor also took his own diet, and found that an acquired eczema on the palms of his hands was cured and prevented.

**THE NEED FOR MINERAL SALTS AS WELL AS VITAMINS**

There are many other cases to which Dr. Copeman and his colleagues could refer, where cancer, eczema, asthma, and many other medically incurable complaints have been cured by a very similar diet. But the treatment has come either through drugless practitioners, or else through the patient's own common sense reading "Correct and Corrective Eating," "Eating to Correct Ill Health," and similar books dealing scientifically with the diet question. If Dr. Copeman cares to communicate with me and honestly investigate these matters I shall be only too glad to give him my whole hearted assistance. Of course, Dr. Copeman ought to know

that for generations it has been a generally accepted idea that women are the property of their men, and they have been continuously educated to think this. The new fashion of bobbed hair, of athletic corsetless womanhood, and of independence, are not, as many people think, signs of the deterioration of womanhood, but of her emancipation, and a step up the latter to real and true womanhood.

**SHORT HAIR ALSO GOOD FOR MEN AND BOYS**

If women are persecuted for having short hair men are not. Yet the tendency on the part of men has been to grow long hair. Especially have parents encouraged their boys, in most instances forced them, to wear abnormally long hair. Closely clipped hair for boys, as Warrington Dawson has pointed out

(Continued on page 250)



## Health and Life Congress

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

### GAGGING A GREAT WORK

Dear Mr. Bernard:—

For some years I have been an enthusiast on contraception and have studied the matter from all angles and cannot escape the profound conviction that this subject is almost, if not quite, a panacea for many of the world's greatest ills.

Lack of control of conception knowledge is, to my mind, the main cause of wars of expansion, due to too many people in certain countries, as, for instance, Germany in 1914, and Japan at present. It also causes competition in labor by permitting too many children to be born, causes children to have to leave school early to help support a too-large family, brings about abhorrence of the mother towards the father, driving her to neurasthenia and him to prostitution, and results in the children growing up without education, and physically stunted because of being borne by a weakened mother. The results are so stupendously cumulative that words cannot express it.

All the doctors here favor contraception and as many of the enlightened ministers here that I have consulted also are in favor of it. It cannot be gainsaid that approximately 75 per cent of our population practice limitation of offspring to some degree, mostly by crude and harmful methods.

I don't know when I have read such pathetic words as were contained in the card from your company notifying me that the book I ordered, "Beginning Marriage" had with others on sex, been barred from the mail. Is this Russia or has the U. S. constitution gone out of fashion?

The country is rapidly becoming less of a democracy through unconstitutional censoring of the mails, the growth of censorship for the regulation and suppression of publications, books, plays and motion pictures. Prohibition, legislation regulating morals, and group movements to enforce moral and religious laws and racial and religious proscriptions are all a part of this net work of intolerance. The dawn of a new era is being heralded by public impatience with this state of affairs and you are doing a wonderful work to bring about an era of sanity and "live and let live" policy. May God speed you.

Why cannot you and some of the leading other groups working for the abolition of prudery unite forces for moral and "lobby" persuasion of those who are so nasty minded that they believe God made a mistake when "male and female created them" and in His image too? Sex and God will always be the two paramount subjects of thought throughout the ages. Sex, it must be admitted, is the most wonderful thing in the world and when the meddling governments of states and the United States realize this, it will permit the subject to be learned from such clean-minded and candid writers as you, and not, as now, from the gutters and slums.

We space everything under our control except the highest of these things, children. Does a farmer plant all the corn a field will hold? No. He spaces the seeds so that each will get its requisite amount of nourishment. Once church folk said that artificial lights were sinful, as, if God intended that there be light at night, he would not have had the sun set. When the bicycle first was introduced the "conservatives" held up their hands in holy (?) horror and said that human beings could not live traveling through the air at such a "frightful" rate of speed as 30 miles an hour. Thus does history repeat itself.

Keep up the fight. Find out why your books are not allowed the use of the mails when magazines and books written with vulgar and degrading intent are allowed free circulation by Uncle Sam. Ask these department heads how THEIR children learned of sex, and why they didn't take them on their knees and, beginning with plant and animal life, acquaint them with the most wonderful thing in the world, the birth of a new soul. All the fruits we eat are the sex organs of those plants. Many surviving customs in the church are based on old pagan reverence for sex.

Is America to stay behind Holland, Australia, New Zealand and other countries, which not only permit but require that contraceptive information be furnished free to those eligible to receive it? The finest soldiers in the World war were the Anzacs, from New Zealand and Australia, all born amid the universal prevalence of limitation of offspring. Holland, which has practised limitation for 40 years, was the only country surrounded by the world war yet the only one which could keep its head. While the birth rate fell slightly in that country the death rate fell to the lowest in the world. And this is happening in New Zealand and France. Has ever anybody heard of immorality in Holland. Are we of America to admit that our sons and daughters are good only because of the results of immoral relations where contraception is not known?

Contraception would not cause a decrease in births on the part of healthy parents whose hearts are overflowing with paternal and maternal instincts. These would have as many children as they could raise properly. Those who would avoid children are those from whom the country would be well rid of any heredity.

—A Friend.

## Report of the National Weight-Lifting Championships

By David P. Willoughby  
Vice-Pres., A. C. W. L. A.

The National A. A. U. Weight-Lifting Championships were held in the Los Angeles Athletic Club on Saturday April 19th.

These contests were also recognized as the Official Western Olympic try-outs, and the winners will probably represent the U. S. in weight-lifting at Paris next July.

The Featherweight and Middleweight divisions competed from 3 to 6 o'clock in the afternoon, the Light-heavyweight lifters starting about 8 o'clock the same evening. Light and Heavyweight divisions were not represented in this competition.

Raymond Connelly was the only featherweight lifter who was able to compete on this occasion, so for competitive incentive he worked along with the middleweight boys. Albert Bevan reduced his bodyweight from 172 to 163½ lbs., in order to compete in the middleweight division, but in going so far below his normal weight, he sacrificed a good deal of strength and "pep" as the lifts he made will indicate.

Marion Betty and Jere Kingsbury made highly commendable lifts, consid-

ering the short period of time they were being training with weights.

Max Allen, our most capable lifter in the 165 lb. class, was unable to compete, having been laid up with the grippe but a few days before. Allen, in condition, would have literally "loafed" through the middleweight contest, as he holds local records on 4 out of the 5 Olympic lifts; he is a potential world's record holder, and will be heard of later on.

Alfred Martin made a fine lift of 189 lbs. in the "two hands Military press;" an A. C. W. L. A. record certificate being awarded to him for this lift, which will be accepted as an American amateur record in the heavyweight class.

E. W. Goodman performed 194 lbs. in this lift in the Olympic style, which permits the feet to be apart—therefore, his lift cannot be accorded American recognition.

Owing to inexperienced loaders, etc., the evening contest dragged out over 3 hours, so that records could hardly be expected on the last lifts. The writer's showing was so much "below par" that Al Treloar and Ben Price (who officiated at the competition) have agreed to allow me to make a special trial on the 5 lifts, in an endeavor to show my real capabilities, under good conditions.

I will make this trial in the near future and am confident of greatly exceeding the total put up on the evening of April 19th. Below is a tabulated list of the competition results:

NAME	Raymond Connelly		Jere Kingsbury		Marion Betty	Albert Bevan	Edward Goodman	Alfred Martin	David Willoughby
	Feather-weight	Middle-weight	Middle-weight	Middle-weight	1st. Hy-weight	1st. Hy-weight	1st. Hy-weight	1st. Hy-weight	
	First	Third	Second	First	Third	Second	First		
Left Hand Snatch	99	120	150½	115	118	112	145		
Right Hand Clean and Jerk	119	140	155	159	128½	160	185½		
Two Hands Military Press	114	144½	140	166	194	189	156		
Two Hands Snatch	124	156	161½	163	156	156	172		
Two Hands Clean and Jerk	172	216½	216½	222	210	215	240		
Totals	628 lbs.	777 lbs.	808½ lbs.	825 lbs.	806½ lbs.	832 lbs.	898½ lbs.		



# Does Modern Food Kill?

By Dr. G. R. Clements

(In this most interesting article, which will be concluded next month, Dr. G. R. Clements is proving that the devalitized and demineralized foods which are the outcome of commercialism are responsible for disease and premature senility. The matter is such an important one from the point of view of the national health that every physician and layman should do all within his power to warn people against these dangerous foods.—Editor.)

DR ROBERT McCARRISON, of Oxford, England, says:

"I must confess that, with these examples before me, I find myself in accord with Hindhede, who avers, and on unequivocal evidence, that the two chief causes of disease and death, are food and drink."

Dr. E. F. Bowers recently said that within the memory of millions of middle-aged men, three immensely important scientific secrets of Nature have been discovered. The first of these relates to the remarkable action of mineral salts in supplying substances vitally necessary for growth and nutrition of the body; the second deals with vitamins and their mysterious effects upon physiological processes; and the third embraces the function of the ductless glands, and the action of the wonderful substances secreted by them upon the body. We are here interested in the first two of these discoveries, for mineral salts and vitamins, both so vital to the body and the health, are found in the greatest abundance and efficiency in natural food.

## Why Do Athletics Finish at 30?

We know that it is only in comparatively rare and sporadic instances, that professional wrestlers, boxers, and ball players retain their vigor and prime past the 30-mile stone.

Why should these perfect specimens of physical manhood begin to decline and degenerate before they are scarcely thru their twenties? Why should these men lose their power, speed, and endurance so early in life? Why do their arms and their legs so soon part with the wonderful stamina and strength, just as the men were the victims of some slow and enervating poison? That these things do actually occur, is well known, and thereafter these extraordinary men of brawn are classed as "has-beens."

