

LOVE'S RIGHTS AND PRIVILEGES

# Health and Life

20 Cents

JULY, 1924



Photograms

**ESTELLE TAYLOR, MOVIE STAR, NOW SWIMS**

Famous Duke of Hawaii taught the charming movie star to swim in two days while he was in Hollywood

**IDEAL PROPORTIONS OF MEN AND WOMEN**

Youth's Secret Conflict

Self Massage Exercises



# A Beautiful Art Album of PERFECT MEN and WOMEN for Lovers of the Body Beautiful

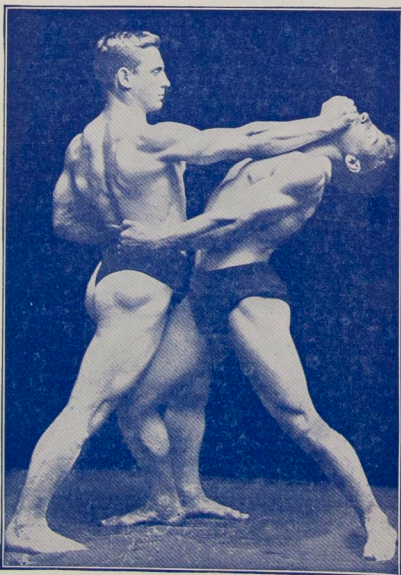
All lovers of the body beautiful will be delighted with this beautiful ART ALBUM, containing 120 glorious pictures of perfect men and women physical culturists. All the beauties of muscular development in men and all the glory and grace of the perfect contours of the best known women physical culturists are illustrated in this Album. It is indeed an art masterpiece, and no lover of the glories of the human body will want to be without it.

The greatest men and women athletes and physical culturists have been chosen as subjects for this Album, so not only does it constitute a beautiful work of art, but also a gallery of athletic physical culture heroes and heroines.

This beautiful ART ALBUM is one you will never tire of looking through again and again. Each picture is an inspiration and a joy to behold.

If you have been making a collection of athletes and physical culturists, you will have all the favored ones here, all ready for you. You will be able to show it to your friends, and they will envy you the possession of it. Only a few copies are in existence, and they will only last a short time, so if you wish to have a copy of this wonderful and beautiful Album for yourself, send in your remittance for only \$2.75.

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



## ATHLETIC CHAMPIONS

Ethelda Bleitrey (several poses).  
Charlotte Boyle.  
Ida Schnall (several poses).  
George F. Jowett.  
Bernard Bernard (several poses).  
Ray Johnson.  
Charlie Postl.  
Marie Curtis.  
Edward Aston.  
George Dinbinski.  
Laura Bennett.  
Mary Jane Lowe.  
Carrie Keeley.  
Marion Fletcher.  
Nursie King.  
John G. Paine.  
Charles Shaffer.  
Al. Treloar.  
Maurice Derias.  
Hilda Curtis.  
Strangler Lewis.  
David Willoughby.  
Al. Sevan.  
Sam Clapham.  
Maxiek.  
Walter Klez.  
Stanislaus Zhyzsko.  
Captain Johns (several poses).  
Otley R. Coulter.

Antone Matysek.  
Sybil Bauer.  
Joie Ray.  
George Calza (several poses).  
Arthur Saxon.  
S. V. Bacon.  
E. H. Bacon.  
Sergeant Swimmer.  
Joe Stecher.  
Jack Dempsey.  
Mark Jones.  
Arthur F. Gay.  
Marin Plestina.  
Dr. C. B. Severn.  
John M. Herrick.  
A. P. Hedlund.  
Mrs. Hedlund (several poses).  
Rose Kinder.  
Polly Walker.  
Doris Wilson.  
The Vanities.  
Ann. Hyatt.

## ARTISTIC

Strength and Beauty  
Les Syrenes.  
Salambo and Mattho.  
A Study of the Nude  
The Slaves.  
The Vine.  
The Sundial.  
Ecstasy.  
Consolation.  
Le Baiser.  
The Tempest.  
Rising Woman.  
Braccio Nuovo.  
L'Aurore et Cephalos.  
Apollo.  
Energy in Repose.  
Psyche Receives the First Kiss of Love.  
The March of Love.  
Beauty and Development  
Climbing up the Cliff.  
Hail to Life.  
Bacchante.  
Pygmalion and Galanthe.  
Devant La Mer.

## PHYSICAL CULTURISTS

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

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## Health & Life Publications

508 So. Dearborn St. Chicago, Ill.

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# Are You Strong In The Back?

And not only in the back, in the chest, arms, legs, all over your body? Are your functions efficient, and do your muscles respond, and give you that healthy, athletic, fit, and muscular appearance characteristic of a real man? Don't forget, however, that it is the vital muscles, those bands of muscle that guard and massage the internal vital organs, that keep the actual human engine going strong.

Or are you flabby, lacking in pep? Have you wasted energies, and become a mere imitation of a man?

If you are not too far gone, VITOLAXING can help you. If there is a vestige of a man left in you, VITOLAXING can transform it into the real man you wish to be.

## VITOLAXING

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

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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 using 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.

## What Is Vitolaxing?

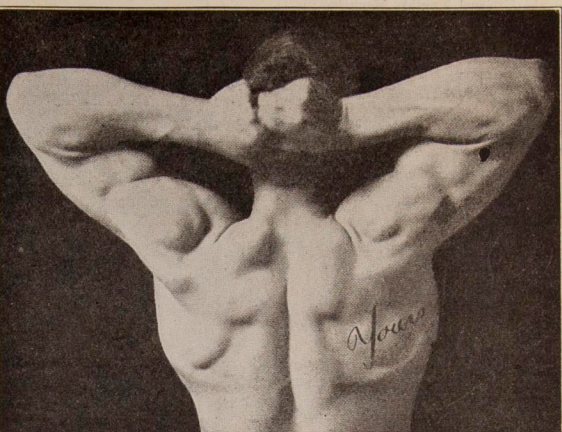
The old system of exercising is all right but it was Professor Tyndall who explained that in ordinary exercises there is a great deal of wasted energy. For instance, if you lift a weight your energy is wasted in the raising of that weight, to a very great degree. If you do arms bending and stretching,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

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



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.

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.

We would also like to mention that possibly the most beneficial thing regarding VITOLAXING is that, being as much mental as

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.

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.

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

Yours truly,

Geo. T. Arsenault.

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)



## Health and Life

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

JULY, 1924

Vol. III. Number 7

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### HEALTH AND LIFE MAGAZINE

508 S. Dearborn St., Chicago, Ill.  
20c a copy \$2.00 a year

In England 9d a copy, 7-6 a year

Entered as second class matter August 28, 1922, at the Post Office at Chicago, Illinois, under the Act of March 3, 1879.

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English Agent, A. Dunaway, 32 Norfolk Road, Brighton, Sussex.



# OPPORTUNITY and THEODORE ROOSEVELT

By Warrington Dawson



With Roosevelt in Africa

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

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

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

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

Grace King, the New Orleans historian, writes:—"Your book is of the kind that will always be needed when a just estimate of Roosevelt's life is written."

Colonel James Morris Morgan, of Washington, D. C., author of "The Recollections of a Rebel Reefer", writes:—"In my opinion that little book will live as long as the name of Roosevelt is remembered, and that will be for many months to come."

Get your copy of this great book now. It is plentifully illustrated, and well bound, with gold lettering on the cover. You will treasure it, and mark these words, you will undoubtedly read it through time and again, so much will you enjoy it.

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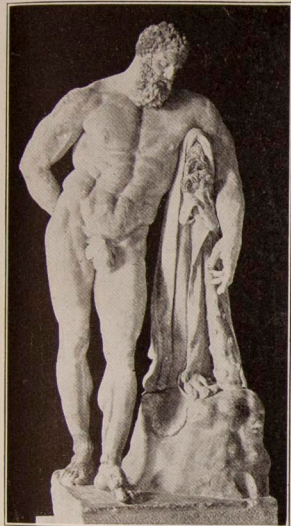
Enclosed you will find \$1.95 for which you are to send me post paid a copy of Warrington Dawson's OPPORTUNITY AND THEODORE ROOSEVELT.

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THE FARNESE HERCULES

This is the celebrated Farnese Hercules, which expresses the maximum of muscular power and strength. It is, of course, an over-emphasis of muscular strength, but what a mighty expression of artistic effort!

AMONG those who are artistically inclined, there is always a discussion as to whether the body of man or that of woman is the more beautiful and artistic. Summed up, however, the arguments could be settled by realizing that a well built woman is much more beautiful than an undeveloped man, whereas a well built man is far more beautiful than an undeveloped woman.

In this article I want to show you what are ideal proportions of male and female figures, as considered by painters and sculptors. I intend to give you some details upon which you can work, and it may pay you well to clip this article and keep it by you in order to have those facts available.

Of course, many of you do not aim to be great artists or sculptors, but most of you are interested in sculpture and the human figure as portrayed by artists. You will then be able to judge their work from a technical standpoint, comparing the modern artists with those of ancient days and of classic times. In addition, however, you might

## Ideal Proportions of Men and Women

AS DETERMINED BY ARTISTS AND STUDENTS

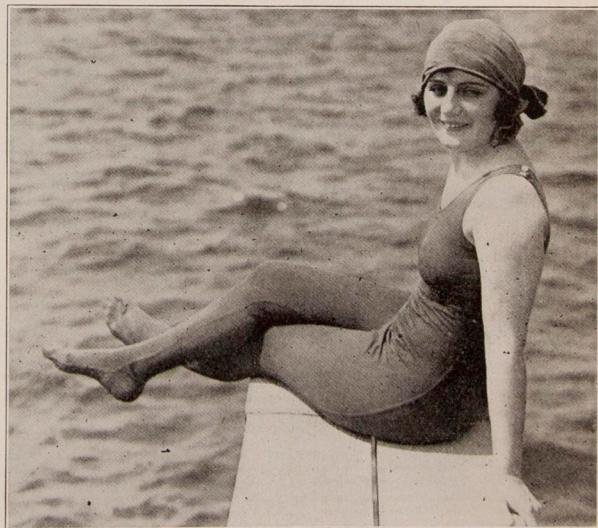
By the Editor

find it interesting to apply the proportions to the condition of your own body.

### The Venus de Milo Considered

Most of you have seen the famous classic, the Venus de Milo. Its great dignity and beauty has been of never failing interest to all lovers of the body beautiful, and an inspiration in painting and sculpture since ancient days. A brief study of the Venus de Milo will teach us a great deal with

regard to the human female body. We shall find, if we examine it, that the height is half a head more than that of an ordinary person, that is, taking the average; this is due to the fact that the measurement from the knee to the ground is impossibly long. It is this length of shin which chiefly gives the dignity. A short shin gives the effect of lack of dignity. Recognizing this, the French and Italian painters (Continued on Page 7)



THE MODERN ATHLETIC GIRL THE EQUAL OF ARTISTIC ANTIQUITY International

The modern athletic girl is miles superior to any type of woman since classical time. Athletics and physical training are bringing modern womanhood up to the high standards of physical beauty that must have formed the models for the great works of classic sculpture. The above is Miss Agnes Mack, a Charlestown girl, who is famous as a diving beauty. She is a good representative of modern, healthy womanhood. Note that splendid arm, her well developed chest, firm abdomen, smooth healthy skin, and withal her general charm.



# Is Old Age a Tragedy

Roy Trum Nathan

Standing on the rim of the sixtieth mile stone, and looking backwards at the all too swiftly receding years, I am uncertain whether I would really wish to turn back the leaves of time.

I marvel that the shadows of the past should leave so much of joy in their train—the mere physical joy of life. . . . Perhaps, if we could start again just where we finish, brimful and spilling over with experience . . . ah, that would be a vastly different story.

For, no school has ever been organized to halt the mad pulsing life of Youth . . . racing so swiftly on the crashing wings of time . . . to a better understanding—a wider knowledge, and more tolerant bearing towards age—and the real meaning of life.

No, the great lesson must be learned by experience; a school that issues no diploma . . . in our stupendous blindness, we always fall short of our ideals; in our smug egotism we never profit by the experience of others.

How superlatively self-satisfied is Youth. It stands abashed and amazed that the universe is not bruised by its achievements, and when it fails to fit itself into existing conditions, it does not realize in its mad haste, that moderation, toleration, and consideration are the only premiums issued on life's policies.

In our youth, we are temperamentally at variance with the role providence has seemingly placed at our disposal. Oft, the accumulating years tend to increase, instead of lessen this dangerous urge.

I would not decry the advantage of either, for both stand for progress . . . but, moderation, in our soaring ambitions, moderation in our sorrows, our pleasures, and joys; this, and this alone, is the universal key to health, joy, and vigorous old age.

Restraint to control our tempestuous passions, . . . our fits of unreasoning anger, to temper our judgment; for life holds many complexities, some of which we never fully understand.

Give of your praise unstintingly, of your affection and caresses to those bound to you, with the same largesse and lavishness mother nature bestows upon you.

The same sun shines and gives its meed of joy upon all; the same flowers exhale their fragrance; the same universal God gives the miracle of life to all.

This is nature's lesson; can you improve upon it?

Despite the fact, that age has its compensations . . . material, to some, spiritual to others, none can deny the transcendent glory of youth!

Wonderful golden youth; harbinger of untold joys to come; youth, which can extract prosperity from abandoned opportunities of age; youth, so fleeting, so evanescent, so altogether desirable, how recklessly, and, unknowingly we squander this priceless gift!

Never in all the ages to come, through all the mutations of life, does the pulsating riot of life re-visit us . . . guard it well by a temperate life! thus only can we live happily through the succeeding ages, which Shakespeare has said are seven.

I may be wrong in my judgment as to the compensations of ages, some lives flow on serenely, others turbulent; each reluctant year an added anguish . . . some, do not achieve life's greatest gifts. . . .

Life has taught me a philosophy I would like to impart . . . that the teeming world has no use for idle tears or regrets.

To live each day fully and completely . . . for today we live! It is ours! Tomorrow, is an unknown quantity . . . grow young with your children, friends; bury the past out of sight forever . . . then, when the twilight comes, let us look back upon the receding years . . . and, if we can truthfully say, "I have done my best" I have helped . . . I have not hindered . . . what more can be desired?



# Love's Rights and Privileges

By Bernard Bernard

MARRIAGE is the most momentous thing in every normal person's life; yet the real conduct which determines happiness or unhappiness in that condition is hardly ever discussed in public, from a clean and wholesome point of view, at any rate.

There has grown up a superstition surrounding this matter that makes the ordinary person feel that there is something harmful or wicked about the most sacred communion of husband and wife, and this is the cause of a great deal of neurasthenia—especially among women.

The cause of all this is that there is not yet a sound and scientific system of education concerning the vital matters of life. And the unhappy marriages do not begin after the wedding day; their foundation is laid in many cases when children give way to ruinous habits which would be easily avoided if only the correct warnings were given.

I do ask you, who are parents or guardians, to see that your children have the knowledge and advice which is their right. Do not let them gather their information from the unwholesome sources of spicy conversations or stories. Be first and give them an idealism that will carry them safely over the dangerous age; and then, before they marry, they will learn of their own accord from reliable sources, the obligations and privileges of love, and so ensure a life of happiness and usefulness.

Again, it is not only during adolescence that children need the love of their parents. Children should be loved from the time of their conception—aye, before their conception they should be desired and wanted. A child that is the outcome of chance, of an act that was committed for pleasure and not for the express purpose of creation, is handicapped to a degree that has only recently been recognized.

There are obligations and responsibilities of love as well as rights and privileges. It is all very well for moralists to prate about the former and ignore the latter, but unless the rights and privileges are recognized and enjoyed there is a less likelihood of the responsibilities and obligations being shouldered. It is a case of "all work and no play making Jack a dull boy." The right of the human race is to happiness and happiness comes through a recognition of responsibilities and an enjoyment of rights and privileges.

Where the legitimate rights of love are suppressed, love itself disappears, and how can a family in which there is no love be a success? How can two people calling themselves husband and wife live together and undergo the

most private and sacred experiences, or what should be sacred, when the stirring impulse of love has disappeared.

It is love which should be maintained in marriage at all costs. Love will determine the happiness and harmony of the family. Love between husband and wife ensures a good father and mother to the children.

It is when this love is suppressed because of some superstition or ignorance that the family so very often breaks up. Consider the number of divorces today. They are merely expressions of the fact that love has ceased to be the dominant factor, and

chaste lives than men. The experience gained by men while "sowing their wild oats" is supposed to give them a knowledge and an advantage over women. This is very wrong, however. It would be far better to have a complete ignorance than illicit experiences. And that is just the trouble. It is a regrettable ignorance which leads a young woman to the bridal chamber absolutely not knowing what to expect, but it is an atrocious ignorance that leads a man to experiment his most sacred function in an anti-social and dangerous manner, probably visiting both himself and his wife-to-be with a fell disease.

No, not until there is a willingness on the part of human society as a whole to recognize its responsibilities in the granting of vital knowledge, and so avoiding the pitfalls of youth and paving the way for efficient functioning in marriage, can the holy bonds of matrimony be the means of happiness and the true expression of love.

It is now generally known that intentional creation is possible, and it should become the basis of conduct in every married life. Along with it goes also the ability of husband and wife to be free in the expression of their love for each other, without any fear of unwanted children. And once this is known, marriage becomes the beautiful thing it ought to be; for there can then be true and free response by both husband and wife.

This great new movement is going to bring health, happiness and efficiency immediately to the present generation, because it is going to drive out of marriage morbid fear and superstition, and enable the expression of the love that brought the couple together. It is going to bring about a next generation that is far above the present in every respect, because from before children are conceived in body they will be conceived in soul and loved and ardently desired. With such a beginning, and encouragement in the practice of exercise, athletics, and the things that matter most, it will not be the exception, but the rule, to find healthy, robust and happy mortals peopling this most wonderful country.

## CAUSING A WIDE CIRCULATION

Dear Sir—I have read the book on "Correct and Corrective Eating" published by yourself, and as one who has tried to follow and live up to the tenets you advocate please let me congratulate you on the result of your labors, and will do my best to cause a wide circulation of this manual which ought to be in the hands of every citizen. . . . With kind regards and hoping you will always forge ahead and secure many patrons to live longer and more happily from following your precepts as set out in this book.

Yours very truly,  
COLONEL ROBERT MacKAY.



WHEN SOUL MEETS SOUL  
We have a print of this magnificent piece of expressive sculpture and do not know its origin. Can anybody inform us?

that the marriage bond has become a farce. Would two people who loved each other seek divorce? Of course not. And are the children of divorced parents better off in consequence? Of course not, again. It is perfectly safe to say that ninety per cent of the divorces could be avoided if the rights and privileges were not only recognized but the facts essential to their attainment known.

Right from the wedding day many a bride brought up in ignorance receives the shock of her life. Yet to a girl brought up in knowledge and idealism, there is simply a realization of a great life transformation.

We are fond of looking upon woman always as the more ignorant sex. That is because women usually live more



# Kings of Virility Dance, and Emotion

By Clifford Thorne

[To allow the human body to express music is the art of dancing. Only a well trained, even athletic, body is capable of this. The really great dancers are those who have their bodies under control, well trained and healthy. They move these bodies according to the spirit of music, expressing emotions in appreciation of the healthy, the strong, and the beautiful. Clifford Thorne's article deals with three of the greatest Russian dancers, and you will find it most interesting.—Editor.]

