



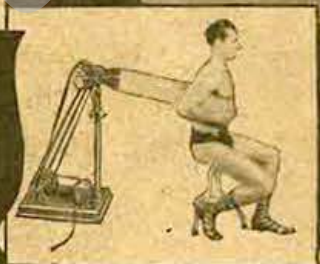
Excellent for reducing fatty tissue and massaging the spinal muscles. Relieves stiffness and soreness of the shoulder muscles.

Charles Atlas, "World's Most Perfect Man," uses and endorses the "Health Builder."



Massages muscles and stimulates kidney and liver. Used effectively in the treatment of rheumatism, constipation, etc.

HEALTH in 15 Minutes a day!

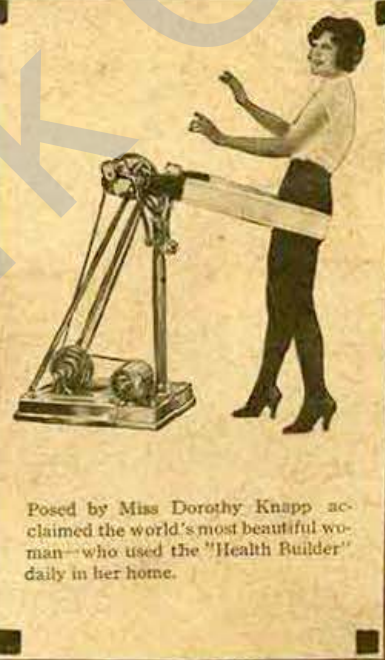


Aids chest development. Beneficial in the treatment of coughs, colds and bronchial troubles.

BUSY men and women must keep in good physical health yet they cannot afford much time and effort for exercise. Heretofore this has presented a real problem, but thousands have now solved this problem through easy, interesting exercise, right in their own homes.

A Method Authorities Endorse

For the scientific application of body massage and vibration, nothing excels the "Battle Creek Automatic Health Builder." A few minutes a day, right in your own home peps up sluggish circulation—aids digestion and elimination—strengthens muscle "tone" and improves the functions of the internal organs. 15 minutes a day devoted to the "Health Builder" will make you feel and look like a new person—put new life and energy into you—keep you in the "pink" of condition. Over 50,000 men and women of all ages have used the "Health Builder" for the improvement of health upon the recommendation of physicians.



Posed by Miss Dorothy Knapp acclaimed the world's most beautiful woman—who used the "Health Builder" daily in her home.

ism and other ills. It stimulates blood circulation, materially aids elimination and increases "pep."

Send Today For Free Book— "Keeping Fit"

Famous medical authorities use and endorse the "Health Builder." Thousands are in daily use in the homes of America, medical centers, physicians' offices, athletic clubs, gymnasiums, etc. The Athletic and Physical Director of the famous Chicago Athletic Club says: "Your 'Health Builder' has been well received and a great many members have asked from whom it was purchased. It is all you claim for it." Our valuable FREE book—"Keeping Fit in Fifteen Minutes a Day"—shows how the "BATTLE CREEK HEALTH BUILDER" operates. It contains a complete series of scientific home exercise treatments. The coupon below will bring you this interesting FREE book. Mail it TODAY!

What "The World's Most Perfect Man" Says About The Health Builder

Charles Atlas, noted Physical Director, "The World's Most Perfect Man," uses the "Battle Creek Health Builder" in his gymnasium. He says: "I insist that all members of my 'gym' classes use the Battle Creek Health Builder at least once during each session. I have found it to be remarkably resultful in aiding muscular development and also in the treatment of various physical infirmities such as constipation, neuritis, rheumat-

SANITARIUM EQUIPMENT CO.
Room B-615
Battle Creek Mich.

free

SEND FOR FREE BOOK



Sanitarium Equipment Co., Room B-615, Battle Creek, Mich. Prof. Feuchtmann checked the book.

Gentlemen: Please send me your valuable "Keeping Fit in Fifteen Minutes a Day" book.

Address _____

Name _____

City _____

REPLY TO: 1500 Grand Ave. Battle Creek, Mich. Enclosed is the money for your book.



Strength



OCTOBER, 1926

Vol. XI

No. 8

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You, Too, Can Realize Your Dreams

By Developing a Strong Rich Voice

More than 20,000 men and women all over the country have developed powerful, beautiful voices by Physical Voice Culture. You, too, can build up a strong, magnetic, compelling voice that will be the marvel of your friends, and your key to success and fame.

Read the letters on this page from men and women who have made their dreams come true by this wonderful, scientific method of voice culture. You can continue your present occupation and mode of life while you study in your own home—and the cost is nominal—only a very small amount each month as you study

100% Improvement Guaranteed

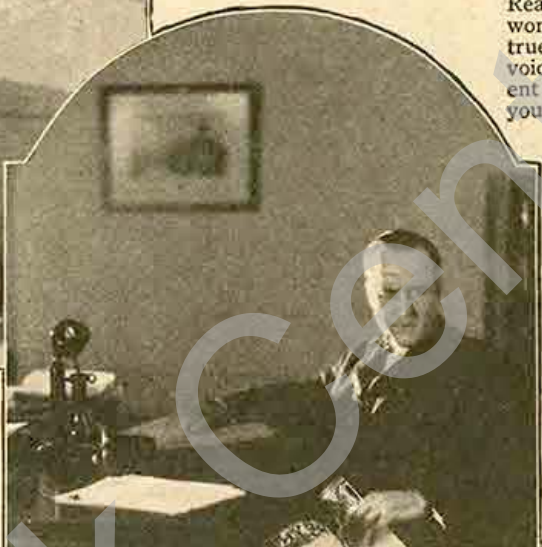
It makes no difference whether you wish to improve your voice for your own pleasure or for professional singing. The man or woman singing in the home—the opera or concert singer—the choir singer—all can improve their voices 100%, at the very least, by Physical Voice Culture.

We absolutely guarantee 100% improvement or your tuition will be gladly refunded. You alone are to be the judge.



Gives Physical Voice Culture Credit for Grand Opera Voice

Each 24 hours brings me a stronger and better hold on my voice. I feel like telling you of it each day when I think back to six years ago when catarrh had just about finished my hearing and voice. I joined the Los Angeles Opera Company this Spring and we will have five Operas ready in September. It is really pathetic to see the star pupils from the great voice masters try for a place in the Company. Some very pretty, but weak, palate attacks, throat and lip attacks. I work hard all day and your silent exercises are a wonderful rest.—Bert Longtre.



Harry Lompierre Finds the "Right Way"

I wish to give credit where credit is due. The past twelve years have been spent in professional singing.

Believing that I had at last found "the right way," I cancelled an entire season's bookings to apply myself diligently to your idea.

Today my voice is completely new. Formerly, I could sing only a fair "F" (fifth line). Now I can sing high "B" flat, with a rich, resonant, manly tone.—Harry Lompierre.



Church Singer Delights Congregation

I cannot help but say "Thank God" for everything you have done for me. As I sang in church yesterday people turned to see who was singing.

I hope you will always think of me as one who has made a big success in the work I chose to do.—Carolyn Baker.

For obvious reasons the names signed to these letters have been changed. But the letters are all true and the real names of writers will be sent on request.



Singer Triumphs Over Discouragement

Did you think one year ago that I would now be singing as high as high "C"? I am very sure that I didn't.

I often think of that hopeless first letter I wrote to you and I want to thank you for the help you have given me and especially for the cheering letters at the beginning when I needed boosting along the worst way.

Hoping that you will believe me to be ever your grateful friend.—Mrs. Mary Brown.

Inspiring Book Now FREE

Send Coupon!

The coupon will bring you a FREE copy of "Physical Voice Culture"—a valuable new book on voice building. Do not hesitate to ask for it. It is FREE and need not be returned. This may be the first step in a great career for you. Send the coupon TODAY!

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1920 Sunnyside Ave., Chicago, Ill.

Please send me, FREE and without any obligation, Prof. Feuchtinger's new book, "Physical Voice Culture." I have checked the subject in which I am most interested.

Weak Voice Singing Stammering Speaking

Name.....
Address.....
City..... State.....

Perfect Voice Institute, 1920 Sunnyside Ave., Chicago Studio 57-77



Half Living

I am 59 years old and was troubled with a depressed, discouraged feeling for some time past. I lacked pep and vigor and was troubled at night by having to get up. After using your treatment a short time, I felt like a different person. Courage came back and I went about my work cheerfully. — Gen. W. Williams, San Bernardino, Calif.



Up 15 Times at Night

At the time I was a nervous wreck. I had enlarged prostate gland and had to be up ten to fifteen times at night. I spent hundreds of dollars trying to get relief. On receiving your treatment I began using it and have used it at intervals since, until I feel that the trouble is entirely cured. — Dr. J. J. McMichael, Union City, Tenn.



Prostate Trouble

You will be interested perhaps to know of the benefit your treatment has brought to another sufferer from Prostate Gland trouble. I now get a full night's rest. Before its use I suffered so much that one hour's fitful sleep was a luxury. — H. H. Melotte, South Bend, Indiana.

Blame This Tiny Gland If You Have These Common Troubles After 40

DON'T blindly blame approaching age, if you are only half-living, dragged out, putting up with foot and leg pains, backache, sciatica, chronic constipation, feeling blue and depressed. If you are getting up five to ten times at night, and suffering during the day, don't thoughtlessly blame kidney trouble. You may be making one of the gravest mistakes of your life.

Any competent medical authority will tell you these are frequently common indications of prostate gland failure. With the insidious change incident to prostate gland failure, sometimes comes a despairing sense of defeat—life, that once seemed an eager, buoyant thing, now seems to be growing dim . . . colorless . . . zestless . . . aimless and drab.

These distressing and embarrassing conditions—don't accept them placidly, and possibly let them run on until they force you into invalided old age at



Some Men Under 40

Robert W. Hanley, Stanfield, Oregon, who made a recovery from prostate trouble far beyond anything he had thought possible, writes: "Anyone suffering from prostate troubles and wishing relief should certainly use this method."

50 or 60. These are not natural nor are they inevitable accompaniments of old age. Yet countless thousands have these symptoms at or past a certain middle age. Many authorities say that 65% of all men past middle age have this devitalizing trouble in some form.

New Home Hygiene

While medicine has been admittedly helpless in many instances to restore gland health, a series of remarkable experiments have disclosed the amazing fact that the enlarged prostate gland can frequently be reduced to normal or near normal size.

New Swift Results

This drugless discovery . . . a wholly new method . . . a new kind of hygiene for men past middle age, often restores the prostate gland to normal functioning in less than one month. Neither medicine nor surgery

—this simple home hygiene can be expected to outdo them both. Many men have reported that they have felt ten years younger in six days, often noticeable relief comes almost overnight.

Six Day Test

The expensive results so widely heralded under the head of so-called gland surgery can now be contemplated in connection with this new hygiene. This treatment is now within the reach of every man under a guarantee that unless you feel ten years younger in six days you pay nothing. And there is no reason why any man should not make this test, for it employs no medicines, drugs, diets, or electric rays. As one New York Physician writes, "Your treatment is a thousand years ahead of surgery."

Scientist's Book Sent Free

The American scientist who discovered this amazing treatment describes this method in a new illustrated and intensely interesting book, "Why Many Men Are Old at 40." We will gladly send you this book FREE. Send for it. See if these amazing facts about old age apply to you. Learn the true meaning of these common complaints and why they are so often directly traceable to the prostate gland. Simply mail the blank below to

THE ELECTRO THERMAL COMPANY
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Tested By Physicians and Enthusiastically Approved

"Your prostatic treatment is a hundred years ahead of modern medicine—a thousand years ahead of the surgeon's knife." — Dr. Verne Barber, M.D., New York City.

A prominent West Virginia Physician, formerly a Member of the West Virginia State Board of Health, writes:

"I have used this method in several cases of proctitis and prostatitis with

the most pronounced improvement. . . . In fact I have never in forty years of experience used anything so grateful to a condition such as we have in the above class of cases."

George Starr White, M.D., nationally known medical man and eminent author, has written time and again, always in the spirit of enthusiasm and high commendation.

20,000 MEN—AN INSTITUTION OF WORLD-WIDE INFLUENCE

Ordinarily, profound discoveries, such as vaccination, meet with years of bitter opposition. The undeniably wonderful results of this new hygiene for men past 40 have won for it nation-wide recognition. Already more than 20,000 men—including many prominent bankers, statesmen and lawyers—have used it in their own homes with results that are nothing short of amazing. Already physicians, osteopaths in every part of the country and great anatomists are using it. Scores—almost hundreds of letters, daily, from men in every state and many foreign countries, have made additional offices necessary in Los Angeles and London, England. Already, this new home hygiene has developed into an institution of world-wide influence.

FREE! to Men Past 40!



W. J. KIRK, President,
6462 Main St., Stuebenville, Ohio.

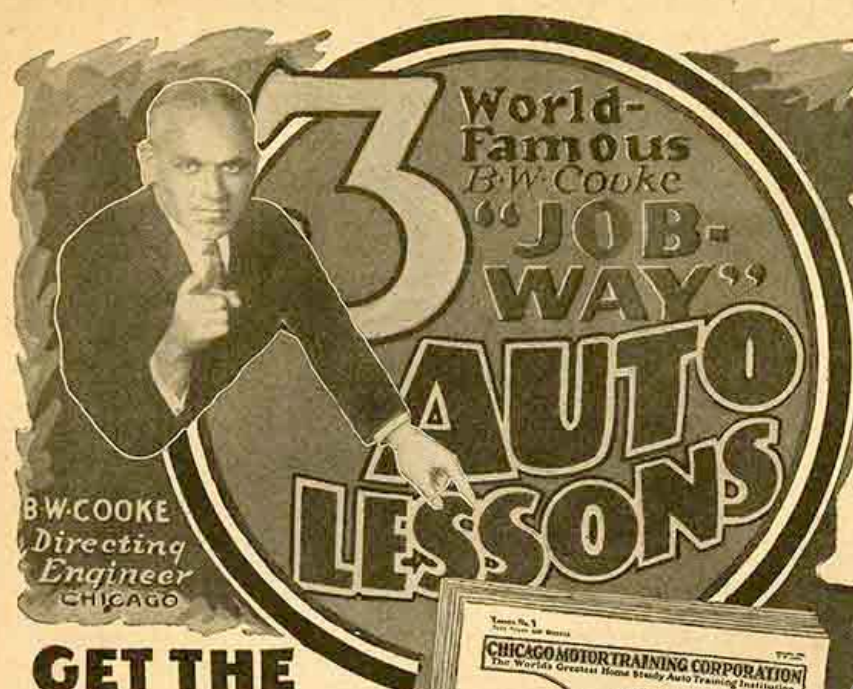
Please mail at once a FREE copy of the booklet, "Why Many Men Are Old at 40," and all details about the new hygiene. I am not obligated in any way.

Name

Address

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

Western Office, Dept. 61-E, 303 Van Noy's Bldg., Los Angeles, Calif.



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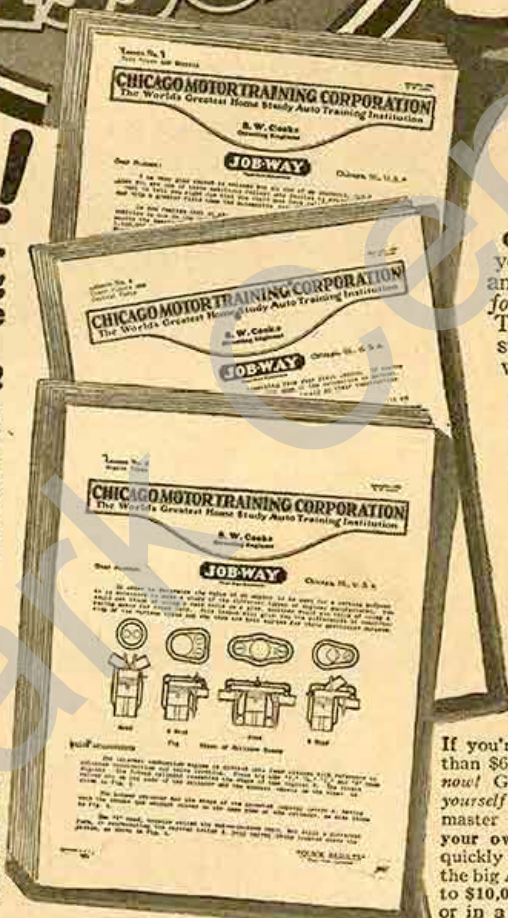
Find out how you can get into this gigantic Auto Business! Think of it—7 Thousand Million Dollars paid to Auto men every year for *upkeep alone!* See why there are so many Tremendous Opportunities for the trained Auto Man to get Big Raises in Pay QUICK!—opportunities waiting for YOU! My Free Book shows why. My Free Lessons show *how* you can take advantage of these wonderful Opportunities.

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Coupon brings this startling, revolutionary, new Auto Book, also absolutely Free! Shows how hundreds of men have reached Big Pay in amazingly QUICK Time! Shows what you can do! Send for it now!

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Includes Tools, Tool Bag, Electrical Test Bench and Receiving Set—all Equipment. A 1 x 0 200 Wiring Diagram Charts, also Socket Wrench and Ignition Wrench Sets.

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Name _____
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Read This Page

Whether You Have My Tumbling Course or Not

I can now also supply you with any special acrobatic apparatus you may desire. Write to me for prices.

Take Special Notice of The Three Blocks Below

for they all contain desirable propositions. Also remember that you get my complete Muscle Control Course free with any one or all of the propositions offered on this page.

Tumbling and Hand Balancing are Two of the Most Fascinating Forms of Sport and Exercise

You will like these forms of exercise and pastime, because you are continually advancing from a simpler feat to a more difficult one.

From a roll-over to a snap-up. From a snap-up to a handspring. From a handspring to a flip. From a flip to a somersault, etc. There are numerous other feats besides those just mentioned, of course. You might advance from a forward roll-over to a backward roll-over. From a two-hand handspring to a one-hand handspring. From ordinary flips to twisters and spotters. Besides, there are many more advanced feats that are performed with one or two partners.

Try tumbling and see how quickly you advance to the really worth-while stunts. I give you the proper instructions in my Tumbling and Hand Balancing Course.

AN EXCEPTIONAL OFFER

My Muscle Control Course **FREE**

For One Month Only

This special offer holds good on any one of the three propositions listed on the coupon below.

You all know the rapid teaching method of my tumbling and hand-balancing book. Well, this muscle control course, which I will give you free when you send for my tumbling book, is just as efficient in teaching you to do all the muscle control feats that the professional strong men perform.

Muscle control feats will shape your muscles as well as startle an audience.

Get This EXTRA Course
MAIL THE COUPON NOW



A Back Somersault With Weights. One of the Advanced Feats.

How Would You Like To Be Able To Gracefully Balance On One Hand?

There are lots and lots of fellows who would give more than anything to be able to do this one stunt. This course teaches you how to acquire the skill not only for one-hand balancing, but for scores of other feats as well.

Maybe you would like to be doing feats like the pictures above. They are all comparatively easy with my instructions to guide you.



SAFETY TUMBLING BELT

These belts are just the thing for those who are too timid to try tumbling feats. In fact, it is safer for every beginner to have one. You can get them from me at the price of \$5.00, which includes shipping charges.

YOU CAN GET A \$5.00 BELT AND THE TUMBLING BOOK FOR \$7.00. USE COUPON WHEN ORDERING AND GIVE SIZE OF WAIST

Charles MacMahon, Studio A-49
180 W. Somerset St., Philadelphia, Pa.

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I am checking off below the proposition I wish to take advantage of. Please find enclosed my remittance to cover cost of same.

- \$7.00 for Belt and Tumbling Book.
 \$5.00 for Belt Only.
 \$3.00 for Book Only.

Also send me free of charge your Muscle Control and Posing Course.