## How Did Mathewson Keep it Up?

Christy Mathewson, late of the New York Giants, has been acclaimed the greatest pitcher in the history of baseball. A giant in stature, with an iron constitution, for more than 15 years he was the mainstay of the New York pitching-staff. Every body was asking, How does he do it? Sport writers used up reams of paper trying to demonstrate that he possessed some supernatural skill, which enabled him to remain active in the game, at an age when most players are relegated to the scrap-pile. But at last that Herculean right-arm lost its amazing strength, and even Mathewson, the marvel, had to retire from the ball-field.

That is not all. Upon retirement, it was discovered that upon this man of iron, the deadly "white-plague" had

fastened its blasting grip, and from the battle of the ball-field, he hastened to Saranac, N. Y., to commence a new battle of life and death, with tuberculosis as his great antagonist. In spite of his great vitality and strength, his vigorous out of door life, with plenty of substantial food, with careful avoidance of excesses, including all other things that are generally supposed to prevent a person from contracting tuberculosis, Mathewson was attacked by the insidious disease, and it required more than three years of strenuous fighting to conquer the dangerous malady.

## Sacrifices to Ignorant Eating

One is prone to ask, what is the reason of all this? Why do our greatest athletes begin to deteriorate usually at not more than 30 years of age? Why do men who lead such vigorous, out of door lives, as ball players do, contract such dreaded diseases? The answer is far too simple and common for the average mind to comprehend, for men are seeking for signs and sorcery now, just as were the ancients. The only difference between sacrificing to the gods of health, and worshipping at the altar of drugs and serums is one of form only. The cause of both beliefs and practices is the same—ignorance, stupidity, and superstition.

For life and health, and for the prevention of bodily disorders, no factory-made nor laboratory concoction can equal the indispensable product of organic Nature. No substance other than the organic product of Nature, is biologically appropriate or fit for the life of the body cells, and nothing else can safely be introduced into the human organism. Therefore, the reason of all this, of which we speak, lies in the food—in the great civilized dietary of modern man, in the wonderful Americanized diet, which food manufacturers advertise and sell to credulous people, which starves to death rats, cats, dogs, and other animals fed on it, and which in 1915 nearly killed the crew of the German ship Kronprinz Wilhelm, causing the best medical men to ponder in profound confusion as to the cause of the terrible epidemic, and its possible cure.

## T. B. Caused by Wrong Eating

Here in the example of this great ball-player we have a clear case to prove conclusively that tuberculosis, which costs us 135,000 or more lives annually in this country, is not, as claimed by medical science, caused by the "tubercle-bacillus," discovered by Koch in 1882. It is a form of slow-poisoning, due to the eating of an unbalanced diet; eating food that has been robbed by men of its life-giving ele-

ments; man's artificial preparations fed to people as a substitute for Nature's natural creations. When shall we learn that Nature accepts no substitutes?

It is interesting to quote the eminent Dr. P. L. Clark of Chicago at this point. He says—

"In all this putrid, rotten, commercialized medical filth, there is one great, bright spot which is rapidly growing. The knowledge being acquired by the working-class on health, is progressing faster than is the medical profession. If the medical profession does not understand the matter, the workers do, and are beginning to learn, that it is impossible to have a body in good health, unless it is fully nourished with the food-elements necessary for that body. These elements can be supplied in proper wholesome food only."

"Percy Ford said the other night, that many doctors are coming to see that rickets in children, tuberculosis, are questions of ignorance, poverty, and economics, rather than a medical question."

"Wonderful indeed, that it should penetrate the denseness of even some doctors, that a child fed foodless food, should be capable of developing rickets; which is nothing but a lack of calcium salts, principally; and that tuberculosis should develop in a body, struggling for life when robbed of those food-elements, that are so vital for its proper nourishment."

Everything in Nature is nicely balanced: Night balances day, wet balances dry, up balances down, east balances west, negative balances positive, male balances female, and so on to infinitude with everything in life. The elements of the body, as between acidity and alkalinity, are balanced. While this balance is perfectly maintained, good health results. This balance would always be perfect, if but Nature tampered with our food, and we eat it as prepared by Nature, instead of trying to "prepare" it ourselves.

## White Flour Products Kill

Further quoting Dr. Clark—  
"Do not feed your children white flour products, when a dog dies on them in 20 days. Do not feed polished (white) rice that kills chickens in from 6 to 8 weeks. Do not use white sugar and think that you are doing your family good, when refined sugar drains out all the mineral salts of the blood, bones, and tissues."

"When a mother goes to the grocery and buys cornflakes, which have been robbed of their food-value by conscienceless manufacturers, and feeds this stuff to her family, she is breaking down the resistance of her husband and

(Continued on page 247)



## That Fantastic Paragon—"The World's Strongest Man!"

(Continued from page 228)

herent physical qualifications—while others are good only in those lifts they have perfected thru arduous practice. It would, therefore, reasonably appear that no matter how good an athlete is, he can be defeated in one or more lifts or feats, or even tricks, because there are no two individuals alike in the world and because there are no experts in all lines of endeavor. The point that the writer wishes to bring out clearly is simply this—no athlete is so excellent in his performance of all lifts, or feats of strength, or even tricks, that he cannot be beaten by someone else in some of them, and as "the strongest man in the world" should be a phenomenon able to defeat everyone in every lift, how can anyone give credence to such reckless statements, or as our American Indian would be apt to say, "How come?"

### Less Strength in Back and Harness Lifting Than in Barbell Lifting

It is a fact that the man who does lifting with his back and legs and teeth is generally far less strong or adept in proportion in the handling of weights with his arms, or in combinations such as the standardized lifts called "one"—and if a strong man is judged solely by his back or harness lifting ability, well, then the writer believes that there is room for a whole lot of improvement, but the simple reason that where the same difference in strength exists between any two men, it may amount to a thousand per cent more in a poundage lift, while in a barbell lift the same discrepancy in strength or performance will seldom exceed fifty per cent in any one lift. Totalling the matter up, therefore, the barbell lifter would probably win all the standard lifts, while the backlifter would win the poundage lifts—then, would the strongest man be the one who lifted, in toto, the greatest number of POUNDS?

A back or harness lifter in challenging a barbell lifter will suggest a "total weight" contest, and might suggest four barbell and four harness or back lifts. The results would be as follows:

Four back lifts.....	8,000 lbs.	Barbell Lifter	6,000 lbs.
Four barbell lifts.....	630 lbs.		840 lbs.
TOTAL.....	8,630 lbs.		6,840 lbs.

This schedule is on the assumption that the backlifter has lifted three-fourths of the poundage lifted by the barbell lifter in the standard lifts, and that the barbell lifter has lifted three-fourths of the poundage lifted by the backlifter in the poundage lifts—but see what the totals are.

The writer has discovered thru experience that it is futile to cry "fake" or to openly challenge a claimant of the type referred to absolutely useless, for they will not respond. The Los Angeles Athletic Club holds open reception at all times for any so-called "Strongest Man in the World"—its athletes are always there, interested, ready, willing and able to appreciate, applaud and recognize the performance of any meritorious feat of strength, but they have never yet been able to get any of these newspaper artists up near the neighborhood of the weightroom for a demonstration!

Experts in physical training methods thruout the world agree that the true tests of strength lies in the given performance, not of any one or two particular feats, but in a series of different lifts designed so as to affect the various muscular groups of the body, and it is conceded among them that the highest type of athlete is the man who combines strength with agility.

### Three Important Considerations

After all, the outlet of strength is the dispensation of muscular and nervous energy, and the disposition of such energy is measured by units, is governed by three elements insofar as weightlifting is concerned.

- 1.—Time.
  - 2.—Amount of weight displaced, and.
  - 3.—Actual distance the weight is raised.
- Thus, it may be stated that the "stimulating effect of any weightlifting exercise, or feat of strength, upon the system as a whole depends almost entirely upon the amount of energy expended in the raising of a given weight a certain distance and within a definitely determined space of time.

### What Mechanics Prove

The statistics of engineering mechanics show that:—

- 1: One horse-power equals 33,000 foot-pound minute units (for the energy required to raise 33,000 pounds 1 foot within one minute.) (If the same weight is raised in one second, the total result will be 60 horse-power!)

2: One foot-pound minute unit equals the power necessary to lift 1 pound to the height of 1 foot within one minute. (If the same weight is raised in one second, the total result will be 60 foot-pound minute units.)

3. One foot-pound second unit equals the power required to raise 1 pound a distance of 1 foot within one second. (This is the smallest unit of energy.)

Here, then, is a fairly comprehensive table for calculating the amount of energy expended by athletes.

Now, in view of the physical qualifications of weightlifting athletes, it must be borne in mind at the same time that insofar as gross weight or poundage is concerned, the amount that can be lifted depends not so much upon sheer muscular strength alone as it does upon the position assumed (or leverage) by the athlete in performing his lift.

### Respective Performers of Deadweight, Harness and Barbell Athlete

In view of the foregoing, also, compare the respective performances of a deadweight or harness lifter with a barbell athlete, both of whom, it may be assumed, are equally in fine physical condition.

The backlifter will get into his position under the platform supported on trestles or "horses" and, resting his hands on a box or chair will "lift" with his back and legs, aided somewhat by his arms, for as say 3,000 lbs. in one second of time. His however, this tremendous weight is usually moved up but the fraction of an inch and that is exact (the leverage discounts the weight); but conceding that it is lifted as much as one-quarter of an inch clear of the standards, even then the total in foot-pound second units of work would be (one-quarter of an inch equals one-fourty-eighth of 3,000 lbs.)—64 units.