AS A fountain from a well, emotion of some kind springs out and is expressed in all classical dancing. It is not necessarily joy, but often of the emotion of love or the emotion of worship, of grief; or the dance may even partake of several or all of these emotions.

Thus, from the nature of the emotion out of which it springs, the dance takes its character—solemn, joyful, mournful, voluptuous, bacchic—as the case may be. As all classical dancing is founded on rhythmic movement and the emotion expressed through different ecstasies, the virility of the artist must be of the highest order to express clearly, with expressional power, and smoothly the story of the dance.

## The Evolution of Dancing

Evolved from the modes and passions of primitive people who expressed in movement their elemental instincts, we have the dance of today. In the mystic ritual dance they found expression for that strange unrest, when the winds in the great forests or the vastness of the night and the serenity of the multitudinous stars strangely stirred the heart to a sense of the nearness of the spiritual order; when triumphing warriors returned with victory and with captives—the sudden sense of relief of fear and joy of seeing loved ones again, found vent in a dance of victory and gladness; around the hier of the chief, in sorrow, fear and uncertainty, they give their emotion in dance; in joy, when they stored up for another year the kindly fruits of the earth, they danced the harvest and vintage dances; and always and everywhere was danced the eternal pantomime of love.

As in expressing the emotion of the dance, Mme. Anna Pavlova is Queen over all, so also we have had two kings of emotion and virility: Waslaw Nijinsky and Mikail Mordkin were the two artists whose work, though each of a different classification, has shown high above that of any other male dancer of the world.

## Mordkin, a Master of the Poetry of Motion

Before the first appearance of Mordkin in New York in 1910, the average American regarded the professional

male dance as rather effeminate. With the first appearance of the Russian, however, this view was changed to another of surprise, delight and admiration in the work of an artist of the highest order, a master of poetry of emotion and an athlete of wonderful virility and strength. Mordkin gave the impression that he was an athlete who could well take care of himself at any time and any place. It was not until some time after, there arrived in America another king of virility and emotion in the person of Nijinsky.

Here again was seen a male dancer who excited the utmost admiration, delight and amazement with his agility, grace and technique. He was a dancer as light upon the air as a feather, capable of delicate and almost womanly motion, yet teaming with masculine vivacity and vigor. At times, it seemed as if he had discovered the secret of



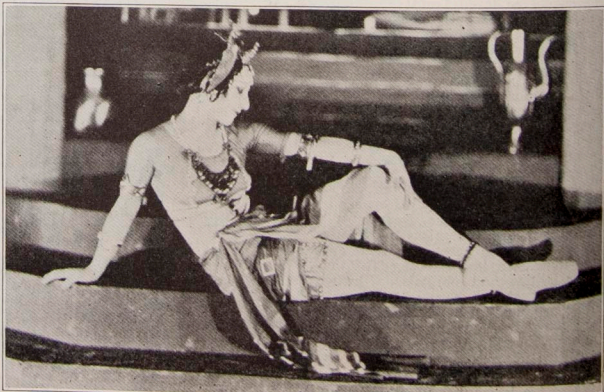
"THE CYMBAL DANCE"

Mikail Mordkin, master of the poetry of dance in "the cymbal dance". He does not appear effeminate, but has a wonderfully lithe, strong, athletic body, well trained, and under the control of his will and his emotions.

flight and almost demonstrated that the law of gravity is a figment of the scientists.

Both Mordkin and Nijinsky also evolved and arranged different dances and steps and also both artists had the gift of giving themselves mentally and physically to the mood of the dance whatever emotion it expressed. As their style differed, so did their physiques: Mordkin being like the Apollo and

(Continued on Page 287)



ANNA PAVLOVA

Anna Pavlova, the great Russian dancer, is slight, almost frail, but imagine what muscles of steel she must possess in her limbs. Not alone the muscular energy expended in the dance, but the emotional drain makes each of Pavlova's performances a wonderful feat as well as an incomparable portrayal of her art.



# Giant Hyatt of California

PREFERS TOURING IN VAUDEVILLE AS A STRONG MAN TO BEING LEADER OF LEARNING

VISITING the Rialto Theater the other night in Chicago, I had the pleasure of seeing Leo Hyatt, a giant Strong Man who, at the age of twenty-one years, has made for himself an enviable position on the Vaudeville stage.

As he stood before the audience he looked like a Colossus, a young giant in strength and stature, bounding in health, and every inch a gladiator.

There was something very gentlemanly about Hyatt. Some people, when they conjure up in their minds a Strong Man, think of some brutal looking object. Hyatt is a refined gentleman, modest, yes, and almost bashful, but he wins his audience from the first bow, and as he goes through his various feats he passes from the young unassuming college student to a mighty Superman.

Hyatt is a graduate of the University of California. He had a career of learning mapped out for him, for he was brilliant in all his studies. But the lure of the stage was too great for him. He dreamed days as well as nights of

the cheering audiences before which he would show his magnificent body and demonstrate his unusual strength. It was under the direction of Lionel Strongfort, who has pointed the way to fame for several stage athletes and Strong Men now touring vaudeville, that Hyatt obtained the training which has made him what he is. Under Strongfort's distinguished guidance Hyatt developed his latent abnormal strength and, entering vaudeville, has at the young age of twenty-one years achieved fame and success.

To see Hyatt lift a barrel with one finger is in itself worth a visit to his show. Hyatt claims this to be the World's Record in the finger lift, the barrel weighing three hundred and twelve and a quarter pounds. At Montreal, in a straight back lift, he accomplished four thousand, three hundred and seventy pounds. Unquestionably he is an

extraordinarily powerful fellow, but his weight is so well distributed that he makes the appearance of just a healthy young college gentleman.

Lionel Strongfort challenges the world on behalf of Hyatt, and offers ten thousand dollars in cash to any other Strong Man who can equal the feats of Hyatt. Twisting bars of iron around his arms, biting through heavy chains, lying on a bed of pointed nails, while men pound an anvil on his chest, and lifting with ease articles that usually require a block and tackle to move are a few of the feats on which this challenge rests.

By the way, Hyatt has a standing challenge to Louis Firpo, "wild bull of the Pampas." He is willing to take on Firpo in



EVERY INCH A GLADIATOR  
Leo Hyatt, ready for his vaudeville performance.

a "free-for-all." Firpo is undoubtedly a tremendously strong man, but when I tell you that Hyatt drives spikes into boards with his bare fists you can quite understand that if Firpo should meet one of these fists in the right place he will not be any more anxious or able to continue than he was after Jack Dempsey had finished with him. But what would happen in a clinch where Hyatt applied his tremendous grip is problematical.

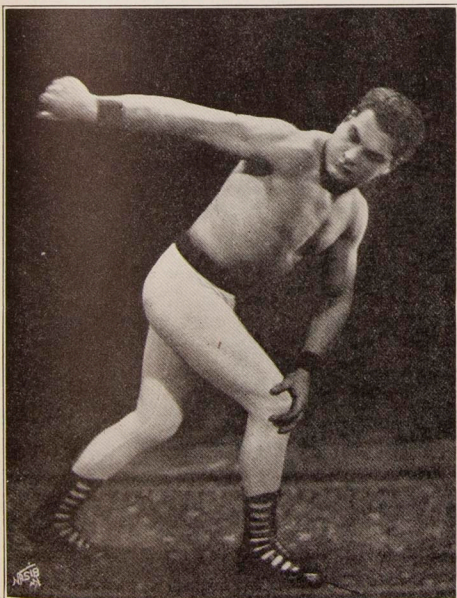
There has often been talk of a match between a wrestler and a boxer, and on nearly every occasion where a good wrestler has been pitted against a good boxer, the wrestler has triumphed. Before Hyatt became known as a Strong Man he was a wrestler of very high caliber. Knowing the fine points of the game, with his enormous strength he was well nigh invincible, but he preferred the pure feats of strength to the grappling game.

Hyatt is well worth seeing, and you should make every endeavor to see him when he visits your locality. He is now on an extended tour, and undoubtedly you will get the chance of seeing him. He is another example of what scientific exercise can do to build up a powerful, well developed body.

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## PROTESTS AGAINST JOHNSON

A large number of letters have come in protesting against Johnson's doubt of Jowett's records. These cannot all be published, but extracts from each will be made next month.



HYATT AS THE DISCUS THROWER

▲ Pose that requires an especially well developed body in order to give any sort of a picture. But it suits Hyatt.



# Some Self Massage Exercises

By the Editor

**M**ASSAGE has made for itself an established place in curative and preventive hygiene, but it has been limited practically to being applied only by a third party. After an athletic performance or exercise in a gymnasium a person will go to the masseur, and take his massage treatment. Very few people, however, after doing their exercises at home take this massage which they know to be so stimulating and health giving.

Yet it is a simple matter to do some massage exercises after you have practised your ordinary movements. You will find them not only a valuable addition to the exercises you are practising, but also in assisting in clearing away the products of metabolism set up by the exercise, and, by kneading the muscles into a soft and soothing condition, act as a stimulation to the development of health and muscle tone.

In a way, massage accomplishes much the same kind of thing as ordinary exercise. When done by another party it constitutes passive exercise. If done in conjunction with chiropractic or osteopathic treatment it constitutes a passive form of exercise.

The free circulation of the lymphatic fluid is probably one of the first essentials to the general healthy functioning of the body. The lymphatic system carries away the waste products of metabolism from the various tissues of

the body. It conveys these away to the exterior of the body; it has glands arresting poisons, and where the lymphatic system is active the vitality is high.

But the lymphatic system absolutely depends for its functioning upon exercise, that is, the contraction and relaxation of muscular tissue. It has no forcing power of its own, such as the blood circulatory system. When a muscle contracts and relaxes it pushes on the lymphatic fluid contained in the lymphatic vessels. The same thing is accomplished by massage, only more completely so. After the exercises have taken place the muscle tissue sends the metabolic products into the lymphatic vessels and these are kneaded along in massage until finally carried away from the body.

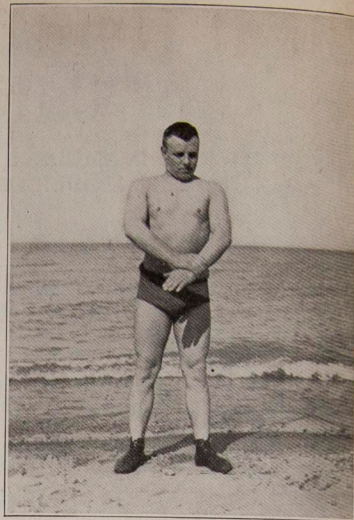
Massage, therefore, forms one means, and a splendid means, of internal cleansing, and, as health depends upon internal as well as external cleanliness, massage should find a place in everybody's daily habits.

Here are a few massage exercises that you will find very valuable to practice both morning and evening. They will give you a little exercise on their own, but it is the kneading and the actual massage that is the important part of them.

## Massage Movements

There are several massage movements which may be done. First there is the stroking movement, stroking the limbs in a direction always towards the heart. This also assists venous blood circulation. It is found, in fact, that all massage where the rubbing is done in a direction towards the heart is most beneficial.

The second massage movement is a kneading action. The muscle is tapped or pinched gently, or squeezed by the hand. Continuous kneading and squeezing forces irrigation in the small

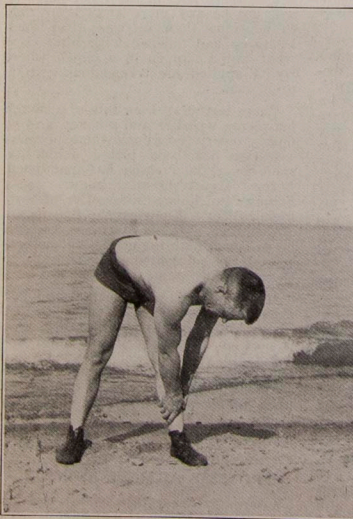


**EXERCISE I**  
Wrist and Arm Massage.

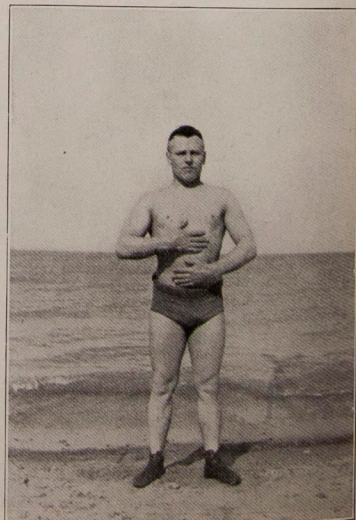
capillaries and the lymphatic vessels right in the center of the muscular tissue.

These exercises will not take more than five minutes to do, nor should more than five minutes be given to them, if taken vigorously and efficiently.

There is one important thing about  
(Continued on Page 290)



**EXERCISE II**  
Leg Massage. It also gives some bending exercise.



**EXERCISE III**  
Chest and Abdominal Massage.



# The Cause and Cure of Nervousness

LACK OF MARITAL HARMONY MOSTLY TO BLAME FOR NERVOUSNESS IN WOMEN

By Mary Bernard

WOMEN generally are supposed to be more nervous than men, but whether this is actually so is hard to determine. Many men show quite a serious condition of nerves in their business, among their employees, and on other occasions, but it is not looked upon as nervousness until they are right stricken down and unable to carry on their work. Whereas the housewife, always being at home, has to continue with her work in spite of everything, but has the sense to recognize that her nerves are in an abnormal condition. Recent psychologists have shown us that nervousness may result from all kinds of causes. Fright, disappointment and imagination may bring on attacks of nervousness that may be long continued, and may, in fact, remain throughout life. Dr. Abraham Myerson has studied the matter of the nervous housewife in a most commonsense way in his book.\*

The modern psychologists have given rather more than its fair share of importance to what they affirm to be the existence of a subconscious personality. The Doctor points out that it is not good enough to blame a subconscious

\* "The Nervous Housewife". By Abraham Myerson, M. D. Little, Brown, and Company, Boston. 273 pp. 8vo. Cloth. Price \$2.25.

personality. Every human being has desires, passions, lusts, wishes, purposes, ideas, and emotions which he must recognize, although in some cases he would deny them. As the Doctor says:

### The Control of Sex

"These desires, passions, purposes, etc., are not in harmony one with another; they are often irreconcilable and one has to be smothered for the sake of the other. Thus a sex feeling that is not legitimate, and illicit forbidden love has to be conquered for the sake of the purpose to be religious or good, or the desire to be respected. So one may struggle against a hatred for a person whom one should love—a husband, a wife, an invalid parent, or child whose care is a burden, and one refuses to recognize that there is such a struggle. So one may seek to suppress jealousy, envy of the nearest and dearest; soul-stirring, forbidden passions; secret revolt against morality and law which may (and often do) rage in the most puritanical breast."

The fairest way is to recognize and combat the feelings and passions and wishes which are not for good, and take one's own responsibility. The determination to live a normal life,

accept the laws of Nature, and live in accordance with them, certainly shows higher character than to blame subjective personalities, or invent them as a matter of convenience.

However, we must recognize that it is possible to be a victim to a psychasthenia, or a nervousness, which is set up through some shock. In very many instances this shock is sexual. According to Freud, of course, it is always sexual, but according to Dr. Myerson, it is only most frequently the case. As Dr. Myerson points out, the housewife has to be confined to her home; she has many petty worries, and she repeats these over in her mind until small worries become big ones, and obsess her, until either she gets a change that ousts

the worry thoughts from her mind, or else she becomes a nervous wreck.

Where a woman is not thoroughly happily married, or where, if she is married, she is unable to fulfill her obligations, a nervousness will result.

### Domestic Disturbances

It is generally concluded that care and worry resulting from poverty, or from inability to live up to certain social standards, and various other purely domestic difficulties result in the neurosis of women; but it is very evident, as Dr. Myerson points out, that worries most frequently associated with purely domestic matters may result from nervous set up by abnormality in sex functioning.

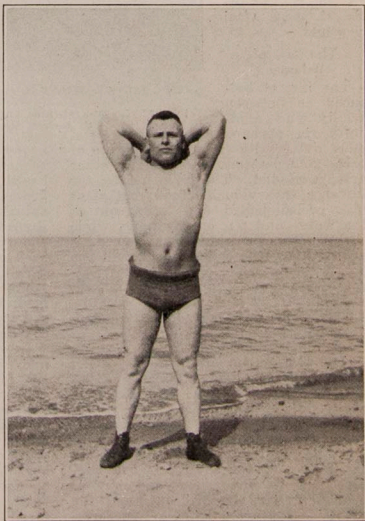
Not only is there a necessity for a harmony between husband and wife with regard to intellectual and general interests, but there must be an emotional or sexual attunement if there is to be harmony in the family. Where there is not this attunement, there is with every indulgence the nervous shock which sooner or later ends with a breakdown.

"Warm, cozy, intense domesticity—where passion is legitimate and love and friendship eternal; where children play around the hearth fires; where death only is the ending."

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EXERCISE IV  
Back and Loins Massage.



EXERCISE V  
Neck and Chest Massage.



# Does Modern Food Kill?

By Dr. C. R. Clements

[Dr. Clements concludes his article indicting modern foods as producers of ill health. If we would be healthy and well, and have our exercises do us the maximum amount of good, we must live on good food, uncontaminated by modern commercial manufacturing processes of a harmful nature, and eaten in such combination as will be most efficiently digested and assimilated by the body. The eating question is undoubtedly the key to restored health and the maintenance of strength and fitness.—Editor.]

**MINERAL** salts and vitamins are the life-elements of food. They are largely removed and destroyed in the process of manufacturing foods and of cooking foods, and such foods are unbalanced and lifeless. It is a lack of these vital elements that destroys food balance and develops various disorders which drugs and serums can never "cure". If the amount of phosphorus be too great as compared with calcium and magnesium, disease of the bones, as rickets, results. If the amount of potassium falls too low, in comparison with the amount of sodium supplied, scurvy results. So acidity of the blood, the cause of many disorders, is due to eating foods that are unbalanced and lacking in alkaline minerals, as potassium, sodium, calcium, magnesium, and iron. Meat, white flour, and all its products, all manufactured foods, granulated sugar and all artificial sweets, contain little of these vital elements.

## The Law of Balance

The law of balance, as between acidity and alkalinity, is perhaps more universally violated in the use of bread and potatoes, than in any other articles of diet. The Irish potato, for instance, is a valuable food, but after it is peeled, boiled, and forked out of the water and put on the table, while the liquid in which it was cooked, is poured down the sewer, instead of the potato then being a food, it is a leached-out, washed-out, mineraly-exhausted, lifeless mass of acid, unfit to be eaten. The whole, raw potato, contains approximately—

- 1.00% mineral salts.
- 20.00% sugar and starch.
- 8.60% alkaline salts.
- 2.50% nitrogenous substances and a trace of fat.