Name
Address
City State

See COUPON

For Combination Prices

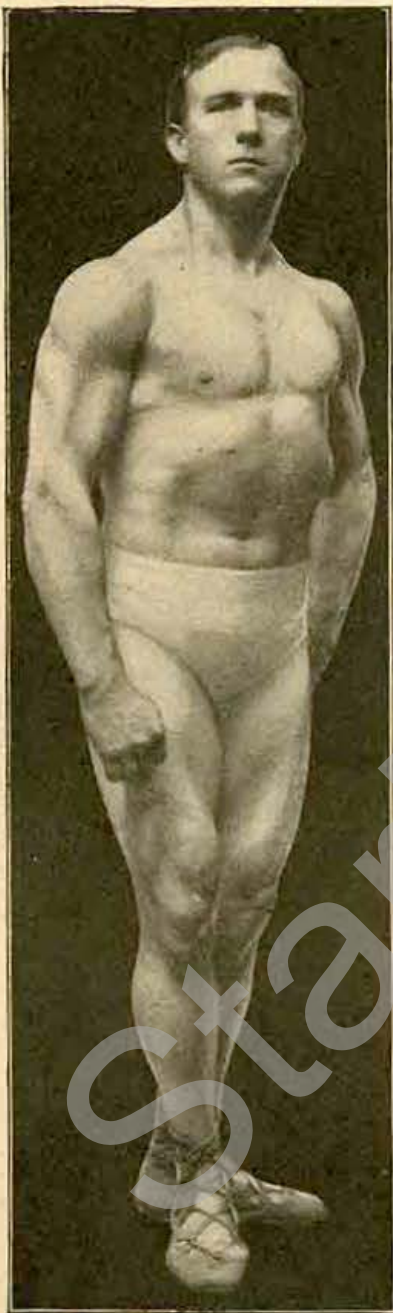
CHARLES MacMAHON

Studio A-49

180 W. Somerset St., Philadelphia, Pa.

Strongfort Conquers Weakness

BY ORIGINAL MUSCLE MAKING METHODS



STRONGFORT—Builder of Men

My portrait is not published for glory or as a boast of my prowess, but as concrete evidence that my body was developed into perfect physical and health condition by the very methods I use in upbuilding other men and restoring them to health and strength. It is no trick to develop external muscles by physical culture, gymnasium or weight lifting methods, but outward muscular development means nothing if not backed up with internal development, which is the secret of health and manly vigor—the source of power that many overlook and that drugs, dope and patent medicines will not touch.

LIONEL STRONGFORT
Physical and Health Specialist for over 25 Years

DEPT. 242

NEWARK, NEW JERSEY, U. S. A.

DON'T stand by and see your body tottering and growing weaker and flabbier day by day, unfitting you for every physical function, making a sorry spectacle of you in everything you undertake. Don't do it—if you want to be a man—a real he-man—a man who will be noticed in a crowd by both men and women. Don't be a weakling when you can be a healthy, powerful, muscular fellow with a grip like iron, a knockout punch, a chest that denotes strength, and a face that pictures buoyant health and happiness. Battle against weakness and disease and annoying ailments. **IT'S YOUR FIGHT—and YOU CAN WIN IT!** I can help you! I will help you! I have performed wonders in restoring weak men to health and strength. Thousands will testify to this fact. One of my pupils has become the U. S. Navy's outstanding strong man.

John J. Hajnos first enrolled as a pupil under me February 2, 1922. From a youth of ordinary strength—I might say weakness—he was so developed that he now performs almost incredible feats of strength. Hajnos writes: "I hope I may be the means of inducing other young men to avail themselves of your wonderful Course and your ability to develop the human physique."

LISTEN TO ME, YOUNG MAN

You need not be discouraged and down with the blues because of your weakened physical condition, your ailments, your lack of manliness. I have put thousands on their feet after they had been dragged down so deep they thought they could never be real men again. I gave them stamina, pep, vigor, energy, ambition. I built them up inch by inch—internally and externally—by my original methods until they became outstanding men, full of snap, and "go" and steam. And tens of thousands of letters in my office tell of their restoration to health, the rejuvenation of their whole muscular system, the awakening of their mentality and the joy and happiness that came through all these.

Don't Fool With Dope and Drugs

Man, you won't get anywhere experimenting with drugs, dope and booze to stimulate the system. Gymnastic apparatus, stretching, pulling and lifting machines often aggravate your condition. Starvation diets serve merely to weaken you more. Electrical and many other trumped-up treatments, muscle manipulation, baths, ordinary physical culture, forced deep breathing, mystics—all fail to get to the cause of your weaknesses and diseases. Nature only can help you. Nature is supreme in the regulation, restoration and revitalizing of the human body. But you must give Nature a chance—you must help her—and this you can do most certainly, most effectively through

STRONGFORTISM

Science of Health and Strength

It was through the methods I used in developing my own body until I won the world's record as the finest specimen of muscular development and championships in feats of great strength, in Europe and in the United States, that I constructed the science of STRONGFORTISM. It is through it that I reclaim wrecked and weak men, make them into new beings and give them a body and arms of which they can boast. I require you to use no apparatus. **NO DRUGS OR MEDICINES ARE PRESCRIBED.** No inconvenient hours are required. Only a little of your time in the privacy of your own home is necessary to follow my easily understood instructions—and, oh man, how glad you'll be that you listened to me, once you've started on my course. It means a new day for you, that's sure as you're alive. **YOU CAN BANISH YOUR WEAKNESS.** You can be a man to be feared in physical combat. There is no doubt about it. I can prove it if you'll just sit down and tell me frankly that you are willing to guide by what I tell you.

SEND FOR MY FREE BOOK

Send for your copy of my extraordinary book and you will learn facts that will astonish you and help you out of your sorry plight.

The experience and research of a lifetime are contained in my wonderfully instructive book, "Promotion and Conservation of Health, Strength and Mental Energy." It will tell you frankly how you can make yourself over into a vigorous specimen of vital manhood with 100% pep, power and personality. It will show you how to be true to the best that is within you. Just check the subjects on the consultation coupon on which you want special confidential information and send to me. It is a man-builder—a success maker and a life-saver.

Send for my book right now—**TODAY**

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Mr. Lionel Strongfort, Strongfort Institute, Dept. 242, Newark, N. J.—Please send me absolutely free my copy of your book, "PROMOTION AND CONSERVATION OF HEALTH, STRENGTH AND MENTAL ENERGY." I have marked (x) before the subjects in which I am most interested.

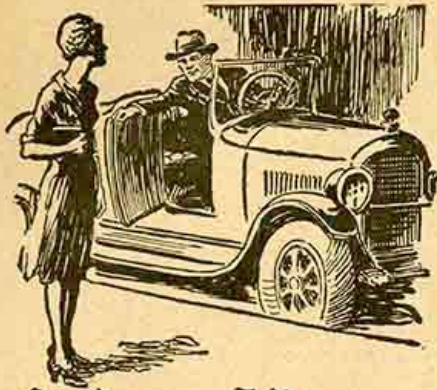
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| <input type="checkbox"/> Rupture | <input type="checkbox"/> Dependancy | <input type="checkbox"/> Poor Circulation |
| <input type="checkbox"/> Thinness | <input type="checkbox"/> Emaciation | <input type="checkbox"/> Round Shoulders |
| <input type="checkbox"/> Pimples | <input type="checkbox"/> Rheumatism | <input type="checkbox"/> Skin Troubles |
| <input type="checkbox"/> Insomnia | <input type="checkbox"/> Nervousness | <input type="checkbox"/> Stomach Disorders |
| <input type="checkbox"/> Overweight | <input type="checkbox"/> Constipation | <input type="checkbox"/> Muscular Development |

NAME

AGE..... OCCUPATION.....

STREET

CITY..... STATE.....



Thrilling Stories of How Girls are Deceived

This is not a "goody-goody" book, nor a pretty camouflaging of facts. It is a remarkable series of actual stories of how innocent girls and women "disappear," what happens to them, and how their lives are ruined.

These revelations will chill your blood. They will hold you spell-bound to the very last line. They throb with real life—love—hate—fear—deceit—baseness—stories so powerful and dramatic they are stranger than fiction.

Dr. Robert B. Armitage in this book, "Never Told Stories," calls a spade a spade. He is brutally frank. He shows how ignorance wrecks marriages, makes thousands of women and girls the prey of fiendish men and women. Read the outlines of two of the fourteen thrilling stories.

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The girlhood of Stella—Life in a mining town—The training of the motherless girl by the camp widow—Her experiences with young men—The coming of the young man from Chicago—Stella "runs away"—The city hotel—How Jones frightened the girl—Fear of the police—The net of the snarer of innocence—A ruined life—A life of physical and mental torture—"If I had only known."

The Tragedy of Jennie

The young girl in the small town—The conspiracy of silence—Parents of "the old school"—The coming of Berkenstein—The innocent stroll—The story of the evil-monger—The threat of the reformatory—Jennie's escape—The flight to the large city—The "kind lady" and her home—Caught in the net—The arrest—The rescue.

In all, there are 14 gripping stories—each a thriller. Nothing so daring ever published before.

Send No Money —simply mail the coupon

If you want to know the truth—avoid disasters due to ignorance—get a copy of "Never Told Stories." Read these wonderfully alive stories. Don't send any money. Just clip and mail the coupon. When the postman delivers the book, hand him \$1.98, plus a few cents postage, and this amazing book is yours. Money back if not satisfied.

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Franklin Association,
186 N. LaSalle St., Dept. 7618, Chicago.

Please send me your startling 215-page book, "Never Told Stories." I'll pay the postman \$1.98, plus postage, upon arrival. If I'm not satisfied, I'll return the book within 5 days and you are to refund my money.

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Price outside of U. S.—\$2.24 cash with order

Classified Advertisements

The rate for classified advertising in STRENGTH MAGAZINE is 10c a word. Cash must be sent with order. The closing date for each issue is the 20th of the second preceding month, viz., October 20th for the December issue. Address all orders or inquiries to Classified Advertising Manager, STRENGTH MAGAZINE, 104 Fifth Avenue, New York, N. Y.

Education and Instruction

Double Entry Bookkeeping mastered in 60 hours with 8 keys; guaranteed; diplomas. International Bookkeeping Institute, Dept. 6, Springfield, Mo.

Novelty Acrobatic Stunts—Ground Tumbling, Bending, Balancing, Clowning, etc. Easy method learning. Complete illustrated instructions. \$2.00. Jingle Hammond, Adrian, Michigan.

Send for Free Folder "How to Stay Young." Liberty Company, Station D, Box 4177, Cleveland, Ohio.

Great Strength quickly and easily obtained. Complete instructions and apparatus, \$1.00. Noticeable results guaranteed week's time, or \$1.00 refunded. Prof. Dryer, Box 1850-S, Chicago.

Old Coins for Sale

California Gold Tokens. Quarter size 27 cents; half dollar size 53 cents. Coin Catalogue and Greek Coin 10 cents. Alexis Mengelle, Colorado Springs, Colorado.

Stammering

ST-STU-T-T-TERING And Stammering Cured at Home. Instructive booklet free. Walker McDonnell, 169 Arcade, 1128 Granville Ave., Chicago, Ill.

Songs

I Want Song Poems. Casper Nathan, H-3544 North Racine, Chicago.

Song Poem Writers—Send for proposition. Ray Hildebr, D43X, 2104 N. Keystone Ave., Chicago.

For Sale

Combination Roman Chair and Abdominal Exercisers. Adjustable, strong and suitable for all advanced abdominal exercises with or without bar bells. requires no floor fastenings, folds up compactly. For full particulars write Kelvin Mfg. Co., 258A S. Union St., Lawrence, Mass.

Business Opportunities

Free book. Start little Mail Order business. Popham, Box 431, Dept. R., Chicago.

Sex Secrets

"Million Dollar Sexual Secret." New, amazing book! Teaches specifically and very plainly how to positively predetermine and control sex of offspring! Absolutely guaranteed! Send only \$1.00 today for copy. Dr. Leo J. Awad, Shenandoah, Penna.

Drugless Physicians

Dr. J. Lambert Disney, Philadelphia (1631 Chestnut St.). Licensed Drugless Physician, 25 years a physical culturist; 20 years in practice. Graduate of three drugless institutions, including Bernarr Macfadden Inst., New York, 1905. Formerly on faculties of Bernarr Macfadden Institute and Neuropathic College, Philadelphia. Personal consultation letter, \$1. Personal appointment by phone or letter.

We teach you what to eat and what exercises to take to help retain or regain health and strength. Scientific analysis of each case. Write for particulars. Dr. Drew's Health School, 4610 Wayne Ave., Philadelphia.

Agents Wanted

Splendid Earnings and Continuous Success are yours, a Davis salesman. Fourteen years superior value-giving have earned national fame for "Square Deal" Clothes, \$29.50, \$34.75, \$42.50. Orders come easy for these hand tailored, guaranteed fitting garments that save \$10 to \$20. Satisfaction or money refunded. New tailoring plant assures prompt delivery. Free advertising helps. Liberal commissions; extra bonus! Outfits limited—write quickly! Davis Tailoring Co., 2082 Iowa Ave., Dept. GJ-10, Cincinnati, Ohio.

\$18 to \$25 Daily. Biggest selling line of 2-piece Suits, \$9.95 and \$12.50, 3-piece Wool Suit, \$17.95 (regular \$25.00 value). All wool Overcoat, \$18.50. Splendid Raincoat, vis., Slickers and Boys' Suits. Biggest commissions. FREE outfit "Jim" Foster, Inc., Dept. GJ-10, 2250 S. Spaulding Ave., Chicago, Ill.

Strength

HERCULEAN STRENGTH, EUROPEAN METHODS. Astonishing muscular autographs, photographs and particulars, ten cents stamps or coin. Matthew R. Brown, 512 North Elm Street, Henderson, Kentucky, or H. Broom, Martlet, Hull, England.

BE HEALTHY AND STRONG—Strengthen your abdomen first. "ABDOMINAL CONTROL," complete home course. Men, Women. Chapters on constipation, diet, weight reducing, body building. Beautifully illustrated. Paper, \$2; cloth, \$3, postpaid. John B. Hercul, 12 East 37th St., N. Y.

Schools and Colleges

BECOME HEALTH SPECIALISTS. Men and women, learn Chiropractic, Osteopathy, Mechanotherapy, Massage, Dietetic, all branches Drugless Therapeutics. Fascinating Correspondence. Write Garrison Drugless Science Institute, 312 Erie Building, Cleveland, Ohio.

Help Wanted—Male

Be a Detective. Work Home or Travel. Experience unnecessary. Write, George Wagner, former Government Detective, 1968 Broadway, N. Y.

WORK FOR "UNCLE SAM." Postoffice Clerks—Carriers—Railway Postal Clerks. \$1700-\$2700 year. Men 18 up. Sample coaching FREE. Write Immediately. Franklin Institute, Dept. A53, Rochester, N. Y.

Bull Pups

Beautiful registered bull pups, \$15. Bulldogs, 501 Rockwood, Dallas, Texas.

Physique Courses

Physical Culture Courses for sale. \$1.00. C. Millard, 4308 N. 15th St., Philadelphia, Pa.

Fortune Telling

FORTUNE TELLING, CHARACTER READING, PALMISTRY, ASTROLOGY. 4 books \$1.00. H. N. Rosten, 729 Union Ave., New York, N. Y.

Scientific Prayer

IF SICK, BE HEALED THROUGH SCIENTIFIC PRAYER. Love-Offering. Infinite Science Studios, 378 Golden Gate Avenue, San Francisco, California.

Can You Guess This Man's Age?

See if You Can Tell Within 25 Years; the Author Couldn't; But He Stuck With Hobart Bradstreet Until He Revealed His Method of Staying Young

I USED to pride myself on guessing people's ages. That was before I met Hobart Bradstreet, whose age I missed by a quarter-century. But before I tell you how old he really is, let me say this:

My meeting-up with Bradstreet I count the luckiest day of my life. For while we often hear how our minds and bodies are about 50% efficient—and at times feel it to be the truth—he knows *why*. Furthermore, he knows how to overcome it—in five minutes—and he showed me *how*.

This man offers no such bromides as setting-up exercises, deep-breathing, or any of those things you know at the outset you'll never do. He uses a principle that is the foundation of all chiropractic, naprapathy, mechano-therapy, and even osteopathy. Only he does not touch a hand to you; it isn't necessary.

The reader will grant Bradstreet's method of staying young worth knowing and using, when told that its originator (whose photograph reproduced here was taken a month ago) is sixty-five years old!

And here is the secret: *he keeps his spine a half-inch longer than it ordinarily would measure.*

Any man or woman who thinks just one-half inch elongation of the spinal column doesn't make a difference should try it! It is easy enough. I'll tell you how. First, though, you may be curious to learn why a full-length spine puts one in an entirely new class physically. The spinal column is a series of tiny bones, between which are pads or cushions of cartilage. Nothing in the ordinary activities of us humans stretches the spine. So it "settles" day by day, until those once soft and resilient pads become thin as a safety-razor blade—and just about as hard. One's spine (the most wonderfully designed shock-absorber known) is then an unyielding column that transmits every shock straight to the base of the brain.

Do you wonder folks have backaches and headaches? That one's nerves pound toward the end of a hard day? Or that a nervous system may periodically goes to pieces? For every nerve in one's body connects with the spine, which is a sort of central switchboard. When the "insulation", or cartilage, wears-down and flattens-out, the nerves are exposed, or even impinged—and there is trouble on the line.

Now, for proof that subluxation of the spine causes most of the ills and ailments which spell "age" in men or women. Flex your spine—"shake it out"—and

they will disappear. You'll feel the difference in *ten minutes*. At least, I did. It's no trick to secure complete spinal laxation as Bradstreet does it. But like everything else, one must know how. No amount of violent exercise will do it; not even chopping wood. As for walking, or golfing, your spine settles down a bit firmer with each step.

Mr. Bradstreet has evolved from his 25-year experience with spinal mechanics a simple, boiled-down formula of just five movements. Neither takes more than one minute, so it means but five minutes a day. But those movements! I never experienced such compound exhilaration before. I was a good subject for the test, for I went into it with a dull headache. At the end of the second movement I thought I could actually feel my blood circulating. The third movement in this remarkable SPINE-MOTION series brought an amazing feeling of exhilaration. One motion seemed to open and shut my backbone like a jack-knife.

I asked about constipation. He gave me another motion—a peculiar, writhing and twisting movement—and fifteen minutes later came a complete evacuation!

Hobart Bradstreet frankly gives the full credit for his conspicuous success to these simple secrets of SPINE-MOTION. He has traveled about for years, conditioning those whose means permitted a specialist at their beck and call. I met him at the Roycroft Inn, at East Aurora. Incidentally, the late Elbert Hubbard and he were great pals; he was often the "Fra's" guest in times past. But Bradstreet, young as he looks and feels, thinks he has chased around the country long enough. He has been prevailed upon to put his SPINE-MOTION method in form that makes it now generally available.

I know what these remarkable mechanics of the spine have done for me. I have checked up at least twenty-five other cases. With all sincerity I say nothing in the whole realm of medicine or specialism can quicker re-make, rejuvenate and restore one. I wish you could see Bradstreet himself. He is arrogantly healthy; he doesn't seem to have any nerves. Yet he puffs inces-



HOBART BRADSTREET, THE MAN WHO DECLINES TO GROW OLD

santly at a black cigar that would floor some men, drinks two cups of coffee at every meal, and I don't believe he averages seven hours sleep. It shows what a sound nerve-mechanism will do. He says a man's powers can and should be unabated up to the age of 60, in every sense, and I have had some astonishing testimony on that score.

Would you like to try this remarkable method of "coming back?" Or, if young, and apparently normal in your action and feelings, do you want to see your energies just about doubled? It is easy. No "apparatus" is required. Just Bradstreet's few, simple instructions, made doubly clear by his photographic poses of the five positions. Results come amazingly quick. In less than a week you'll have new health, new appetite, new desire, and new capacities; you'll feel years lifted off mind and body. This miracle-man's method can be tested without risk. If you feel enormously benefited, everything is yours to keep and you have paid for it all the enormous sum of \$3.00! Knowing something of the fees this man has been accustomed to receiving, I hope his naming \$3.00 to the general public will have full appreciation.

The \$3.00 which pays for everything is not sent in advance, nor do you make any deposit or payment on delivery. Try how it feels to have a full-length spine, and you'll henceforth pity men and women whose nerves are in a vise!

HOBART BRADSTREET, Suite 6016
630 S. Wabash Ave., Chicago, Ill.