If the weight was raised 1 foot, the energy expended would necessarily equal 3,000 foot-pound second units—provided that it was raised in one second of time, and if it was raised in less time than one second, the final result would be accordingly greater. The average time, however, for actually doing a backlift would approximate one second.

The barbell athlete, using say, only 175 lbs. in a two-arm snatch, will raise this weight from the floor to arm length above his head (a distance of approximately seven feet) in one second of time, for the actual performance thus expending (7 times 175 lbs.) 1225 foot-pound second units, as against the backlifter's 64 units, thereby using one-tenth as much energy as the backlifter with his 3,000 lb. lift! (Only the 3,000 lift is more spectacular!)

(The demonstration of the expenditure of a single horse-power—or the energy required to raise 33,000 pounds one foot in one second—may be aptly illustrated by its reduction in tossing aloft a barbell weighing 55 lbs. a distance of 10 feet from the ground within one second.)

It can, accordingly, be seen that the more energy that is expended with a given amount of time, the greater and more lasting results will naturally be evidenced upon the entire system, and the more dynamic will be the cultivation of the muscular and nervous organism by reason thereof.

### Weight, Distance and Time Must Be Considered.

But, it is not a question either of how much is lifted or moved at any one period of time that can correctly determine who is the strongest man; the only true elements to be considered in conjunction with the foregoing statistics and the law of mechanics are the combination of weight, distance and time combine, because that all operate together to indicate at the very outset the amount of muscular and nervous energy is expended as a whole under the foregoing analysis.

In the case of the backlifter, even after he has finished displacing the 3,000 lbs. he will step away from the platform breathing no harder than before, and with a minimum effort; however, it is different—his work is done and the result of this increased expenditure of energy will be particularly noticeable, for after completing his lift with but 175 lbs. it will be seen that his breathing and heart action are accelerated for some time afterwards—proof that the latter's expenditure of energy has been far greater in every respect.

If a weight is very light, the result can be compensated or equalized by intensive effort, and a greater distance upwards, or (b) the same distance during a shorter period of time, or (c) by both increasing the distance and shortening the lifting time. Where the poundage is very great, the ultimate effect is materially discounted by the limited distance and comparatively long space of time, actually engaged in moving it upwards—even though it may be positively moved or lifted as actual distance is not summated, as many so-called "lifts" are.

Thus, each lift, or feat, or performance, or which can, however, be readily determined, is solved by using the figures suggested above.

### The Dynamic Strength of a Weightlifter

Intensive exercise, such as the lifting and systems of training, has involved under intelligent training methods, has shown the effect upon the human system by the manner he performs. The athlete who has trained properly along this line shows that he is strong not only in his back and legs, but all over. Furthermore, the quality which a weightlifting athlete is dynamically—tremendous surge of latent energy, which permeates the entire muscular and nervous system, and the possessor of the best of all and a proper criterion for the best athletes to follow; an energy which makes the difference between ordinary lifting and losing.

Poundage or deadweight lifting, however, as a rule, present no such standard for exciting endeavor unless, they too, have worked with vision in order to attain their "sacred perfection." For the specialist in deadweight or slow in his movements, and many of them are the quick, simple movements duplicate even novices in standard lifting. Such a man would be "good" only in a boxing ring, a rough and tumble fight, or any athletic catch, a rough requires dynamic cultivation of athletic ability and intelligent attention to strength, quickness and endurance, for the "best" has made a specialty of such other line of sport. His muscular contractions have been most rigidly system which does not permit of the fullest muscular contraction during their performance.

It is a well-known fact among physical instructors that the "best" exercises are those the moments of which do not restrict a full contraction of the muscles involved. The writer uses the word "best" advisedly, for all exercises are equal in good, provided that full muscular contraction is accomplished during their performance.

It might, perhaps, be easier to state that the best results obtainable from any exercise whatsoever are those issuing when full muscular contraction is insisted upon during their accomplishment, but the writer does not permit of this, then it should be discarded for one that does.

In the exercise of every portion of the muscular tissue, the fasciae (which is the fibrous tissue) must be relaxed down and separates the muscles into groups, and the ligaments and even the skin, receives the proper tension and accordingly increases in toughness, and strength. It is a well-known fact that any system of strength building thru the use of moderate heavy dumbbells and barbells will not be as effective as a system which provided that due attention is given to exercises requiring all-round development and that full contraction of the muscles involved is insisted upon.

### The Standard Lifts Give Inexhaustible Nervous Energy

The athlete who performs with standard lifts and who exercises intelligently with dumbbells and barbells soon acquires, together with a phenomenal development and an almost inexhaustible reservoir of nervous energy, a skill which may rightfully be called the ability to co-ordinate—that well befits him for endurance in addition to his speciality, almost any other line of sport. Such a man can combine boxing with weightlifting and should also be able to more than hold his own along other lines with but little preparation therefor.

Other things being equal, the man who trains intelligently is the one who is bound to win out in the long run; in fact, it is the writer's belief that the man who is in a "mild" condition (which we hear so much about when strong men are mentioned) is whole due to the fact that the nondescript (so-called "champions" of harness and backlifter) have usually neglect the most vital portions of their systems thru the lack of systematic training with barbells, but by continuing lifting, or rather raising, of enormous weights in nondescript lifts, without the exercise or direction of intelligent thought, and in a most needless permitting only a small muscular contraction, they naturally become very slow and clumsy in their movements, and the nondescript, however, may correct a deficient weakness for mental attitude by adopting a standardized course of weightlifting, and by continuing lifting with dumbbells under the tutelage of a competent instructor and combining the foregoing by a course of study.

The writer acknowledges his indebtedness to Mr. "Al" Treloar, Physical Instructor of the Los Angeles Athletic Club, for the compilation of a volume of the "Lifting" by the same author. Mr. Treloar, who was a headliner for many years in vaudeville and who travelled thruout the world, is the author of the book, or described one of his former lifts of lifting a



horse and rider with the hip lift and one hand—a distance of approximately 6 inches in one second. The actual weight was close to 1,400 pounds, and yet the total energy expended in foot-pound second units for this remarkable spectacular feat was only 700—showing that the barbell performer disposes of a great deal more actual muscular strength and nervous energy than any other type of lifter.

Consider This In Determining "The World's Strongest Man."

It can be seen from the foregoing, that the mechanical power of an athlete's muscles varies greatly according to the manner in which it is applied, and it is, therefore, not always the greatest amount of weight actually raised which would alone, serve as an authoritative criterion for determining and awarding the title of "The World's Strongest Man." Distance and time, as well as the weight itself, are elemental factors and all must be considered together in order to arrive at a fair comparison.

It is well-known that the deadweight and harness lifters, as well as the exponents of nail pulling, iron bending, card tearing, etc., are "pet" lifters; that is to say, they generally have a number of their own poundage lifts which they have practiced to perfection, or use spectacular supporting feats—misleading them "lifts"—and as a rule are peculiar, even to themselves, in fomenting their craving to be known as "The Strongest Man in the World."

It is the writer's humble opinion that those who bring these self-styled "strongest men" deserve credit for it is the impression which they create in the minds of an unthinking public which is the interesting, though a tedious, reading which they supply thru the newspaper columns: In other words, they are an evanescent impression of great strength, more along the line of histrionism, however, than materialism. Perhaps that is the very reason why certain lifts with barbells and dumbbells have always been designated by the weightlifting associations of the world, and why also certain lifts are standardized by their proposed use in the Olympic Games to be held at Paris, in July—as the sole measure for rendering a just and equitable award.

The use of standard lifts as a means for determining the strength of respective competitors obviates the objectionable features that have proven to be so detrimental to a genuine sport, and it is to be hoped that lifting may become further standardized for the benefit of that genuine strong man, that versatile athlete—the man who is strong, all over.

illustrations of those exercises, and also giving a detailed account of the reasons why the exercises are of benefit. For that reason, not only the average person, but also the student of physical education ought to possess a copy of Dr. Crampton's work.

Dr. Crampton points out especially the importance of the body muscles and several of his exercises are devoted to these, and are taken and adapted from ancient religious ceremonial exercises.

One in particular is most interesting and valuable. Dr. Crampton calls it "churning." While in a kneeling position, as if in devotion, the middle of the trunk is rotated, that is, is made to describe circles. This gives massage to the vital organs, and even alone will tend to correct constipation and kindred disorders.

Of especial value in "Physical Exercise for Daily Use" is the method given for testing one's own fitness. To test yourself, do stationary running for thirty seconds, at the rate of one hundred and eighty steps per minute. The pulse rate should come back to normal after one minute. A hard test is to do stationary running for one minute, and the pulse rate should be normal again thirty seconds after stopping the exercise if you are absolutely fit. To test the general condition of the body and vitality the blood pressure should be taken while lying down, and then while standing, and also the heart beat. The blood pressure should be from eight to ten points higher while standing than it is while lying down, and the heart beat should not increase more than four beats to the minute on standing. That's a test well worth while trying out occasionally.

Other tests of this nature, the soundness of the exercises, the generosity of the doctor's views, and his sympathy with his subject make "Physical Exercise for Daily Use" most interesting to read, most valuable to possess, and a most reliable guide for practical use.

## A Physical Exercise Expert in Spite of Medical Training

"Physical Exercise for Daily Use." Illustrated. By C. Ward Crampton, M. D. 303 pp. Demy 8vo. Cloth. Price \$3.50. G. P. Putnam's Sons, New York.

It is rarely that one finds a medical man with a common sense and understanding of Physical Exercise. Look at the pot bellies and unexercised bodies of the majority of medical doctors, and you will see how unqualified they are to speak with any authority on physical education; and this in spite of the fact that most of the official physicians' education bodies are subject to the direction of medical officers.