The great harm resulting from our ignorance as to a true knowledge of food, lies in the fact that in cooking and preparing the potato, a large proportion of its nitrogenous and mineral ingredients are leached out, and the potato is converted from a base-forming or alkaline food, into an acid-forming pulp that poisons the blood and

body. When cooked in water, the precious minerals dissolve and pass into the liquid and are lost. When steamed in their skins, instead of boiling, the loss is partially prevented. When baked in their skins, the loss in food value is entirely prevented, except as to those vital elements which the heating and cooking of all foods destroy.

## Roman Soldiers Lived on Wholewheat

No less is the crime committed in our ignorance against the wonderful wheat berry. Nature put into the little

Our sins, committed against the temple of God, are shocking, when we consider what we put into these temples in the name of food. Canned meats, grown so old that they could no longer be sold in any other way. Artificially colored coal-tar sweets, alumed pickles, bleached crackers, shortened with hydrogenated fatty acids; cookies made of sulphited molasses; denatured bread, pancakes, etc., made of devitalized and demineralized flour and soaked with hydrolyzed corn-starch syrup, manufactured beverages to drink, containing caffeine, cocaine, etc.

## Robbed of Life-Giving Elements

The eating of modern foods not only systematically robs the body of the life-giving elements, but actually poisons it, thereby causing dangerous disorders. Barnyard fowls suffer from peripheral neuritis, and other deficiency disorders, when fed the demineralized foods served three times a day to children. On whole grains, containing all the lecithins, neucleoproteids, mineral salts, vitamins, and colloids, that millers take from

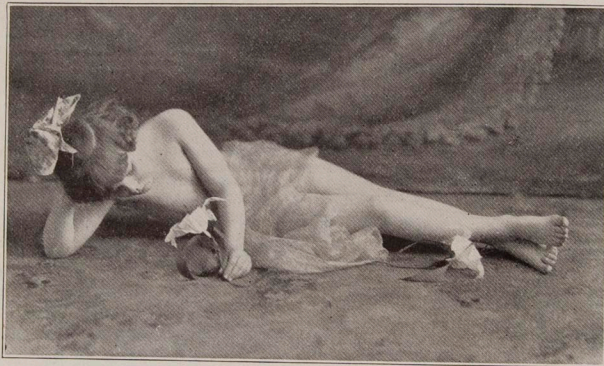
white flour and breakfast foods, these fowls thrive and grow vigorous.

Foodless foods fill the stomach and, for a time, appear to appease hunger, and the person thinks he is eating good food. But these artificial foods fail to supply the blood with all the necessary life-giving elements, consequently the body actually starves, the digestion weakens, and one's physical and mental strength diminishes. The general use of denatured, demineralized foods has largely impaired the digestion and weakened the constitution of civilized man. They are generally responsible for the extreme prevalence of indigestion and constipation, and disorders resulting therefrom.

## If We Neglect Diet, What Has Medicine to Offer?

After our bodies are poisoned, deteriorated, and deranged by years of starvation by feeding on foodless foods, medical science comes forward with its awe-inspiring array of equipment and

(Continued on Page 283)



**THIS SHOWS WHAT GOOD FOOD AND EXERCISE WILL DO FOR THE NEXT GENERATION**  
This is Phyllis Jowett, also known as "The Youthful Venus". She is the daughter of George F. Jowett, the famous Weightlifter and Physical Culturist.

brown grain, most of the vital elements required by the body to maintain health, vigor, and strength. Of all the grains known to man, there is none so valuable for food as wheat. The Roman soldiers, whose feats of physical endurance and hardship have never been equalled, subsisted principally on wheat, unground and uncooked. When, from any cause, this food failed these men, and they were compelled to subsist without it, their strength and courage sensibly diminished.

In our modern civilization, men mill and grind the grains of wheat, saving for food the white, starchy elements, while real cream of the grains goes to the cow and the hog, as middings, containing all the mineral salts and vitamins, that are sifted and bolted from the flour. For his money, pains and labor, man succeeds only in preparing a changed, pasty, unnatural food, that is entirely unsuitable for making rich, red blood and building healthy cells, but serves instead to poison his body, block his bowels, and harden the arteries.



# With the Men of Iron

A STORY OF ARTHUR SAXON.— THAT "AMERICA'S STRONGEST MAN" TITLE.— JOWETT ANSWERS JOHNSON.— OLYMPIC GAMES LIFTING RULES

ON THIS page is a picture of Rudolph Klar, supporting twelve people on a plank with his feet. This used to be one of the regular old-time show tricks of Strong Men, but one doesn't see it so much today. Klar appears to be the only one doing it just now. It was one of the late Arthur Saxon's favorite tricks, but he took as many as fifteen, and on more than one occasion eighteen, people on a plank in this position.

Arthur Saxon is always a most fascinating subject, and one inevitably thinks of him in connection with feats of strength, because there were so many things that he did that never have been, and probably never will be, duplicated. The following story will give you some idea of the enormous strength Saxon must have possessed in his legs as well as in his arms.

Saxon, in addition to millions of well wishers, had a few envious enemies. A bunch of these one day disguised themselves as Arthur's friends, and took him to a restaurant. There, knowing Arthur's weakness for conviviality, endeavored to get him intoxicated. Arthur drank all they could pay for, and surprised them by his appetite. They discovered when they discovered that he still appeared to be as sober and steady as he was when they first met him. However, they thought that when he came to be show, it was bound to suffer. Arthur Saxon himself took the thing quite seriously, and looked upon his friends as most kind and generous. He insisted that they should go in to see his show and sit right in the front. This, of course, they were only too glad to be able to do.

The show began, and Arthur juggled with enormous weights, lifting his bell of over 300 lbs. one hand with the greatest ease. The "friends" looked at each other and marvelled, but they kept digging each other in the ribs and laughing, feeling confident that Arthur, sooner or later, would have an accident that would seriously handicap him. Arthur noticed the laughing, but took it as a sign that they were enjoying themselves, and appreciating his show, and he wanted to give them an extra good turn for their kindness to him.

At length came the feat of the evening; that was, to balance eighteen men on his feet, as shown in the picture on this page is being done by Rudolph Klar. The "friends" now nudged each other again, and felt sure that their hour of triumph had arrived. Arthur grinning and bowing to them, and telling them that he would now show them something.

The board was arranged, and eighteen men sat upon it. After remaining there for a moment or so, Kurt & Herman, Arthur's brothers, went to the board in order to conclude the feat and help the men down. Arthur Saxon waived them back. "No, no," he said, "I have not finished. I want to show my friends something special." With a dextrous movement he placed the whole weight on one leg, and, removing the other, held this enormous weight balanced on one foot. The board bent over on each side under the enormous strain, but Arthur was able to bring his foot

again into position and the feat ended without the slightest hitch. Imagine the feelings of those "friends" as Arthur stood up, smiling at them and bowed. As a matter of fact, this taught them a lesson, and they one and all resolved that they would be the heroes of the greatest of Iron Men. Undoubtedly this feat is the greatest that has ever been performed, probably the greatest that ever will be performed, and the circumstances under which it was performed, well—Saxon was our hero, and we forgive him much.

As there has yet been no contest with Matysek as one of the principals, I feel it permissible to continue the correspondence which comes in regarding the title of "America's Strongest Man, and I will continue to do so, until some settlement has been made. But I do wish that, in addition to all this talk, there would be some action. However, don't

What was the matter with Travis? Nothing but the lack of the courage to go up and compete. They're all afraid to be beaten. We don't expect a man to compete out of his weight. There should be different classes of weights in all Strong Man contests.

The trouble with the Strong Man contests in this country is that there is very little demand for them. I myself wish there were more. There should never be any tricks in a strong man contest. Tricks are good for exhibitions on the stage.

Hoping for the best success for HEALTH and LIFE,

R. A. R.

Here is an answer to Coultter's letter, by Kenneth T. Jones. That will also interest you.

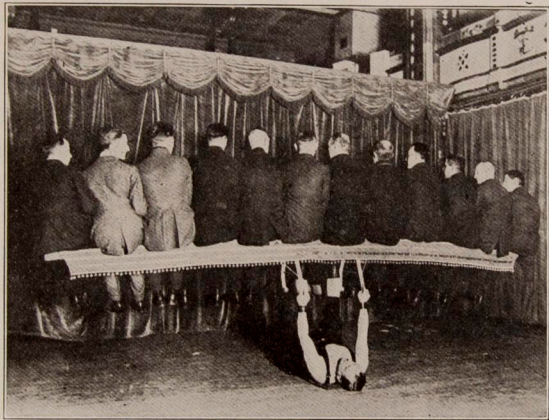
Dear Mr. Bernard: . . . I notice in the May issue of HEALTH and LIFE Mr. Coultter's reply to my letter regarding the Madison Square Garden Contest, and admire him for taking it seriously. I think it would be quite unfair for Mr. Coultter to lift with Matysek, and certainly had no intention of creating the impression that I thought he should have lifted at the Garden. I believe he and Jowett are capable of everything they claim, and have found them both wonderful fellows personally; but I don't like them to do certain things that have happened, although I'm sure none of their letters were meant as more than challenges. Mr. Coultter's next challenge is clean-out, and straight from the shoulder. Surely the same action can come from it. Let's all hope that a contest can be arranged, and the question settled.

However, I think Matysek should allow Coultter certain handicaps, due to the differences in their weights, etc. At least, interest is being developed in weight-lifting, the greatest "man's" game of all, and in a few years America will be the home of as many Strong Men (and strongest men) as Europe.

George F. Jowett sends in a long letter in which he establishes the facts of his double body weight lift, which was questioned last month by Joe Johnson, of Muskegon, Mich. Mr. Johnson, according to Champion Jowett, has been somewhat of a malcontent, but let us hope and trust that he will now be satisfied with the explanations and forget any personal differences or interests and push along the great old Iron Game to what it is worth. It needs every one of us enthusiasts to push the Game, to keep it clean, and make it popular.

George Jowett writes:—"He (Johnson) states that I never did over 286 lbs. at any time, that that was my best. There are hundreds of people who have seen me do well over that, many and many a time. I will make a deposit of any amount that I can reproduce newspaper cuttings to that effect. The article to which he referred appeared in "Strength," and was written before I was ever asked to make the attempt on that record, and was my record at that time. If Johnson thinks I cannot beat that feat, or equal any feat claimed for me since my shoulder was hurt, I will make a present to the A. C. W. L. A. of \$100.00. Johnson thinks I cannot equal or duplicate them, let

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**GREAT FOOTWORK** Photographs  
Footwork par excellence. Rudolph Klar, is generally credited with having the strongest pair of legs in the world, judging by the feats he accomplishes. He is shown here supporting 12 people with his feet. He is appearing in European theatres.

mistake the fellows who are sending in these letters. They are doing their own bit. There is plenty of action in the weightlifting world just now, and there has been all the season. The Los Angeles Athletic Club has been running contests, the Pittsburgh boys and Iron Men all over the country have been breaking records, so there isn't such a thing as just talk with no action. But what we should all like to see is a definite contest run by the A. C. W. L. A., which would definitely settle the recognition of the holder at the various weights of the "Weightlifting Champions of America."

Here's a letter from a Matysek enthusiast: Dear Sir:—In reading the answer to Kenneth Jones from O. R. Coultter, I am going to say that Matysek has a perfect right to claim the title of Champion Strong Man of America. If I were he I would not take any challenge from anyone unless I wanted to take one. The chance of the Championship was there for everyone, but they all hadn't the nerve to go and get it. All they did was to watch the other fellow do their lifts. Matysek was the best one that showed up at the contest. He did not do his best lifts, as he was not in his best condition, and there was no competition to make him do more in the lifting. The rest of the strong men gave excuses that they were in shape, or that they had broken their shoulders.



# Youth's Secret Conflict

By a Physical Culture Consultant

EVERY youth passes through a critical stage, the stage of approaching adulthood, where the sex functions in particular begin to make themselves known and there is either a succumbing or a battle for the mastery of these functions.

The subject of youth's secret conflict has sometimes been the theme for purely moral preaching which helped little, if any, when not accompanied by sound knowledge. On the other hand, the orthodox physician has dealt with it as purely a physical thing which is either inevitable, or the result of a physical mal-functioning.

Dr. John F. W. Meagher, M. D., F. A. C. P., in his recent book on this subject, has dealt with it more or less from the orthodox standpoint. But the book serves as a most useful guide for the student or physician as to the orthodox understanding of youthful indiscretions.\* Dr. Meagher points out that it is not always a moral pervertence that is the cause of these youthful habits. Irritation may be set up in several ways. If the organs are not washed regularly, that is daily, concretions may irritate the mucus membrane and so stimulate a desire which renders the conflict more difficult of combat. Moreover, exciting foods, rich proteins and starches, may aggravate and irritate the nerves and set up the habit. An excess of starchy food, and

especially when the food is combined unscientifically, lessens the normal alkalinity of the blood, and this also creates an irritation which causes a sex impulse where otherwise there might have been none.

The Doctor refers to the great prevalence of the habit, but at the same time he proves that it is not absolutely general, as many doctors would have us believe. There is not the slightest doubt that, if brought up healthy, a child may pass through the adolescent stages without succumbing to the habit. However, a lot depends upon the definition of the habit. The only true definition is where there is an actual drain; only then can the act be said to take place. Mere reverie and handling are not sufficient, although it must be remembered that these precede the actual habit, and where they are observed in children every effort should be made that they be discontinued; otherwise the temptation becomes too strong and a subjective desire is present to practise the habit.

All this shows the necessity for sound sex education as well as counsel and warning. Even when the preliminary stages of the complaint are noticed—if the child is taken in hand, and acquainted with the facts, given friendly counsel and warning of the seriousness of giving way to the temptation—there is no reason why the habit should develop.

According to Dr. Meagher, it is when young people are introverts and are permitted privacy and secrecy that they are more inclined to practice the

habit. Every endeavor, therefore, should be made to get children and adolescents to mix in athletic games and physical recreation with others.

The general conclusions of Dr. Meagher's investigation are that in the youth who simply gives away to the habit without making any determined effort to get rid of it there is a physical and general debility experienced, but in the refined, ethical youth there is a conflict which makes a deep psychological interference. When the battle is lost there is a pronounced feeling of degradation and an inferiority complex which eat their way into the victim causing serious injury.

This is all very well from the physician's point of view, but it is not a true statement of the case. The youth who practices the habit without mental anguish suffers no less in consequence. A great crowd of mediocre people could rest the responsibility of fifty per cent of their lack of success upon not making a determined fight against their youthful indiscretions. Of course, they think they are alright, but when we are dealing with the matter from a sociological standpoint we see that, even if there is no depressive emotional disturbance while the habit is practiced, the effects are no less socially harmful.

With regard to the conscientious, ethical, and ambitious youth, his psychological depression acts, we may say, as an extra drain upon his resources, helping to prevent him from mastering the habit. But at least there is the

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TWO ACROBATIC HEALTH AND LIFE ENTHUSIASTS

On the left is Herman Smith, of Memphis, Tenn., pal and fellow enthusiast of Clyde D. Kenney, who is showing his trapezius muscles developed by acrobatics (on the right). In the center picture they were snapped in one of their stunts. Clyde Kenney is the man standing you often see done on the stage. These two Enthusiasts get most of their exercise and fun from acrobatics, and we notice that they do these exercises in the fresh air. That's fine! Kenney is the under man, at least he does the lifting part in the stunts, and can hold up Mr. Smith with one arm, and push him up and down with both arms while lying flat on his back. They stand on their heads and have lots of fun together, as well as give a really good show.



# Among the Grapplers

Parelli Beats Meyers Again.—Reynolds Still King.—Zbyszko Reminiscences.—Roller Reminiscences.—Wrestling the Classic of Sports.

CONTRARY to all expectations, Joe Parelli defeated Johnny Meyers and maintained his title of Middle Weight Champion Wrestler of the World. Whether there is anything in the excuse that Johnny was too finely trained down to weight does not matter for at the middle weight limit Parelli appears to be real king. He is a strong, able wrestler, and there isn't the slightest reason why he should not maintain the title for quite a time.

Jack Reynolds, claimant to the World's Welterweight Championship, continues to rub along undefeated, and there seems to be nobody in sight ready to take his right to the title away from him.

The real wrestling season is supposed to be over, but the mat fans still insist on seeing matches. There are to be a few big open air championship

matches, and all in all it promises that there will be more wrestling this summer than last.

All those who have followed the grappling game for the past quarter of a century are wondering when the Grand Old Man of the Grappling Game, Stan Zbyszko, will actually retire. Will he come out next season again? There seems to be nothing that will hold him back from the mat. Every month or so he announces—and means it—that he will retire after his next match. But either the game, or what goes with it, fascinates him so that the mat acts as a magnet from which he simply cannot escape.

There is also a certain romance surrounding Zbyszko. When we see him, or think of him, we remember his early days, for he has passed through several generations of wrestlers. He was a championship contender in the days of Madralli, the "Terrible Turk", George Hackenschmidt, the Russian Lion, Antonio Parelli, and his group of Greek wrestlers. Later, through Gotch's time, then in turn while he himself held the Championship, and now while "Strangler" Lewis is king. For the past thirty years Zbyszko has been meeting all the famous World Champions.

Dr. B. F. Roller was a fascinating figure in wrestling between ten and twenty years ago. Dr. Roller was a regular physician and surgeon, but a born athlete and one who loved athletics. He distinguished himself in several spheres, but became most famous as a wrestler. During some of his most busy days on the mat he also followed his profession as a surgeon. Sometimes even on the day of a great match he would perform a major operation with the greatest skill and dexterity, and then go and haul around, or be hauled around by, a brawny tussling Champion. Roller never really stood a chance of the championship, but he was always good enough to give the champion a good work out. He is now two years off his fiftieth birthday, practicing his own profession.

Wrestling is probably the oldest sport in the world. In the days of ancient Greece, and

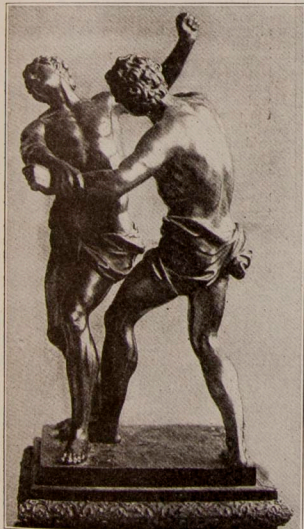


THE GRAND OLD MAN OF THE MAT Stan Zbyszko, associated with championship wrestling for the last thirty years. Some of the men he wrestled twenty or thirty years ago are old and forgotten. He is old, but not forgotten, for he is probably even now the most popular professional wrestler in the game.

even before that, wrestling was the sport used as a test of physical supremacy. Of course, during recent days it has gone through many curious changes. For some time it was mixed with a form of boxing, or fighting, if you like, and two men would grapple together without any rules, and the winner would be the man who left the mat alive.