I will try your Spine-Motion without risk if you will provide necessary instructions. Send everything postpaid, without any charge or obligation, and I will try it five days. If I find Spine-Motion highly beneficial I can remit just \$3 in full payment; otherwise I will return the material and will owe you nothing.

Name

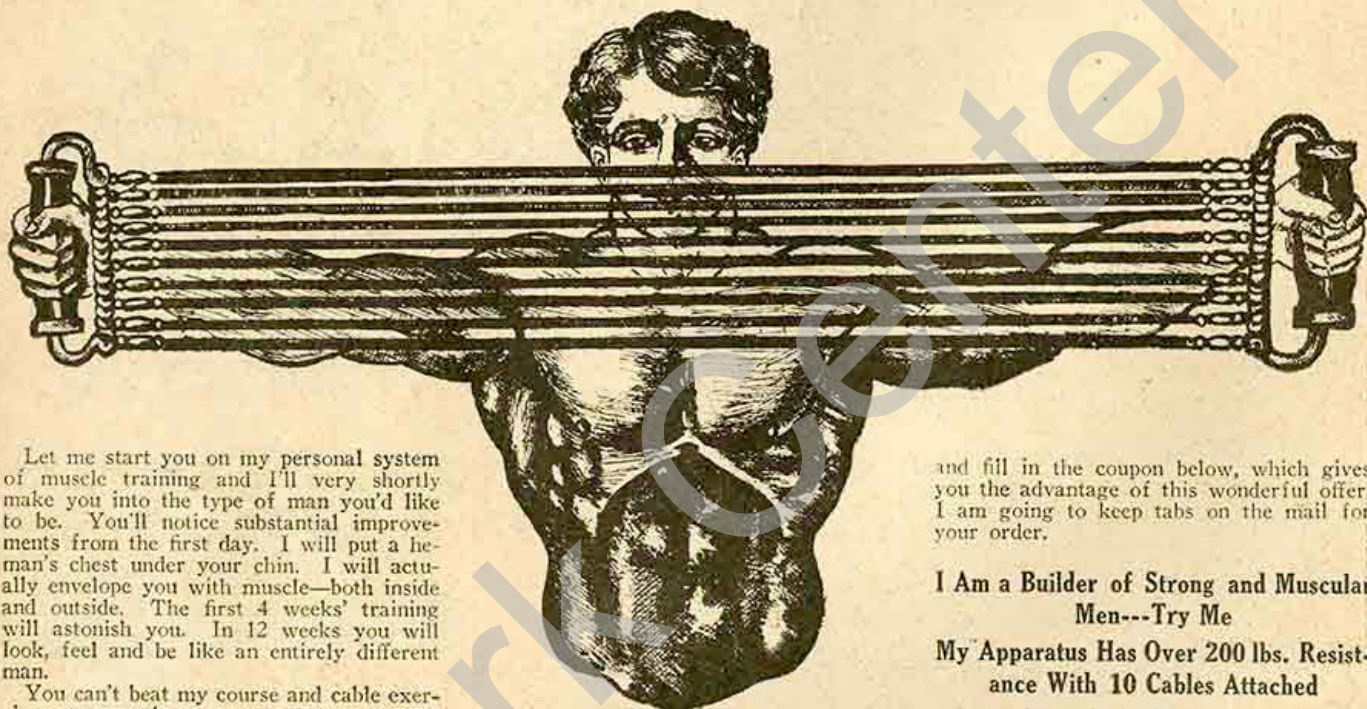
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FIVE and TEN-CABLE

PROGRESSIVE EXERCISERS

At Prices of \$3.00 and \$5.00 Respectively



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

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

One of the Greatest Muscle Building Courses the World Ever Produced

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

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

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

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

I give you, free, the most complete course you ever laid your eyes on. And, Oh boy!

JACK SANDOW,
Room S-10, Federal Life Building,
Michigan Ave. and Randolph St., Chicago, Ill.

Dear Sir: Please find enclosed

- \$3.00 for a 5-Cable Exerciser and 12 Weeks' Course.
 \$5.00 for a 10-Cable Exerciser and 12 Weeks' Course.
 \$8.00 for a 15-Cable Exerciser and 12 Weeks' Course.

Name

Address

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

Isn't the expander set a great exerciser? And just think of the price—it's hardly a price at all. A few dollars are all that are needed to bring you this great 5 or 10-cable progressive exerciser and my FREE personal 12 weeks' course.

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

Wish You Had Muscles Like That Fellow's?

Wish You Had His Pep, Strength, and Ability?

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

Show Me That You Are Made of Real Stuff

I wish you were here in Chicago with me so I could slap you on the back and say, "That's the boy—Let's you and I go." Take up your pen—not tomorrow, but this instant, before this slips your mind—

and fill in the coupon below, which gives you the advantage of this wonderful offer. I am going to keep tabs on the mail for your order.

I Am a Builder of Strong and Muscular Men---Try Me

My Apparatus Has Over 200 lbs. Resistance With 10 Cables Attached

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

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

Spring expanders are easily weakened if pulled beyond their expansion point.

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

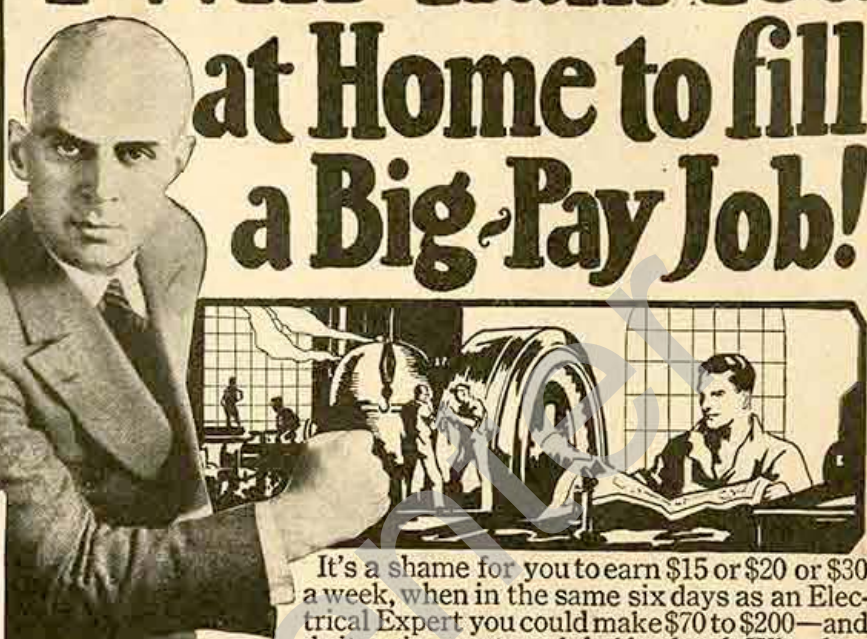
Get Elastic Cables---The SAFE KIND

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Electrical Experts are in Big Demand!
—L.L. Cooke!

I Will Train You at Home to fill a Big-Pay Job!



Look What These Cooke Trained Men Are Earning



Makes \$700 in 24 Days in Radio

"Thanks to your interesting Course I made over \$700 in 24 days in Radio. Of course, this is a little above the average but I run from \$10 to \$40 clear profit every day, so you can see what your training has done for me."

FRED G. McNABB, 848 Spring St., Atlanta, Georgia



\$70 to \$80 a week for Jacquot

"Now I am specializing in Auto Electricity and battery work and make from \$70 to \$80 a week and am just getting started. I don't believe there is another school in the world like yours. Your lessons are a real joy to study."

ROBERT JACQUOT, 2005 W. Colorado Ave., Colorado Springs, Colo.



\$20 a Day for Schreck

"Use my name as a reference and depend on me as a booster. The biggest thing I ever did was answer your advertisement. I am averaging better than \$300 a month from my own business now. I used to make \$18.00 a week."

A. SCHRECK, Phoenix, Arizona



Plant Engineer—Pay raised 150%

"I was a dumbbell in electricity until I got in touch with you Mr. Cooke, but now I have charge of a big plant including 600 motors and direct a force of 34 men—electricians, helpers, etc. My salary has gone up more than 150%."

GEORGE ILLINGWORTH, 63 Calumet Road, Holyoke, Mass.

It's a shame for you to earn \$15 or \$20 or \$30 a week, when in the same six days as an Electrical Expert you could make \$70 to \$200—and do it easier—not work half so hard. Why then remain in the small-pay game, in a line of work that offers no chance, no big promotion, no big income? Fit yourself for a real job in the great electrical industry. I'll show you how.

Be an Electrical Expert Earn \$3,500 to \$10,000 a Year

Today even the ordinary Electrician—the "screw driver" kind—is making money—big money. But it's the trained man—the man who knows the whys and wherefores of Electricity—the Electrical Expert—who is picked out to "boss" the ordinary Electricians—to boss the Big Jobs—the jobs that pay \$3,500 to \$10,000 a Year. Get in line for one of these "Big Jobs." Start by enrolling now for my easily learned, quickly grasped, right-up-to-the-minute, Spare-Time Home-Study Course in Practical Electricity.

Age or Lack of Experience No Drawback

You don't have to be a College Man; you don't have to be a High School Graduate. As Chief Engineer of the Chicago Engineering Works, I know exactly the kind of training you need, and I will give you that training. My Course in Electricity is simple, thorough and complete and offers every man, regardless of age, education, or previous experience, the chance to become, in a very short time, an "Electrical Expert," able to make from \$70 to \$200 a week.

No Extra Charge for Electrical Working Outfit

With me, you do practical work—at home. You start right in after your first few lessons to work at your profession in the regular way and make extra money in your spare time. For this you need tools, and I give them to you—5 big complete working outfits, with tools, measuring instruments, and a real electric motor—5 outfits in all.

Your Satisfaction Guaranteed

So sure am I that you can learn Electricity—so sure am I that after studying with me, you, too, can get into the "big money" class in electrical work, that I will guarantee under bond to return every single penny paid me in tuition, if, when you have finished my Course, you are not satisfied it was the best investment you ever made. And back of me in my guarantee, stands the Chicago Engineering Works, Inc., a two million dollar institution, thus assuring to every student enrolled, not only a wonderful training in Electricity, but an unsurpassed Student Service as well.

Get Started Now—Mail Coupon

I want to send you my Electrical Book and Proof Lessons, both Free. These cost you nothing and you'll enjoy them. Make the start today for a bright future in Electricity. Send in Coupon NOW.

L. L. Cooke, Chief Engineer
Chicago Engineering Works
2150 Lawrence Ave., Dept. 1197
Chicago



L. L. COOKE, The Man Who Makes "Big-Pay" Men
Dept. 1197
2150 Lawrence Ave., Chicago

Send me at once without obligation your big illustrated book and complete details of your Home Study Course in Electricity, including your outfit and employment service offers.

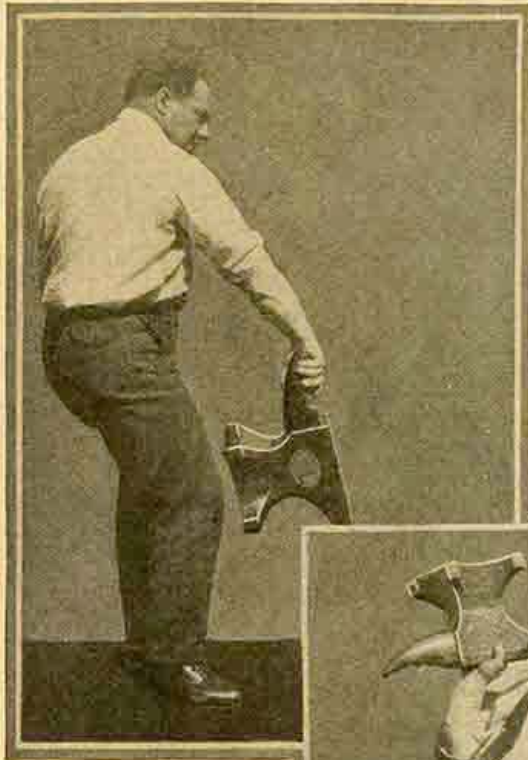
5 big outfits given to you — no extra charge

MAIL COUPON FOR MY FREE BOOK

Name.....
Address.....
Occupation.....

The "Cooke" Trained Man is the "Big Pay" Man

Universal Praise



NOW that Geo. F. Jowett's extraordinary book, "The Key to Might and Muscle," has been in the hands of thousands throughout the world long enough to be read, letters of high praise are being received in surprising numbers. We know the book is all we claim it to be, but we didn't expect so many celebrities to take the trouble to write letters praising it to the skies. But they are doing it every day it seems, by the way the letters are coming in. And they come from foreign lands, as well as America and Canada.

See Below What the World Renowned Men of Strength Say About "The Key to Might and Muscle"

We are very well pleased with the large number of complimenting letters, and also with the high quality of the praise. We are, however, more than pleased with the large number received from men of world renown in the body building and strong man game.

Dear Professor:

I have read your new book "The Key to Might and Muscle" and I feel prouder than ever to be your pupil. Your book proves to the world that you are the greatest teacher in the world.

PHILIPPE FOURNIER,
World's Middleweight Champion.

Professore G. F. Jowett:

No other man but you could write such a book. It is the world's premier volume on physical training. My only regret is that it is not also written in French.

DOMINIQUE MASSON,
Manager of Cadine, the French Strong Man.

Mr. Geo. F. Jowett:

Dear Sir:

I have read your book, "The Key to Might and Muscle," and I heartily approve of its contents. I, myself, have bought a bar bell and have greatly increased my health and strength.

Sincerely,
MAURICE T. SLOANE, M.D.

The Author Toying With a 75 Pound Anvil

I recognize you as a safe, sane, and proficient teacher. Accept my hearty congratulations.

Mr. George F. Jowett,

Dear Sir: I have read with great interest your new book, "The Key to Might and Muscle." As a physician I would recommend it as a practical guide for symmetrical muscular development and strength to all persons who have no serious organic defects. Your method should have a very prominent place in every gymnasium curriculum.

Very truly yours,
C. M. STROTZ, M.D.

Everybody likes this book for better than any other of its kind. It is written, printed, read and acclaimed—there is no mistaking its supremacy

The Milo Publishing Co.
BOOK
Dept. S-10-26,
2739 N.
Palethorp St.,
Philadelphia, Pa.

Gentlemen:
Below I am checking off the book I want. Please find enclosed a remittance to cover cost of same.

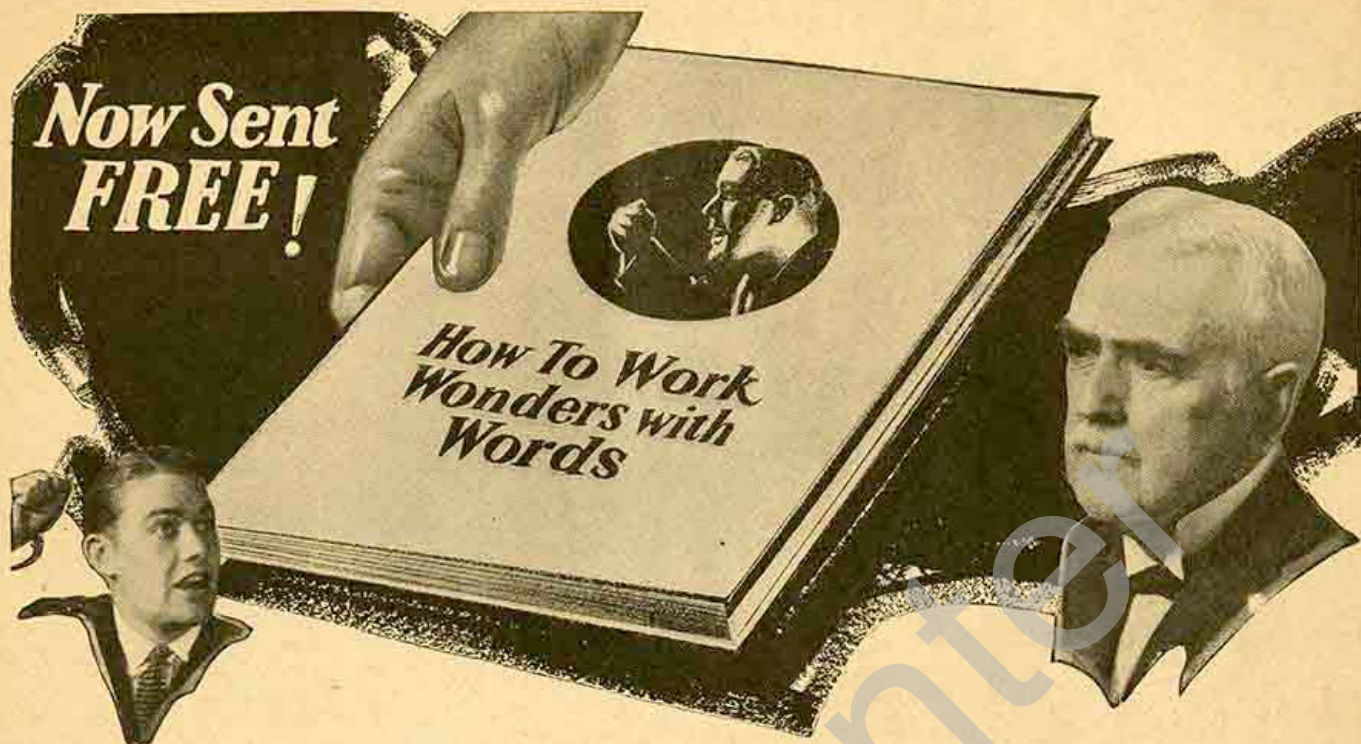
- \$3.50 for the regular copy of "The Key to Might and Muscle."
 \$5.00 for specially bound and autographed copy of "The Key to Might and Muscle."

Name.....

Address.....

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

There are many more such letters which we will print at a later date, omitted now because of lack of space.
SEND FOR THE BOOK NOW!



Not Only Men Who Have Made Millions Send for this Astonishing Book ~but Thousands of Others!

Many successful business men have sent for this amazing book NOW MAILED FREE. Such men as Walter O. Ford, of the Ford Manufacturing Company; C. F. Bourgeois, President of Robischon and Peckham Company; H. B. McNeal, President of the Telephony Publishing Company; Guy H. Shearer, Cashier Filer State Bank; and many other prominent, prosperous business executives are unstinting in their praise of it. But don't think it is only for big men. Thousands of young men have found in this book the key to advancement in salary and position, popularity, standing, power and real success. You can now obtain your copy absolutely free by writing at once.

TODAY business demands for the big, important, high-salaried jobs men who can dominate others—men who can make others do as they wish, whether it be one man or a thousand. It is the power of forceful, convincing speech that causes one man to jump from obscurity to the presidency of a great corporation. Another from a small, unimportant territory to the sales manager's desk. Another from the rank and file of political workers to a post of national prominence as a campaign speaker. A timid, retiring, self-conscious man to change almost overnight into a popular and much-applauded after-dinner speaker.

Either You Become a Powerful Speaker —or Your Training Is Free

You are shown how to conquer stage fright, self-consciousness, timidity, bashfulness and fear—those things which keep you silent when men of lesser ability get

what they want by the sheer power of convincing speech. You are told how to bring out and develop your priceless "hidden knack"—the natural gift within you which will win for you advancement in position and salary, popularity, standing, power, and real success. This simple, easy, sure and quick training is guaranteed to do this. If it fails, your training will not cost you a single penny.

Easy for Any One. Only 15 Minutes a Day Required

There is no mystery about the power to work wonders with words. Practically anyone can do it. It makes no difference how embarrassed or self-conscious you now are when called upon to speak. Certain principles will show you how to raise head and shoulders above the mass and make yourself the dominating figure in any gathering. How to be a leader among men. How to rise to any occasion and demand what you want with force, vigor and conviction. Give only

fifteen minutes a day in the privacy of your own home and you can accomplish all this in a few short weeks.

Send For This Amazing Book

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

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

Name

Address

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

WHAT 15 MINUTES A DAY WILL SHOW YOU

How to talk before your club or lodge.
How to address board meetings.
How to propose and respond to toasts.
How to make a political speech.
How to tell entertaining stories.
How to make after dinner speeches.
How to converse interestingly.
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How to sell more goods.
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How to become a clear, accurate thinker.
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How to be the master of any situation.