Dr. C. Ward Crampton is an enthusiast of physical exercise. He has studied physical exercise thoroughly; he practices it himself, and he therefore knows what it does to the body case. But he has also directed exercises, and has been able to compile a most valuable book in his "Physical Exercise for Daily Use."

The doctor is wrong when he says that muscles are out of fashion, but he undoubtedly says this because he wants his readers to realize that exercise is essential to health primarily. The exercises he gives are exceptionally valuable to the business man, and to the average person who desires to keep in good condition, and avoid ill health. He maps the exercises out into classes, giving very distinct and clear instructions, and

## Health and Life Fellowship Notes

By the Secretary

Dear Friends:

This is our third birthday, and we ought to celebrate. Our method of celebration is one rather different from that of ordinary persons. At least, let us make it so. Instead of feasting ourselves on all sorts of trash, and washing it down with spirituous liquors, we feast ourselves on the fresh air, some food, sparkling water, good, wholesome food, exercise, clean conditions, and above all, a clean and happy mind. By this celebration we inspire those about us to take up our cause, and gain for themselves what we have gained.

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The membership is going up steadily, but why not make an effort, a special birthday effort, to enroll more members for the Fellowship? I am trying to figure out a scheme to donate medals to those of you who are successful in obtaining other members for the Fellowship. Just now it is all somewhat vague in my mind, but before long I

hope to announce it to you. In the meantime, I would like to let you know what would be the idea. Suppose we offered a bronze medal to each member obtaining 10 other members, a silver medal to the member obtaining 15 other members, and a gold medal to the member obtaining twenty-five other members. That would constitute some incentive, and such medals would be well worth having.

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Now that the summer is coming, it behooves us all to get as much fresh air as we can. Remember that fresh air is life. It's a good practice to draw in some deep breaths, and exhale to the fullest extent several times a day while in the fresh air. The importance of fresh air cannot be over-emphasized, and besides, if you have a fine big chest, you immediately draw the attention, and perhaps the envy, of those looking on around you. Maybe, this would make a good introduction, and you would be able to tell them all about HEALTH and LIFE Fellowship.

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With each of us trying to do our best to spread our cause, and to work for more enlightenment, there must be improvement made. The recent report regarding the prevalence of the awful social diseases shows us that our efforts on behalf of clean living cannot be overrated. The reason why these diseases are so prevalent today is because of ignorance, because of the fact that men and women insist on stifling knowledge. They are under the impression that to be ignorant means to be innocent. You know very well how wrong that is. Most of the fellows you know who are down in the slough of despondency are there because "they were not told." I feel every month that I must repeat to you that earnest request that wherever you do know of the existence of ignorance, that you give a helping hand and point the way to light. The best way you can do this is to give away one of your old copies of HEALTH and LIFE. In some of the issues there have been splendid articles. The December 1923 issue of HEALTH and LIFE in particular had a splendid article by F. K. on "How I beat My Curse." Here was a young fellow who was down, and almost out. Thinking to degrade himself still further, he accidentally hit upon a Magazine that showed him how to develop his body. He set to with a will and became a World Champion Athlete. That is what can be done when a fellow is inspired to live a clean, healthy life. It is one of the most gratifying things of the physical culture movement that it so frequently takes a person almost right down and out, and lifts him up to the heights of cleanliness, health, and success.

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We now enter upon our third year. If we continue to make the progress we have in the past it will not be long before the Fellowship is a real powerful organization, powerful in a way that is not necessarily very public, but in the fact that it numbers thousands who are trying to develop in themselves the healthy, the strong, and the beautiful.

Very sincerely yours

SECRETARY.



## The Athlete Detective

(Continued from page 232)

### CHAPTER 5.

The apparent success of Fried Gilping and his confederates, in thinking they had killed and buried John Blount, was their own undoing; for it left Blount free to make all arrangements for the final coup. One of the first things Blount did was to call on Errol Fieldlow.

"Fieldlow," he said, "you are going to be kidnapped in two days' time. I want you to get everything ready. I know exactly where you are going to be taken, and I want you to go without resistance, but at the same time be very careful to pretend that you are grievously upset about the whole affair."

"I sure will be upset about it," said Fieldlow.

"No. No. Never mind," said Blount. They will not harm you. It is to their interest not to harm you, because they know that you alone can give them what they want, and what they think they are going to have. You need not be afraid to get right on with your work there. Any assistance that Gilping and his associates can give you should be taken by you, because you are going to benefit by it. I am going to have the whole gang in the penitentiary within a week, and I'm going to have all arrangements made for you to take over the laboratories and research equipment made from your plans. In the two intervening days I am gathering all the data to perfect the case, and all the evidence I'll ever need."

They were two busy days, both for Blount and for Fieldlow. All the plans had matured successfully, Blount going about incognito, using disguise. He had arranged for a whole squad of police to be at his service on the appointed day. Fieldlow had resigned himself to his fate, and had even forgotten the seriousness of the danger of being kidnapped by such a gang. He was just absorbed in the perfection of details he would require when taken to the laboratories to complete the manufacture of his anti-gravity substance.

On the appointed day Fieldlow was full of impatience. He got up early, and had everything ready, and was even pacing his room in eager anticipation of his kidnappers.

Finally he was requested by the maid to interview a man at the door, who was anxious about some insurance.

"Ah! This is he!" thought Fieldlow. "Send him right in," he said aloud, and began to gather up his papers.

When the man arrived, he did actually begin talking about insurance, telling Fieldlow that he could insure all his inventions and his ideas at an absurdly low fee. In fact, he was really too good at his job, and Fieldlow told him that he was not in the slightest interested in insurance.

Then the man suggested that Fieldlow should come along with him to the head office, and be introduced to the Manager, and have special arrangements made for a very cheap insurance on all his possessions.

"No," said Fieldlow. "I don't want to come. I'm much too busy. Besides, I'm not the slightest bit interested in insurance. Please go away, and leave me

alone. I've got important business here today."

Fieldlow turned round, and began to get on with his work, when he was startled by having the nose of a revolver poked into his ribs.

"Ah!" he gasped, unable to restrain a sigh of relief.

"I don't care a cent about your insurance," said the man. "I've got orders to collect you, and you've got to come right away with me now. If you say a word, or make the slightest struggle, I will not hesitate to pull this little trigger."

"What do you want?" exclaimed Fieldlow. "I've got nothing to give you."

"What do I want? I want very little. I am doing you a good turn; I'm going to take you to where you can get going on your anti-gravity idea. You will have the assistance of some of the best chemists and mechanics in the world."

"You mean to tell me that all you want is for me to work on my anti-gravity formula? Well, why didn't you say so? Come on."

Fieldlow gathered up his papers and accompanied the man to his waiting automobile, in which he was hurried away to the Bodega Retreat.

Two days later, two police wagons drew up near to the Bodega Pass. Fifty policemen each had orders to take up various positions around the country. Then Blount, the Athlete Detective, in company with Captain of Police Jessup, made his way through the tunnel leading from the Bodega Falls.

When they arrived at the laboratories, and what ought to be called the Aerodrome, they stood back agasp, as they saw rising perpendicular a gigantic vehicle, suspended in the air. It was raised to a point of about a thousand feet, and then lowered again to its original position.

"Great guns! Even completed," exclaimed Blount. "That is the greatest success of all."

Together they walked to the main entrance of the out building. Captain Jessup remained outside for the moment while Blount, without hesitation, entered the door.

At a desk was seated Fried Gilping. When he looked up and saw Blount he rubbed his eyes. At the same moment the body guard who had shot and buried Blount came in at the door. On seeing Blount, he stopped dead, turned deathly white, and rushed out again.

Blount took out a pair of handcuffs. "I'll be obliged to you, Mr. Gilping, if you will wear these. I have a warrant for your arrest."

"I'll do nothing of the sort," said Gilping, as he went to snatch at his revolver.

But before he could get to it Captain Jessup had his hand, and himself took the revolver.

"Well, here's the warrant," said Blount. "So I guess you may as well get ready to wear these bracelets. But, before doing so, I want you to summon the whole of your staff here."

"I'll do nothing of the kind," shouted Gilping. "You've got a warrant for my arrest, but that's as much as you will ever have. The other fellows must take care of themselves, and you've got to get them yourselves."

"Look here," said Captain Jessup, pointing his revolver. "You can just order the whole of your staff in here.

We've got several warrants, and I've got orders to shoot you unless you obey instructions. If you do as you're told, you'll get a life term. If you don't do as you're told—"

Gilping sat down, and scribbled a note, as follows:

"Summon all members immediately, F. G."

He then picked up the telephone, but before he could do anything with it Blount snatched it from him. "It's alright, Mr. Gilping," said Blount. "I'll do your telephoning for you. This is Gilping," he said into the telephone. "Send a messenger immediately."

The messenger who was under the belief that he had helped to bury the dead John Blount, appeared at the door. Scared beyond measure, he stood rooted to the ground, and he shook at the knees.

"It's alright," said Blount. "I'm quite safe and sound. Accidents sometimes happen, you know, and next time you bury a man, make sure he's dead. Look here, you poor worm, you're a victim of all this. Obey Mr. Gilping's instructions in this note, and you'll get off, and then you can work for honest people. If you don't, you'll go with Mr. Gilping."

"Yes, sir, Alright, sir." And the messenger disappeared.