However, during the days of ancient Greece, the practice of wrestling was much as we know it today, that is, of course, without the toe holds and the strangle holds and the Jiu-Jitsu locks, and was indulged in by the heroes. If you get a chance to look at reproductions of ancient sculpture you will find many figures in wrestling poses illustrating some of the holds that are used even now. You will, in fact, find the head lock very similar to that used by Lewis. You will also find an arm lock and a hammer lock, lots of leg trips and arm holds; you will find that the waist throw is illustrated frequently, and the positions assumed show that wrestling was very similar to what it is now in the "catch-as-catch-can" style. Through the dark ages and the middle ages wrestling was popular as a sport. There is something, not only in the struggles, but also in the pose of the bodies while wrestling is progressing,

(Continued on Page 288)



A WRESTLING STUDY IN SCULPTURE "The Wrestlers", exhibited in the Palais des Beaux-Arts, Paris, France. This work was created during the epoch of Louis XIV. Wrestling since classic times has been a favorite subject for both painting and sculpture.



# Maintaining His Reputation

(A WRESTLING STORY)

By Nobel Symkin

[Here is a wrestling story that is founded on truth. I think you will enjoy it. Another fascinating serial story begins next month.—Editor.]

**B**EN OSBORNE had travelled all over the European and American continents and had defeated all and everything in the wrestling line up to the light-weight limit.

Ben had not only won the highest athletic laurels, but he had won something he prized even more than all his many wrestling trophies—it was the heart of the one whom he called "the dearest little girl in all the world."

He had done practically all it was possible to do in the way of touring, so he decided, or to be more accurate, "his dear little Betty" decided, that he would settle down. So he fitted out a first class little academy in the downtown section of New York, where he gave instruction in physical culture generally, and wrestling in particular.

He had achieved such fame that he began to find his time pretty much filled, so thick and fast did the pupils roll in—and he turned out some good "stuff" too; he also relieved many a sufferer by carefully regulated training.

All this did not tend to keep Ben up to that concert pitch of fitness that he was wont to enjoy. Not that he went out of form; but he found insufficient time to give to keeping himself in that tip-top condition. Nevertheless, it would take but little training, on his own lines, to bring him back.

It was usual for intending pupils to visit him in his academy any day and, if terms were agreeable, a lesson might be given at once.

Betty was always by his side, and assisted him a great deal in every way. One afternoon she was somewhat surprised to see four stalwarts bombastically walk up and ask to see the "show." One seemed fairly athletic, another carried a camera and looked rather effeminate; while the other two looked like hard up writers.

They were shown round and made a thorough inspection, passing what might have been sarcastic compliments. Then the athletic looking fellow went straight up to Betty and asked:

"Is the boss in?"

"Sure, he's in," rippled forth Betty's sweet voice, "but he's rather busy now. You see he puts by a couple of hours for himself for his literary work, and I mustn't disturb him."

"Huh, huh; well, it's most important business I want to see him on; but as we've got the afternoon to spare, we'll wait. You see, it's like this, I'm rather taken up with what I've seen here, and I'd like to learn a bit about the game."

"Y-yes, but the fee—" began Betty, trying to make an excuse to get rid of them, for there was something she did not like about them. They did not seem quite "straight" to her; she did not know what it was, but she wished

them out of the place; putting the feelings down to her "intuition", as most women do those conclusions they come to without apparent reason.

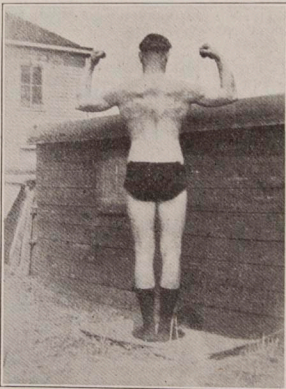
"That's all right," said the man, "don't worry about that. Good tutors want good fees; but that's just all right."

However, at length she considered it discreet to disturb Ben, and let him know of his visitors and the possible new pupil.

"Yes, my dear, I was just coming," he said in his usual jovial manner.

"Darling—" she said, in an almost frightened tone.

"Why, whatever's the matter, you look scared."



A LIEDERMAN BACK  
This is Warren McIlravy, of Newburg, N. Y., a HEALTH AND LIFE enthusiast, showing his back after a few months' training under Earle Liederman. He would like to hear from other athletes on muscular development.

"N-no, but darling, I don't like the looks of them."

"Ha, ha, ha! Well, let me have a look at 'em."

Ben passed out of his private study into the wrestling hall, and gave the visitors a right hearty greeting.

"I'm right glad to hear you think so much of the place. You look, unless I am mistaken, like gentlemen that wield the weapon that's "mightier than the sword." I hope you'll give me a good boost."

"I was thinking, Mr. — let me see — what is your name—?" began the athletic one.

The name of Ben Osborne was so well known that nothing but most hypocritical pretence could be the cause of this remark.

"Ben Osborne," quoth Ben, quite in-

nocently. "Don't forget, Ben Osborne. I repeat it so as to impress it."

"Ah—Mr. Osborne—I was thinking of taking a course of lessons in wrestling. Let's get terms settled, as I'm rather anxious."

There was something that didn't sound quite right to Ben. The voice and manner did not seem to ring true. However, it all means good greenbacks, thought he.

So the terms were settled, Ben asking the usual question as to when the lessons were to be given.

"Well, as I'm so very enthusiastic about it, I'd like to have my first lesson now—here."

Ben was not so surprised as you would probably imagine. Such a thing frequently happened. Nevertheless, he was now in business, and as the motto says, "business is business," he put all other thoughts out of his mind.

## II.

In a few minutes Ben was ready, dressed in fine blue tights; but was indeed surprised to see the pupil also arrayed in tights and looking such a splendid physical specimen too. The other gentlemen seemed more than usually interested. At first he thought of asking them to wait in the waiting room, as he had only bargained for lessons for one pupil. However, "Don't annoy the press," thought he; and walked on to the mat, beckoning to the pupil.

"I'd like to see how I shape first," said the pupil and without waiting began to dash round Ben most professionally.

Ben, of course, just played defence but it struck him rather forcibly that the man did not shape like a novice.

Crash! Ben was whirled high in the air over his perfect a cross-buttock as has ever been performed.

"Here, what's this?" Ben exclaimed as he extricated himself in a manner that he alone could do.

"Come on," was all the pupil said.

Then Ben thought of what his wife had said. He saw the camera man getting ready, and the two scribes with pocket books. What did it all mean?

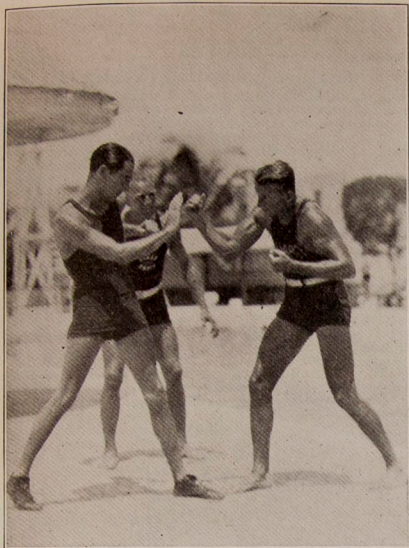
And then it occurred to him. He gave a searching look at the pupil.

"Why—surely not—yes—it's Nick Crawley, lightweight champion of— You—"

He saw it all. It was a trick to get him unawares; when he was out of training. Crawley would make him look like a novice; photos would be taken showing Ben on his shoulders; and the pressmen would spread the reports of his defeat at the hands of Nick Crawley before a select company of witnesses; bang would go Ben's business, his reputation, his everything!

(Continued on Page 7)





**REX INGRAM, HEALTH AND LIFE ENTHUSIAST**  
On the right is Captain William Johns, Captain of the Life Guards at Miami Beach, Florida, taking a morning spar with Rex Ingram, the famous movie actor, who is also a HEALTH and LIFE Enthusiast. What is good enough for Rex Ingram is good enough for you and me. The movie star is an ardent enthusiast for physical exercise, and watches the columns of HEALTH and LIFE keenly for more exercises and stunts.



**OLYMPIC FANCY DIVING CHAMPION BREAKS ANOTHER RECORD ON HER 18TH BIRTHDAY**  
Aileen Biggin, Olympic fancy diving champion, breaking another record on her 18th birthday, celebrating her becoming of age. The only difference was that this was an easy feat, breaking a talking machine record with a golf stick, on the beach of the Olympia, Long Beach, N. Y. Her birthday party was attended by many famous girl swimming stars.



**PRETTIEST OF 500 BEAUTIES IN LATEST BATHING COSTUMES**  
The eleven lovely prize winners, and their mounted escorts in the bashing beauty contest, after receiving the decision of the Judges at the gala day opening of the summer beach season at Daytona Beach, Fla.; all under twenty and good sea swimmers, parade before a huge crowd before the auto airplane races.

Fotograms



# Health and Life

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

## EDITORIAL

(Written by the Editor)

### THE OLYMPIC GAMES ARE IN FULL SWING

By the time most of you are reading these notes the Olympic Games in Paris, France, will be at their height. At the opening ceremonies the athletes representing most of the nations of the earth will parade and march around the Stadium. From then till the thirteenth the field athletics will be held. The Greco-Roman wrestling will be held from the sixth to the ninth of July, the "catch-as-catch-can" wrestling from the tenth to the thirteenth, the boxing from the fifteenth to the twentieth, gymnastics from the seventeenth to the twenty-third, and weightlifting from the twenty-first to the twenty-fourth. Next month I hope to give you a specially written by our special representative, who is attending the Olympic Games.

U-S-A., U-S-A.,  
A-M-E-R-I-C-A

From appearances, and summing up possible entries, U. S. A. ought to come out first among the nations competing. It will certainly be a very great national honor, and every athlete representing this country will battle his hardest to win. All those of us who are true sportsmen will naturally wish the best men to win, but wish U. S. to be the best.

### NEW TO ATHLETICS, BUT LEADING THE WAY

Some people are fond of criticising America's representation at the Olympic games because of the number of athletes competing, and because of the vast territories from which she can draw athletes, but when you consider that athletics are new in this country, and that the other countries have been fostering athletics even for centuries, the U. S. athletes who gain their places are entitled to be accorded full honor for their performances.

### THE IMPORTANCE OF CORRECT POSTURE

Next month in HEALTH and LIFE is going to be reviewed a new book, "The Culture of the Abdomen", by F. A. Hornbrook. Mr. Hornbrook is an old time Australian Athlete and Physical Culturist; although in the first place he hails from Ireland, where he held the rowing Championship. It would be difficult for me to place my memory on a man who has given wider study to physical exercise than has Mr. Hornbrook. I mention the book this month because Mr. Hornbrook's insistence on the importance of correct physical attitudes impressed me so much while I was glancing through it. Obesity, flabbiness, and weakness generally may be caused by just letting your body hang haphazardly. Those

who grow obese usually allow their heads to sag forward and their stomachs to protrude, thus accentuating the curve of the back. The abdomen comes in for no exercise, and, naturally, fatty tissue gathers there.

### FAT DISSIPATED IN PROPORTION TO EXERCISE TAKEN

Fat only gathers where there is no exercise, and fat is dissipated practically in a definite ratio to the exercise given to that portion of the body. Therefore, Mr. Hornbrook has concentrated his attention on the stomach, the trunk and abdominal muscles. He shows that if we walk about with correct posture, if we sit correctly, and breathe correctly, we are doing a great deal to keep our bodies in good order. But I'll tell you more about the book next month.

### CONTROL YOUR BODY MENTALLY

There is also a mental deterioration involved where physical attitude is bad. Just raise your chest, draw your abdomen in, draw your shoulders down, and breathe fully and deeply, and feel the difference it makes to you mentally. Why, you feel more alert and alive in every respect. It was Professor James, the psychologist, who pointed out that it is most frequently the physical attitude which determines the mental, yes, and even the emotional, condition. Thus, as you remember, he says that we are happy because we laugh, and unhappy because we cry. We certainly do tend to get despondent and miserable if we allow our bodies to sag with inactivity, and on the other hand we can become cheerful and alert if we hold our bodies correctly; in other words, if we maintain continuous mental control of our bodies.

### HOW TO BE HAPPY

Of course, we must remember also that we have to make the same control of our minds. If we allow our minds to sag, and just go anyhow, we become morbid and despondent. This is what many people do. They simply will not make the mental effort to be cheerful. Whatever comes along is irksome. One thing is only a counter-irritant to another. These people are most miserable to live with. They never enjoy themselves, and they prevent others from enjoying life. Yet it would be such a simple matter to determine to throw off the mental attitude which hrouds them in that morbidness. Adopting a correct physical attitude, they will find, goes with the adoption of a cheerful and correct mental attitude. You cannot grapple with any physical problems unless your muscles are under control and alert. You cannot master any mental problem unless your mind is under control and kept alert.



HEALTH, BEAUTY AND ATHLETICS Underwood  
Miss Martha Patton, of Ponca City, Okla., who is only 17 years old, but has won several swimming contests all over the country. She is a typical specimen of the fine womanhood developed by exercise and swimming.

### CHARACTER MORE IMPORTANT THAN INTELLECT

The whole world is stirred by the terrible murder of a little thirteen year old boy by two young fellows of eighteen and nineteen years of age in Chicago. These two young fellows were giants of intellect, and, but for the kink that made them commit this terrible crime, might have contributed most useful knowledge and research to Science. They had intellect, but not character. Intellect is useless, nay, positively harmful, without character. All crime is mostly misapplied ingenuity. These fellows had no ambition, no consciousness of the struggles of life in its reality. Everything came so easy to them in their studies, and all their worldly goods were provided for them by their parents. There was no need for struggle, and, as Darwin has pointed out, struggle is the very first law of life. Those who do not need to struggle are doomed.



**WHILE THERE IS LIFE THERE IS STRUGGLE**

There is no getting around Nature. As soon as the need for the struggle ceases, life becomes perverted, and also ceases. Wrestling, boxing, and all athletic competitive sports are healthy and most valuable to the human race, because they cater to the principle of struggle. They develop the power to struggle, and keep the desire to struggle harnessed, so that the struggling is governed by definite rules. The athlete who does not obey the rules soon learns that he has got to obey them. But he learns something more. He learns that the real fun of the struggle is in triumphing according to the rules. Among the animals struggle entails very frequently mortal combat. The struggle is often severest among members of the same species. Man, in the stages of barbarism and savagery, also struggled for life, often in mortal combat. The wars of civilization represent the lingering of savagery and barbarism and the remains of the animal in man. They are the unharnessed struggles that will surely disappear as civilization evolves.

**WHAT IS CHARACTER?**

Civilization evolves only through you and me; through each of us striving and struggling to realize the best for ourselves in contributing towards the progress of the human race. Struggle is inevitable. If we make up our minds that we are going to enjoy the struggle, just the same as we enjoyed the struggle for the ball when we were children, we shall be able to

make a game out of life, and an enjoyable game. We have to keep on the move all the time; but it is this willingness to struggle, to make the most and the best of the struggle, that constitutes character. It brings optimism and accomplishment, counteracting morbid indolence, yes, and crime.

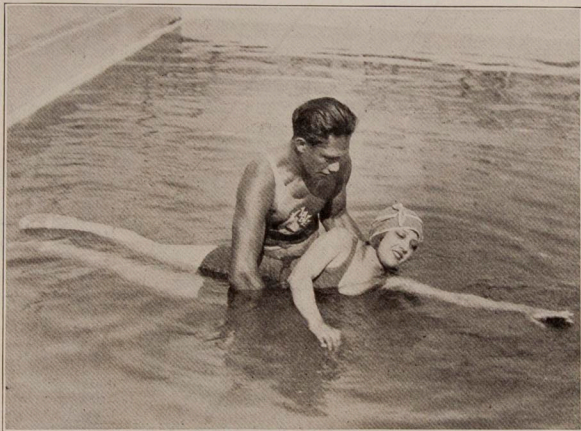
**AN ABNORMAL BIRTH RATE MEANS AN ABNORMAL DEATH RATE**

An old clipping from a newspaper before me tells me that a woman from San Diego gave birth to her twenty-fifth child, five of which only are living. It does not give the condition of those five, but you can imagine what they must be like. They have not only been handicapped by a mother constantly bearing other children, but must have been born when the mother had not yet recovered from previous confinements. The mortality in that family is four

in every five, but that is exactly what you would expect. Wherever there is an abnormally heavy birth rate, there is also an abnormally heavy death rate. Would it not have been better for that woman to have limited herself to the bearing of five children only, spacing them scientifically, so that she was fit to bear each one, and mother it as it should be mothered.

**THE RIGHT TO LOVE**

But not only is it impossible for such a mother to be a true mother to her children. What sort of a wife can she make to her husband? If she doesn't make a good wife, she cannot make a good mother, because children require both the love of mother and of father, and father and mother must love each other in order to give fully the best nurture to their children. A child should be the outcome of love, love between the man and the woman who beget it, and their premeditated



**DUKE ROHANOMOKU, HAWAIIAN SWIMMING CHAMPION, FINDS APT PUPIL IN ESTELLE TAYLOR**  
Miss Estelle Taylor asked Duke Rohanomoku, Hawaiian swimming champion, to teach her the art of swimming. Did he? Who wouldn't. Her first swimming lesson was in the Swimming Pool in Hollywood.

love for the child they create. Until recently such love has been contaminated by those who considered the supreme act of love as one which was an act of sin. They are even opposed to the controlling of the power that makes parenthood voluntary. But this is fast disappearing. Most young people nowadays are marrying for love, a love which is spiritual and intellectual as well as physical. They are able and determined to maintain this love by expressing it freely and beautifully when natural and beneficial to do so. In addition, they are able to bring forth offspring only as they desire, only as the grand impulse calls, and as their commonsense and physical condition shows them to be best.

**THE CAUSE OF CATARRH**

This is the time of the year when sufferers from hay fever, asthma, and

catarrh generally, begin to expect to suffer, and do suffer, too. Year after year, instead of looking forward with pleasure to the sunshine and warm weather, they feel with dread the appearance of their irksome symptoms. Of course, they blame the summer. Some of their doctors blame the pollen grains. But, really, they have the rest of the year to blame, because they have been preparing themselves to suffer during that time. All the proof that is necessary to substantiate a case in a court of law is available to show that hay fever, asthma, and catarrh are caused by fermented starches taken in the diet. The starches are taken mixed with other foods with which they do not agree. They are usually taken in a condition in which they have been robbed of their vital and useful properties by the processes of modern commercial manufacture. Starches are good foods, but should be eaten absolutely alone or with a little sweet fruit, such as figs, raisins, dates or prunes.

**THE SCIENCE OF CURE AND PREVENTION IS BEING CREATED**

But does this not show what a bad condition the so-called science of healing is in? The medicine men, who today are looked upon as the authorities of the healing science, admit that they have no cure for asthma, hay fever, or catarrh. Yet, as I say, it could be proved to the satisfaction of a court of law how these complaints are caused, and how they can, in most cases, be cured. It seems extraordinary in view of this that it is not generally known. But the fault rests in the fact that the medicine men of

today maintain the same superstitions as the medicine men of ancient times. However, we must not forget that there are thousands of drugless physicians, very many of whom are, or have been, medical doctors. They have seen the light of day, and are endeavoring to establish a real science of healing and not only will they establish the science of healing, but they will do more, they will establish a science of prevention of disease. And after all prevention is always better than cure.

**THE PRICE OF PRUDERY**

The conspiracy of silence with regard to sex matters is responsible for that lack of understanding which causes misunderstandings and incompatibility in marriage. But there are also many serious physical complaints and premature senility, or old age, about which  
(Continued on page 290)



# 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 II

### MEMORY

THE essential factor in memory is observation. Memory without observation is not a house built on sand, it's a house without foundations which buries its head in the sand—when it has a head.