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

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

At the Present Time We Are Making A SPECIAL OFFER,

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

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

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

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

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

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

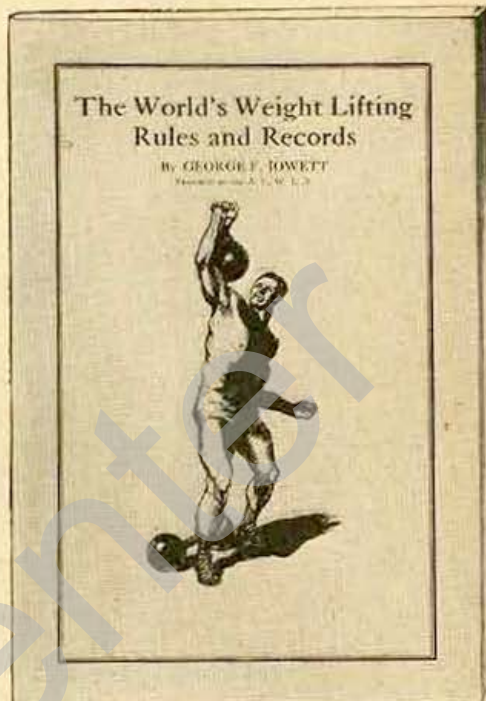
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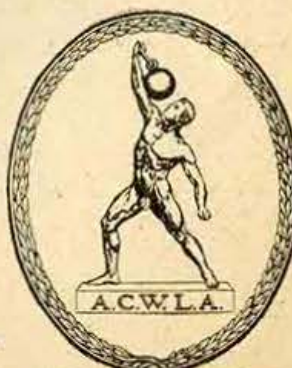
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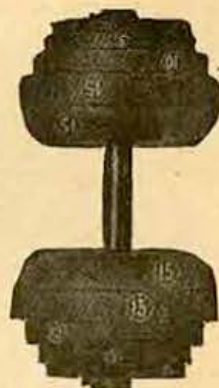
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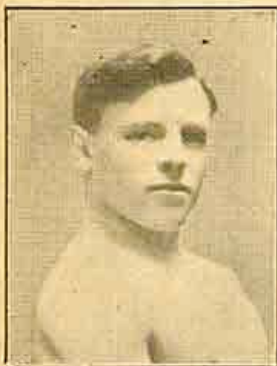
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There is a physical cause, and therefore remedy, for the condition. The building up of the depleted nerve centers, the strengthening of the physical forces for control, the diversion of the life forces to desired channels, give the physical condition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

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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.

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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.

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"I am a young man in age (28 years), but very old in appearance. This is due, perhaps, to a perennial drain of my vital fluid. I believe your wide knowledge of human wrecks will enable you to give me useful advice. My chief malady is sexual weakness. I am a real live dead, if such there be. I have had the advice and treatment of some of our most experienced medics, but my condition has worsened.

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AFTER 10 WEEKS: "I am still progressing steadily. The shape of my body is becoming decent. I go to bed early and wake up at regular times—not feeling tired as before. My exercises have become a sort of hobby or pastime. I think I am getting through O. K. My heart does not beat so furiously after the usual exercises. It is behaving decently. I remain yours pressing forward."

FINAL REPORT: "The last lesson indicates that you are handing over the boss-ship of my body to my own care. Armed with the knowledge you have imparted to me, I accept the responsibility with confidence to live correctly. I wish to thank you here and now, from the bottom of my heart, for having shunted me so skillfully onto the track of right living. No words can express my gratitude. There is no time to say more, but I am basking in the sunshine of the better way of living. I remain, your serious and grateful pupil."

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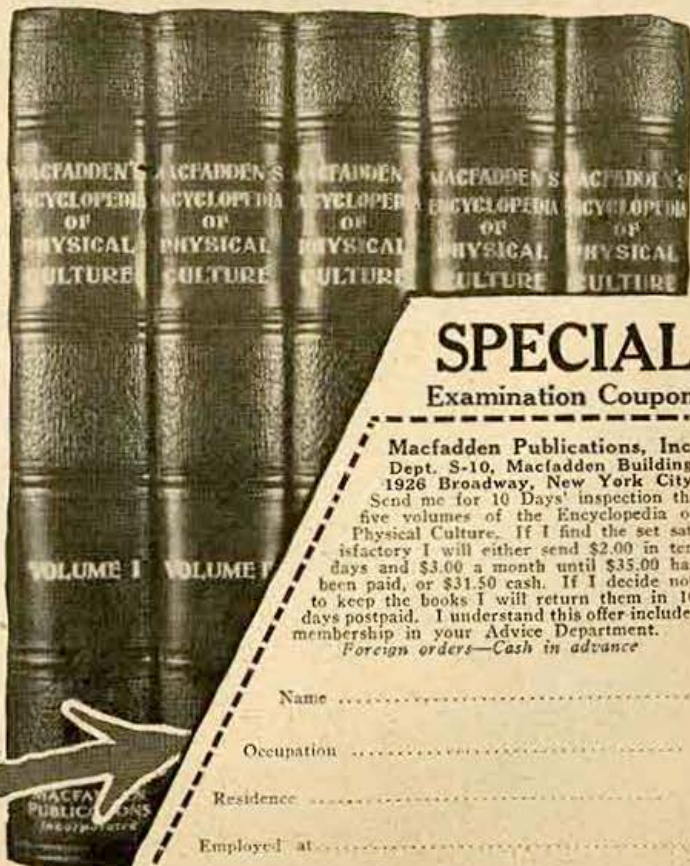
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anything worthwhile!

HIS mind is a hodge-podge of half-baked ideas. He thinks of a thousand "schemes" to make money quickly—but **DOES** nothing about **ANY** of them.

Thoughts flash into and out of his brain with the speed of lightning. New ideas rush in pell-mell, crowding out old ones before they have taken form or shape.

He is **SCATTER-BRAINED**.

His mind is like a powerful automobile running wild—destroying his hopes, his dreams, his **POSSIBILITIES!**

He wonders why he does not get ahead. He cannot understand why others, with less ability, pass him in the prosperity parade.

He pities himself, excuses himself, sympathizes with himself.

And the great tragedy is that he has every quality that leads to success—intelligence, originality, imagination, ambition.

His trouble is that he does not know how to **USE** his brain.

His mental make-up needs an overhauling.

There are millions like him—failures, half-successes—slaves to those with **BALANCED, ORDERED MINDS**.

It is a known fact that most of us use only one-tenth of our brain power. The other nine-tenths is dissipated into thousands of fragmentary thoughts, in day dreaming, in wishing.

We are paid for **ONE-TENTH** of what we possess because that is all we **USE**. We are hundred horse-power motors delivering only **TEN** horse power.

What can be done about it?

The reason most people fall miserably below what they dream of attaining in life is that certain mental faculties in them **BECOME ABSOLUTELY ATROPHIED THROUGH DISUSE**, just as a muscle often does.

If, for instance, you lay for a year in bed, you would sink to the ground when you arose; your leg muscles, **UNUSED FOR SO LONG**, could not support you.

It is no different with those rare mental faculties which you envy others for possessing. You actually **DO** possess them, but they are **ALMOST ATROPHIED**, like unused muscles, simply because they are faculties you seldom, if ever, **USE**.

Be honest with yourself. You know in your heart that you have failed, failed miserably, to attain what you once dreamed of.

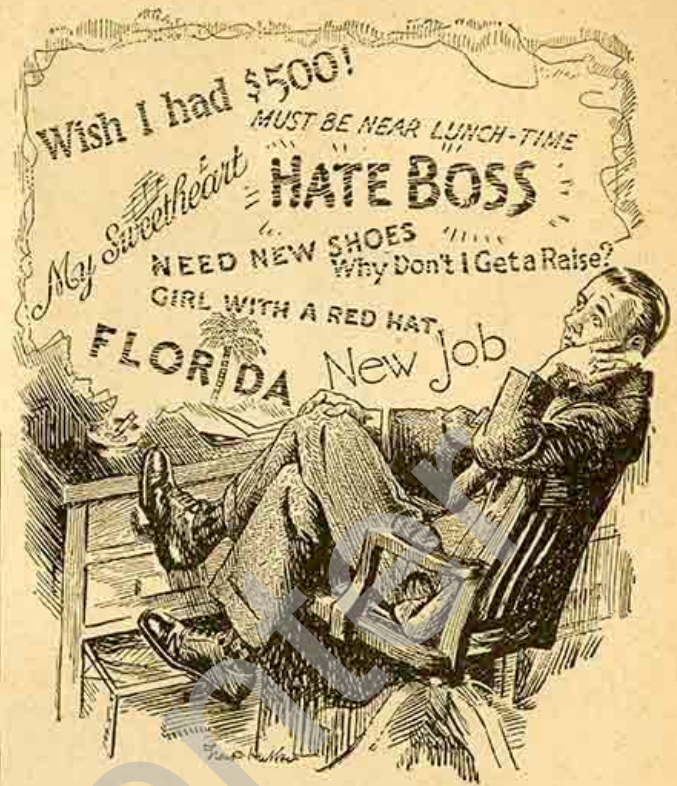
Was that fine ambition unattainable? **OR WAS THERE JUST SOMETHING WRONG WITH YOU?** Analyze yourself, and you will see that at bottom **THERE WAS A WEAKNESS SOMEWHERE IN YOU**.

What **WAS** the matter with you?

Find out by means of Pelmanism; then develop the particular mental faculty that you lack. You **CAN** develop it easily; Pelmanism will show you just how; 550,000 Pelmanists, **MANY OF WHOM WERE HELD BACK BY YOUR VERY PROBLEM**, will tell you that this is true.

Among those who advocate Pelmanism are:

- | | |
|---|--|
| T. P. O'Connor, "Father of the House of Commons." | Frank P. Walsh, Former Chairman of National War Labor Board. |
| The late Sir H. Rider Haggard, Famous Novelist. | Jerome K. Jerome, Novelist |
| General Sir Robert Baden-Powell, Founder of the Boy Scout Movement. | Gen. Sir Frederick Maurice, Director of Military Operations, Imperial General Staff. |
| Judge Ben B. Lindsey, Founder of the Juvenile Court, Denver. | Admiral Lord Beresford, G.C.B., G.C.V.O. |



Sir Harry Lauder, Comedian.
W. L. George, Author.

Baroness Orczy, Author.
Prince Charles of Sweden.

—and others, of equal prominence, too numerous to mention here.

Pelmanism is the science of applied psychology, which has swept the world with the force of a religion. It has awakened powers in individuals, all over the world, they did not **DREAM** they possessed.

A remarkable book called "Scientific Mind Training" has been written about Pelmanism. **IT CAN BE OBTAINED FREE**. Yet thousands of people who read this announcement and who **NEED** this book will not send for it. "It's no use," they will say. "It will do me no good," they will tell themselves. "It's all tommyrot," others will say.

But if they use their **HEADS** they will realize that people cannot be **HELPED** by tommyrot and that there **MUST** be something in Pelmanism, when it has such a record behind it, and when it is endorsed by the kind of people listed here.

If you are made of the stuff that isn't content to remain a slave—if you have taken your last whipping from life,—if you have a spark of **INDEPENDENCE** left in your soul, write for this free book. It tells you what Pelmanism is, **WHAT IT HAS DONE FOR OTHERS**, and what it can do for you.

The first principle of **YOUR** success is to do something definite in your life. You cannot afford to remain undecided, vacillating, day-dreaming, for you will soon again sink into the mire of discouragement. Let Pelmanism help you **FIND YOURSELF**. Mail the coupon below now—while your resolve to **DO SOME THING ABOUT YOURSELF** is strong.

THE PELMAN INSTITUTE OF AMERICA

Approved as a correspondence school under
the laws of the State of New York

19 West 44th St. Suite 3410 New York City

The Pelman Institute of America,
19 West 44th St., Suite 3410
New York City.

I want you to show me what Pelmanism has actually done for over 550,000 people. Please send me your free book, "Scientific Mind Training." This places me under no obligation whatever.

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Editorial

The Growth of Athletics

NO ONE interested in athletics can fail to be impressed each fall by the growing importance of football.

The game is not only growing in its hold on great numbers of spectators, but is being played annually by more and more contestants.

It is true that there are many spectators for each contestant, but anyone who has been interested enough in the game to read Spalding's Annual Guide cannot fail to notice how national interest has grown.

In the fifty years of its existence as an organized sport, football, from a game played only by a very few of the Eastern colleges, has become the main fall sport of the country.

Practically every college, university, high and preparatory school in the country supports a team and a squad of considerable size. Besides these organizations there are many industrial plants, small towns and athletic clubs which maintain amateur teams, and in the past few years the game has been gaining a professional foothold.

Its promoters confidently assert that it will, in a few years' time, eclipse baseball as the great American game, professional and amateur.

It would take a rash man to state that this will not be the case when we review its past growth, but before it attains any such eminence, professionally, many changes will have to be made.

As a matter of fact not only football but baseball and almost all other sports are rapidly growing in their hold on America. Perhaps the growth in the interest in football is no more remarkable than the growth in interest in professional boxing. Who would have believed when Jeffries, Sharkey, Fitzsimmons and Corbett were contending for heavyweight honors, that fight crowds would ever grow to 90 or 100 thousand spectators?

Football is Only One of Many Sports

Side by side with the growth in interest in football, boxing and baseball has grown an equal or perhaps an even greater interest in golf, tennis and swimming. When Bobby Jones returned to

New York after his recent English triumphs, the whole city turned out to welcome him, and no athlete, we might almost say no movie star, has ever been given the ovation that greeted Gertrude Ederle upon her return after conquering the English Channel.

Although her record of being the only woman to swim the channel and her record for the fastest time in swimming the channel, whether by a man or a woman, were both shattered inside of a few weeks' time, she still remained one of the great athletic attractions of the country.

During all the time that athletics have been gaining a greater and greater hold on the affections of every one, both as spectacles to watch and as something we all should take a hand at, a constant criticism of athletics and athletes has been going on.

Criticism of Athletics

Some games, notably football, boxing and wrestling, have been criticised because they were brutal and debasing, and it well may be that in some instances this criticism was and even still is, just. However, these sports and all the others have come to have clearly defined codes to which all who engage in them must conform, and today we hear very little of such criticism.

Another favorite knock has been the statement that athletes die young, and this statement is made in spite of the fact that circus performers, vaudeville acrobats and wrestlers, in particular, have long been noted for longevity.

In this connection Spalding's Football Guide for 1926 mentions seven men of the group first known to have played football in America, all of whom are alive today and all of whom are over eighty years of age. This group was the Oneida Football Club of Boston, organized in 1872.

We do not whole-heartedly and whole-souledly maintain that everyone interested in athletics is right, and every one who can find the slightest flaw in the benefits derived from athletics is wrong, but we do maintain that the gains from athletics far outweigh the evils that have come into existence with the growth of athletics, and we feel sure that the (Continued on Page 90)



Dance Derivations

In Which We Compare Swedish Calisthenics
and European Folk Dances with a Popular
Branch of Dancing.

By Ralph Hale

WHEN you attend a musical show or revue, and witness the girls in a simultaneous dance number, while under the spell of good snappy music, the chances are it may never enter your mind as to the meaning and derivation of the various dance movements, arm wavings, kicks and marching steps.

It is most likely that you will simply classify all this as dancing, and give no thought at all to the probable meaning and origination of the dance nomenclature.

Taking the liberty to suppose you are a follower of and interested in various forms of calisthenics and free hand physical drill, besides being possessed of a love for dancing, we will further surmise that you might care to make a little comparison between this sort of dancing and group calisthenics. We will also consider its relation to European Folk Dancing, which, no doubt, is the forerunner to all forms of stage dancing.

Before making these comparisons, let us dwell on possible reasons for the popularity of dancing. Dancing in its crudest form really originated in the desire of primitive people to gain favor with the gods of their imagination, the dance forming what can aptly be termed a physical prayer, actions either taking the place of words or adding expressional force to the chanted prayer of supplication, or thanks, as the case might be. Primitive people would dance for rain, to end a plague, for power to destroy their enemies, for benediction at the mating season, and in aid of any other purpose that might be considered worthy of the attention of the gods whom they worshipped.

Thus, in its beginning, the dance was religious in its aspect as it is at the present day among existing primitive races. Later in history it changed to the social side

of life and became the symbol of festivity. As some individuals became more adept than others, the majority of the populace was willing to pay for the privilege of having them dance, so the professional came into being.

The dances in which the people in almost all countries in Europe find the most enjoyable means of exercise and of giving expression to old folk lore are known under the name of folk dances. With the advance of modern civilization, much of that which formerly served to characterize certain occupations, people or localities is fast disappearing. Trying to preserve these characteristics and keep alive the old folk lore, each country has evolved certain dance "steps" and music to signify the old routine of life, and revive the memory of almost forgotten occupations.

Thus the folk dance has come to signify the revival of the expression of old fundamental rural impulses, pure and lovely as the sunshine of the fields. As people move closer together and change to an urban form of life, they are liable to give up the habits of country life including the dances; but it needs only the music of a festival occasion to fling off the newly acquired restrictions which overlie the pure rustic humanity of man, and many generations of city dwelling cannot do more than cover thinly the innate tendencies to dance the old forefather dances of the sod, mountain, or steppe.

It is more natural for anyone to want to participate in the dance themselves, but for important reasons, the longing comes at times to witness others perform in our favorite pastime, especially when the exhibition is enhanced by attractive surroundings, appealing music and the degree of skill shown is far superior to personal ability.

Whatever our favorite hobby may be, we admire the

efforts of others and enjoy witnessing an exhibition of their work, and especially are we enthralled by the art of a master. As a basis of comparison, we will liken dancing to the fine arts of painting and music, whether instrumental or vocal.

In singing the method of expression is the spoken word, rendered musically; in instrumental music, each instrument by means of its notes imitates as near as possible the human voice; in painting the artist is able to express thoughts through the sense of vision, of which the other arts are incapable. Each has a method, peculiar to itself, of conveying its message.

Thus we have two means by which we are capable of appreciating the fine arts, through the senses of hearing and vision. Dancing may properly be termed visual music; dance steps are notes both long and short; an enchainement or step combination is a phrase; a dance composition is a song; the ballet is an orchestra. The master of the dance is the orchestra leader; the members of a dancing group are the instruments of the orchestra; and through them he can suggest by the countless combinations of line, majestic and playful, severe and gracious, and by the infinite variety of movements and postures, the emotions he would arouse in the spectators of his work. At his disposal the visual orchestra leader had a number of plastic, sentient and sympathetic figures, trained to movements of grace. That they are also human beings is absolutely a coincidence and beside the point.

Dancing is a normal form of natural expression and not based on imitation of nature. Besides being visual music it is the poetry of motion; a convention analagous

to ornamental decoration; depicting through the medium of throbbing pulsating human life, expressions that cannot be shown on the painted canvas—the stage, with its draperies and scenery is the canvas with the background already completed. In the group dance or ballet the dance master is the artist, the individual dancers composing the ballet or group, are the paints of his palette.

Although, when seated in the theatre looking on the modern dance group, you may not think of classing the dance movements with any sort of exercise drill, as your mind will undoubtedly be far, far away from any thoughts of gymnasiums and turnvereins, it will be interesting the next time you take in such an entertainment to notice the similarity of movement between the motions of the dancing beauties and the nomenclature of repetition free hand physical drill.

Due to the invention of machinery and other means of eliminating the necessity of depending on human muscular power to wrest a living from the earth, man has had a continually decreasing need of physical exertion. To obviate the chances of flabbiness and physical disintegration, certain intelligent men began to figure out means of keeping in good health and retaining strength, endurance and suppleness.

At first these were more in the nature of stretching and bending movements, later involving more complicated flexions and extensions covering the entire anatomy. Some pioneers were struck with the idea of imitating the actions of those engaged in arduous toil; others incorporated the yawning and stretching movements of familiar animals; in time there was bound



to be a similiarity in the teachings of the various schools and cults, though each had its own original system and points of value.

Probably the earliest among these, and one which has undoubtedly proved to be of greatest influence among free hand calisthenic drills, is what is commonly known as the Swedish system. This system proved very popular and many of the present day free hand drills are really based on the Swedish system.