Then, one by one, entered the members of the gang, and oh! what a surprise for many of them. First came the little fellow who had seconded the Unknown at the wrestling match. Next came the Unknown himself. Then came Roy Jackson, Sports' Promoter of the International Auditorium. Then came the man who had discovered Blount, while the latter was disguised as an old man. Yes, there were arrest slips for all of them, and a pair of bracelets apiece. Other members also arrived, but were merely sent into the next room, after being told that they would no longer be engaged by Fried Gilping, but would work under the direction of Errol Fieldlow in the perfection of his anti-gravity air vehicle.

Captain Jessup went to the door, and blew his whistle, and enough police appeared to take away the arrested men.

Then, at the door, appeared Jessie Fenno. She was horror struck when she saw Blount.

"Oh! Mr. Blount," she began. "How noble and brave of you to come here. You have again saved my life."

"No, Miss Fenno. Only the members of this gang were sent for. Why did you come in as one of them?"

"I," she gasped.

"Yes. And I have a warrant for your arrest, too."

She rushed over to Fried Gilping, and put her arms around his neck.

"So that is it!" said Blount. "Very, very clever, Gilping."

Then he turned to Miss Fenno. "My dear young lady," he went on. "You have been duped. Why did you do this thing?"

"Because I love him."

"What? Has he introduced you to Mrs. Gilping?"

Gilping turned white with rage, and was about to rise and say something when Blount motioned him to sit down and keep quiet.

"Yes, of course, there's a Mrs. Gilping. And you, why, you are just one more of his instruments. He used you to get in on this great scheme of his. But he has failed."

(Continued on page 246)



# A Slap in the Face With a Cream Puff

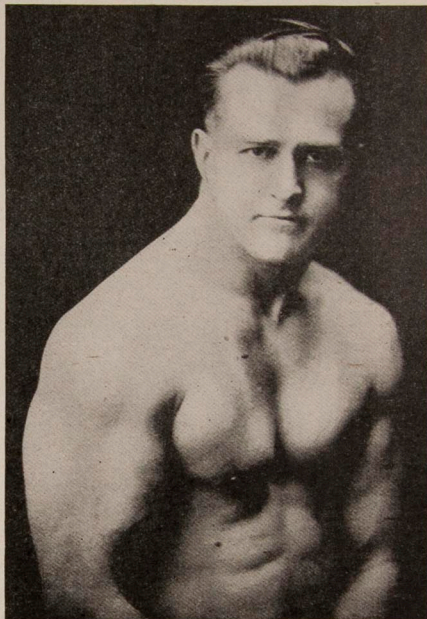
is not a man's way of fighting. Neither can you do a man's job with balls of mush on your arms, where muscle ought to be. How long are you going to drag along this way? Don't try to kid yourself by saying: "Oh, I'll start regular exercise next week." I know a lot of fellows who kept doing that until -Zowie—it was too late. They couldn't make a come-back no matter how they tried.

## This Is A Big Day for You

Don't put this off another second. If you want to make the best of your life, you'll have to start right now. Come on, let's go—you and I—and you're going to bless the day you read this message. I'm going to make you work—you can bet your old shirt on that. But you'll thank me for it, 'cause—oh boy—what a different looking chap you're going to be. Just for a strarter I'm going to put one full inch on those arms of yours in exactly 30 days—and two inches on your chest in the same length of time. But that's nothing. Then come—the real works. I'm going to build out that neck of yours and put a pair of shoulders on you that will bulge right out of your old coat sleeves. I'm going to fill out your chest with a perfect pair of lungs that will pump real oxygen into your blood, shooting a thrill over your entire body and sending a quiver up your old spinal column. I'm going to put a ripple of muscle up and down your stomach instead of that roll of fat that is now hanging over your belt line. And while I'm doing this, I am also going to build muscle in and around every vital organ. You will have a spring to your step and a flash to your eye. In fact, you will say to yourself: "What a terrible oil-can I was turning out to be; why didn't I start this long ago?"

## Let's Go

Why waste time over these things. You want muscle. You want strength. You want life. What you want, I can give you—it's yours for the asking. I don't try to kid you on with a lot of idle promises. I guarantee these things. You don't take any chance with me. Come on now and get on the job. Be the man you have always wanted to be.



EARLE E. LIEDERMAN

America's Leading Authority on Physical Education

SEND FOR MY NEW 64-PAGE BOOK

## "MUSCULAR DEVELOPMENT"

IT IS FREE

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

# Earle E. Liederman

Dept. 906, 305 Broadway - NEW YORK CITY.

EARLE E. LIEDERMAN,  
Dept. 906, 305 Broadway, New York City.

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

Name \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

(Please write or print plainly)



## Advice Department

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

D. S., LOS ANGELES—Don't worry about losing a little weight. The diet is bound to take off all superfluous fat, and it is fat that hinders the efficient functioning of the body. However, if you make sure that you include plenty of soups and steews, eggs, milk, and, if you care for it, meat occasionally, you ought to hold your weight pretty well. You must remember that there are types of physique, and yours is what I have often called the "greyhound" type. It is an exceedingly virile and healthy type, so if I were you I should not worry. You could certainly increase all your measurements if you cared to take the course of "Vitolaxing."

I. E. G., SOUTH BEND—Your entry for the HEALTH and LIFE Fellowship has been received, and your diploma will be sent to you. You really must be careful how to eat. Learn the scientific methods of eating, outlined in "Correct and Corrective Eating," which will pay you to do so, because the food you eat goes to make up the muscular tissue, and if it is in bad combination, naturally you cannot possibly build up good healthy tissue. You ought to have more exercise than you are now taking. A good all-round system involving the use of the body muscles would suit you best. As you work hard while on duty, "Vitolaxing" will be an exceedingly good thing for you, and would help you to increase your measurements and give you a real muscular physique. You want an inch on your arms, and another three inches on your chest. "Vitolaxing" would give you this easily.

P. T., WATERTOWN—There is no doubt at all but that you can overcome the weakness of which you complain. I notice that you have already stopped the bad habits which are responsible. That is great. Now you must concentrate upon the improvement you desire. Keep right on with your exercises, still getting as much fresh air as you can. Do plenty of deep breathing exercises while out of doors. "Vitolaxing" will help you more than anything I know of to improve your condition. Practice it faithfully, according to the instructions, and I know that you will get the results you so desire. The matter of diet is of the greatest importance to you. You do not say how you have been eating, but I strongly advise you to get a copy of my book, "Eating to Correct Ill Health," and follow the very careful instructions there given for the course of elimination you ought to take. With regard to your second question, this need cause you no worry at all. You are quite normal in this respect, and need think no more about it. You should read some of our good sex literature, so as to get to understand your own body, and then worry no more about this. There is no doubt that if you follow these suggestions conscientiously that you will be in splendid form for your marriage in a year's time.

(MISS) S. S., NORTHAMPTON—There is not the slightest cause for you to worry about your fiance having had the operation for mastoiditis. This will not interfere with his normal functioning in other respects, and if he is, as you say, strong and virile, there is no reason why you should not have the children you desire. Thanking you exceedingly for your very kind remarks you make regarding my work.

H. F., CAIRO—You are going to cure yourself of that trouble that is bothering you, for I see that you are prepared to follow the advice I shall give you. The way you are eating is entirely the cause of your condition, together with the fact that you do no scientific exercise. You absolutely must reform your diet. You are taking far too much starchy food, and moreover, you are mixing it with your proteins at the same meals. Also, you are not getting enough fresh fruit and fresh vegetables. For a time, you should undertake a good course of elimination, and this you can very well do if you get a copy of "Eating to Correct Ill Health," price \$1.75, from this office, and follow carefully the exact details given there under the chapter devoted to your trouble. You will not find this difficult as it is so clearly explained. Then, when you return to normal diet once more, you must eat according to the directions given in "Correct and Corrective Eating." These two volumes will form a complete guide to your diet, so that you may avoid any

return of your condition. Then, of course, you must exercise. Get a copy of "Health and Fit-ness," and do the exercises therein regularly and conscientiously night and morning. Get out into the fresh air as much as you possibly can, and do there plenty of deep breathing exercises. I shall be glad to hear of your progress, when you have had a chance to try out the principles of "Eating to Correct Ill Health."

H. B., CLEVELAND—The weight lifting will help you considerably to take care with weight, but you should also take care with regard to your eating. Include plenty of body builders in your diet: eggs, milk, fish, mutton, and other proteins. Eat a good wholemeal bread, and see that you are eating your foods in the right combination, as advised in "Correct and Corrective Eating." This works a lot of difference, how you combine your foods. Take plenty of vegetable steews, and fruits. Then the heavy weight-lifting will put on strength and muscle. Vitolaxing, in combination with the weight-lifting, will also help you considerably. You will put on quite a lot of weight yet.

H. M., REGINA—Very many thanks for the kind remarks you make with regard to my work.

It is undoubtedly a question of diet, which at the moment is calculated to your case to encourage books. Take radical course of elimination, as explained in detail in "Eating To Correct Ill Health."

M. H., NEWARK—There is no reason why you should not exercise five or six times a week with a barbell, provided you do not strain too much. Fifteen minutes barbell work ought to do you good. However, your trouble may put with regard to your diet. The average person eats food in such combination as to prevent its nourishing him. This may be the cause of your trouble.

A. A. Q.—I am glad that you liked "Auto-Suggestion." Weight-lifting does not necessarily cause lack of vigor. It depends upon how it is practiced. You ought not to have frequent missions, or weakness of any kind. It shows that something is still wrong. You would benefit exceedingly by a course of Vitolaxing. If, however, you wish to get better by means of controlling them by the will; very simple and effective, but conserving all the energy in the muscles with the maximum of result.