If you must remember to have the drawing-room clock mended, you may, if you wish, resort to some such system as thinking of partridges, which suggest feathers, which lead to feather-dusters, which some people are unhygienic enough to use for filling the air with dust while breaking ornaments on mantel-pieces. But instead, you can observe what's wrong with the clock, and make up your mind what you're going to do about it, and impress upon yourself that you will attend to it at a certain time in a certain way.

#### Do You Have to Rely Upon a System?

You may forget, after all. Then you will have your choice between strengthening your memory or allowing it to weaken. If you resort to "systems" or just to a note-book or a knotted handkerchief, you are actively helping your memory to weaken. I may remark here in passing that there's only one legitimate recourse to be found outside oneself, and that is to ask somebody else to remind us: not only the fact of asking, but the direct concrete, spoken form given to the thought, impresses it upon us so that the well-ordered brain, after asking to be reminded, needs no reminder. But if we really want to strengthen our memory we must begin by analyzing our own mental processes.

Put to yourself the question: "Why did I forget?" Make an honest answer, whether or not you believe you can do anything about it. You can at least learn to know yourself better, which will advance you somewhat for next time. But you can do far more than that if you want to.

Why did you forget about the drawing-room clock? Your frank answer may be, "Because I'm always forgetting things". But that's no reason, and hence no answer. In this instance, as in other instances, there could have been only two reasons for your forgetfulness. Either you are habitually careless, or else you sometimes find a new subject driving an old subject completely out of your mind.

#### Carelessness and Lack of Power to Observe

In the first case, your carelessness

means that you are unobservant: the remedy lies in developing your observation before trying to train your memory. In the second case, you must put to yourself a second question: "Was the new subject which drove out the old a major or a minor consideration?" If it was major, then neither blame yourself about the clock nor speak disparagingly about your memory. There are truly more important things in the world than drawing-room

clocks. But if it was a minor consideration, then you may be unobservant but you are certainly deficient in coordination.



WARRINGTON DAWSON

clocks. But if it was a minor consideration, then you may be unobservant but you are certainly deficient in coordination.

So now you know what can be done about it. For we can change such things. The younger we start, the better. But regardless of age we can do it.

#### Two Sorts of Memory

When I was a student at Captain W. Gordon McCabe's famous University School in Virginia, I noticed that I had two entirely different sorts of memory.

I had an unusual facility for retaining numbers of all sorts, whether dates or figures or just house addresses and telephone numbers; and I could memo-

ry both quickly and durably. I was a sort of walking directory for things of the kind, and I could take a country walk of several hours reciting poetry or scenes from Shakespeare to myself all the way. But I also remembered with peculiar, almost painful, acuity the things which happened to me or else just before me, the things said and the replies made, with the main attendant circumstances of vocal intonation and facial expression, as well as the setting in house or street or conveyance. By "painful acuity" I don't mean that the episode was necessarily unpleasant, but it was generally out of the ordinary whether or not I reflected upon this at the time. Without conscious desire on my part, the memory would return to me, just because it wanted to, though it might dull the impression of less interesting things in the very act of passing before my eyes.

#### Statistical Memory Dwarfs Living One

Awaking to the value of memory in this form, I worked to develop it further. I observed that my memory for statistical things and for so-called "memorizing" tended to dwarf my memory for living things, the things which were not to be found in ready-reference books. Schoolboy as I was, I decided to drop overboard the parrot sort of memory.

One of my teachers, who had a weakness for parrot memories, and could not discuss history but could reel off paragraphs detached from texts he had learned, told me that he would charge up my developing faculty to me in bad marks at every chance he got. I said I agreed, and I stuck to it though I was summoned before Mr. McCabe himself to explain my delinquencies. I shall never forget the look he gave me when I tried to make my point of view clear. But Gordon McCabe, one of the most distinguished officers of the Confederate Army and one of the most brilliant wits of the South, was not only a friend of the great like Alfred Tennyson and Anne Thackeray Ritchie who loved him; he was also the friend of his boys, who loved him too. He sized me up with one of the most eloquent looks which even he ever darted, but he did not thwart my plans—any more than he interfered with certain bad marks which thenceforth starred my record,

(Continued on Page 288)



# Rip Off Your Shirt

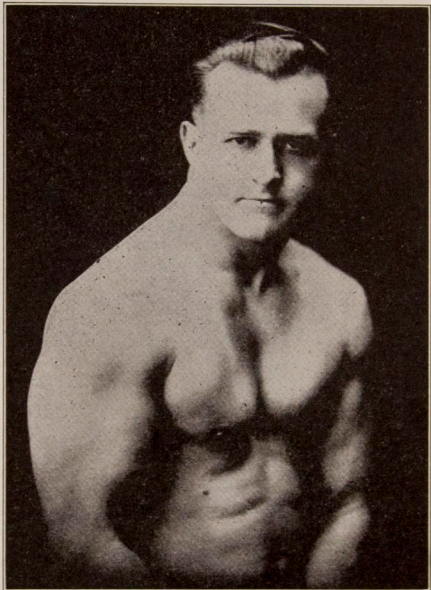
and get on the job. Work up a sweat and chase those disease bugs out of you. Gee, but they're happy with the chance you're giving them. Are you going to loaf around and let them eat up all your pep? Snap out of it, fellows. You're just digging your own grave when you refuse to exercise. Sitting back in a rocking chair and smoking your old Jimmy pipe may feel fine to a lazy man, but it sure raises havoc with your chances for a long life or a successful one.

## Who Will Help You?

I know you think you know all about it. Most everyone you meet tries to tell you how, but they can teach an oyster how to sing quicker than they can show you anything about muscle building. If you are in legal trouble, you seek a lawyer. If you are wise, you get the best, for they are the cheapest in the long run. Now, how about that body of yours? Do you realize it is the choicest possession you have on earth? Don't be a plain dumb Dora! Use your head. This is vital with you. Muscle building is one of the trickiest studies on earth. I've worked at it ever since the day I left College, so I ought to know. I've seen many a poor chap literally ruined by the wrong kind of guidance. On the other hand I've seen human wrecks transformed into human Hercules by being started in the right direction.

## I've Got The Works

Come to me and I'll shoot you so full of strength and vitality you'll think it's your birthday. I'm the man that first guaranteed one full inch on your arm in 30 days. And I'm the man who does it. I'll fill out that chest so that it will take a man's size load of oxygen, shooting life into your blood and building up your whole body. I'll put a pair of arms and shoulders on you that will carry the kick of a mule. I'll shoot a quiver up your old spine and put a spring into your step so that you will feel like fighting a wildcat. This is no idle prattle, fellows. I don't promise these things—I guarantee them. You don't take any chances with me. I've got the works and I'm willing to prove it. Come on then—let's go.



EARLE E. LIEDERMAN  
The Muscle Builder

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. 907, 305 Broadway - NEW YORK CITY

**EARLE E. LIEDERMAN,**  
 Dept. 907, 305 Broadway, New York City.

Dear Sir: I enclose herewith 10 cents, for which you are to send me without 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 25c to cover cost of postage, paper, etc.

**A. S. B.**—Practice walking exercises with toes turned outward at several sessions a day for five minutes at a time. Of course, when walking normally walk with toes forward, a trifle turned outward. Double your legs and bend your knees together. Then bend and stretch the legs. Do this for five or ten minutes at two sessions daily morning and evening. Why not write to Mr. M. Tritley, Specialist 422 E. Ackerman Building, Binghamton, N. Y. He specializes in contracting this deformity.

**HOPKIN**—Your trouble seems to be due to the combination of your foods. You give very little detail, but if you are mixing up the foods you mention anyhow you could expect the symptoms you give, which are due to bad digestion and general auto-intoxication. Get a copy of "Correct and Corrective Eating," and learn how to combine your foods scientifically, and get more fresh fruit and fresh vegetables into your diet. See that you chew your food very thoroughly, and eat slowly. You should exercise both morning and evening, and get into the fresh air as much as you can. Cheer up. Your general condition wants toning up, and as soon as you learn to eat right, there isn't the slightest reason why you should not put on weight. Try to keep that worry thought out of your mind. While there is life, there is hope. You ought to do your best to keep happy. "Sex Development" is \$1.25 post free, obtainable from HEALTH and LIFE publications, 508 S. Dearborn Street, Chicago, Ill.

**MUCKEY**—How do you know you are diseased? Go to your doctor, and have him make an examination. If he pronounces you diseased, undergo treatment, and give your life and energy to the cleansing of your body. You will find the means in HEALTH and LIFE monthly, and in "Eating to Correct Ill Health," as well as in "Health and Fitness." If he pronounces you free from disease, just live a clean, healthy life. Battle away these temptation thoughts by thinking only of clean wholesome things. Develop your body to plenty of physical training. Join a Gymnasium; get into the fresh air, read "Sex Development," and when you are financially able get married.

**MRS. D. C. M.**—Keep under the direction of your doctor. It would be well worth your trying to eliminate by dieting; at any rate, it is your only hope to avoid the operation. Get a copy of "Eating To Correct Ill Health," and follow carefully the chapter on "Eating To Eliminate." Live according to the details given there, and go periodically to your doctor and have him make the results. You will have to refrain from starches and proteins, and live on only fresh fruit and fresh green vegetables for a considerable time. Even if the operation has to be performed, you should still follow out this treatment. If done faithfully it will stop the progress of the disease.

**MRS. B. McM.**—A "Course in Marital Conduct" will help you most. There are details you would have to know not possible to explain here.

**J. H. A., TENN.**—Tom Shaw Institute, Dept. H., 1928 S. Wabash Ave., Chicago, Ill. This institute used to be especially good. We sell a small book on Jiu-Jitsu and "Tricks of Self Defense," for \$2.00. You would probably be interested in it. You would find "Vitolaxing" excellent for practice in conjunction with the other systems. The principle of "Vitolaxing" is the contraction and relaxation of the muscles by will power and certain tricks given. I do not think you learn how to make your muscles stand out. You have the privilege of returning the Course within five days if you are not satisfied, so why not have a look at it, for yourself?

**M. H., CALIF.**—Perfectly normal and natural in size and function. Don't worry about it any more. Yes, permits the lingering you mention which is both beneficial and deeply satisfying. I do not think your wife will have any difficulty at all, and as you both seem to be sensible over the matter, you ought both to be normal in

every respect. You would be particularly interested in the "Course in Marital Conduct." You would find there most of your difficulties answered.

**W. K., CALIF.**—You are suffering from the result of poisons in your system, probably from faulty combinations of foods, though, as you do not tell me about them, you have been eating. I cannot judge so well as to that. A very radical course of elimination will be your very best. Get a copy of "Eating To Correct Ill Health," and follow the diets given there for the treatment of your trouble. You can get the diets very carefully and exactly given there, and you should follow them very conscientiously. Read "The True Art and Practice of Auto-Suggestion."  
**C. J., N. Y.**—I cannot do better than to recommend you to my book, "Sex Development" for the use of parents desiring to know how to enlighten their children as to the facts of life.

**C. C., B. C.**—The pressing need for you is to get rid of that catarrhal condition which is responsible for your trouble. The bad teeth must also be attended to. You have been eating too heavily of starchy food, and have been partaking of starches and proteins at the same meal. For instance, you are best for you to leave out all starches and proteins from your diet, and take nothing but fresh fruit and fresh green vegetables, stews and soups. You could substitute this method instead of the fasts, although if you undertake the latter, you can have the same fresh fruit and fresh vegetable diet. You do not mention exercise. Exercise is absolutely necessary. Those given in "Health and Fitness" are especially compiled with regard to the vital organs, and would be of great benefit.

**E. A. J., N. Y.**—Some slight form of sex weakness is at the root of it, and if you live living clean, HEALTH and LIFE. You will soon get rid of it with exercise and right eating. First of all, with regard to the form of exercise, you should be relaxing will cater for this. Now with regard to your diet. You are at the moment eating very badly, not so much as you are. Your foods you are taking as the way you are combining them. Taken as you are doing, your diet is apt to poison nature, the nervous system, and this irritates the nervous system and causes you to be more run down than you need. You should know the principles of good food combination, and so give your foods a chance to nourish you properly. Get into the fresh air as much as possible can. Do plenty of deep breathing exercises in the open, or in front of an open window. Breathe in the fresh air, and cool water, in fact a cool sponge down, following by brisk towelings, is splendid for the whole body.

**D. P., N. Y.**—You have decided wisely to take yourself well in hand. Your trouble is most probably due to a catarrhal condition, which proper dieting and care in other ways will soon begin to relieve you. Your diet at the moment is not calculated to give you that relief, and for a time will need radical changes. You should knock out all starches and proteins, and take only fresh fruit, fresh vegetable salads, and fresh vegetable soups and stews (in which of course potatoes, being starchy, will not be included). You must see that the bowels act freely, and if there is any difficulty with regard to this, take an enema both night and morning.

Your best plan would be to get a copy of "Eating To Correct Ill Health," and follow the diets given there. I have already given in the chapter devoted to "Catarrh." I know that you will be more than gratified to resume normal diet, and care in principles as outlined in "Correct and Corrective Eating." You will learn there not to combine starches and proteins at the same meal, especially with your tendency to catarrh. Specimen diets are there given for normal persons, and these will help you to guard against a return of your trouble once you have got rid of it.

**M. W., COLO.**—I am glad to hear that the book you have received is going to be helpful to you. Keep faithfully to the instructions, and you will be more than gratified with the results. The other two books they will arrive shortly to you, and I trust you will be forwarded to you, and I trust "Vitolaxing." I know that in your case it would be especially valuable, and could not in any way harm you even while you are awaiting for the cure of your trouble. "Vitolaxing" is very helpful to all suffering from complete control of the body. Practice faithfully and regularly the exercises given for the abdomen, and this will be of great deal with regard to the digestive trouble, and is very valuable in case of constipation.

**M. S., SNOHOMISH**—Heavy proteins and starches excite the sexual nerves; keep these down to a minimum. Take in fresh fruit and fresh vegetables. Do not eat, as long as you keep down the proteins, and combine your foods scientifically. You will do as much as diet can do. Plenty of outdoor exercise is necessary; in the open air, or falling that, before you. Avoid drinking in the evening. Drink all you want in the early part of the day. Do not drink coffee and coffee. Have potatum instead. A good sponge down each morning and evening will also help you, and interest in your hobbies ought to displace the erotic mental ideas.

**A. H., KY.**—Glad to know that previous advice did you good. Your trouble now is that you are eating two meals wherein starchy foods are predominant. Have starch only for breakfast, or for lunch, not for both. Omit it absolutely either for breakfast or for lunch, and note the effect. I shall be interested to hear from you as to this. Be sure and get plenty of fresh fruit and fresh vegetables in your diet also.

**(MISS) J. D., OKLA.**—Go to the nearest osteopath; and have him examine your back. Probably a little adjustment will put it right. You may have strained or allowed one of the vertebrae to fall out of position, causing the stiffness which bends the exercise. Unless you exercise, you are scientifically the bones of your body are apt to get out of place, and so cause serious inconvenience. Do, and so cause serious body from side to side, twist the trunk, etc. After all, it is not of much use to have the bones replaced by the doctor unless you exercise and strengthen the muscles that hold the bones in position.

**M. E., KANSAS**—You appear to be going on very well with regard to the dieting, and you must expect your tongue to be white, showing that the poisons are still clearing out. While your tongue is white, there is poison in the system being thrown off. When you feel hungry take some vegetable stew, just fresh vegetables stewed up, and eat them slowly and carefully, masticating each portion well. Of course you will take the liquid as well. It would do you good occasionally to take the yolks of two eggs in orange juice, and make this your breakfast. Take it an hour or so after getting up. But I would strongly advise you to take the diets as outlined in "Eating To Correct Ill Health." Continue with the doctor's treatment. There is not the slightest doubt that some of the nervous mechanism of your viscera is out of order, due to spinal maladjustment. Some of the Vitolaxing exercises for prolapsus consist in protruding and re-tracting the abdomen. Also there is another which draws in the abdomen while contracting the muscles. The feature of this system is that you are not to do the exercises, but can even do them in bed if necessary.

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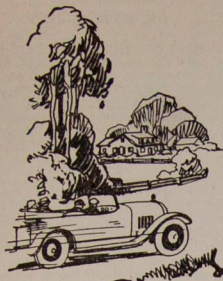
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## DELICIOUS NATUR-SWEETS for HEALTH and STRENGTH

YOU need them! No matter who or what you are.

Don't take our word for it. Read the following, and judge for yourselves.  
DR. CHAS. McFERRIN, Diet and Health Expert, Editor of McFerrin's Health Bulletin, Author and Lecturer, says:

"Millions of people have impaired digestion but do not know how to help themselves. The way is simple; eat the food that contains the maximum of nutrition and requires the minimum of nerve force to digest it. But you say 'What is such a food?' The answer is, 'Fruit Sugar.' Fruit Sugar is assimilated almost immediately with no tax on the digestive system. That is just the reason that I never leave home without a box of Porter's Natur-Sweets candy in my traveling bag. Two or three or at the most, four of these delicious candy bars which are absolutely free from refined sugar, furnishes me with a complete meal. I have not found it necessary to eat in restaurants or diners with this complete food, Porter's Natur-Sweets always so near at hand.

"Every school cafeteria should serve nothing but Porter's Natur-Sweets eliminating the other candy-forming candies.

"Every workman's dinner pail should contain Porter's Natur-Sweets.

"Every dessert at home should contain Porter's Natur-Sweets."

Live high and save money!

When you are hungry, try this for your health's sake.

Porter's NATUR-SWEETS with Bananas and Milk or Cream.

One of the finest, most delicious and nourishing meals you can eat can be quickly prepared as follows: Into a dish of milk or cream slice up two or three very ripe bananas, add one or two bars of Porter's Natur-Sweets crumbled up fine, mix slightly and eat the best meal ever. Eat this meal once a day for two weeks and note the decided improvement in your health.

Doesn't it make your mouth water to read the above? Here are a couple more.  
WM. A. McKEEVER, A. M., Ph. M., LL. D., the noted author, lecturer and editorial writer, former Editor of the Golden Rule Magazine, Chicago, Ill., and now with the Chicago American, writes:

"I regard Porter's Natur-Sweets as the greatest achievement of its class to be accredited to the present century. It is Child Conservation of a new kind entirely. To have the use of a candy that is at the same time a perfectly wholesome food, and to be able to satisfy the child's desire for sweets with such a rare, nurturing delicacy—that is to me the fulfillment of an earnest, long-felt dream."

NASHVILLE, TENN.  
"I received today my first shipment of your wonderful Natur-Sweets. In all my life I never tasted anything as good, and am glad to say the package is exactly right."

Porter's NATUR-SWEETS can be used in many delightful ways.

"The Sweetest Story Ever Told" gives a number of recipes for their use and contains much valuable and interesting information. Send for your free copy.

No home should be without a box or two of Porter's NATUR-SWEETS always on hand for emergencies, and to satisfy the nature of craving sweets.