Regardless of how thorough or valuable such calisthenics may be, if followed for any length of time they become more or less monotonous. Consequently where considerable numbers of people are involved especially in mixed gatherings, in certain European countries the people revived the old folk dances, which lightened the formal gymnastics with a natural interest, and have returned large values in a normal joyous expression of fundamental impulses.

Besides giving vent to the natural need of working off excess energy and in mingling with others in a festive mood, they satisfy the social nature and allow fulfillment of the desire to dance with the opposite sex.

Dancing in pairs formed a small part of the old folk dance, but as time went on some persons preferred to dance in pairs separate from the old dance formation, bringing the ball room style into popularity and thus leading up to our present jazz.

In the theatre, underlying the modern stage work of chorus, ballet and dance spectacle, as a basic principle are the folk dances of various nations, the old rhythms

being common to all human life—defining it, appeal.

In a group dancing number, such as those herein illustrated, you see the highest degree of trained simultaneous dancing, which should, for various reasons, appeal to the student of physical training. With close attention to the movements of the dance, you will be able to discern how closely they resemble the repetition drill of the old Swedish system.

Once you are aware of the truth that the show girls are in fact going through a calisthenic drill, you may begin to perceive why they have their perfect thirty-six figures, and you will realize you are witnessing living refutations of the idea that perfect formed girls don't follow any system of training exercises. In fact they go through a much harder drill than would be taken in a gym and show more zest and pep working six to twelve times weekly in their revue, than in three to five times weekly in a gym work-out. Every part of the anatomy is covered by the exercise, or dance movement, and every muscle in the frame is given all possible movements and stretches, contractions, extensions and twists.

You may not care to pay a cent to see a group of lassies in the gym go through their routine, even though the gym girls were better built, and their pulchritude was of a higher order than the show girls, but you are perfectly willing to pay exorbitant prices for preferable seats in the "Garden" or "Roof" to witness the same sort of motions. But there is the secret, the tempo is changed and the music is made as appealing as the com-



posers can possibly make it; though we might venture to say the chief reason is, you are given bright footlights and a chance to gaze on the perfect figures, unhampered by clothing such as would be worn in a gym.

The popularity of a display of the nude, or rather semi-nude, evoking a sex appeal, is not to be questioned by even the most averse; the point to be proven and the side to be upheld is the desirability of male idealists, especially worshippers of physical strength and perfection, among whom are to be found mostly men in the prime of life, ranging in age from seventeen to fifty, finding a source of inspiration and delight in the perusal of partly nude displays of the female human form par excellent.

There may be some question of over-exploitation of the bathing beauty and dancing pony in musical show and movie, but there must be some underlying reason for the popularity of this thing, besides an appeal to baser qualities, as some individuals would have us believe.

Perfection is admired in anything, and the spending populace, whether they be connoisseurs or not, are willing to pay well for the privilege of enjoying an exhibition of perfection; whether it be perfection in music, instrumental or vocal; perfection in art; perfection in drama or terpsichore; perfection in athletic skill; or perfection of God's most precious gift, the human form divine.

Perfection is the prime requisite of musical dancing

shows, and besides luxuriance in the grace of execution, the girls must be perfect below the hips, their sugary sweet femininity being further emphasized by their beautiful faces and curves in general.

Such perfection appeals to the highest inner qualities and evokes in an overpowering manner appreciation of what the senses behold. As the spectator views the dance moving before him, the footlights rosily reflect the warmth of lovely skin and enhance the softness of charming curves, so that he is more susceptible to the hypnotic charm of the rhythmic movement playing upon his eye. He is not gazing on a kaleidoscope, but on an ordered and deliberate sequence, composed of a mythical, invisible cast of characters; aspiration, reverie, ecstacy, mischief and reverence, presenting a joyful play on life, in a charming, graceful, consummately skillful manner.

In the repetition drill of the gymnasium class, the movements are made in an ordered, methodical manner, with a set purpose of limbering the joints and tendons, of developing muscular and eliminating adipose tissue. The aim and scope of such calisthenics is at the root really individual. That an entire class, or a group should be following the same movements synchronously, does not alter the fact that the chief consideration is the improvement of each individual; the multiplication of individual action serves a means of saving time for the instructor, as numerous pupils are taken care of at one time; of course it also tends to make the drill more interesting and the effort more (Continued on Page 70)



How Exercise Will Improve Your Health

Proper Exercise a Health Builder—
Strengthens Internal Organs

By Charles MacMahon

PROPER exercise can modify and regulate the action of the heart, as well as strengthen it. Exercise drives the blood with force to the capillaries near the skin, increasing the body heat, improving the appetite, and supplying the blood with new constituents.

This pressure keeps the blood flowing more steadily and rapidly making for purer blood and, of course, better circulation.

Then, too, the effect of proper exercise on the respiratory organs should not be overlooked. Of course, you cannot directly exercise the lungs as you can your legs.

But the deeper and more frequent breathing caused by exercise of the muscles does exercise the lung cells and brings to them an increased supply of oxygen. On the exhale, this extra supply of air carries off a greater quantity of carbonic acid and other waste products.

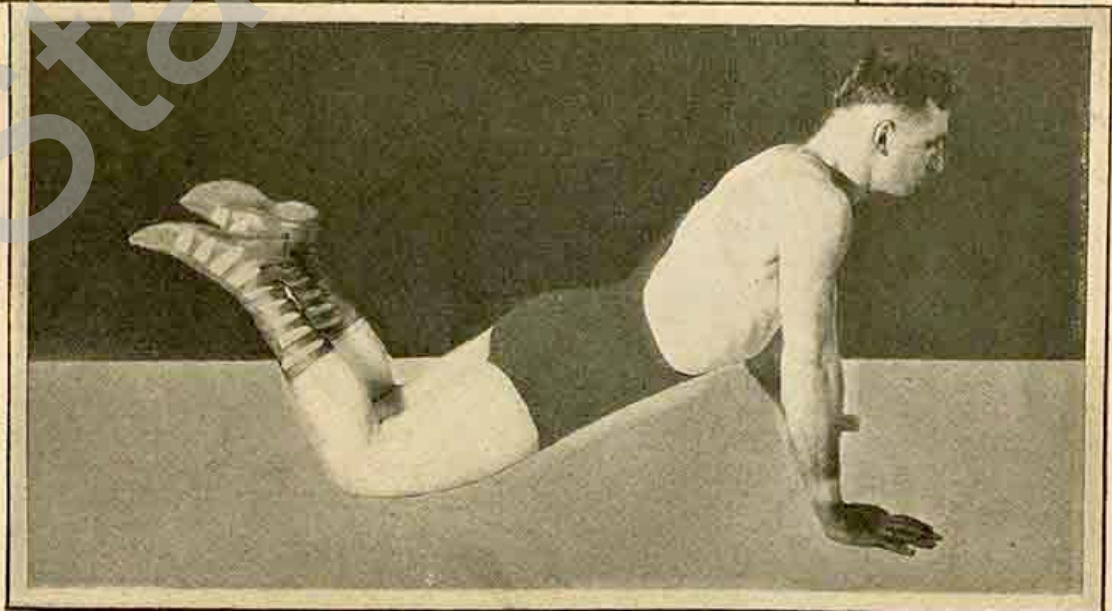
It is easily possible to in-



Fig. 1

Besides strengthening the heart, exercise improves the circulation by a contraction and relaxation of the muscles, which in turn causes a sort of pumping pressure or suction in the arteries from the heart to the capillaries and in the veins back to the heart.

Fig. 2



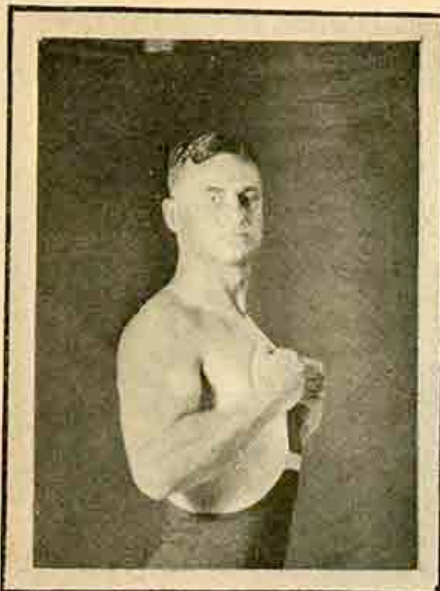


Fig. 3

turn the scales against pneumonia, pleurisy, broncho-pneumonia and heavy colds.

It is not generally known that only about one-third of the lungs are brought into play in ordinary breathing. This means that the other two-thirds are liable to become, by long periods of inactivity, susceptible to lung diseases. Therefore, you should practice breathing exercises or exercise thoroughly so that your breathing will be forced to become fuller.

The chief duty of the lungs is to throw off the deleterious carbon-dioxide which is left after the oxygen has been taken from the air.

In the case of a person who has been using only one-third of his lung capacity for a length of time, active exercise causes breathlessness and exhaustion. The reason is that one-third of your lung capacity is not sufficient to carry off the deleterious accumulations. The other two-thirds of your lungs are then forced into action while out of condition for such sudden, strenuous work. So you must keep your entire lung capacity in working order by daily exercise.

If you have never tried exercise at all, nor tried it long enough to note the benefits that must come from proper exercise, then I invite you to try the exercises illustrated in this article, bearing in mind the deep breathing end of it.

It is injurious to hold the breath for lengthy periods; but I have made this test: Perform the floor dipping exercise in which you support yourself on hands and toes, face down, and lower and raise the shoulders and body by alternately bending and straightening the arms.

To actually make the test, you perform the floor dip a few times so that a slight fatigue in the arms will be noticed, and then continue the exercise several times more while holding the breath. Then start breathing

crease your lung capacity by 50 cubic inches. The value of this additional lung capacity should not be underestimated, for these additional inches of air space would be sufficient to

rapidly and fully as you keep on with the exercise. Now I have noticed, upon trying this exercise in the manner described, that one can feel the renewed strength come surging to the arms and slightly relieving the fatigue.

I am sure you will find, if you make this test correctly and keep your mind on the way your muscles feel while going through the non-breathing and breathing stages, there is a noticeable relief in the parts of the body that are doing most of the work just as soon as you begin to breathe deeply. Try it. It will impress on your mind the necessity of deep breathing at all times.

Digestion is another function that is quickly improved by proper exercise and exercise is the only true method of improving the digestion. If you want good digestion, you cannot get it without a due amount of exercise. Feeble stomach muscles (both internal and external) are the cause of dyspepsia. In this ailment, the muscles that perform the churning motion become so weak they

cannot perform this important duty thoroughly enough. This is especially so when certain foods are eaten that are a little hard to digest.

You will never see a man with strong abdominal muscles troubled with indigestion. Exercise makes one hungry and hunger aids digestion.

Movement of the muscles (exercise) increases their size, which proves that new substance has replaced worn out material. This is how muscular development is obtained. There is no clogging up of the system that is exercised properly and regularly.

Nervousness, too, is a

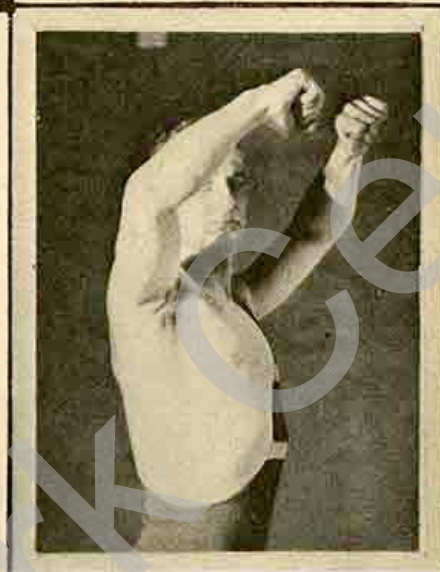


Fig. 4



common thing with those who do not exercise their muscles sufficiently and daily. Persons of this type are subject to headaches, pains in the back, neuralgia, dyspepsia, heart palpitations, changes of temperature. They are irritable, lack energy and perseverance.

It is a well-known fact to those interested in health promoting, that nerves left in a state of inactivity for a length of time become feeble and relaxed. They must have exercise, which will make them demand nutrition

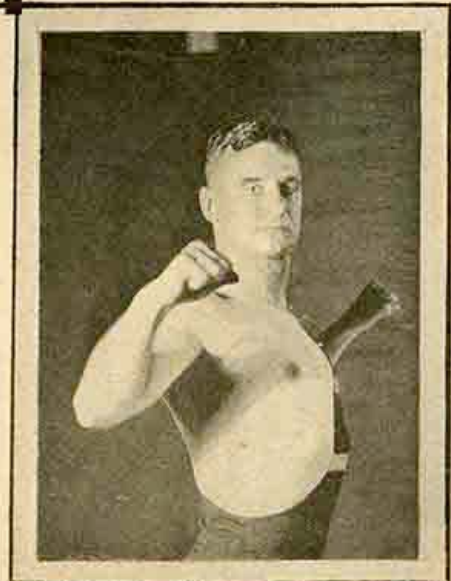


Fig. 5

and grow strong.

So, in summing up, we find that exercise is essential to the good health of every one, none excepted, because it stimulates the organs in a natural way, making them perform their very important functions more promptly and thoroughly.

The lungs get more blood - purifying air when exercise is taken. The purer blood is forced regularly to the farthest corners of your system, nourishing the nerves and muscular fibres more thoroughly. The digestion is improved and constipation eliminated, thereby preventing accumulation of further poisons.

So don't think that just because you are not interested in bigger muscles or greater strength, you don't need exercise. And

remember that most people's work is not exercise, although many use this as an excuse.

Resolve to start exercising today, and have the persistence keep it up long enough to feel the invigorating benefits that are to be derived from a few minutes a day of proper physical training. Having done this, you won't want to

quit exercising. You will feel too fine and energetic to want to slump back into the old continually tired feeling and ailing life.

The test exercise explained in a foregoing paragraph may be too strenuous for some beginners. If you happen to be one of these who cannot do the floor dip ten or fifteen times, then, of course, you cannot make the test. In this case, I would then suggest trying it as illustrated in figure 2. You will notice, upon attempting the floor dip in this manner, that less work is thrown on the arms, shoulders and abdomen muscles than when you perform it on the toes.

In figure 3, we have a deep-breathing exercise in which the fists massage the lungs, as it were, by a delicate pounding.

Stand erect in performing this exercise, and breathe deeply and slowly. As you inhale and exhale, tap the chest all over with the clenched fist. This is not done with the knuckles as in boxing, but with the part of the fist that rests on the chest most naturally.

The pounding must not be hard, as I told you before. Just tap your chest hard enough to feel invigorated

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Page 79)

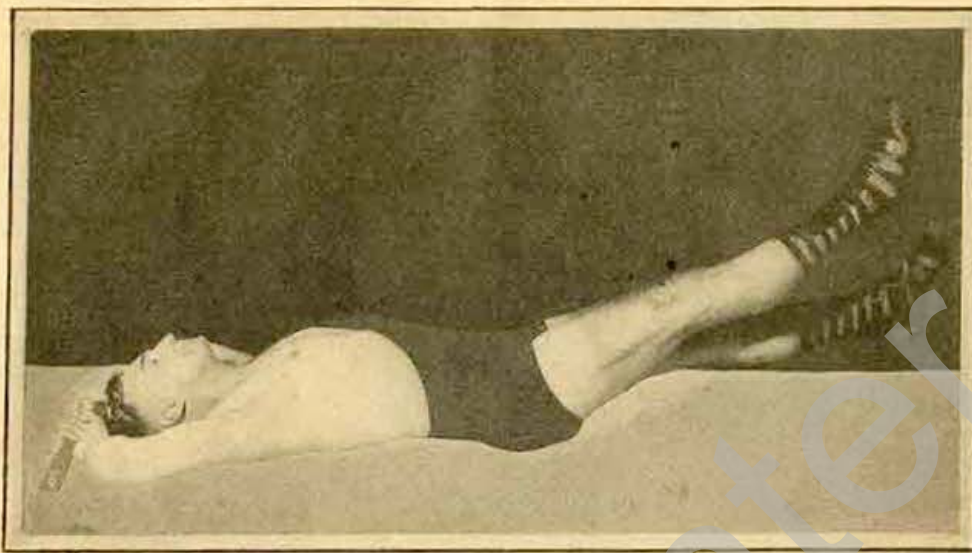


Fig. 6

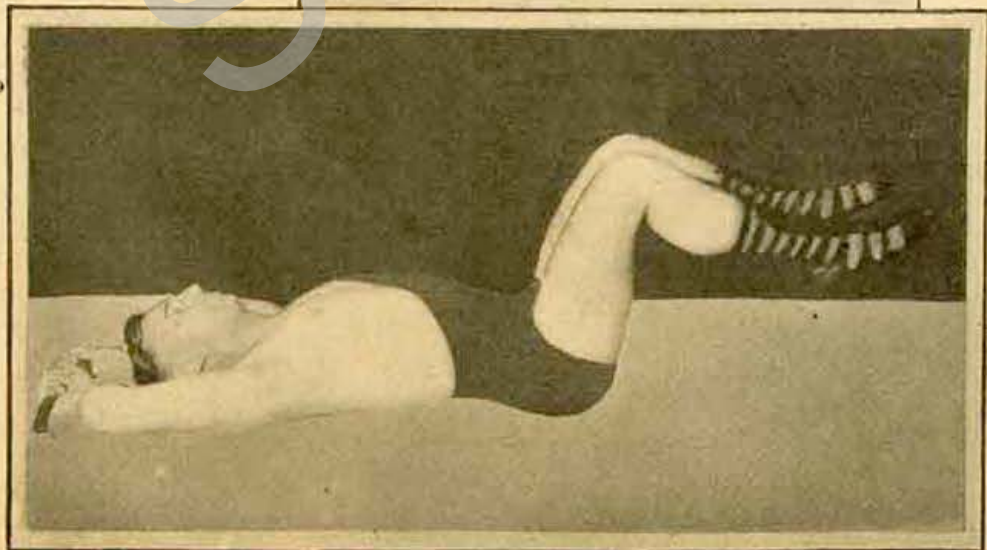


Fig. 7

Up Rungless Ladders to Health

There is Recreation and Invigoration
in Reaching the Top of the World.

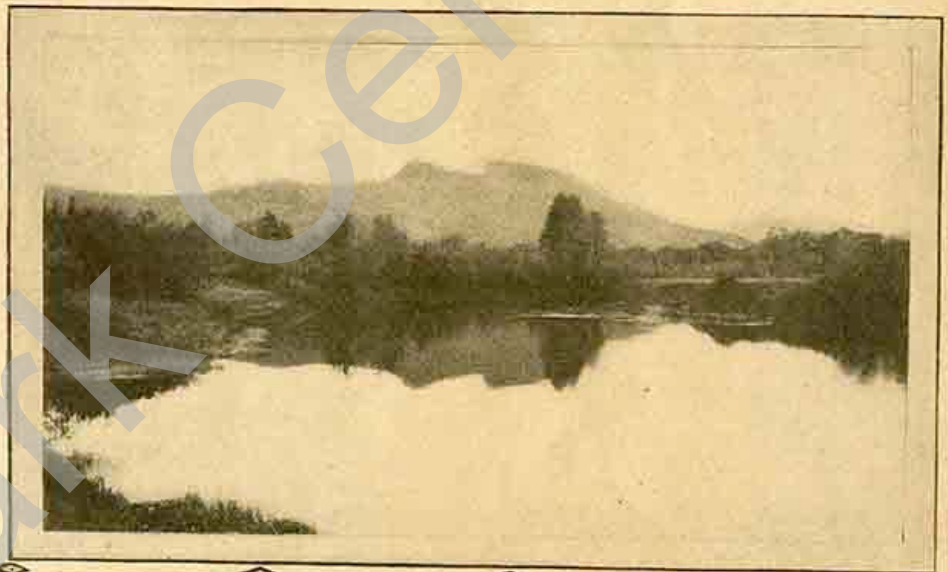
By Jack Russell

THE lakes and fiords of Maine, with their endless labyrinthine windings, always evoke a spirit of exploration in me. When a sharp turn suddenly cuts off the view a haunting desire lures me on, until I have reached the next portal and drawn aside its misty curtain. And there, again, a sense of magic suspense seems to pervade the air, and an invisible hand beckons me on and on, until at the end of a day's journey I find myself in a strange and wondrous calm—in a concourse of huge, primeval giants—and marvel at my temerity in having invaded their solemn conclave.