I am not at all surprised that you find the mental power so successful; it has been the object of Vitolaxing to combine the mental with the physical, rather than the object of the physical by the mental. "Sex Development" will help you, but it is purely an educational work. However, you will enjoy it. Yes, you can still buy it, also other books we publish on this subject can be purchased, and would help you more.

N. A., N. Y.—A good plan would be to refrain. Not more often than once in three weeks. Remain with her even after. This is sometimes very necessary, in order to avoid an irritated night on her part. Both of you require toning up physically. Do you follow any course of physical exercises? If not, you ought to do so.

M. M.—You have before you the fight of your life, but there is no doubt that you will win if you really make up your mind to conquer. Become a real HEALTH and LIFE enthusiast, take as your hobby the care and development of your body, and you will find the hobby the strongest and the best of you. Once you have overcome the habit, there is no need to fear that the accompanying conditions will stay with you, and as you get more and entirely rid of them, and as you get more and more interested in the development of your body you will find that enjoyment of life which you so desire returning to you. Wrong thoughts coming to you, go out into the fresh air and walk, do deep breathing exercises, talk to someone, sing a song, anything rather than give way to the habit. Each time you win, the struggle will become easier. Do some regular scientific exercise, such as the course given in "Health and Fitness." A course of Vitolaxing would be a splendid help to you. Then, too, see that your diet is satisfactory. More depends on this than you perhaps realize. "Correct and Corrective Eating" would help you considerably here. Keep on with the fight, and you will win through.

E. D., VIRGINIA—Make the most of the month of rest you still have left and undergo a radical course of elimination, such as you are now doing. You are doing very well. If badly, though you are eating good diet meals a day are sufficient for the normal give you exact and careful details as to the course you should pursue to get this elimina-

tion. This is absolutely necessary before you can hope to get rid of the constipation. You will also find a chapter in the book giving you the best diet for your other trouble, frequent urination. Go on the following diet: Breakfast: Tumbler of orange juice and water. Not sweetened. Mid-day meal: Pure vegetable soup, eating the liquid in which vegetables such as fresh garden cabbage, spinach, onions, raw carrots, and radishes stewed (of course, no potatoes). Evening meal: As for mid-day meal. Be sure that the bowels act freely. You should have at least 2 U.S. or 3 tea spoons per day. If you have any difficulty take enemata, so as to insure this action. Hot baths at night will help you also. You should be considerably, but should add to the exercises you are in the habit of doing those in "Health and Fitness."

IKE—To develop calves do raising on toes; walk about on the toes; also "Viola" the calves. Official C. W. L. A. definition of the "rectangular fix" is:—"The barbell grasped with both hands (knuckles to the front) shall hang at arms length across the lifter's front, from which position it shall be raised forward steadily until the forearms are at right angles to the upper arms. Throughout the lift the trunk must not be inclined backwards, forwards, or sideways, the shoulders must be kept quite level, the legs of the body up to the arms remain stationary, and the heels together. The slight deviation from this position shall be counted against the lifter. You cannot do better than "Vitolax" for the enlargement of the chest.

H. L., CHICAGO—There is no time limit. Where both spiritual and physical satisfaction have been achieved, 2 U.S. or 3. Yes, get your fresh fruit and fresh vegetables into your diet, and limit your proteins and starches, the proteins especially. Get "A Course in Martial Conduct." That is the best. An endeavor for physical satisfaction often defeats spiritual satisfaction. You should get both.

X. Y. Z.—Get your mind away from those subjects which lead you to practice the habit. Keep your mind clean by making the development of your body your hobby. Get into the fresh air as much as you can, and do these plenty of deep breathing exercises especially. Have plenty of fresh fruit and fresh vegetables in your diet, and not too much protein or starchy food. Go in for a good course of physical culture. Take up "Vitolaxing" and watch your muscles grow. Read "Sex Development." That will help you more than anything, because it will give you the knowledge you ought to have.

M. R., ST. LOUIS—Prostatitis is inflammation of the prostate gland. The symptoms are the secretion of a colorless fluid when the gland is irritated in the slightest degree, maybe by the clothing. This condition may also occur without this irritation in a more advanced stage of prostatic hypertrophy, which is the involuntary emission of the spermatic fluid, sometimes referred to as nocturnal emissions. Both these conditions will be cured by the use of "A Course in Martial Conduct." I think this book would help you too in the understanding and overcoming of these complaints. Especially helpful, too, would be the "Low Communion therein explained. Avoid exciting dishes, keep parts scrupulously clean, so as to avoid all irritation, avoid all tightness of clothing in the region of the apparatus, and keep the body in good general condition.

How to Keep  
100% Fit  
READ

Dr. C. Ward Compton's  
Physical Exercise For Daily Use

A prominent physician describes a new, common sense system of exercise that takes but a few minutes a day and will keep your veins, nerves, and organs in youthful condition.

Witty style and whimsical illustrations make an entertaining and readable book.

At all bookstores, \$3.50

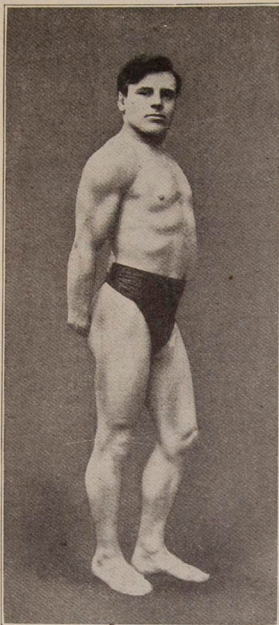
G. P. PUTNAM'S SONS  
2 West 45th Street New York







# VITOLAXING---Here Is Proof



BERNARD BERNARD

Showing ultimate type of robust health and development given by VITOLAXING

A critic some time ago referring to the advertisement opposite, ("Muscles Like This in a Month") said it could not be done. It can be done, and we would like to prove it on you, as we have proved it on others.

We are giving positive proof on this page. Behold George T. Arsenault, of Flint, Michigan, after one month's VITOLAXING. Read what he says himself:

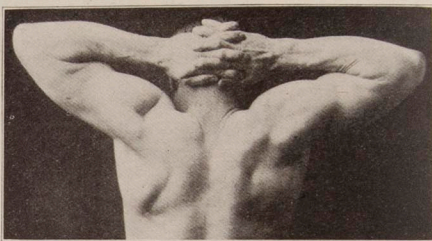
VITOLAXING  
508 South Dearborn Street  
Chicago, Ill. 20 April, 1924.

Gentlemen:—

Am enclosing two poses, so that you will get an idea of my muscles. I received the course on 21st March, and started it that same night. Several days after

I noticed a pull, like a check rein on my neck. I knew then that something was working, and noticed the developing of the Trapezius.

My brother-in-law, Charles Terry, came over one day, and I showed him my back muscles. He sent for the course the next day.



These muscles were gained by George F. Arsenault, of Flint, Mich., in exactly 30 days by VITOLAXING

The best development has come to the Trapezius, Deltoid, Biceps, Latissimus, and lower chest. The Pectorals are coming along fine and the boys compliment me on my fine chest.

I can do the deep knee bend with a hundred and eleven pounds barbell across my shoulders many times. I can also stoop right down keeping my knees straight with the same weight on my shoulders, a good number of times.

This is the first time I have got results from exercise.

Yours truly,

Geo. T. Arsenault,  
755 E. Dayton St., Flint, Mich.

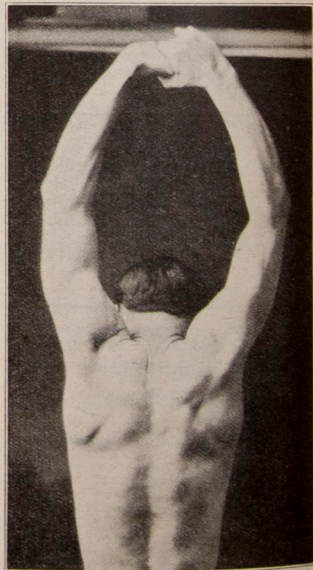
What VITOLAXING has done for George T. Arsenault it can do for you.

What is remarkable in his case is that he is thirty-five years of age, and this is the first time that he has obtained results from exercising. It proves that VITOLAXING is absolutely scientific, and that it gets its results because it conserves the energy in the system, preventing all waste and us-

ing every bit of energy to build up muscular development, and, what is more important still, robust health.

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

The price of the Course is absurdly low, and there is nothing, as far as that is concerned to stop you from enjoying the benefits of VITOLAXING. So just sign up the form opposite and get going.



GEORGE F. ARSENAULT  
VITOLAXING Silver Medalist. What VITOLAXING did for Mr. Arsenault it can do for you. Let us prove it.