Porter's NATUR-SWEETS and candies and Health Foods combined. They are made from Honey—the nectar of the flowers—sweet, dried fruits, and nuts. They are made in a scrupulously clean and sanitary manner. They are very high grade confections, for particular people. When actual food values are considered, they are very economical to buy.

There are four varieties of Porter's NATUR-SWEETS, and a Honey-Chocolate confection—Raisin-Nut, Date-Nut, Coconut and Honey-Chocolate. They are supplied in dainty pieces, called JOY NUGGETS, and in Bar form. The JOY NUGGETS are put up in attractive one pound boxes, containing a full assortment, and tied with raffia, price 90c. The Bars are wrapped in attractive, wax paper lined foil wrappers. They are packed in attractive boxes tied with raffia, 20 in a box, net weight one and a quarter pounds, price 5c a Bar, \$1.00 a box. You can get a box of 20 bars of one variety, or a full assortment, four bars of each variety.

Other flavors will be added from time to time.

Get them from your dealer. If he cannot supply you, we will send you a box and full information, postpaid anywhere in the U. S., on receipt of price and your dealer's name.

Six \$1.00 Boxes for \$5.00

FOR YOUR HEALTH'S SAKE, get yours today

Buy Them by the Box Do It Now  
MAKE MONEY—AGENTS—CLUBS—SOCIETIES

Good money in selling Porter's Natur-Sweets in a variety of ways, such as house-to-house, in office buildings, factories, stores, clubs, school cafeterias, colleges, Y. M. C. and Y. W. C. A. establishments, church organizations, picnics, camps, Boy Scout and similar headquarters, etc. Easy to get a line of regular customers by the box. Write for full particulars on our agency proposition.

FOR SALE IN CHICAGO at the McLean Drug Stores; the Public Drug Company, 26 South State St.; The Fair, Candy Department, the Healthier's Natural Food Stores, 23 E. Van Buren St.; and 2731 N. Clark St.; Berhalter's Health Food Store, 1423 N. Clark St.; Lindlahr Sanitarium, 525 S. Ashland Ave.; Capital Bld. Cigar Stand, and other stands.

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DEPT. H. L.,  
159 N. State St., Chicago, Ill.  
Gentlemen:

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Coconut, Raisin-Nut, Date-Nut, Fig-Nut, Honey-Chocolate, Assorted. (Cross out those not wanted)..... Boxes of Assorted Joy-Nuggets.

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## The Junior Athlete

Conducted by  
DR. M. N. BUNKER

Missed last month, didn't we, fellows? At the time to get "our page" ready I was down in the sand hills of what was once the famous Indian Territory, now a part of Oklahoma. We were driving over muddy, almost impassable roads at times, and once nearly missed over coming back to meet you on this page again.

\*\*\*  
This one experience was the only real excitement we had, and this wasn't much. It was following a steady down-pour of rain that had lasted twenty-four hours, and we were trying to get to a certain town where we expected mail. At four o'clock we stopped at a filling station, and asked about the roads, and got the assurance that they were passable. Taking this at face value we drove straight into an apparently shallow pond that washed us right off the road and within a couple of feet of a twenty-foot cut along the railroad track.

\*\*\*  
With a dead engine there was nothing for me to do but shed my clothes down to B. V. D.'s and push, while my companion worked the starter in reverse. Then, within a few feet of the water's edge three friendly section hands reached out with a long pole and pulled us safe to shore, while I got back into my clothes, and my partner drained the engine. Then we had to walk back a mile or so, get a kind-hearted farmer to sell us fresh oil for the filter, and after hours we got started again, and landed in bed after midnight, both of us fagged out.

\*\*\*  
Such experiences as this explain just why we didn't have a page last month, but as my tramping is about done for this season there is very little cause to feel that we shall miss in the future. So fellows, you who thought you would write, and those of you who have pictures of yourselves, come right on in. The water is going to be fine—and much pleasanter than my experience pushing a Ford.

\*\*\*  
Don't make a mistake though and think we do not want pushers here. This is your page, and so the more you do to make it interesting, the better it will be. Some of you fellows have wonderful pictures, and already we have some interesting letters. Let's go, starting off with his one from Simmie Klepper of Virginia.

"I've never taken any interest in exercise, for I thought I could enjoy myself better by smoking cigarettes. Now I see where I can't. Can you tell me a good plan for quitting smoking? I want to train for baseball and track. These are my favorite sports. Just present I have a sprained ankle, but just as soon as this gets better I shall commence training. This makes me think, do you know of an exercise for weak ankles? Mine are very weak. Just the same, my wrists when I try to throw hard balls my arm and shoulder ache. Do you know where I can get a book on tracks? I will stop here for five. I asked a good many questions, haven't I? Yours for the Junior Athletes, S. K."

Ans.: Yes, old man, quite a nice bunch of questions, but the answers may help some of the other fellows so I am giving them here.



Quitting cigarettes is a combination of physical and mental effort. You have developed a physical craving for them, but at the same time you have formed a mental habit, and you will need to overcome both to make a success of your quitting. If you want to smoke the first thing in the morning, try eating an orange instead. Drink a great deal of water, and eat light. A heavy diet makes quitting more difficult. When you quit you want a smoke do not say to yourself, "I can't have it," but "Oh, I don't want one just yet. I'll wait a little" and then do something else. You cannot stop something when you are constantly making success of your effort. (2) Take a block of wood 4 feet by 4 feet or more, and long enough so that you can stand on it comfortably. Raise yourself on your toes as far as you can, and then go down slowly, letting the heels down as far as possible, and still enable you to hold your place on the block. Repeat this until tired, and do it every day. Do it twice a day if you feel like it, but do it. This will do wonders for your ankles, while this is a good developer for your wrists. Take an old broomstick, or a rake handle, and drive a staple into it. To the staple attach a stout cord long enough to reach to within four inches of the ground, when you hold your arms straight out in front of you. To the bottom of this cord attach a finger or two of round fishing line, your apparatus is ready. Grasp the stick, and holding it arms' length in front of you, turn the stick toward you, winding up the string and raising the weight. When you have it wound to the end of the string, slowly unwind, using a reverse motion. This will give you strong wrists—the best kind of muscles, and will effect your lower arm, and for that matter even your shoulders. (3) For a story that gives a great many hints on the track secure "On the Under Path" published by Lethrop, Lee & Sheppard Company, Boston, Mass., and which sells for about \$2.00. This splendid book you can get hints on track from Withington's book, "The Book of Athletics," published by the same house, also from Walter Camp's book published by Crowell Publishing Company. Both are good books.

Here's another interesting letter from Richard Irvin of Missouri who writes: "I am interested in physical training and especially the biggest part of my time trying to develop my muscles. I like boxing better than anything else, and am a fairly good wrestler. I play football, base ball, and some basket ball. I do not have any pictures at present but will have some taken soon. There is nothing better than swimming to develop the biceps. I have known how to swim ever since I was seven years old. I have been putting off writing, for I never realized what this help meant to me before." Good boy, I'm proud to meet a fellow who is as interested you are in building your body. Keep going.

Here's a few lines from Montana: "I think physical training is the greatest thing for boys and young men—the greatest thing in the world. Without health a person cannot succeed in anything. Since I have been taking physical exercises I have won nine wrestling matches out of ten, and twelve boxing matches out of twelve. In the Golden Valley County Track Meet I won three blue ribbons, and one red out of four events. My success I lay to your help, and I want yours to know me for a booster." CLAYTON UNGER."

Good boy! I should say that you are making headway. Just look at that bunch of matches will you, fellows. Don't let Unger get away with a record like that and say that you can't do as well. Let's hear from all of you—and hats off to Clayton. I'm proud of you.

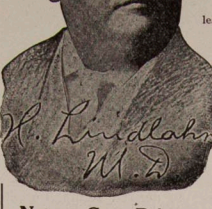
The I. A. L.

Would you fellows like a series of systematic exercises on this page, and a button showing that you are an athlete? If so let me know at once. The International Athletic League is a boy's organization, and there are no by-laws, no requirements except one—that you do your level best all the time to keep healthy and strong. A membership card and button is sent for just what they cost, a dime. If you would like such an addition to this page let me know at once. Don't put off writing, but do it now. At the same time tell your chums about HEALTH AND LIFE, and that this is a meeting

(Continued on next Page)

Pull Your Disease Out by the Roots—

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



Nature Cure Brings on the Healing Crisis

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

NATURE CURE AN EXACT SCIENCE

Since turning to Nature Cure, marvellous in his own sufferings. Dr. Lindlahr has elaborated upon the earlier work of Cure teachers and has reduced them to an exact science, rare for its simplicity, so easy is it to grasp, and so little understood. He has put into book form a full and complete explanation of Nature Cure philosophy, together with simple directions which make it easy for you.

Treat Yourself at Home Without Drugs

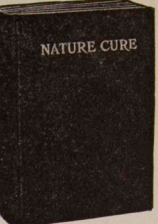
There is nothing that is vague or mystical in this book—"NATURE CURE." In Dr. Lindlahr's inimitable style and with remarkable clarity of expression, it throws the cold, white light of scientific truth upon the inconsistencies and contradictions of the hundreds of cults and isms which have long bewildered those who are earnestly seeking health. It deals in a way that you can readily understand, with the simple, fundamental laws and principles of Nature that control the processes of life—birth, health, disease and cure. It gives clear and explicit directions for applying to each individual's case at home, the same method of Nature Cure treatment which Dr. Lindlahr himself employs in his two famous health institutes—the Lindlahr Sanitarium of Chicago and the Lindlahr Health Resort of Elmhurst, Ill. It tells you why, and gives you proof of the fact that every acute disease is in itself, the result of a healing and cleansing effort of Nature. And it shows you how to bring about, either in acute or chronic disease, the healing crisis which leads to recovery.

You will find this book a revelation in the art of right living—a never-failing well of inspiration and helpful understanding for anyone who suffers from disease in any form. It is a book which should be in every home throughout this broad land.

Dr. Lindlahr considers his book, "Nature Cure," of such great importance to the health and happiness of mankind that he will send a copy to any address merely upon receipt of the coupon.

Mail the coupon right now—today—and by return mail receive your copy of this remarkable book. You may keep it five days, which will give you ample time to read it carefully. If you are then convinced that the truth it reveals, the information it gives on how to treat yourself when sick, how to bring about a healing crisis, and how to maintain your health, if you consider all this well worth ten times the small cost of the book, send us the price and we will keep it for you five days and we will tell you where to send it. No obligation on your part.

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By ordering HEALTH AND LIFE in advance you will be quite sure of obtaining it; otherwise you may have some difficulty. Tell your newsworld that you want it regularly. Or, better still, fill in the form below and send \$2.00 to our publisher, and we will have it delivered into your hands for a whole year. A dollar will bring you the magazine for six months, post free.

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# While There Is Life There Is Hope

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

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

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

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

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

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

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

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

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

## Send for "SEX WEAKNESSES, THEIR CAUSE and REMEDY"

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

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place for all the fellows interested in health.

### Write—Now.

Remember fellows, this is your page. I want to hear from you, and want to have that letter—Now. The writer of the best letter and picture will receive a brand new boys' book. Write now, addressing your letter to Dr. M. N. Bunker, care HEALTH and LIFE, 508 South Dearborn Street, Chicago, Illinois. I'm counting on YOU.

### A COOL AND HYGIENIC HEAD FOR SUMMER

All boys who want to enjoy the summer cannot do better than have their hair clipped closely all over. With a well-shaped, intelligent head a boy looks fine with clipped hair. But it also means comfort and cleanliness. During the summer we perspire more freely, and with long hair this remains and putrifies, sometimes for days, before it is washed away. You can't think clearly, or cleanly, with a fermenting mass cloaking and clogging your thinking organ. Yet your hair clipped and enjoy the hot weather—and you will never want to have it long any more.

### PHYSICAL TRAINING FOR BOYS

By Dr. M. N. Bunker

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

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

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

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

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

## Health and Life Fellowship Notes

By the Secretary

### Dear Friends:

Members are rolling in regularly, and our Fellowship is becoming more and more powerful as the days go on. This is most gratifying, but we must keep up the good work. The summer is here, and we can get out into the fresh air and amongst others on the bathing beaches and acquaint them with our cause. A good way to introduce it is to begin talking about muscles. If you can show a good arm, or a good back, or a fine chest, you will make others envious, and they will be only too glad to hear from you how you did it. Then you can tell them all about the Magazine, and the Fellowship as well, of course.

In last month's HEALTH and LIFE Frank J. Dennis, of Birdsboro, Pa., the Champion Weightlifter, made a splendid suggestion. That was that each of us buy five Magazines, and distribute them among those who need our message. As Mr. Dennis pointed out, we frequently pay away a dollar for some-



thing that doesn't do us the least good, whereas a dollar spent on five magazines, and distributed like that, may bring health, happiness, strength, and real joy in life to five other human beings in addition to ourselves.

But even if you cannot follow Dennis' suggestion, it is easy to pass on your own magazine when you have read it. Of course, I know that many of you prefer to keep it, and have every copy so far published as a work of reference, and also to look over from time to time, but if you are in the habit of just throwing away the Magazine, I do beg of you not to do so in the future, but just to pass it on to somebody else who may become an Enthusiast, and, later, a member of our Fellowship. So don't forget to pass on your Magazine.

**A New Enthusiast Writes:—**  
I have always been an ardent reader of physical-culture magazines, but unfortunately, I secured my first copy of Health and Life last month. I assure you however, that it has been included in my physical-culture list from now on. This letter is the result of a request in your Junior Athlete column for letters or pictures.

If you have ever noticed, most of the stories found in physical-culture magazines suggest, "How I Dodged Death," or "I Was Old, But Now I am Young." My story is of a different sort, because I have always been a physical-culturist from my birth until now. Even when a small boy, I enjoyed, and took an active part in outdoor sports. Of all sports, however, I give swimming first place, because it is the one exercise that develops perfect muscle in the body, and helps one to acquire or retain a beautiful figure. As for me, I swim practically every day, winter and summer alike.

Hiking, I believe, is the next best exercise. If taken in the country, it is enjoyed doubly, because one gets a chance to enjoy the beauties of nature, which tend to rejuvenate the mind and body; even if it is taken in the city, one receives wonderful exercise for the legs, and is greatly uplifted after having pondered over books, or spent long hours indoors.

For the benefit of those who do not have the time to indulge freely in sports, I wish to recommend to them "skin motion," a course given by Mr. Hobart Bradstreet. All that I will attempt to say about this course is that it is a wonderful rejuvenator for the old, and it matters not how good an athlete a person is, this course doubles his pep. The course consists of five simple exercises, and requires no apparatus.

Tours for Health and Life.  
\* \* \* F. MURRY BYRD.

We have all sworn to keep our bodies healthy, strong, and beautiful. This means just as much in the summer as in the winter. In fact, inasmuch as we get about more among our fellows, where we actually show our bodies, that is, when we are swimming, it behoves us more to exercise and keep our bodies in good condition in the summer than in the winter. Of course, we ought to keep them healthy, and fit, and strong, and most of us do this, all the year round, but the summer always strikes me particularly as the real physical culture season, because we can do our exercises in the fresh air.

This time of the year, too, gives one an opportunity to go out and practice gymnastics on the free apparatus supplied at most of the beaches and public playgrounds. Next month, I believe, our Editor is going to illustrate and explain in some good exercises for keeping fit during the summer on the apparatus as found on the bathing beach which he visits nearly every day.

Yours for the healthy, the strong, and the beautiful,  
SECRETARY.



## Lindlahr Nature Cure Institutes

Only organization maintaining both city and country sanitariums  
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### HEALTH RESTORED — STRENGTH REAINED

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Every disease known to exact science, provided the proper combination of natural methods of diagnosis and treatment, provided there is sufficient vitality left to respond to treatment and that the destruction of vital parts and organs has not advanced too far.

In our methods of examination as well as in treatment, we combine all that has proved true and efficient in all systems from the oldest to the most advanced, whether "orthodox" or "irregular" provided it conforms to the fundamental laws of cure. No drugs, no surgical operations.

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

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

Milk Diet and Fasting Cures.

Hydrotherapy, Father Knapp and other systems, Sun and Air Baths, Osteopathy, Chiropractic, Naprapathy, Spondylotherapy, and other manipulative methods. Massage, Swedish Movements, Magnetic Treatments, Corrective Gymnastics and Breathing Exercises by competent instructors. Chromotherapy, Homeopathic, and Non-poisonous Herb Remedies, Mental Therapies, Applied Psychology. Suggestive treatment on a common-sense scientific basis.

Frequent lectures by Dr. H. Lindlahr and his able assistants teach you how to become your own doctor and the family physician for the future.

#### Electric and Electronic Methods of Diagnosis and Treatment

**Radiant Light and Actinic Rays:** These are more powerful in their effects than direct sunlight and are used for general tonic treatment and for local applications.

**Morse Wave:** The latest improvement on sinusoidal electrical treatment for weak, atonic and protracted conditions of the digestive organs.

**High-Frequency Electricity:** For the oxidation of disease matter as well as for general tonic and local curative effects.

**Chromo-Therapy:** One of the latest and most efficient methods of natural treatment.

**Official Treatment:** By bloodless manipulative methods.

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Rates reasonable and consistent with benefits received. Write today for free catalog describing each institute in full and showing pictures of the various departments of each. Courteous attention given to all correspondence.

#### Lindlahr Nature Cure Institutes, Inc.

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

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## WHAT ABOUT YOUR BOY?

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

### BUZ AND FURY By WARRINGTON DAWSON (For Young People)

You could not present your boy with a better book, from every point of view. It will make a beautiful present, too. It has good stiff binding, with gold lettering on front and back. Send in M. O., check, or currency for \$1.75, and the book will be sent to you postpaid immediately.

Send now to  
**THE HONEST TRUTH PUBLISHING CO., 508 South Dearborn Street, Chicago, Ill.**



## The Fountain of Youth

The new improved Blood-Washing treatment. KNEIPP SANATORIUM, Minneapolis, Minn. Free Book on Health and Vigorous Manhood.

## Health and Life Fellowship

A Band of Men and Women United in Their Love of the Healthy, the Strong and the Beautiful.

President, The Editor of HEALTH AND LIFE.

We want all those who believe in the work which HEALTH AND LIFE is doing to inspire a love for the healthy, the strong and the beautiful, to join the HEALTH AND LIFE Fellowship.

Thousands of men and women now in the slough 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.

Members of the Fellowship are entitled to the following benefits:

Free advice from the Editor of HEALTH AND LIFE. No need to pay the usual 25c for postage, etc.

Ten per cent of books published by the HEALTH AND LIFE Publications.

Subscription to HEALTH AND LIFE, \$1.50 per year instead of the usual \$2.00.

A handsome illuminated certificate, signed by the Editor of HEALTH AND LIFE, is presented free to each member on joining the Fellowship.

Fill in your coupon now and send it in.

### HEALTH AND LIFE FELLOWSHIP To the Secretary:

I wish to join the Health and Life Fellowship. I promise to do my best to keep my body healthy, strong and beautiful. Enclosed is my fee of \$1.00.

Name .....

Address .....

.....