The silence is so intense that it vibrates audibly upon a spiritual sense subtler than that of hearing, though now and then the sound of rushing water trembles like a faint pulsation through the atmosphere. The pale, pure, luminous green of the fiord reflects the wild panorama with the distinctness of a mirror, and you scruple to dip your oar in the tide, lest you ruffle the magnificent image. There is such a surfeit of the sublime that it becomes, after a while, a

weight upon your spirit and vaguely impedes your respiration.

If you have a drop of germanic blood, with its myth-making fancy, you can scarcely avoid personifying the mountains which, with slight assistance on your part, develop grotesque faces, flowing white beards, and the general outlines of titanic shapes. Noses, of most inviting varieties, are easily detected, and delightfully fantastic faces rarely fail to attach themselves, sur-



mounted by icy helmets and hoary locks streaming in the wind. Then comes a dread, perhaps, which in my childhood was very real, lest the strong giants should resent your intrusion, and closing up the narrow gap, crush you and your frail barque like an egg-shell.

The White Mountains, or the Presidential Range, are the most beautiful I have ever visited. In Maine and New Hampshire,

How would you like to view these beautiful spots from the peak of a mountain?

(Cf. J. A. Marshall.)

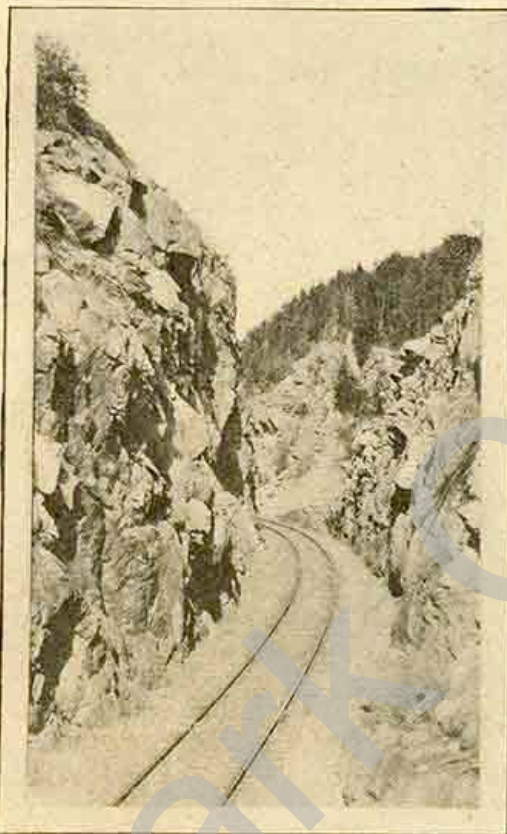
where these mountains are located, I have drifted leisurely from place to place, have taken the unbeaten track, lived in clean little tents at the foot of some rugged pile, and whenever and wherever the appeal came to me sufficiently strong—which was often the case—have unpacked and settled down to remain as long as I wished or as long as the spell of the surrounding beauty held me.

Sometimes I am fully aware that this impulse to stay on is not due entirely to the natural wonders. I know that the little villages have lent added charm to the jagged sky-line that hems them in. On cloudy days, when the mountains are entirely obscured from view, there still remains a lure of street and dwelling that makes it a delight to walk around, discovering something new and interesting at every twist of the road.

In the gorges and myriad of ravines in the White Mountains there are countless little streams that begin their plunge down the precipitous walls, hundreds of feet above, as waterfalls, and before half the distance to the bottom of the gorge is reached, have dissolved into

Who can guess what wonderful view lies ahead?

(Cr. J. A. Marshall.)



Pleasant Mt. and Moose Pond. Maine.

mist more delicate than any cloud, more filmy than any lace. And the lakes and fiords! It is indeed difficult to say whether there is greater beauty in looking aloft at the snow-covered Mt. Washington stabbing the blue sky than there is in looking into the clear waters of the lakes at its base and seeing it all reflected in their placid depths.

The mountain guides of Maine and New Hampshire have surrounded the seeker-after-beauty in the mountains with every device and aid to make his journey easy and safe, without in any way marring the glory of it all. Along the sheer rocky, precipitous walls of canyons, trails have been cut in the solid granite, and wherever it appeared that the hand of man might in any marked way deface the handiwork of God, carriage roads and railroads have been constructed at great labor. The routes to the highest peaks are clearly marked and if these are followed the visitor may, without unnecessary fatigue or danger, climb to the roof of the world, as it were. Here and there along the routes are to be found hospices, where a rest and often a meal may be had. Perchance the professional climber would scorn these accessories provided to assist him in reaching his objective. However, to the searcher after grandeur, rather than excitement, these aids are most welcome.

Mt. Washington, now known to be the crowning peak of the whole Presidential Range, lies ninety-one miles from the sea-coast, and is so obscured by intercepting ranges as to be almost blotted from view when looking in its direction, even from Lake Sebago, sixty-two miles away. It rises six thousand two hundred and fifty feet above the sea level, in a colossal mass of rock which appears to be a course-grained granite. On this great mountain mass is an amazingly complicated system of glacier formations,

Mirror-like Moose Pond below Pleasant Mt.

(Cr. J. A. Marshall.)

ridges and ravines, which make the ascension difficult.

On my first trip to the White Mountains, twenty boys from the camp where I happened to be a counselor made up the party. We journeyed to the mountains by automobile. As a preliminary test for the youngsters, the leader of the party suggested scaling Mt. Kearsarge. This was done in the fast time of two hours. The boys were hardened from the rigorous canoe trips and hikes taken prior to their initial climb, so the first test did not exhaust them or produce sore muscles.

After a good night's rest at the base of Mt. Kearsarge and a steaming breakfast, we broke camp and journeyed to the foot of Mt. Madison. Our guide

explained that we ought to climb Mt. Madison, via the gulf trail, in six hours and then proceed across the top to Mt. Jefferson and thence to Mt. Washington to spend the night, without having to stop at the Madison hunts or hospices, as they are sometimes called. Thus we started forth on the test of our lives, confident that our well knit and supple muscles would withstand the strain and carry us safely to the top.

Neither the boys nor myself had thought it an easy matter to scale Mt. Madison, towering high overhead, but as we stood contemplating it with aching eyes, it looked so temptingly accessible that we decided, merely as an experiment and in order to be able to live up to the guide's estimation of our ability, to make a record breaking ascent, thereby negotiating the entire route, from the top of Mt. Madison, over adjacent peaks to the monarch of the range, Mt. Washington, in one day. It was a great undertaking.

We accordingly made our way through the woodlands, picked up the great Madison Gulf trail, and quickly passed over a wilderness of gigantic boulders, and at last gleefully set foot upon the mountain. The air was filled with the music of a thousand tiny cataracts—tinkling rills which came rippling over the edges of the steep rock, or traced their erratic blue channels through diminutive canyons between the steep ridges. These was something fascinating in the novelty of our situation and we fancied we could safely disregard the guide's advice, which warned us against the treachery that the rock hides under its placid countenance. There was a ridge above us which was particularly inviting for the view it promised. Without much deliberation we began to climb and in ten minutes had reached the coveted eminence. But much to our disappointment there was another ridge, slightly taller, which still intercepted our view, and at the instigation of the boys, I began a laborious ascent, being every moment in danger of taking a header into some abysmal blue gulf which opened its cool depths to receive me.

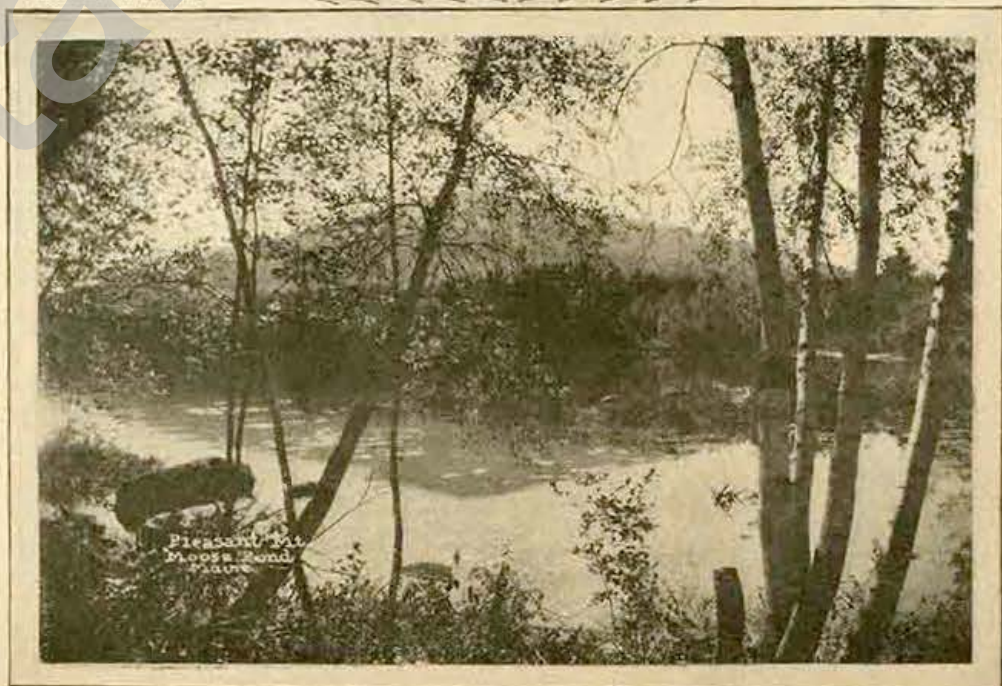
Every time I had gained a tolerably secure foothold I dragged, by means of a rope and an alpine stick, my companions one by one after me; and as a fresh expanse rock spread out before us, we cried out with delight and felt amply rewarded for our exertions. We were now fired with a foolhardy zeal which took slight account of dangers and obstacles; in grim silence, with set teeth, straining muscles, we con-

tinued our upward progress, faithfully assisting each other, fancying all the time that we were engaged in an heroic enterprise. But all of a sudden, as we were making our way across a slight depression in the rock, which did not look in the least perilous, a loud resonant report, sounding like an irregular salvo of musketry, exploded under our feet, and we had a sensation as if the rock was settling. One of the many huge boulders, which lie scattered over its bosom, often in the most insecure positions, came crashing down, but happily not in our path, and went rumbling with a tremendous hollow reverberation, down, down, down, into some bottomless chasm.

We could now plainly hear the mountain stream roaring and brawling into the river below, and, without consultation, we formed a quick resolution to remain atop Mt. Madison and not hazard the painful journey across the roof of the world to Mt. Washington, miles and miles away. The climb was beginning to take the heart out of us, and suddenly one overly sized boy took a notion to get sick (Continued on Page 76)



At right.—Every step up to Mt. Washington means added health.
Below.—Would this appeal as a camping site?
(Cr. J. A. Marshall.)



Exercise Before and After Thirty

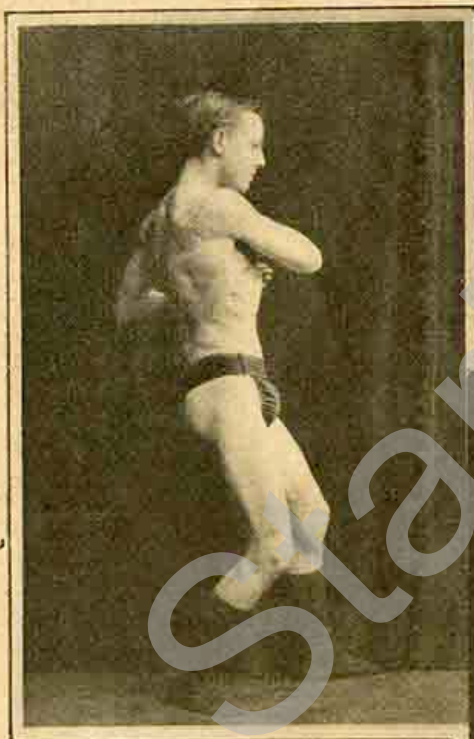
The Man Past Thirty has Equally as Much
Chance as the Youth to Build Up a Bigger
and Better Body.

By George F. Jowett

MR. HEDLUND and Mr. Delwarte are two men I have selected from a number of men who have just completed a ninety day test as fitting examples to interpret the meaning of this title. I did not choose them because they had accomplished the most, or because all the others were failures. I would not be doing justice to the rest if I said they were, for the truth is only one in the group

the advantages of the younger men and makes the possibilities equal to acquire muscular growth.

For the present I am going to forget these men and discuss points which will explain many things and provide a more appreciative realization of facts. The first topic I want to combat is the inherent idea that as each year comes and goes, the stamp of deterioration definitely places its seal upon us. It is remarkable to



Three stages of muscular growth exemplified by youths in the plastic stage. On the left is Robert Drake, 15 year old boy. In the center is Eric Trengove, a 17 year old boy, and on the right is L. Mazzarella, 18 year old boy. Splendid specimens of budding manhood as they are today, they will even be better as maturity is reached.



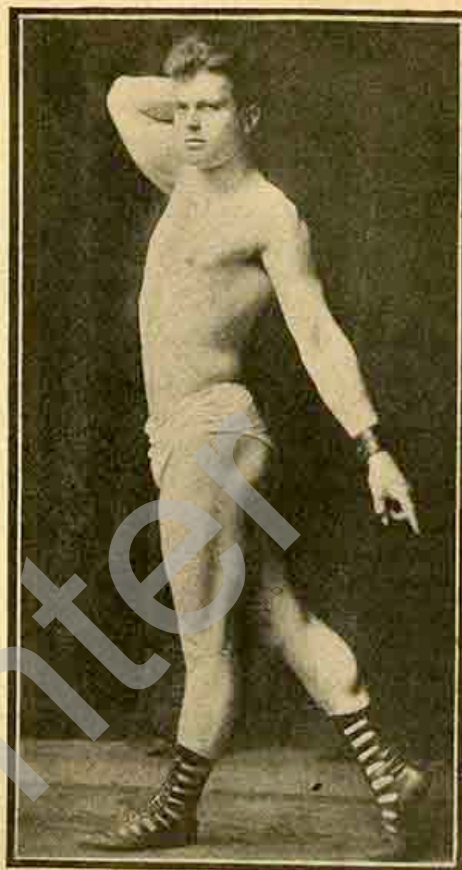
failed. These two particular men possessed certain peculiar physical characteristics which caught my attention. They bolstered my belief and proved, under greater physical difficulties than the rest in the test and under the same stringent training conditions, that nature provides a compensation for those past thirty that equals

observe the number of people who are fatalists on this theory. The moment exercise is brought up they heave a sigh that nearly brings up their shoes as they cry, "My gosh, I'm too old for that. It's all right for a youngster." Then the other faction starts another anvil chorus that exer-

cise before twenty will stunt their growth and irretrievably endanger the internal organs and so on. This is not all said in ignorance, for lack of knowledge is not always a proof of ignorance. It is a matter of presenting positive facts before them which they are not already acquainted with, and the difference between ignorance and broadmindedness in each individual case will be proven afterwards in their ability to believe or disbelieve. To get this straight in our minds we will start with an examination of how Madame Nature ordained the construction of tissue and her methods of progression, towards and past the stage of maturity. I think we can do this satisfactorily.

With the youth we find that his muscular tissues are of a rather loose coarse texture, which do not begin to show any mature hardness when contracted until he is about 18. Of course, there are a few exceptions, but we must consider only the average young man. This condition is as it should be in one who is in the plastic stage, in order to keep pace with the growth of the skeleton. You must remember that there are two kinds of muscles, the skeletal muscles, which are attached to the various parts of the skeleton and are called the voluntary muscles because they are capable of being excited by nerve impulses, and the visceral muscles termed non-straited, or smooth muscles which are frequently termed involuntary muscles. Our interest centers upon the skeletal muscle which is composed of a central fleshy portion and provided at either extremity with a tendon in the form of a cord or membrane. The center is the active contractile region, the source of the movement. The tendon remains the passive transmitter of the movement

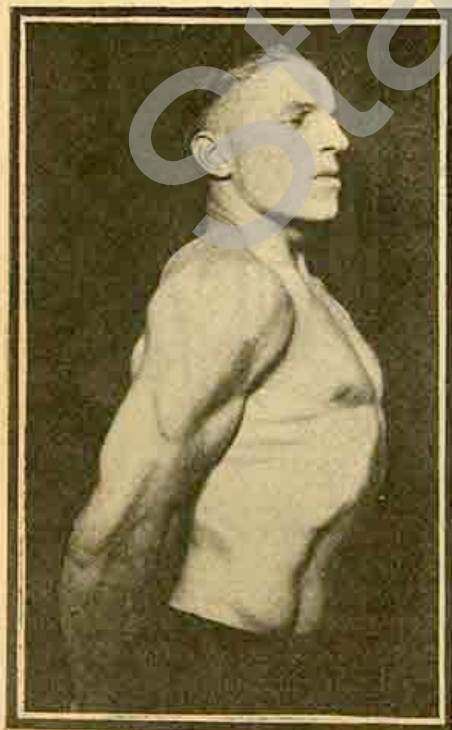
composed of numerous fibres of different lengths which become more dense as a person matures. Scattered with the muscles are nerves which impart to our body the subtle joy of life and are always more manifest in the exuberant buoyancy of youth, ac-



Arthur F. Gay, another fine example, who disproves the belief that when the age of 30 is reached muscular growth stops. He says that he gets better every day.



Wm. Weber reached maturity a magnificent specimen of manhood, due to right training as a youth.



Mr. A. Hedlund, a man past 30, who made some remarkable improvement in a recent muscle - building test of 90 days.

to the bones. Thereby it becomes the source of our bodily motion and locomotion.

The central part of the muscle is

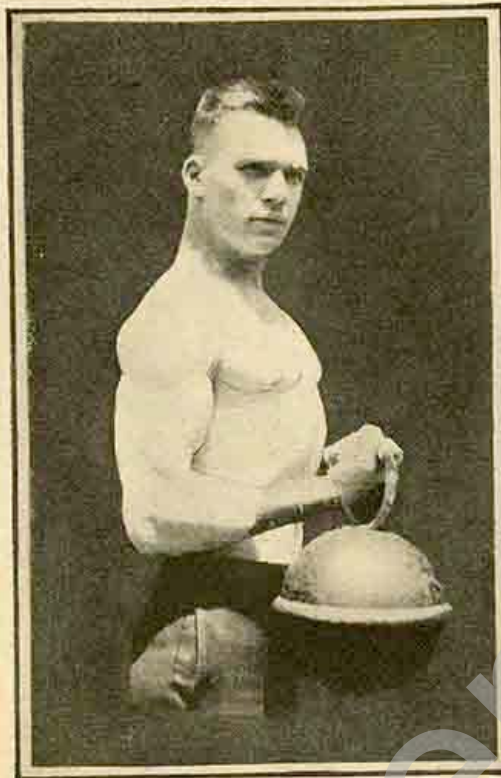
apart from giving plenty of blood circulation to the organs, do not do much to create the amount of muscular tissue possible, as under the discipline of muscle creating exercises. Progressive exercise is such that will build long muscles as the bony structure acquires girth and length. If parents could only realize the full value of exercise thousands of young boys would be saved from the vice of masturbation that ensnares them at the age when they are too young to comprehend. This excess energy should be absorbed within themselves as nourishment toward building better muscles.

As manhood is approached the ossification of the bones becomes finished, and the entire body is seasoned. We might say that the point has been reached where nature has finished her building process and the newly arrived man is complete, having acquired a sound constitution with an efficient mind and body. But has he? Very rarely. Only the boy who has aided nature with

ording to the healthful condition of the nerves. It is the reserve that creates the healthful abandon in a healthy boy that produces what we so often call enthusiasm. The natural expenditure is in games. Therefore, we are face to face with a natural evidence that boys must have active physical stimulation as an aid to attain maturity. Most boys' sports are based on nerve stimulation which,

exercise will be so fortunate. Exercise never hurt any boy. He would have to continue exerting himself to a point of exhaustion to do any harm, and he never does that. What injures growth the most is protracted hours of laborious work that depletes the energy, and the boy becomes likened to a weed in a barren field. Too many hours of mental study will rob musculature of its nutriment equally as much.