# Muscles Like This In a Month

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

## VITOLAXING

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

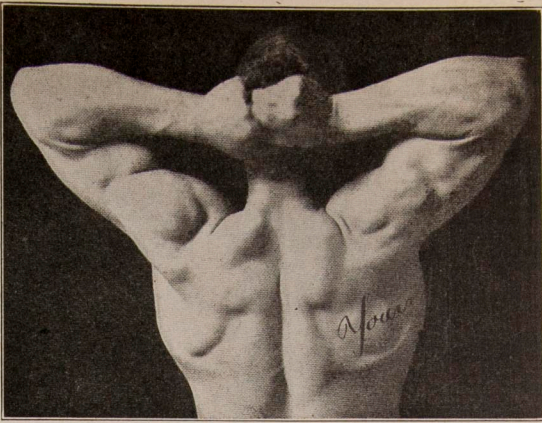
### A Wonderful Discovery

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

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

**RESULTS ARE GUARANTEED.**

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



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

# What Is Vitolaxing?

By BERNARD BERNARD

(Editor of "Health and Life")

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

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

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

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

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

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

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

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

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

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

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

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

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

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

## Start Right In NOW

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

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

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

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

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

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

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

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

NAME \_\_\_\_\_

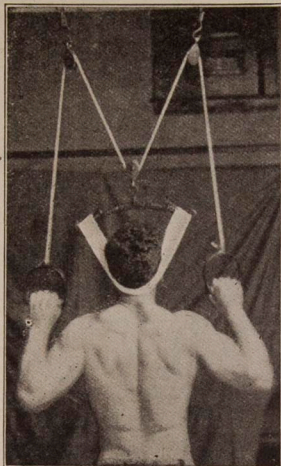
CITY \_\_\_\_\_

STATE \_\_\_\_\_

(Please Print Plainly)



# Keep Your Spine and Muscles Fit



J. Richmond using his SPINAL EXERCISER

It is used by champion athletes

in their training. Don't exercise aimlessly without any apparatus. You can get ten times the result by using the SPINAL EXERCISER than you can if you wave your arms or body about without any assistance. I owe my development, on which I have been complimented by the highest authorities, including the Editor of HEALTH AND LIFE, absolutely to the use of the SPINAL EXERCISER. You can have health, strength and development; you can feel the glow of health and fitness if you use the same apparatus as I do. The apparatus has been highly complimented by Charlie Cutler, late American Wrestling Champion, Johnny Meyers, Middleweight Wrestling Champion of the World, the Kimrock Athletic Club, and many Physicians of note.

The apparatus is very easily adjusted. All you have to do is to lock the special attachment to the ceiling, or to a beam, or even to the doorway, and all is fixed. Then simply slip the head rest over your head, and you can start your exercises. Do a few movements on it in the morning, and you will be fit for anything that comes along during the day. "The glory of a young man is his strength." There is no glory in mankind without health. You are assured of positive abounding health and strength if you use the SPINAL EXERCISER.

Send now, without delay, check, bills, or money order for \$4.50, and you will receive this wonderful apparatus and system of exercises by return mail.

**JOSEPH RICHMOND**

Care of

**Health and Life Publications**

508 South Dearborn Street

Chicago, Illinois

The Spinal EXERCISER will be sent C. O. D. if requested. Send no money, simply send your order on a postal card.

The SPINAL EXERCISER has proved itself the most remarkable apparatus in the physical culture world.

To keep your spine in condition is to keep fit. Every disease is associated with malformation of the spinal column. Your spinal column must keep in order if you use the

## Spinal Exerciser

Do yourself a good turn right now by presenting yourself with a SPINAL EXERCISER. The price of it is absurdly low. It is only \$4.50 and this includes a special chart of exercises.

It is used by doctors and physical training instructors.

## The Athlete Detective

(Continued from page 240)

Miss Fennol sank down, sobbing deeply. Blount went over to her, and took her by the arm.

"Listen," he said. "I am tearing up your arrest slip. You will go back to your father tonight. And let this be a warning to you. I only trust that I am restoring you to him before anything serious has happened."

"Oh, Mr. Blount, Mr. Blount. How can I thank you? And yet how can you forgive me? I have been a fool."

"It is always possible to forgive, Miss Fennol, but not always possible to forget. We had some wonderful times together. You were beginning to mean something to me. And then to find that I was merely being tricked was more than I could bear. You very nearly defeated me, Miss Fennol. That is more than I have ever said to any man. Good bye."

(A most interesting short story will appear in next month's HEALTH AND LIFE. This will be followed by another thrilling serial story for a few issues, and then will appear a most fascinating serial again on the adventures of John Blount, the Athlete Detective.—Editor.)

## Why Scandinavia Does So Well At the Olympic Games

(Continued from page 219)

### Finland Becoming Athletic

Finland, though it is fast becoming the land of athletic heroes, has only a population of about 4 million inhabitants, most of whom, however, are dwellers of the forests and fields. Helsingfors, the capital, has a population of 14,000. Abo, the old capital has 14,000 and there are eight towns each with about 8,000. The people live much in the open air, and in winter, as soon as it is cold enough, out will come skates, snowshoes, and the skis. Men and women work from 8 to 5 in winter, but in summer they begin at 4 and work till 8, or later. Even with these long hours they find much time for outdoor games and sports, and the average American farmer would make but a poor showing, could he compete against these sturdy people of the soil.

As a rule, the Finn considers ordinary white bread insipid and tasteless and likes far better his healthy bread of rye which is baked, as a rule, twice a year. This bread, even when fresh, is hard to chew, and after some time only, a Finn can appreciate the exercise it gives in chewing and mastication.

### The Finns and Their Baths

Perhaps much of the fine health of the Finns can also be laid to their famous steam or sweat baths. Every one has a small chamber which is used as a steamroom, and by heating stones and then throwing water over them they produce a degree of heat that none but a Finn could enjoy. The bathers also beat themselves with bunches of small birch twigs to produce perspiration and encourage circulation. This is always



followed by a soaping and a massage. Then comes the plunge into a cool lake or a roll in the snow in winter. The bath-whisks are made of birch twigs which are gathered in summer when the leaves are soft, they are then steeped in hot water to make them pliable and fragrant, and their perfume is not one of the least of the delights of the Finnish bath. It has been said that even the beggar and the outcast find some way of having their weekly steaming and bathing, so, if this is true, the American professional tramp is warned to beware of visiting Finland. It is, perhaps, the combination of bathing, natural foods and outdoor exercise that gives to the Finnish people their wonderful vitality and strength. In distance speed skating, they swept the boards at the Olympic games and, as the ski is a Finnish invention, they easily won second in this sport.

Norway is much like Finland in that the people are great lovers of outdoor sports, and in skiing and in skating are giving them a hard battle for the first honors. The Norwegian people, as a rule, are not so much given to special training in other sports of the Olympic games, but in many outdoor games or contests can more than hold their own. They lack the wonderful bathing habits of the Finns, and also their great adaptability to make good in any sport, but in general sturdy health, they can well match any of the people of the Northern countries. Again, the results of proper and natural diet, outdoor play and exercise, show the good returns in stamina and strength.

**Denmark and Sweden Great on Physical Drill**

Denmark and Sweden have much in common in their liking for drills formal exercises, swimming and diving and general systematic physical training. Sweden is well known as the land of compulsory gymnastics which are prescribed throughout the country, but the people as a rule lack much in spontaneous games and sports of other nations.

(Continued on page 254)

**Does Modern Food Kill?**

(Continued from page 237)

breeding disease and perhaps death among her children."

But if we ate not of post-toasties, puffed-wheat, cream of rice, white flour and all its products, as crackers, macaroni, spaghetti, scores of other foodless food preparations, we would need fewer factories, fewer captains of industry, and millions of workers would have to seek other means of employment. Any program designed to alter this condition, would not only be viewed as the height of absurdity, but would be vehemently resisted by interested persons. So, in order not to disturb those whose craft would be endangered, humanity must submit to slow-poisoning by subsisting on an unbalanced dietary; and that in a nutshell is the reason why we suffer so many miseries, and even the most vigorous of the race are old at 30.

To Be Concluded Next Month



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## With the Men of Iron

(Continued from page 229)

claiming a record of 310 T. H. Cont. Jerk on Victoria Day, May 24, 1920, at South Mountain, Ontario; thus claiming a doublebody-weight record.

Now, Mr. Bernard, up to this date it is a pleasure, indeed, to recall the fact that you have published all challenges sent in to your magazine in a fine spirit of sportsmanship; and it is our honest and earnest hope that you will publish this one.

I have evidence in my possession that Mr. Jowett has never lifted double the body-weight. In fact he has never claimed but 286 at the time and place he mentioned last month. Also in an old issue of "Strength," when it was still a lifting magazine, (which issue I still have by the way) Jowett claims only 286 lbs. T. H. Cont. Jerk, Victoria Day, May 24, 1920, at South Mountain. In his article he never mentions a thing about doubling his body weight, claiming only 286 at 158 stripped.

The A. C. W. L. A. stands for honesty, so we have ben told repeatedly. This

being so, why, may I ask, should it expose all other exaggerators and carefully shelter this one?

Yours for the honesty of the iron game.  
JOE JOHNSON.

Charles Presler, who is touring around with the Morris and Castle Stricks, and astounding people with his tricks of enormous strength, has written to ask what is the World Record for tearing cards, and for pulling weights with the teeth. Will someone oblige? Presles has torn two and a half decks at once, and feels he can do three decks. Can anybody beat this?

## Information Concerning the A.C.W.L.A.

By Charles B. Swift, Ass'n Secretary,

Last month I wrote of the hardships of the organizers of the Ass'n, and of the attempts of a certain few to discourage this movement, which would hurt the publicity, given to a few STAR pupils, and numerous other incidents that were worthy of first mention.

Now my first call is for the honest weight-lifter, amateur or professional, in each state in the Union, to act as State Representatives. For further information on this subject, simply write the Office of the Secretary, Island Ave., at Bouquet St., McKees Rocks, Penn'a, and I will tell you of the duties required. On account of the lack of space allotted to me I cannot make the announcement public.

Reports from Britain announce that their lifters are putting forth valient efforts, in the preparation for the coming Olympiad, and to win these events convincingly is the goal of every British lifter; BUT what are we doing here in the United States to further OUR chances in competition with some of these sterling performers? The concrete answer is, nothing. Outside of the Los Angeles Athletic Club, which is the ONLY athletic club in 48 states that has the initiative to go ahead, nothing is apparently being done. In the East where there are Athletic Associations with untold thousands of dollars in their treasuries, the patriotic members(?) are content to do the strenuous exercise of, "Chasing a golf ball." They also pay professional golfers thousands of dollars annually to represent them and it is more for the publicity gained thereby, whereas if they would arouse the interest of their members to the value of weight-lifting as an exercise, for both internal and external results, the gain nationally would be tremendous. The monies spent on professional golfers would then be spent on some good amateurs, in their training, the purchase of proper weight-lifting paraphernalia, as in Great Britain.