## The Editor's Free Health Advice Form

The Editor of "HEALTH AND LIFE" will be pleased to answer questions and give free advice through the columns of the magazine. Readers requiring a personal reply by letter, however, must enclose 25c for postage, office expenses, paper, etc.

Name .....

Address .....

Married or Single ..... Occupation .....

Age .....

Height ..... Weight .....

Complaint .....

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

## Health and Life Congress

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

### HE WANTS MORE ACTION

To the Editor:

Sir—I buy your valued magazine every month at the newsstand there. There is something about it that is very appealing, perhaps it is its human touch, and plain truth; its way of correcting any erroneous statements it may have made. It's different in every way from the old run of physical culture magazines. It is good because everything is plainly written and so on. I cannot speak too highly of my esteem for it.

I have been an athlete since I was 15 years of age. I was formerly a boxer, and I have to this day, and always expect to, keep up my training and exercising. It has stood me in good stead hundreds of times, one time of which was recent. There is nothing like being able to feel that you can tackle anything that may come. I know I am ready to meet any emergency, or I feel confident that I could.

I am enrolled at present under Lionel Strongfort, whose advertisement you run monthly. I expect to complete his regular course and if financially situated will take the advanced course.

I like the pictures of all kinds in your book. They show up well. There have been some well developed men in them, now here is one thing that strikes me. Why is it that all these "strong men" are claiming to be the greatest and strongest men in the world? I know that Strongfort has a tremendous lifting power. He has a standing challenge to the world to any one who can duplicate his feats of strength, of \$500. Now here's some "easy" money for some ambitious husky, why don't some "big boy" take him up? Understand this is not because I am his pupil, but here is the thing, using him as an example, there are too many who claim the championship; and no one of them can prove it. I would never, personally, announce myself as such until I could prove it.

Look at Paul Kronos, I believe that he would be very hard to beat. Let's see some of these gentlemen who claim to be strong do something real. Let's see more action and less talk.

Yours, truly,

REXFORD HAYNES,

Johnstown, Pa.

### A DOCTOR'S PRAISE

"Allow me to say that if I had written this book ('Correct and Corrective Eating') it would not contain anything I had not already covered by you, nor would it have omitted anything, for you have covered the field entirely, to my way of thinking, in a very concise and complete manner, making the whole subject of health easier than it is generally made to the average lay mind.

"You lay stress on the very essentials I deem of most basic importance, and your food selection and combination is above criticism, from my standpoint.

"WILLIAM HOWARD HAY, M. D."

### LIFE IS A BEAUTIFUL THING

"I found your book, 'Sex Development,' very fine, and cannot find words to express my appreciation of the good it has accomplished in clearing my mind of a prudishness developed through wrong training. You make of Life and its functions a beautiful thing. This new knowledge makes me happy because of its ultimate realization of a better wifehood and motherhood for me."

A. B. Wis.

## With the Men of Iron

(Continued from page 269)

him pay over the sum of \$100.00 to the A. C. W. L. A. What I say here I expect to carry on, and no better method could be adopted to prove honesty in lifting than by its clearing air.

I have in my possession all data appertaining to my double body record, and can produce witnesses sworn to by me.

I do not believe in wasting ink on these subjects, or using a clean Magazine or Organization for such. What I say here I expect to carry on, and will with cash and the goods, provided Johnson does likewise. The officials of the A. C. W. L. A. are the owners of all my records, and now it is up to Johnson to show that they are fraudulent. Since it is the business of the A. C. W. L. A. to be absolutely in their hands, and will stand by what they say. I say that Johnson has no proof for the false allegations made against me.

If Johnson is so sure of himself, let him put up enough money to make it worth my while, and I will show him, as I have shown others, what I can do, that I can beat the feat of 286 lbs. any time inside of two weeks' training. I will not say that I can duplicate the 310 lbs. lift of course with only such short training. I have not touched a weight since last January, with one exception, but I will back myself with \$500.00 against Johnson's \$500.00 to do the above. I will also forfeit the sum of \$100.00 to the A. C. W. L. A. if I cannot duplicate my other feats of 230 lbs. T. H. M. P., 110 lbs. O. H. M. P., and my feats in the Two Hands Curl and Wrestler's Bridge. I have already placed in the hands of Secretary Swift the sum of \$100.00. Now we are just waiting for the same from Johnson. If I lose, I guarantee to pay the same over to the A. C. W. L. A. to use as they like. If he can prove that my double body weight record, my lifting of the Diploma, or Trophy, or that I never exceeded the 286 lbs., I will make the same presentation to Johnson, provided he likewise if he fails to prove his statements.

I leave the matter entirely in the hands of the Association and refuse to take up any more space on the matter in the Association's organ. Whatever conclusions the Association comes to, I demand that they publish officially through our columns side by side, with proof.

Signing myself in conclusion, until deprived of the title legitimately, as the only man on this Continent to double his body weight, and on actual strength, the ex-undefeated strong, elite middle weight in the world.

Sincerely yours, for clean sport,

GEO. F. JOWETT.

B. W. Goodman, of Los Angeles A. C. writes:—

Mr. Frank's in his letter to you, published in this month's issue, has misquoted me. I do not recall ever saying that "the back lift is the best test of a real strong man." As a matter of fact, the back lift is the best test matter of fact, the back lift is the best test of a real strong man. Backlifter, but Mr. Frank is a good deal like a lot of specialists in this line—notice that he thinks that a combination dumbbell, barbell, backlifter and harness lifting competition, all which poundages should be added together, would be obviously unfair. See my article for further elucidation upon this point.



Mr. Franks is a wonderful backlifter, and I believe he can defeat a lot of specialists in that line, but he is not the strongest man in the world by any means, for the reasons heretofore outlined. Personally, I do not believe to be even a strong man—I am just a weightlifter, and have a few records in a number of barbell and dumbbell lifts. However, I think I have said enough upon this subject, and hope that my article will have a tendency to open the eyes, not only of the gullible public, but of athletes generally. Thanking you, I remain

Very truly yours,  
EDWARD W. GOODMAN.

## Lifts and Rules Governing Weightlifting at the Olympic Games

### EVENTS FRENCH

1. Wrenching with one arm.
2. Shouldering and uplifting with other arm.
3. Wrenching with two hands.
4. Spreading with both arms.
5. Shouldering and uplifting with both arms.

### AMERICAN

1. One hand snatch.
2. One hand clean and jerk with other arm.
3. Two hand snatch.
4. Two hand military press.

Each entrant must be capable of performing the specified poundages, in his class, to be eligible for the competition.

The following gives the minimums for each (category) class:

#### Feather Weights

Wrenching with one arm, 88 lbs.; shouldering and uplifting with other arm, 99 lbs.; wrenching with two hands, 110 lbs.; spreading with both arms, 110 lbs.; shouldering and uplifting with both arms, 176 lbs. Total 623 lbs.

#### Light Weights

Wrenching with one arm, 99 lbs.; shouldering and uplifting with other arm, 119 lbs.; wrenching with two hands, 121 lbs.; spreading with both arms, 121 lbs.; shouldering and uplifting with both arms, 187 lbs. Total 633 lbs.

#### Middle Weights

Wrenching with one arm, 110 lbs.; shouldering and uplifting with other arm, 121 lbs.; wrenching with two hands, 122 lbs.; spreading with both arms, 132 lbs.; shouldering and uplifting with both arms, 198 lbs. Total 623 lbs.

#### Light Heavy Weights

Wrenching with one arm, 121 lbs.; shouldering and uplifting with other arm, 132 lbs.; wrenching with two hands, 143 lbs.; spreading with both arms, 143 lbs.; shouldering and uplifting with both arms, 209 lbs. Total 748 lbs.

#### Heavy Weights

Wrenching with one arm, 132 lbs.; shouldering and uplifting with other arm, 143 lbs.; wrenching with two hands, 154 lbs.; spreading with both arms, 154 lbs.; shouldering and uplifting with both arms, 229 lbs. Total 803 lbs.

### GENERAL REGULATIONS

#### (LITERAL FRENCH TRANSLATION)

##### Number of Efforts

Every competitor shall be entitled to three efforts in each event (and not with each bar tried).

Progression between efforts shall not be less than 11 pounds, except as to the last one, when it may be of 5½ pounds.

A premature 5½ pounds progression shall be deemed the last effort.

In no case shall a competitor be permitted to make an effort with a weight less than the one used for his previous effort.

The exercises must be performed correctly according to F. H. H. rules; competitors shall hold the (implement) bar-bell at the end of their vertically stretched arms, their feet on one and the same line, until the umpire calls "Good."

##### Weighting

Weighting the competitors shall take place for each class at the time of the competition. Any competitor who, as a result of such weighting, is put in a class other than the one entered for shall be allowed to compete in his own class. (This rule applies to the National A. A. U. championships only in the Olympic (Continued on page 286)

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# WHAT IS SIN?

Two Chicago young men have committed an atrocious crime. From the trickeries of morbid philosophers, and also by the apparently common sense of brilliant thinkers, they had come to the conclusion that what is ordinarily termed crime can be looked upon as neither sin nor virtue if they so philosophize about it long enough. Thus, they lost their moral sense and standard, having nothing left to guide their conduct. This resulted in loss of character, and finally the committing what is probably the most atrocious crime on record.

What we need more than anything else today is to understand exactly what we mean by sin, how a sin can be manufactured from virtue and glorified until it becomes a vice. Thus today the unconventional or irregular virtues are looked upon as sins, whereas that which is really harmful to the individual and to society is glorified into popularity.

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The inner message of this volume does not detract from its interesting and entertaining quality. The work itself is readable as a well pictured fantasy and moves from beginning to end with dramatic force and effect. It is enough to say that the volume is well worth even a very busy man's time for the reading of it."—From "The Washington Post" of Wednesday, April 9th, 1924.

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Victoria, B. C., Canada

he will be scratched if there is no vacancy in the next class.)

#### DEMONSTRATION ONE HAND SNATCH (WRENCHING WITH ONE ARM)

The bar to lead horizontally in front of the athlete's legs.

The wrenching to be accomplished at a single, well marked motion, the weight being brought directly from the ground to the end of the arm vertically extended above the head; the bar to pass with a continuous non-stop movement along the body no other part than the feet of which shall touch or graze the ground while the drill is being performed.

The lifted up weight to be held for two seconds in the final motionless position, the arms and legs being stiffened, the feet standing on one and the same line, at most 40 centimeters apart. The athlete shall be at liberty to get a support either with his hand or his forearm on his knee or thigh opposite his performing arm.

Suspension wrenching to be lawful.

**Incorrect motions.**—Motions terminated by unswerving; stoppage; leaning with one hand or one knee on the ground, as well as bar contact with the other hand while performing drill.

#### ONE HAND CLEAN AND JERK WITH OTHER ARM (SHOULDERING AND UPLIFTING WITH ONE ARM)

**1st Motion.**—Shouldering the bar. To be made at one distinct motion, without any stoppage. The bar being laid horizontally in front of the athlete's legs, grip it in the middle with one arm, the palm of the hand forward, pull and bring at a single, distinct motion the bar from the ground to the shoulder.

During this first motion the bar must in no case touch either the shoulder or the chest opposite the performing arm the axis of the sternum serving as a re-orientation on this occasion; the athlete to be at liberty to get a support either with his hand or with his forearm on his thigh or knee opposite his performing arm.

**2nd Motion.**—Uplifting: To be made at a single, distinct motion; the arm holding the weight to be brought to vertical position above the head kept in final motionless position for two seconds, the arms and legs to be stiffened, the feet standing on one and the same line, at most 40 centimeters apart.

**Incorrect motions.**—Motions terminated by unswerving; stoppage; leaning with one hand or one knee on the ground, as well as bar contact with the other hand while performing the drill.

#### TWO HAND SNATCH (WRENCHING WITH BOTH ARMS)

The bar to be laid horizontally in front of the athlete's legs.

Grip the bar with both hands and pull it at one motion from the ground to the end of the arm extended vertically above the head while either lunging or springing on bent legs. The bar to pass with a continuous non-stop movement along the body no other part than the feet of which shall touch or graze the ground while the drill is being performed.

The lifted up weight to be held for two seconds in the final motionless position, the arms and legs being stiffened, the feet standing on one and the same line, at most 40 centimeters apart.

**Important remark.**—In this drill the fundamental principle of which is that it includes but a single motion, no slowing down, what at the utmost be permitted until the turning over of the wrists, which shall in no case take place until the bar has reached quite plainly higher than the top of the performer's head.

Suspension wrenching to be lawful.

#### TWO HAND MILITARY PRESS (SPREADING WITH BOTH ARMS)

**1st Motion.**—The bar to be laid horizontally in front of the athlete's legs; grip it with both hands and bring it at a single, distinct motion up to the shoulder, while either lunging or springing on bent legs; rest the bar on the chest or on the arms bent close, bring back the feet on one and the same line at most 40 centimeters apart.

**2nd Motion.**—Being in this position, mark a two second stop standing still; then lift up the bar vertically until the arms are completely extended without any jerk nor sudden start; the motion being completed, mark a two second stop, the arms and legs being stiffened.

During the whole performance of the second motion, that is to say the uplifting proper, the athlete's body must constantly stand in a vertical position.

**Incorrect motion:** Any departure of the body from vertical position; any foot work (heel lift, etc.) and any bending, however little, of the legs.

#### TWO HANDS CLEAN AND JERK (SHOULDERING AND UPLIFTING WITH BOTH ARMS)

The bar to be laid horizontally in front of the athlete's legs

Grip it with both hands and bring it at a

single direct motion from the ground up the shoulders, while either lunging or springing on bent legs.

The bar must not touch the chest before reaching its final position there to rest on the chest or on the arms bent close.

Bring back the feet to original position, that is to say on one and the same line; then spring down on the legs and raise them suddenly as well as the arms so as to lift them up to the ends of the arms extended vertically.

The weight to be held for two seconds in the final motionless position, the feet standing on one and the same line, at most 40 centimeters apart.

Suspension shouldering to be lawful. Each athlete shall be entitled to begin again the drill several times as long as the weight has not touched the ground, without more than an effort being registered against him altogether.

**Incorrect motions.**—Leaning with a knee on the ground or any shouldering in the course of which the bar should touch any part of the body before finally reaching the shoulders.

#### General Particulars

1. In all shouldering, wrenchings and up-liftings with one arm or with both arms the lunging or of a springing the extent of the bent legs shall be as follows:

2. **Hooking.**—The trick so called "hooking" shall be lawful. (In one hand or both hand drills including, when gripping the bar, the fingers over the last knuckle of the thumb of the same hand, is called "hooking.")

The only authorized material for breaking World's Records in International Competitions and at the Olympic Games shall consist exclusively of bars with discs or balls which must be so built as to have a maximum 25 centimeter clearance between the bar proper and the ground.

#### EFFORT

In all drills (whether with one or with both hands) the Umpire shall register as a lift any attempt non-completed, in which strain was especially as regards attempts at which the implement rested on the high.

The rules concerning this Sport are those of the International Haltereifer Federation.

In case of disagreement on the interpretation of these rules the French text shall be referred to as final. In the National Championship the lifts be performed according to the rules of the British Continental Association or the French I. H. F. The particular point of difference being the position of the feet at the completion of the lift.

## Maintaining His Reputation

(Continued from page 272)

Oh, the agony of it! Ben was not in his top form. Besides he had been up the last three nights working on his new book; and those who do it know that brain work runs away with as much energy, and is as fatiguing, as any physical work.

"You scoundrel!" was all he said; but he set his teeth, determined to hold his own.

Never was a wrestling match so hot. The fury with which they flew at each other, the hurricane rushes, and the die that were unparalled in any wrestling match ever before.

Will, indomitable will, it was that enabled Ben to keep up, and even force, the pace. He brought off some beautiful leg holds, hip throws, and splendid corners.

After three-quarters of an hour of this Crawley began to get spiteful. He was not having such a good time as he thought as was going to have; and he did the last thing a wrestler should do; he lost his temper. This, of course, gave Ben great advantage, and he became cooler than ever; although he could feel the effects of insupportable training.

The three spectators began to look a little uneasy when they saw the nasty treatment meted out to their man, and looked at each other anxiously.

Time was getting on. Another half hour of most severe wrestling had taken place and Ben was fast becoming fatigued by the serious effects of it. He was wondering whether he could do it.

Then he began to feel himself getting weaker. Good God! But he set his teeth and summoned his reserve power.

Another quarter of an hour—and such a quarter of an hour—and Ben's limbs felt ready to crack up. He was noticeably fatiguing. In fact, he felt done.

"Ben! Ben, darling!"



It was Betty's voice. Then again:

"Ben! My Ben!"

Some people believe in magic, others don't; but there was magic worked in Ben when he heard that sweet voice, and looking up, saw that sweet face.

With an enormous effort he rallied all his remaining strength. He seemed to become superhuman. With a rush that would have swept a house over he dashed in and seized Nelson. Raising him high in the air he brought him to the mat with a thud. There was not another movement, and Ben sank down beside his opponent in complete exhaustion. He recovered in a couple of minutes, then gazed at the unconscious form next to him.

"Surely he's not dead? No, he's not dead!" gasped the scribe, coming forward. "No, but you soon will be," said Ben; and that were really frightened, although there was a smile on Ben's face as he made the joke; but it was a smile of the unconscious wrestler and rubbing the eyeball lightly with his finger, brought a man looked up astonished into Ben's face.

"There's only one thing I want to say to you," said Ben. "I hope you've learned a lesson. Always play straight with him. He knocked him up, threw him across his shoulder, walked to the front door with him, and put him out into the street; where he sank down all in a heap. Then he went back to fetch the man's clothes, and just took them out and laid them on the top of the heap of humanity.

Again Ben went back to the wrestling hall; this time to deal with the "witnesses." He just took two of them, each by the scruff of the neck, and dragged them to the door and cast them down upon the heap already there. There was no need to fetch the other man; he followed up ignobly behind his two colleagues.

"Darling, I'm proud of you." Oh, that voice! "Betty, my dear," said Ben when they were clasped in each other's arms, "do you want to know who won that tussle? Why, it was just you."

## Kings of Virility and the Dance Emotion

(Continued from Page 264)

Nijinsky favoring Mercury. Both great artists have worked and danced with the wonderful Anna Pavlova, but both found their temperaments too uncertain with the Queen of dancing. All were taught their art at the great Russian Ballet Schools—Pavlova starting at ten years of age, Nijinsky even earlier as both his mother and father were in the ballet at the Imperial theatre; Mordkin, like Pavlova, received his training at the Institute Mariensky in St. Petersburg, now Petrograd. This is the ballet school of the Imperial Opera, and the pupils not only train there, but live in the institution and receive their common school education there. They are brought up early and sensibly under a strict regimen of eating, sleeping, exercising and dressing, with equally strict moral regulations.

### Immortal Pavlova

Those who have had the fortune to see Pavlova in *Le Cygne*, Mordkin in the *Bow and Arrow Dance*, Nijinsky in *Le Spectre de la Rose*, and Pavlova and Mordkin in the *Automne Bacchanale*, have witnessed the art of the poetry of dance emotion raised to the highest degree.