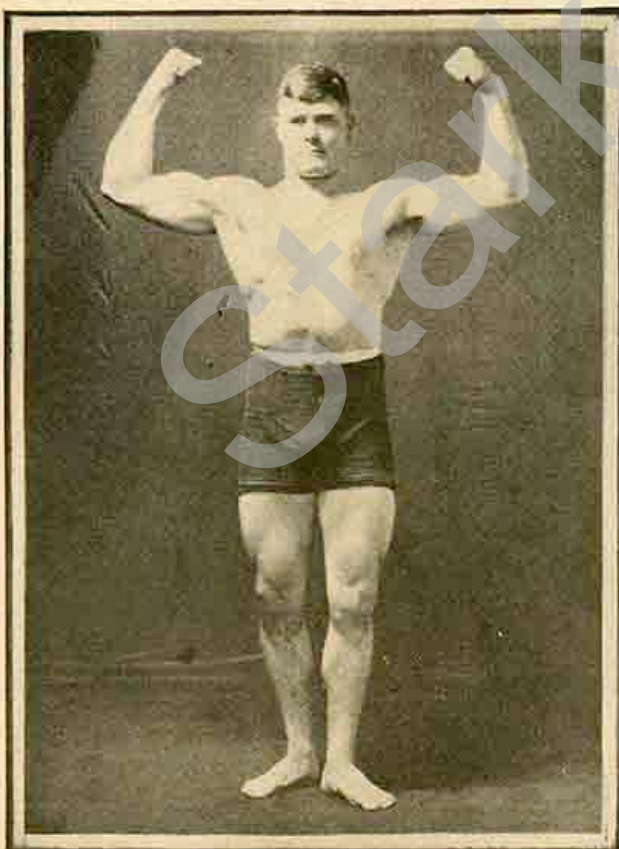
The one thing that youth lacks is *bottom*. This is never acquired as fully as when the nearer years of manhood are approached. On his side he has growing youth and abundant enthusiasm, while the man of thirty has maturity. Complete ossification of the bones has taken place, and he has acquired his height. He can stand sterner work-outs than the youth, and while he has not the same enthusiasm yet he has a quality that is superior to enthusiasm—patience. I find that, for the most part, men of thirty misinterpret their condition. Just because they have not the zest of youth to participate in games, they feel



A. C. Delwarte, much under 30, made startling gains in my 90-day special test which is explained in this article.

they are old. They fail to take into consideration their daily expenditure of mental energy required in the fight of life. Their energy is only transferred from the playing field to the office or the bench. Incidentally no man is old at thirty or forty.

According to the lives of the best strength athletes, the prime of physical life is not reached until the late thirties and forties are past. Such positive proof should be a great satisfaction to all who have passed the thirty mark and feel they would like to replete their energies and straighten their back. It is not a singular fact that Warren Lincoln Travis accomplished better results at fifty than he did at twenty-five; and we find John Y. Smith doing better on many feats than the world's best heavy-



Dr. Raftery suffered a serious operation for stomach trouble, but afterwards built himself up to such a degree that at 45 he was a world's champion.

weights at the age of sixty. He also beat a field of young men when he won the title of the strongest man in the New England States. On that day he celebrated his sixtieth year and sixty-sixth day. The interesting part of it all is that Smith was a wreck, with a pleural lung, at thirty. Progressive exercise remade him, which explains why he has ever since been such a devoted body culturist. I can name hundreds of men who are doing better every day—men who are acquiring better bodies with a quality that gives a guarantee of muscular longevity. The man of thirty generally has a better opportunity to notice his progression than many younger men. While a youth is growing he fails to take into consideration that his growth leads him to misunderstanding the tape measurement. Every day the surface of his body is expanding. He takes in a wider physical territory. He often becomes discouraged because little differ-

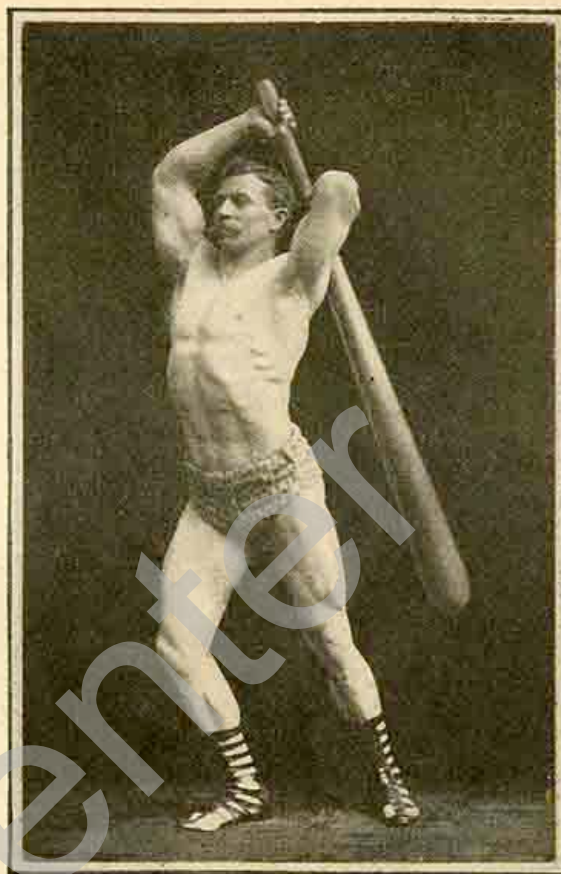


Joe Urlacher did not commence training until after 30. He became one of the best built men in the country and a famous athlete.

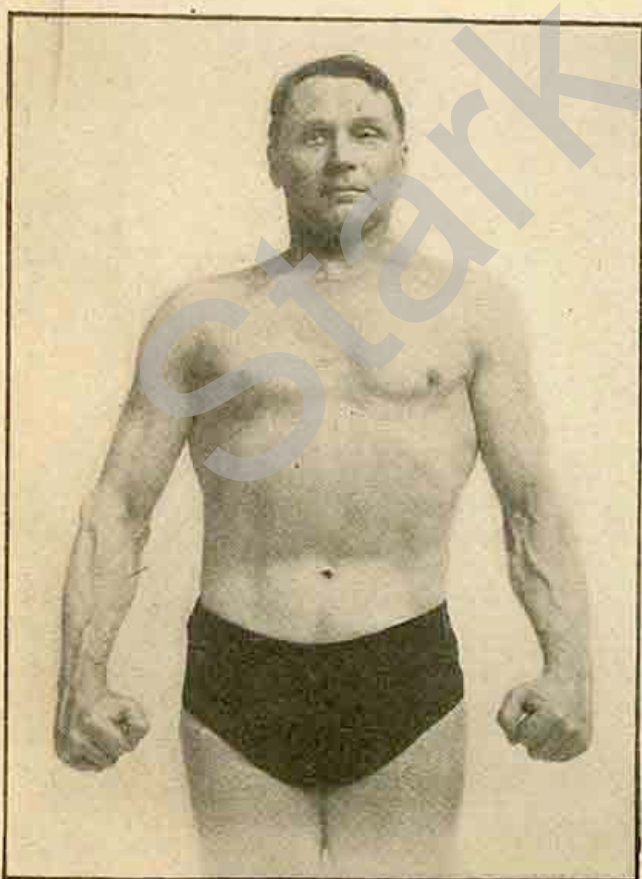
ences are shown in the circumference of his limbs. But this does not mean to say that no growth has taken place. There has, but as I have just inferred, it spreads itself over a wider area. After the skeleton growth has stopped, any size gained is immediately registered on the tape measure.

While I have sought to point out through this article that the man on the other side of the thirty line can grow as well as the younger man, and that he still has opportunities to make exceptionally good if he wants to, yet there is no use kidding ourselves that the man who takes up exercise late in life has not missed something. He probably would have been a larger man if he had taken up exercise earlier in life. The youth who takes care of himself at the beginning will store away more reserve for an older age. He is more competent to face the battle of life and is less apt to blow up under nervous strain, as is so often the case with the business man who neglected himself in his youth. However, that is one of the many things in life on which we have to look back and feel sorry.

The redeeming feature is that the man of thirty or forty can come back. Let us consider the examples I advanced at the opening of this article. We will start with Mr. Hedlund. Here was a man who made some fine progress at the start and then stood still. Although he was a fine specimen of manhood, yet he could be much heavier and bigger all around. He tried and tried, but it seemed a pure impossibility for him to advance any further. Time and again he was told that he had reached the limit that nature had ordained for him. Finally he became resigned to the fact and thought it was useless to expect more. After a while he laid the question before me, simply because the little insistent voice within him rebelled against such resignation. Now the point that I want to convey to you is just this: It is much harder to build up a man who has gone



Staff Sgt. Moss is past 50, but his magnificent body is matchless. As a man he progressed upon what he acquired as a youth.



John Y. Smith up till 30 suffered with a pleural lung, but became one of the finest built and strongest men in the world, which he still is at 60.

through a thorough developing course than one who has not. If I could be successful here, it is a cinch that the untaught man over thirty could win out much better, for Hedlund was well past thirty. I invited him to join the group for the test and helped him, and here is what was shown at the beginning of the ninety day test and at the conclusion. February 1—weight 164 pounds, neck 15¼ inches; chest normal, 42¼ inches, right biceps, 14¼ inches; left biceps, 14 inches; right forearm 12¼ inches; left, 12¼ inches; hips, 37 inches; right thigh, 22 inches; left thigh, 21½ inches; right calf, 14¾ inches; left calf, 14¼ inches. May 1—weight, 184 pounds; neck, 16½ inches; chest normal, 45 inches; right biceps, 15¾ inches; left biceps, 15¼ inches; right forearm, 13 inches; left forearm, 13 inches; hips, 30¾ inches; right thigh, 24 inches; left, 23¾; right calf, 15½. A total gain of 16 inches and 20 pounds. Gratifying, eh? The beauty of the test is that his increases were all balanced. That is, no one part stood still while another part took on more than its share. He went one inch over what I claim is a good all round gain. In the test list the figures I set were 10 inches for a normal gain and 15 inches for a good gain. As you will see there is no expanded chest measurement and no measurement of the ankle, knee or waist—only measurements that show genuine muscular gains, and with these gains came a finer quality of strength which enabled Mr. Hedlund to top all his best feats of strength. The example of this man from Cincinnati is inspiring because he belongs to the type that has often been claimed could not expect to secure any unusual gains. A greyhound with flat strap muscles, he was urged to be satisfied with (Continued on Page 73)

The Folly of the Dopester

Inconsistencies, plus Mishap and the Law of Chance, Cause a Shake-up in Pre-season Forecasts.

By Jim Barrett

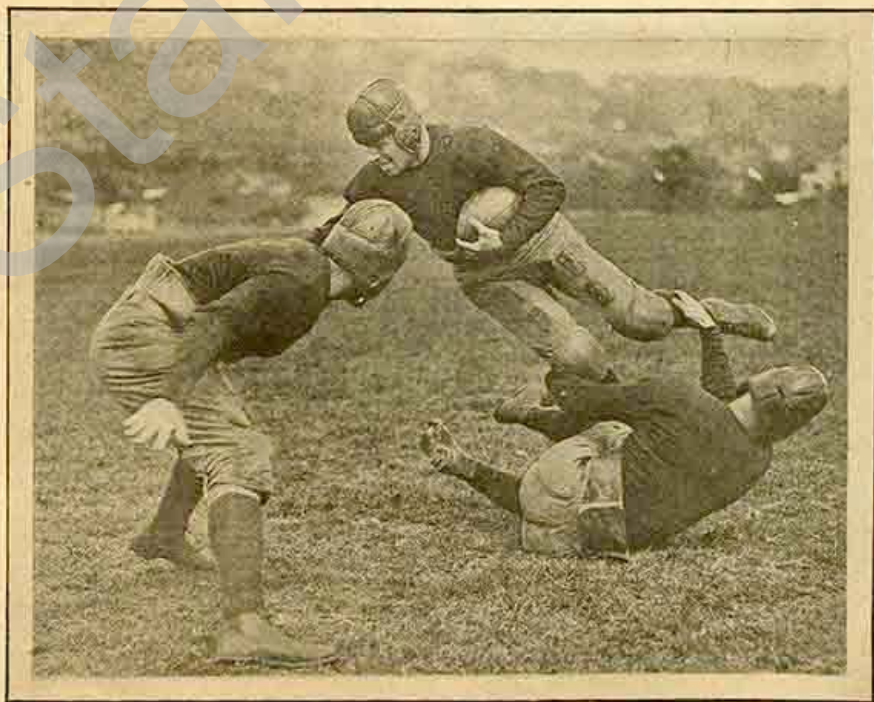
ANOTHER season of the most rugged game in America is upon us. Throughout the entire autumn, each week-end will see tens of thousands of fans tracking their way into each of the great college stadiums and bowls scattered from Pacific to Atlantic and from the Gulf to Canada. The eager throngs will yell themselves hoarse lending encouragement and cheering to victory, the eleven representing their alma mater. Inside the massive bowls, huge crowds are keyed to a high pitch of excitement, a mass of humans with one thought, the desire to witness an intense struggle. It is the love of fight that brings girls and women along with the masculine populace to cheer endlessly at the continual plunging, dashing team formations, and become as ossified at the breath holding climaxes when a kick for goal is being made. No wonder the moleskin clad warriors make such marvelous end-runs, interferences and tackles, when the thousands of spectators, their pulse beats throbbing as one, are gripped by the spirit of the game, each and every one imagining themselves to be the athlete making the play. If there are thought waves that can be transmitted and their suggestive power exerted on the receiving mind, then surely this mental radio must have a strong influence on the seemingly impossible, almost super-human, plays made each season on the gridiron. There can hardly be anything more thrilling or exciting than a close game of football, where the tide of battle is continually ebbing and flowing, one side having the advantage to be suddenly switched around in favor of the other, as the ball is played up and down the field by the train-

ed to the minute stalwarts without thought of risk.

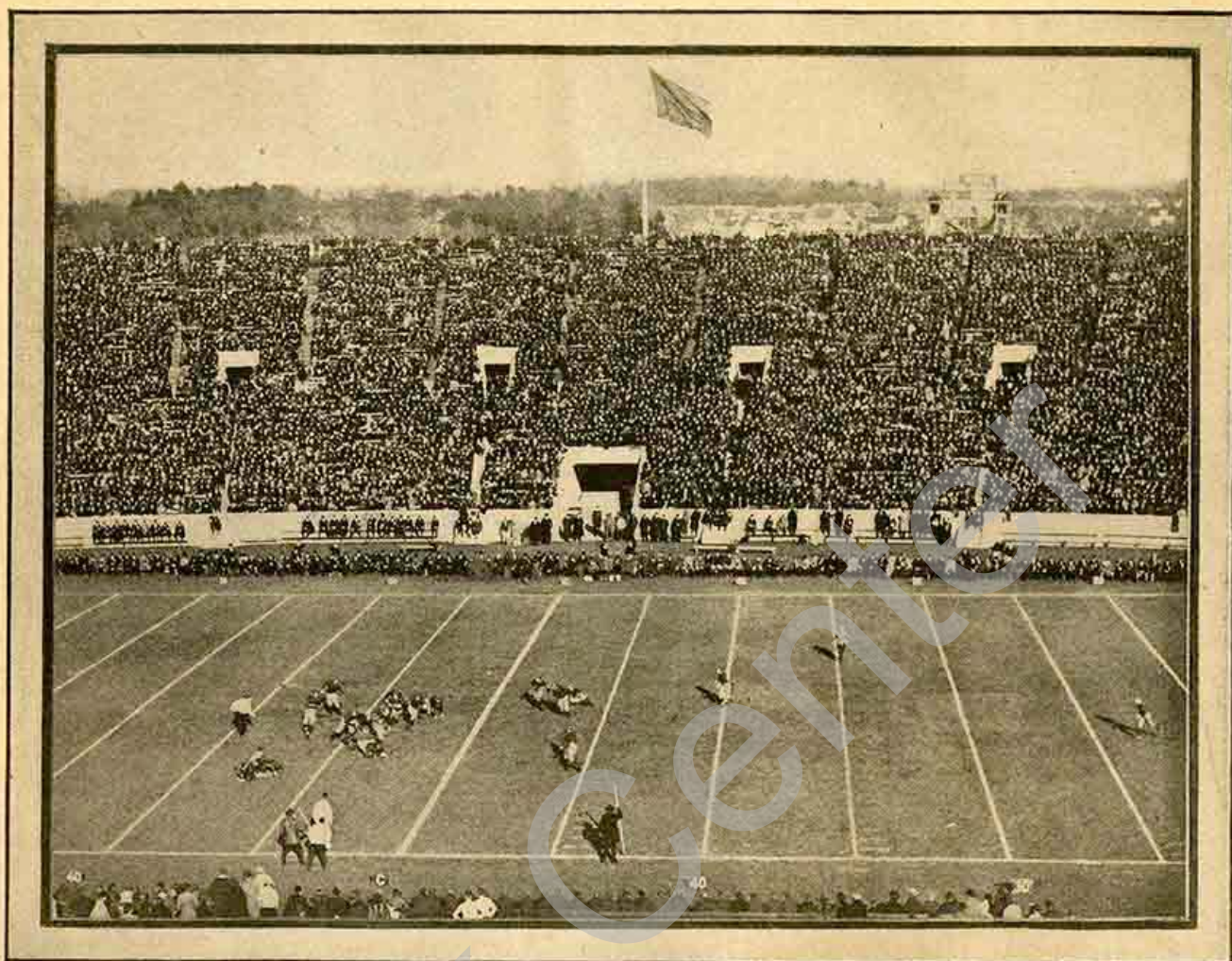
The popularity of football is certainly tremendous and is only rivalled by baseball. But so far as a day's attendance goes, football crowds totalled up for one day far surpass any single daily baseball attendance. Possibly you have never seriously considered the immense magnitude of the gridiron game and the great number of teams playing each week end. There are upwards of five hundred universities and colleges that take part in intercollegiate schedules, besides this the number of high school and prep school teams can hardly be calculated, each town having at least one high school, cities of any size at all, having several, and preparatory schools are at least as numerous as colleges. This number embraces the school and college teams, but the number of semi-pro and local amateur sand lot teams is legion, not to mention the professional teams scattered all over the country. Let us take a Saturday or holiday during the season and just roughly figure the probable attendance at all games and the figures would stagger you. There must be something over two hundred college games alone, with attendances from one thousand up to around a hundred thousand each, and with high school,

prep school and other important games, the attendance for a day would be up in millions.

You can hardly blame Americans for liking this game, requiring activity, skill, pluck and endurance, although it by no means makes the demand upon the heart and lungs that rowing and distance running races do. Without taxing too severely the powers of an athlete, it gives him great strength and



Close-up on a good play



Section of big crowd witnessing one of the important football classics

agility and promotes those manly qualities most admired in the human male.

It would be difficult to trace the origin of football, for there is no doubt that ancients played some form of the game. Resembling the form in which we now know it, the game became popular in England around eight hundred years ago. Of late years it was divided into association (soccer) football, in which the ball is kicked and butted up and down the field; and rugby in which the ball is carried a great deal.

The American game has been changed considerably, as the rules committee thought fit, year after year, and has changed from a more or less pure plunging and line bucking game to a scientific passing game; consequently it has become a much safer game, and I might say less rough, but many famous athletes deplore any reference to the game being less rough, believing the necessary roughness of the game imparts in the participants certain manly qualities that may be lost to our young manhood if there should be a tendency to make their games softer and easier to play. There is nothing to be gained in brutality or unnecessary risk, still if the athlete is properly trained and prepared as he should be prepared previous to entering play, the chances of serious injury are comparatively slight. Rough as some games seem, like football, wrestling and boxing, no one can be very much injured by participation in them in an amateur way, instead of damaging a fellow they impart a self assurance which proves helpful in the stern battles of life.

This year marks the fiftieth year of inter-collegiate football, and noting the great growth the game has had in that time, it would be somewhat difficult to even imagine what the future has in store for the gridiron game.