I do not consider myself a Paul Revere by any means, but, some day in the near future these words will be recalled, after the necessary points are lost in the final average of the Olympic games. Then the Fathers (?) of American Amateur Sport will awaken, rub their eyes, and wonder just how it happened.

Conditions in and around Pittsburgh, at the present time are very slow in the weight game, the Apollo Lifting Club members do not fill all the different classes in the five classifications of body-weights, and are desirous of putting a show on in the near future; any lifters

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Let me know when you get out the other series."—A. A. Miller, Atlanta, Ga.  
What is most valuable in this book is that it is written clearly. There is no mysticism, and there are no meaningless phrases. Every word is pungent with rich thought, explanatory of some great law, which it is necessary to know in order to achieve success and mental perfection.

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Duration of Complaint \_\_\_\_\_  
What exercise do you do? \_\_\_\_\_  
What do you eat for Breakfast? \_\_\_\_\_  
Lunch? \_\_\_\_\_  
Dinner? \_\_\_\_\_

(Please print plainly.)

On another piece of paper state tersely, but in detail, the peculiarities of your case.

To the Editor

"HEALTH AND LIFE"  
508 S. Dearborn Street, Chicago



in this locality who are willing to compete in the Lightweight class, can get further particulars from one Frank Dennis of Birdsboro, Pa., will compete in the lightweight class. I will also make several attempts on different lifts.

It is with great pleasure that I announce the performances of that Sterling Lifter Joe Johnson, of Muskegon, Michigan, recently in front of the required witnesses, clerk of scales, referee, and others, he created the following classed records.

Classification	Poundage	Record
Two Hands Dead Lift	456	American
"Jerk" from behind neck	238 1/2	American
L. H. Swing	139	State, Mich.
Two Hands Snatch	167	State, Mich.

Joe Johnson is a heavyweight, and in the near future he is going to make an assault on several other records. The performances that he is doing in his training, bode ill for the existing records. He is under the personal tuition of that Master Trainer, George F. Jowett.

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President, The Editor of HEALTH AND LIFE.

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

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

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

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If you are "well on" and want to arrest decay and return to maturity get my questionnaire. Answer the questions faithfully. I will tell you frankly if you have the ability to learn the art of living the

### Indefinite Life

This is no child's play, but a serious undertaking. I want only sincere determined pupils who see some vision of the SUPERMAN. Years don't count. The instruction leads you to a point where you say I AM MASTER OF MY FATE.

Write for Questionnaire

## Charles Ferris

Box 326

Victoria, B. C., Canada



## Editorial

(Continued from page 235)

in the HEALTH and LIFE Congress several times, is not only hygienic but an absolute necessity to moral and intellectual development.

### SAVING UP A LAUGH FOR A THOUSAND YEARS

The building of a new hospital has just been started, and the medicine men have stowed away in the cornerstone some films of moving pictures showing the performance of modern operations, also some prepared specimens of the germs they think produce diseases, a collection of drugs which they use for "specifics" for certain diseases, and also a list of the diseases that they consider incurable. These medicine men and their followers are now wondering what human beings of a thousand years hence will think of them. There are sources from which they could learn now. Those things which they have placed in the cornerstone will be looked upon as of the same barbaric practices of medicine men of ancient days. In a thousand years' time human beings will hold up their hands in holy horror that there was so much ignorance, that human beings had to suffer such terrible diseases, and that there could be human beings who could perform such terrible operations. Especially will they laugh at those "specifics" for certain diseases, also at the list of diseases, because in those days it will be general knowledge, what we know today, that all disease is one, and all caused by non-adherence to Nature's laws, non-observance of internal bodily sanitation, in other words, body poisoning through wrong eating, and faulty elimination.

### THE WORLD OF HEALTH AND FITNESS THAT WILL BE

The doctors of a thousand years hence will suffer severe penalties if they allow sickness and disease to appear. They won't make this immunity to disease through their serums, but by building up the human body by exercise and right living, so that the natural forces of the body are at the highest point of efficiency and able to resist disease in whatever form. That's the sort of body the HEALTH and LIFE enthusiasts develop for themselves. Look at the pictures of them in this magazine every month, pictures of health and strength. That's the best type of body to develop. These people are nowadays exceptions. In fact, those who still wallow about in the superstitions of the medicine men often look upon these well developed men as abnormal. In a thousand years' time, when people are laughing at those things that they will take out of the cornerstone of the hospital now being built, a well developed man and woman will not be the exception but the rule.

### A WORLD OF GOOD

"I cannot say too much for your magazine and the book 'Correct and Corrective Eating.' They have done me a world of good, and I would recommend them any time."—Robert Summers, Kirksville, Mo.

## Marriages Wrecked by Youthful Indiscretions

(Continued from page 221)

must be avoided altogether, being sinful, or else that it exists for the giving of pleasure. The first view does much harm because men and women stifle quite natural and legitimate emotions and expressions. The second leads to the striving for a physical over-indulgence that results in a degrading weakness and finally impotence.

### Satisfaction of the Soul

It seems strange that you could almost divide human beings into those who hold either the one or the other view, and act upon it, whereas there is a properly balanced way which leads to happiness, efficiency, and physical and soul satisfaction. It is necessary for health, for efficiency, for real satisfaction with life, for married people to be able to come together and express themselves fully and beautifully. Whether they do this or not depends upon their own idealism to a very great degree, but this also depends upon the outlook they have been given by works on sex education or by an absence of any sex education.

There is not the slightest doubt that many marriages are wrecked because the desire to love and express that love is inhibited abnormally. On the other hand, a great many marriages are wrecked because there is a striving for over-indulgence that ends in an inability to function normally. There is a way of coming together so as to be able to express unrestrictedly the satisfaction of a loving soul, and that is easily attained where the indiscretions of youth have been mastered and their effects eradicated.

Marriage is the normal condition of every adult, but to marry because of adulthood is not satisfactory. The only reason for marriage is love, a love that binds two souls in one for ever and for ever. But that love can only last, and be the true thing it ought to be where its expression is free and unhampered, unhampered especially by the indiscretions of youth.

## Getting Married

(Continued from page 224)

22, married three months, was informed that her husband's half forgotten, poorly treated gonorrhea had infected her God-given functions of motherhood, and she was facing an operation for the removal of her Fallopian tubes and ovaries.

And so I plead with you who are contemplating matrimony, do not marry until you are sure your blood runs pure, that the man or woman who is to share your life will share some of its joys and not all of its sorrows so that your children will have no cause to regret their parentage.

## Controlling the Glands for a Long Youthful Life

(Continued from page 223)

or atrophy of this, the master gland of internal secretion. Such loss does not always cause death, although four out of five of the infants castrated in the vicious practice of producing harem guards for potentates throughout the world's history probably died in infancy. Also, women who have had the ovaries removed after maturity, while they seldom lose their lives, almost invariably lose their sparkle of vivacity and gain the sluggish obesity familiar to everyone who sees.

"Vintages have been written on the almost autocratic control of the gonads on all life processes, establishing beyond all question that normal, happy life is impossible without the proper functioning of this most important well-spring of physical energy, healthy living, sound thinking, and all the wholesome relationships of society. Without proper gonad activity only strange and unnatural life exists, the kind usually shunned by fellow men and commonly termed 'queer' or 'psychopathic.' The gonads dominate the other endocrines to such extent that the whole company makes for health and happiness, the joy of living and the contentment of the soul.

### The Paramount Importance of the Gonads or Sex Glands

"That the sex glands, through their internal secretion, are masters of the endocrines seems entirely logical, since the whole of biology, plant and animal, is the story of survival and reproduction.

"Hundreds of careful workers, through thousands of experiments, too intricate and varied to be even tabulated here, have finally brought within the sphere of human knowledge an understanding of probably the greatest of man's physiological discoveries, namely, that the great guiding force in our physical make-up is the sex gland, which controls in arbitrary fashion the entire endocrine system. For this reason scientists have concentrated unlimited effort here in the hope of finding some means of intelligent control.

"Dr. Janeway said many years ago, 'The genital gland must be regarded as a true internal secretory gland, secreting a hormone which exerts a marked influence upon the other internal secretory glands, upon metabolism, the general power of growth of the body.'

"Dr. Brinkley says, 'The gonads (sex glands) are not merely a link in the chain of the endocrines, but the dominating influence in the well-being of all the endocrines.' So that to make this point exactly clear, even defective thyroid glands can be most easily repaired by repair of the gonads. And so with all the glands of the chain."

"The position of the gonads in the chain of the endocrines is the master position. The well-being of all the endocrines is directly dependent upon the well-being of the gonads. Thus, a man is as old as his glands—and his glands are as old as his sex glands. And the same is true of a woman.

"The source of all human energy is sex energy. This is another way of saying that the glandular system of Man is

(Continued on page 254)



# Eating to Correct Ill-Health

By Bernard Bernard  
Phys. B., M. P. C. (London)  
(Containing 240 pages)

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

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

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

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

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



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

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

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- The Cause of All Disease.
- Eating to Eliminate.
- Eating to Combat Consumption.
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- Fatness and How to Reduce It
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- Diabetes.
- Anaemia.
- Acidity.
- Sex Weaknesses.
- Bad Breath.
- Headache.
- Kidney and Bladder Trouble.
- High Blood Pressure.

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

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