Not easily did the two great male artists win to highest honors, but with ceaseless toil, even drudgery at times, constant practice and study. With Mordkin it was not unusual for him to go to the theatre three hours before the performance began, and without the accompaniment of music, go through all the preliminary postures of the dance. Instead of becoming exhausted by this exercise, he was more fit and eager for the ballet to begin. Nijinsky also, before his performance, practiced the kind of movements that dancers have prescribed for them from the time they start to learn dancing—each exercise for a specific purpose of limbering muscles, keeping them strong and in good form or making for agility.

Nijinsky and his wonderful dancing will be seen no more, but Mordkin and his art is still with us and increases year by year, but never will either artist be forgotten by true dance lovers as the Kings of virility and the emotion of the dance.

# MANHOOD

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

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

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

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

# WOMANHOOD

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

It is a little slip which may hurl her into the abyss; and it is a little knowledge that will arm her for her battle through life. In "Sex Development" Bernard

has dealt with sex facts so beautifully that every woman can read with interest and inspiration the great story of the book of life. There is not a

### Read This

Dear Editor, Dec. 14, 1923.

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

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

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

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(Love, Birth and Development)

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

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111 Gibraltar Bldg., Kansas City, Mo.

## Using the Mind and the Soul

(Continued from Page 276)

and to which indeed he himself added a few in a spirit of perfect faithfulness.

### Analytical and Observative Memory

So, further developing my analytical and observative memory by analyzing my lessons instead of memorizing them as I went along, I developed a budding faculty which has become my chief asset in life. It served me in journalism, for interviewing and for plain reporting, because I needed few notes save of names or dates or figures or technical terms; it has been the backbone of my literary work, because if a scene I am witnessing, that scene, or perhaps several similar scenes, will pass vividly before me and the writing almost does itself; it has enabled me to improvise myself as a diplomat specializing on reports, because I can do quite sure of what I have read and what has been said to me, and also I can exactly remember what I myself have written months or years before.

The expression "several similar scenes" may appear to be a contradiction. Yet it is not. If we observe events closely, and retain their fruits, we see that many small events repeat themselves.

### "I've Lived This Scene Before" Explained

There's not one of us but has experienced what is known as "thinking I've been there before," or "seeming to have lived this scene before."

In the vast majority of cases, what strikes us is a memory-parallel with some very similar picture or adventure. The old explanation about the "two hemispheres of the brain" working independently, one a fraction of a second behind the other, is not only out of keeping with recent surgical researches into the material composition of the brain in relation to its mental functions, but it is too cumbersome to be understood even by those who write about it (that is, if their degree of understanding can be gauged by the degree to which their articles are understandable). There is a rare aspect of such thought-impressions which must be taken into account, and that is the "two hemispheres" principle. I also, leave that rare aspect aside from my present explanation, which, I have stated, applies only to the "vast majority of cases." There is, at times, a phenomenon of past impressions having a metaphysical angle to be discussed when I come to the Faculties of the Soul. The explanation I give here covers only instances concerning the brain itself, but I believe it covers them all.

### Establishing a Memory Parallel

A simple illustration will make my point clear.

Being a Charlestonian, I had lived quite a few years before I first did what tourists want to do at once: visit Fort Sumter and go up St. Michael's steeple. Well, when I climbed the steeple and looked downtown towards lower King street and the Battery and the Miles Breton House (forty years ago the main for true Charlestonians, the "Pringle House"), I was overwhelmed by the familiarity of a scene I had never looked on before. Of course I knew the street-front of every house, and the interior and the gardens of many among them, but I had not been on any roof save my own and I lived uptown. I knew perfectly well that the scene was new to me. So, I turned to my hemispheres of the brain or calling myself foolish because I fancied I had "been there before," I co-ordinated my memories, and gradually came to establish what I have termed a memory-parallel. It was a question of hemispheres, but of the world's side instead of mine. In Europe I had looked down, between the ages of seven and nine, on many similar roofs, but they were not essentially different. I had discovered for myself what many other people have discovered until it is now common knowledge: that downtown Charleston, viewed from St. Michael's steeple, is an old-world city with characteristic old-world gabled roofs, and trees and gardens between charm of coloring, and gladness of green things, and the regularity of lines.

The mental process of the thing which "seems to have happened before" is very much the same. You are in a new place, a friend enters unexpectedly. You have the impression that after entering he is going to say or do something which flashes across your mind as a memory. The very great odds are that he will say or do nothing of

the kind. You may then be sure that you remembered somebody making a similar error and acting as you recall. But it may happen that the friend who enters may fulfill your expectations, and will say or do what proves to have been either a prophecy or a recollection on your part. You may know, you may be a prophet. But all I want to necessarily present the fact that the friend may have been the memory-parallel as you were, by the similarity of scene, conditions, and the memory-parallel may have suggested the same train of thought he had before, perhaps long before, and he repeats his action without stopping to reason it out.

(To be continued.)

## Does Modern Food Kill?

(Continued from Page 268)

magical medicines, and this is the manner in which our learned writer says they perform their inspiring cure.

"They pulled all his teeth to cure rheumatism; but cut out his tonsils to cure sciatica; cut out his appendix to cure appendicitis; cut him open to remove a large and malignant tumor from his stomach; chopped out a piece of bone from his nose to ease his breathing; cut half a dozen varicose veins out of his legs; shot mercury and strychnine into his veins, and serum and antitoxin into his spine—and still the man is alive! Is not that a miracle of medical science?"

## Among the Grapplers

(Continued from Page 271)

that is so fascinating to onlookers. Wrestling seems to portray life, in all its vigor and struggle, and it is no wonder that sculptors, even in the days of antiquity, were so very vigorous a contest of life, resort to a wrestling pose.

We have a wrestling story appearing this month. How do you like it? If you really do like it we have several more you can have.

## Ideal Proportions of Men and Women

(Continued from Page 261)

and sculptors of the eighteenth and nineteenth century strove for effect by giving to all their women abnormally long shins.

But both in man and woman the dignity of the human form is due to the upright position. The legs, especially, have come to be beautiful through the upright position adopted by man. As this upright position is due to the development of man's speaking biologically, it takes a high type of human being to give full expression to the beauty of this upright position. Sculptors and painters, realizing this, has always endeavored more or less to over-emphasize the upright position, and to get as far away as possible from the quadrupedal stage of primitive man. We notice in the child that the legs are unwieldy and useless. They get as strong as the child learns to crawl, but it is only as the erect position is finally obtained and the legs get longer and give any dignity to the body at all.

### Higher Development and Beauty

It is the same with regard to the human backbone and its beautiful curves. These are not present in the new born child. The backbone of the new born child is perfectly straight, in both the male and female, and only as the upright position is adopted and the use and development of long muscles of the back are involved, does the back of the human being become really interesting and beautiful.

When talking of the human form, from the point of view of a sculptor or painter, we always think of the well-trained girl who has developed her body by natural exercise.



She approaches much nearer perfection than the girl who just lets her body "grow". Painters and sculptors have far more opportunity to study the human form in a high state of development than they had in the middle ages. Of course, in ancient and classic times women used to exercise their bodies just as much as men, and the fine figures that have come down to us owe their existence to the fact that the women of those days used to take their exercise equally as much as, if not more than, men.

**Sculpture Poses for Health and Life Enthusiasts**

I believe it would be very interesting to have those interested in body development take their poses as sculptured models. It is possible to obtain tight fitting costumes colored to resemble modelling clay, and if this hobby developed among HEALTH and LIFE Enthusiasts it would serve as a means of appreciating works of sculpture now in existence as well as encouraging modern sculpture.

Now to give you a few of the details which are taken into consideration in the technique of the human make-up. There are certain ideals to strive for, and certain that have been set up through the painstaking work of men of genius that instructors have been able to follow. Of course, the genius is born, not made. He sees within himself the ideal he endeavors to create. But in studying the technique of his art there are many things most helpful which have been discovered only by research, assisted by the genius of both ancient and modern sculptors.

**Ideal Proportions**

The tips of the fingers, when the human being is standing erect, should reach to the middle of the thigh.

The foot should be slightly longer than the distance from the tip of the chin to the top of the head.

The whole figure is divided into so many heads, a head being the distance from the chin to the crown. The whole figure should measure seven and a half heads.

In the female the half way line of the body is just above the symphysis pubis, that is, the crotch of the body. In the male it is exactly at the symphysis pubis.

The distance from the nipples of the breast to the chin is one head.

The distance from the nipples of the breast to the umbilicus is one head.

The widest part of the female figure is across the trochanters (that is, the outstanding hip bones). This distance is two heads across.

The distance across the shoulders should be one and a half heads.

The distance from the patella, or knee, to the middle line of the body should be the same as from the knee to the ground, in other words, this should be one quarter the length of the body.

The level of the eyes should make a half way line of the head. The hair divides this in half, and the bottom of the nose divides the lower portion of the face in half.

From the eyebrow to the chin should be the same distance as from the tip of the nose to the opening of the ear, and should also be the same as the width of the face.

The face is divided into five equal parts across the eyes. Each eye is one part, the bridge of the nose is one part, and the eyes to the hair each one part. The distance across the nostrils should equal one of these parts; the distance across the mouth should equal one and a half of these parts.

The measurement of the nose from tip to bridge should equal a quarter of the head.

The ear should equal a quarter of the head.

The arm is divided in half at the elbow from the knuckles to the top of the shoulder.

The hand should measure, from the base to the finger tips, the length of the face.

**The Real Mission of Art**

These are ideal proportions, upon which have been built up a great deal of the sculpture which we find so beautiful. Very few actual human beings can show anything approaching these proportions, but when artists work from models they usually idealize from them, and use these proportions in order to get the effect desired.

It is not very difficult to memorize these proportions, and if you can learn them, you will have a key to the understanding of the technique of the human body in sculpture and painting which will give you interest in that side of art. But remember that the real mission of art is to portray life as the healthy, the strong, and the beautiful, and these are no fixed rules or laws which we can make regarding them. It is not merely the expression even of proportion in the human figure that makes it beautiful and true, but the power with which the work expresses the soul of its artist.

# Eating to Correct Ill-Health

By BERNARD BERNARD

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

(Containing 240 pages)

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

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

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

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

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

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

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

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

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

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

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

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## Editorial

(Continued from Page 275)

the public is kept in entire ignorance, because of the unwillingness to mention the sex factor. Women undergo terrible operations, with no knowledge that they are suffering because of the ignorance of the men they marry. And now, with the scientific researches of Steinach into the ductless glands and the internal secretions, we find that a normal marital life is an absolute essential for a long life. But these things cannot be talked about in the way that they will be understood unless one presupposes a knowledge of the facts of life. When children are told the truth from the time when they are able to understand it, when they are cautioned against the practices that will inevitably lead them to their ruin, most of the mysterious diseases of mankind will disappear. Then men and women will be able to come together in marriage understanding and sympathetic, realizing that the expression of their love is a legitimate right, so that emotional, spiritual, and physiological unity and harmony may be maintained and there will be a maximum of opportunity of living to a ripe old age of happiness and usefulness.

## The Cause and Cure of Nervousness

(Continued from Page 266)

Dr. Myerson explains thus: "This ideal is not realized largely because no ideal is. How often is it closely approximated? Experience says seldom. That implies no reproach against marriage; for we are to judge marriage by the rest of life and not by an ideal. A world in which great wars occur frequently, in which economic conflict is constant, in which sickness and disaster are never absent; where education is occasional, where reason has got to rule in the larger policies, and where folly occupies the high places—why expect marriage to be more nearly perfect than the life of which it is a part? To be reasonably comfortable and happy in marriage is all we may expect.

### Difficulties Summarized

"What are the difficulties confronting the partners which impede happiness, and especially which bring the neurosis of the housewife? For, after all, we can only examine the field for our own purpose.

"We may divide the difficulties as follows from the standpoint of the neurosis of the housewife:

"1. Those that arise from the sex relationship itself.

"2. Those that arise from conflicts of will, purpose, ideas.

"3. Those that arise from the types of husbands.

"4. Those that arise from the types of wives."

Dr. Myerson goes on—

"Happily the day is passing when prudery governed the discussion of sex. Lewdness exists in concealment, suggestion is more provocative than frankness. The morbidity of men who condemned themselves to celibacy has influenced the world; their fear of sex led to a misguided science shrouding the wrecks of many a life.

### The Basis of Marriage

"The sex relationship is the basis of marriage. The famous couplet of Rosalind still holds good. The sex instincts, for rarer say the sex instincts (or rather say the triumph, etc.) have the unique place of being more regulated by law and custom than any other basic instinct. The law holds that no marriage is consummated until the act has taken place, regardless of the words of preacher or State official. The happiness or the first year or years of married life is

mostly in its voluptuous bonds, for companionship and comradeship have really not yet arisen. Complimentary to this it may be said that much of the married misery, especially for the woman, arises from the first marital embrace.

"This last is because of the ignorance of men and women, an ignorance wholly due to prudery. The majority of women have been chaste before marriage; the majority of men have not. One would expect, from the knowledge of experience. But the experience has been gained with women of a certain type, and has not equipped the man to deal with his wife. Though most women know in advance what is expected of them, some even ignorant of the most elemental facts of sex, and even those who know are unprepared for reality."

Dr. Myerson here talks like the average physician, while recognizing generously the importance of sexual harmony. However, as pointed out so frequently in the past, letters written by Bernard Bernard in his "Course in Marital Conduct" there is more than physical harmony necessary for marital success. There must be a spiritual basis in communion to be all satisfying.

### Disturbances Least Where Marriage Outcome of Love

In a study of the nervous housewife it is most important, as Dr. Myerson has pointed out, to reduce domestic, economic, and sexual disturbances to a minimum, but where marriage is the outcome of love, in other words, where both parties married because they believed that they found in each other an affinity, there is a minimum of chance of developing a neurosis looked upon as common to the housewife.

Of course, many a wife sticks to her husband even though she feels and recognizes that her neurosis is a result of her unsatisfactory marriage, but, as Dr. Myerson says, in some cases often knowledge obtained carefully and given sympathetically may bring about the harmony which will result in the cure of the neurosis. Dr. Myerson gives several instances where this was accomplished. It is found that in most cases this type of neurosis was developed by ignorance during pre-marital days, and the shock occasioned during the first marital experience. When he was able to break down the misunderstanding, and to point out the ultimate part that sex must play he was able to achieve success with these cases.

It is a fact that most of the cases of neurosis, or nervousness, are a result of the perpetual silence and the refusal to deal sensibly with the sex factor in marriage. Most of the sensational articles that one reads in newspapers and magazines, most of the sensational articles that one reads in neurotic people, glorifying an emotionalism which has a sexuality as its basis, accomplishing its end by the use of exaggeration, and persistently refraining from direct admission of the importance of the sex factor in marriage. When prudery disappears ignorance will disappear. Men and women will be able to come together in marriage understanding each other, and in place of the usual squabbling and irritability which divides his bling—at any rate periodically—and irritable conduct peculiar to the private life of the average family, we shall find a harmony through understanding and love.

## Youth's Secret Conflict

(Continued from Page 270)

desire to conquer the habit, and sooner or later, if he comes into contact with friendly counsel and sound knowledge, learns the laws of hygiene and exercise, and divides his thought and physical energies into healthy channels, he passes completely over the stage, finally conquering the habit and developing into full, healthy and complete adulthood.

The youth who did not take the trouble to wage this battle is no better off because at the time he suffered no psychological depression. The only thing is that he has not understood or perceived his loss. In this way hundreds and thousands of human that the average adult has developed are eleven years. Why? This simply means that the majority of people stop developing with regard to the mental faculties, that the indiscretions of youth wreck such havoc, and you can't call it anything else but when it results in the lack of an fuller development mentally.

With regard to the effects of the habit in later life the doctor does not deal, although,

of course, he refers to the fact that there cannot be normality in functioning while the habit is still practiced. The fact however, that when the habit is practiced to any extent in youth, the facts are worn off, or counteracted by subsequent clean living, marital abnormalities result. The sex functions have developed in abnormal stimulation, set into activity by abnormal condition, and this condition has to be remedied before normality can be restored. The habit always leaves an abnormal condition. The time that this lasts depends upon the attention given to counteracting it.

But every youth has a secret conflict. To succumb to indiscretions is to give away life's chance. To fight bravely and successfully is to secure the maximum of opportunity for full development, physically, mentally, and morally.

## Some Self Massage Exercises

(Continued from Page 266)

massage that I feel I ought to mention and that is that the average person, even the professional masseur, has the idea that in order to obtain good results massage should be painful. This is very wrong, especially where massage is being taken for some injury. Massage should be something light and comfortable, even enjoyable. If kneading or the rubbing causes pain it is only doing injury. The rubbing gives a shock that will result in general lowering of the vitality. It also demonstrates that some definite injury is being done to the tissue being massaged.

### Exercise 1

In exercise 1 start from the wrist and work your way up the arm, as shown in the illustration. First of all you may rub upwards, and then knead or tap with the hand, finally finishing off with another stroking motion.

### Exercise 2

In this, you start from the ankle, and gradually work up to the upper thigh. Do the rubbing in the same manner as in exercise 1, pinching and squeezing, finishing with the rubbing motion. The bending and stretching that this exercise will give you is an additional value.

### Exercise 3

The intention of this is to give massage the abdomen and the muscles in the area all over the abdomen and chest, as shown in the illustration. A little kneading and patting, and also a little squeezing of the abdominal muscles is exceptionally good. Then follow the direction of motion of the hands of a clock, massage for the whole of the abdomen. In this way you will stimulate irrigation of the abdominal contents, and lessen any tendency to constipation.

### Exercise 4

This is to give massage to the back and loins. The back of the hand may be used for this to obtain the best form of rubbing and at the same time the hands themselves will get a massage on the backs that is beneficial. Then, as far as possible, squeeze any muscle you can get at. The reaching round will assist the benefits of this exercise by giving added movement to your body.

### Exercise 5

This is to give massage to the neck and chest. Draw the hands from behind the neck as shown in the illustration, and bring them down the chest seven or eight times. The kneading of the neck muscles as explained for the other exercises should also be done, and the exercise should be finished by rubbing from behind the neck as shown under the chest.

### Oil May Be Used, But the Massage is the Thing

There is no necessity to use any oil or embrocation, although there is no harm in using one. A little olive oil will help the hands to slip over the body, and will certainly tend to relieve the skin sector, but the massage is the thing.

The grip and hand muscles are also strengthened by this massage, and although at first they may ache a little, after a few days it wears off and you begin to get the real benefit.

These exercises should take only five minutes, and are worth doing both in the morning and in the evening. They are especially valuable in soothing the body, so that sleep is readily obtainable.

Some more very useful exercises will be described and illustrated in next month's HEALTH and LIFE. Order your copy now



# Knowledge Is the Key to Marital Happiness

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

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

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

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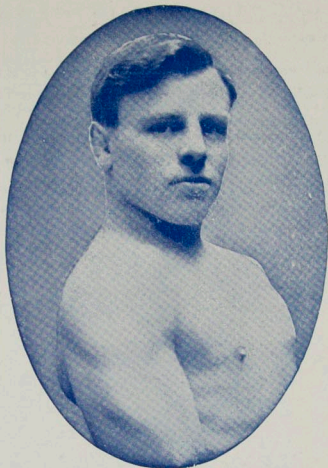
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BERNARD BERNARD

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