Each football team has its loyal rooters, who like to consider it unbeatable, and great interest is shown in the probable outcome of the favorite team when its schedule is made known. The papers and magazines make a feature of discussing the teams and players, vying with each other in prognosticating the chances of the various teams. Subsequently someone has the job of figuring such things out, called doping, and the individual who dopes it out is known as a dopester. So, each season, as soon as the first scrubs line up for practice, the dopesters get busy and write all sorts of forecasts on the chances of their particular favorite and rave about how impossible it will be for any eleven to cross the goal line of a certain team, unless the team doing so has the assistance of eleven tanks. These dopesters are very clever and capable men, well versed in athletics in general and are well acquainted with football and the various coaches and players comprising the teams. While we acknowledge such tips and information they are able to give as being valuable and most interesting, still we are inclined to the notion that the business of doping out the result of any contest beforehand is somewhat of a folly—hence the title of our little article. While holding in great esteem the opinions and abilities of such experts, we will

try to show how impossible it is to really foretell the outcome of any athletic contest, realizing such things as inconsistencies in form, unaccountable upsets, and a myriad of other subjects entering into any such consideration.

Assuming that a discussion of inter-collegiate football will prove of greatest interest, since the college games hold the center of attention; we will mainly consider the dopester in relation to the inter-collegiate battles on the gridiron; in fact, the bulk of newspaper football write-ups concern the college campaigns.

The system of the dopester is something like this: Though we realize and know that each individual has his own pet system and some of them sure can pick 'em; but if he really has a system of any kind, it is bound to be founded on some such ideas as we will enumerate. For instance, the previous records of the team and players must come in for some consideration; the chances of certain inconsistencies repeating must be figured on, as one team may have the jinx on another year after year, regardless of how they make out with the rest of their games, the approach of certain oncoming stars to the zenith of their brilliancy may be counted on for a great deal in picking winning combinations; as can the loss by graduation of other great players be counted on in figuring the probability of certain teams not showing to good advantage. Likewise the success in previous years of coaches and coaching systems means a whole lot and can be used to dope out fairly close the winners among the leading teams.

The success of dopesters, however, we are inclined to believe, depends mostly on the fickle lady of luck or as some call it, intuition. With so many experts figuring on the probable outcome of games, a great many are sure to slip up, but on the other hand, a good number are fairly sure of repeatedly picking winners. Whether you know it or not there is a law of averages in chance or gambling, as there are laws, either understood or invisible, governing everything in this universe.



Football players being drilled in exercises to strengthen them for rigorous play

If you want proof of this invisible law of chance, just make the simple little experiment I have used repeatedly to my entire satisfaction. To do this you will need two hundred marbles, checkers, pieces of paper, or anything that can be suitably used to make the test.

The marbles or whatever you use, should be half one color and the other half of another color, for purpose of description we will say we have one hundred black marbles and one hundred white marbles; next you want four bowls, pans or boxes; the two hundred marbles are thoroughly mixed up in one bowl, then the subject making the demonstration must be blindfolded (select some one who is positively doubtful of the successful outcome of this stunt). When ready to start we proceed as follows: Two marbles are selected by the blindfolded person, if two white ones are picked they go in one bowl, if two black ones they go in another bowl, if one black and one white is selected they go in still another bowl, making three groups into which the marbles are divided as the blindfolded person picks them out two at a time, till all of the two hundred have been picked out of the first bowl. When finished you will have, possibly to your astonishment and utter bewilderment, fifty black in one bowl, fifty white in another bowl and one hundred mixed in the third bowl, or at least this proportion won't vary over two or four at the most. If you think this doesn't prove the law of chance then give, if you can, some more satisfactory explanation of why they come out that way. Be sure to use the full two hundred, as nothing can be proven by making only half the test.

As an example of the purely low down good luck of some individuals let me cite a little incident: I was the third party of three attending an evening of greyhound races in a city situated at some little distance from our home town, one of the members of our party was a certain well known authority on physical training, but who knew nothing of greyhound races and had never before seen the dogs that were sent around the track that night,

neither had he read of them, so he was absolutely green so far as knowledge of the card was concerned. Now, here was what generally might have been a real "sucker" for the betting sharks, and the kind they would like to get interested in taking on bets. Well, to my consternation, my friend picked winning dogs the whole way through the card, of seven or eight races, and he was not given first choice on every pick either, the other member of our trio had first choice in the picking for about all the races, and the successful picker either got second or third choice in selecting his entry, but nevertheless he would have the winner. Now, so far as I am concerned, this merely proves that some guys are terribly blessed when it comes to finding four leaf clovers and horseshoes.

No form or dope of any kind enters such lucky picking as that, for the truth is, his selections were not even place favorites in every case. I had a couple of (Continued on Page 87)

What Causes Backache?

The Symptoms and Treatment of Backache.

By Dr. B. M. Middleman

BACKACHE is a form of muscular rheumatism that usually affects the muscles, tendons and their attachments. It is perhaps the most common and painful of all the many different forms of rheumatism. It is found most frequently among those who can least afford to entertain it and take due and proper care of it. It is a known fact that working men and housewives, who have to do much of their own work, are most frequently the victims of backache, and the therapy of backache may belong to the domain of the nerve specialist, the surgeon, the gynecologist or the genito-urinologist. Backache is a common symptom of innumerable disorders and it can be treated rationally only after the correct diagnosis is made; unless this is done any improvement resulting from the treatment is similar to that following any hit-or-miss treatment. By backache we mean pains usually found in the lower dorsal and lumbar regions of the spine, beginning at the tenth dorsal vertebra to the sacral regions. The pains may be in the center of the back, along the spine, or on either one or both sides of the spine.

Often the clue to the real cause of the pains may be obtained by careful questioning of the patient, the duration and nature of the pains, their exact location, whether in the center or to one or both sides of the spine, and these are all of importance in trying to find the real cause of the disturbance. It is essential to know whether or not the pains are associated with fever, or whether they have followed a convalescence from some infection, or whether the condition is associated with pains on urination or with changes in the appearance of the urine. Perhaps the condition has followed a sudden strain, or is aggravated by bending the body in any direction, or has any relationship to the menstrual or uterine disturbances, or probably lesions of the spine itself have caused the condition. After a careful history of the patient has been recorded, a thorough physical examination is advisable so as to ascertain the real cause of the backache.

On account of the large number of varied causes of backache, the treatment without an examination of the different parts of the body is usually guesswork. The best way to examine a patient in a condition of backache is to remove his clothing and to observe him first in a standing position, noting whether or not the body is flexed to one side or the other or if more weight is placed on one leg than on the other. The presence of any abnormal curvature or deformities of the spine or any other stomach condition should be noted. In examining the spine, the points of tenderness should be sought over the spinous processes of the vertebra and in women

a vaginal examination is essential for the detection of any abnormal uterine conditions. An X-ray examination of the spine will often be of service to determine the cause of backache, and finally the temperature of the body and the urinary findings may aid in deciding the cause of the trouble.

Backache is also known to be due to a strain or lack of balance and by far the greatest number of backaches belong to the fatigue type and also to the lack of balance type of patients. This group has been described by Drs. Reynold and Lovet as due to a loss of balance, when an unusual strain is placed on the lumbar tissues. The strain may be produced by posture, by poor muscular balance and by abnormal conditions within the abdomen, such as an enlargement of the organs and obesity. The fatigue may result from an attitude constantly assumed in some form of occupation, such as stooping or bending. Those backaches resulting from changes in muscular balance due to uncorrected broken or fallen arches of the feet, or to the continuous use of poorly fitting shoes, are also placed in this group. The pains in these cases often extend up the lower extremities to the region of the back. From a faulty tread, the muscles of the leg, thigh and lower part of the body may be strained and become painful and even the knee or hip joint may be strained by the lack of balance. A careful examination of the shoes, feet and posture on standing and walking, and an investigation of the kind of work or the kind of strain to which the individual is subjected will generally disclose the physical cause and the consequent treatment of this kind of backache. As a result of the constant backache or frequent attacks of backache, there may come a time when in the highly nervous individual, the mind is frequently concentrated on the back, and as a result pains will be present without any cause. Associated with this may be other symptoms, such as perverted heat and cold sensations, an abnormal state of reflexes indicating a neurasthenic tendency. This condition is usually known as the "hysterical spine" or after railway accidents as the "railway spine."

The treatment of this form of backache is very difficult and no definite rules can be laid down, except that all other possible causes of backache must be excluded before a diagnosis of "hysterical" or "railway" spine is made. In these cases the treatment should be mainly general and should be based on efforts to relieve and cure the nervous condition of the patient. Local treatment is generally only of psychic value. For that reason alone, it is essential. In the local treatment, use may be made of electricity, electrical vibrations, electric light heat and spinal douches.

It is known that hypodermic injections of water

into the painful regions may be efficient. The general treatment usually consists of increasing feeding, general massage and regulated exercises, with periods of rest and also treatment by a competent osteopathic physician, as probably there may be some spinal lesions that may cause the backache.

Backaches are also due to inflammation of nerves, to which type belong those due to the affections of the nerves. This condition includes neuritis, which results from alcoholism, lead poisoning or diabetes. Removal and elimination from the system of the alcohol or lead is the first aim of treatment in the first two instances, and the pains will be ameliorated by the proper diet in the case of diabetic neuritis. The acute pain of neuritis must be stopped, and this can be relieved by applying heat to the affected parts and also rest, and in severe cases of pains it might require the administration of some sedative, such as morphine, which tends to dull the pains. Locally, on the back, gentle high frequency electric currents may be tried, or the arc lamp treatment with later dry cupping may prove to be of some benefit in back pains.

A large number of backaches are usually due to the changes of the bodies of the vertebra and also in the joint of the vertebra, and when these joints are involved the pains then may be due to an acute infectious rheumatism or to a chronic form of rheumatism. These conditions are both associated with a primary focus elsewhere; the acute condition may be part of an acute infection such as tonsillitis, pneumonia or influenza. When these causes are present there will also be symptoms of primary infection, such as more or less increased temperature. The involved portion of the spine may be exceedingly tender. Generally this type of backache disappears with the subsidence of the primary infection.

Hypertrophic rheumatism is a slowly developing process, often lasting several years and resulting in a thickening and sometimes in a union of the vertebra and cartilages. This condition is caused by a constant source of infection, the commonest being repeated tonsillar infections, pyorrhea and alveolaris. The diagnosis in this type of case is assisted by an X-ray examination of the spine. The treatment consists in the removal of the primary source of infection, if it can be located. The large hypertrophied tonsils should be removed and the alveolar pyorrhea should be treated. An abscess in and around the teeth should be sought by means of the X-ray examination and if an infected tooth be found it should be removed or properly treated. If there is any history of a former venereal infection in the male, a careful examination should be made and any part of the body which is found infected should receive the proper treatment. Vaccines have sometimes been found of value, especially when they have been prepared from organisms isolated from a primary focus, until the source of infection is eradicated; the local treatment of the back is discouraging, although some relief from the pains may be given by the applications of heat.

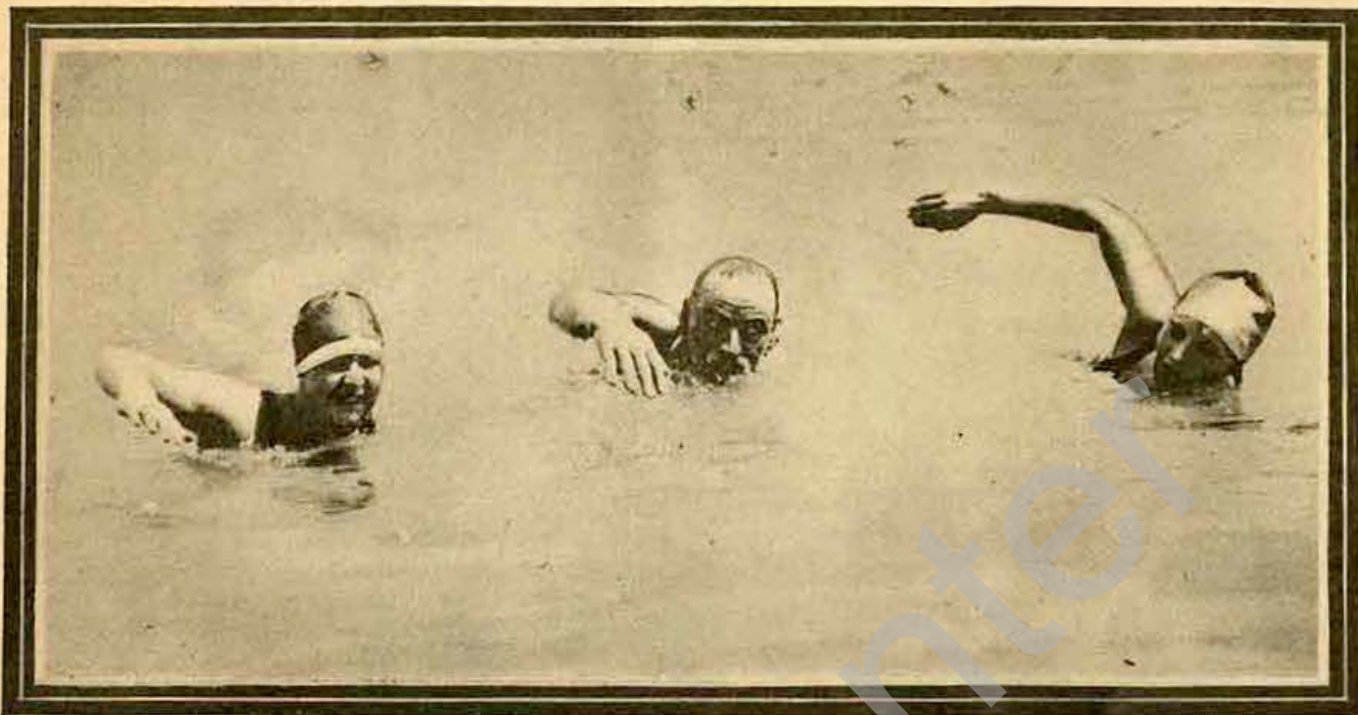
The two common causes of infection of the bodies of the vertebra are tuberculosis and typhoid fever. In the condition of tuberculosis of the spine, the backache first manifests itself when the destruction has progressed to such an extent that a bending of the spine has resulted and with this condition a pressure on the nerves has resulted. In the treatment of a tubercular spine, a

spinal support and spinal rest as furnished by a brace or plaster of paris cast should be used. The so-called typhoid spine occasionally develops after convalescence from typhoid fever. The pains in this condition are localized and may become severe, but as a rule do not produce angulation of the spine. The spine is rigid and tender and there is always more or less fever. The condition is, as a rule, self-limited, and with the proper rest and simple local and general measures it usually results in recovery.

Lumbago, which is also a form of backache, usually occurs in the lower portion of the spine. Orthopedists have long shown that backaches may come from weakened or broken arches of the feet and principally this type of backache occurs most frequently in women. It was long believed that the sacro-iliac joint was not intended to have much motion. It has been learned, however, that it has a very valuable and necessary function, and when disabled causes symptoms of disorder. Many otherwise well persons have ilio-sacral and lumbo-sacral backaches, simply because their beds are too soft and the springs have relaxed and they lie all night as one would in a hammock. Many an instance of this kind of backache will be entirely cured by a stiffening of the springs or a change of bed. These joints may be strained by a sudden twist or turn, or by direct injury in their region. A lumbago or pain in the lumbar muscles will respond readily, as a rule, to a diet without meat or a diet limited to milk and cereals with plenty of water and with the administration of the alkali drugs. The only treatment which is of any avail in sacro-iliac relaxations or weakened joints is afforded by more or less immobilization by strapping over the sacro-iliac region, unless the individual rests in bed on a stiff mattress. If the straps are of benefit to a person, later a proper kind of corset may be made in the case of a woman, or a proper kind of supporting belt in the case of a man should be worn for permanent use in this condition of backache.

Women with disorders of the pelvic organs frequently complain of backache. This condition is often associated with painful menstruation, and is undoubtedly due to either the increased congestion in the pelvis or to an obstruction to the passage of the blood at the womb. Displacements of the womb may produce backache in the lower part of the spine, but the amount of displacement is no index to the amount of pain they will suffer. Backache can be absent in marked retroversion of the womb, but is likely to be present if there are many adhesions. The cervical erosions and lacerations, inflammation of the uterus and ovaries and tumors of the uterus and ovaries may all be causes of backache.

It is hardly necessary to declare that no backache in a woman should be treated without first making a careful pelvic examination and without the knowledge that a pelvic disturbance may be the cause of the backache. A correction of these conditions will be the only means of relieving such a backache. However, it should not be forgotten that an individual may have other causes for a backache, even if a pelvic disturbance is present. Consequently the same physical examination of the feet, legs and back should be made, as though no pelvic disturbances were present. It is a known fact that conditions of the kidneys may cause pains which are referred to the back, and a pendant or very obese abdomen may cause an individual to change his (Continued on Page 70)



Three famous natators taking it easy. Left to right, Miss Ederle, Burgess and Miss Cannon. Burgess was the second to swim the channel and was Gertrude's trainer for her successful trip. Lillian Cannon is training for a trial.

The Crawl Triumphs

Amerian Girl, Gertrude Ederle,
Swims the English Channel.

By Mark Berry

THE crawl, as an all-round swimming stroke, has now been conclusively proven the most efficient of all known methods of natation. For a long time swimmers of both sexes, and all ages, have been proving it the only stroke for speed and middle distance swimming, but it remained for a girl to prove to the natating world that it was also the most efficient stroke for swimming great distances under the most trying conditions.

Regardless of the assertions of famous swimming experts, that the stroke was adaptable to all distances, many competent natators and coaches have been doubtful concerning the ability of any one to keep up the steady double over-arm and ceaseless leg flutter over a gruelling distance of many miles.

Swimming with a determination that knew no impediment, a will that knew no frustration, resolved to triumph or drown in the attempt, Gertrude Ederle, of New York City, on August 6th last, swam from Cape Gris Nez, France, to the white cliffs of England which lie across a strip of rough water, than which there are few more turbulent or baffling to a swimmer. Accompanied by two tugs and plowing along with a ceaseless, untiring crawl, making from twenty-four to twenty-eight strokes per minute, she reached her goal in an elapsed time of fourteen hours and thirty-one minutes,

clipping nearly two hours from the best time ever made by a human over this treacherous strip of angry water.

Her achievement is hailed as a triumph for women, especially the American athletic girl, but to us it appears more as a victory for the stroke or style of swimming employed by her.

Other successful channel swimmers have won out only after repeated failures, and others have tried unavailingly time and again, but this is Gertrude's second trial only, having failed last year after a remarkable showing of speed; she swam much faster on her first attempt, failing only because of having swallowed too much salt water, which caused her to have cramps. Even while suffering severely she refused to quit, and was picked out of the water only when she collapsed.

Just compare the times of the successful men with her time, and there should remain no doubt in your mind of the value of this wonderful stroke. The first to cross this treacherous water was Capt. Webb, who took twenty-one hours and forty-five minutes. Henry Sullivan, the first American to accomplish the feat, swam continuously for twenty-five hours and succeeded after several failures. The best time previously made was sixteen hours and twenty-three minutes by Tirra-bocchi, the Argentine-Italian.

It is not only a matter of being able to swim far

enough to get over the twenty-four miles of water between France and England, but several other major points must be considered. The chief aim is to select a day when the weather will be fair with an absence of strong winds and rough water; with the temperature and tides favorable for such an undertaking.

The water in mid-channel is always of a low temperature, and one must camp around the shores sufficiently long to get used to the coldness of the water, besides studying the course of the currents that run in all directions. To be successful it is necessary either to make repeated trials, or have the assistance, in planning the course, of some one who has become familiar with the peculiar conditions of the channel.

Though, in a straight line, the distance is twenty-four miles, it is impossible to swim anywhere near straight across; the tides and currents carrying the swimmer back and forth. Sullivan covered fifty miles when he made his cross-channel swim.

In mapping out a course for Miss Ederle, a large share of the credit for her success is due Bill Burgess, himself a conqueror of the tricky "Devil's Hole" as it is known over there. It was he who figured out the starting and finishing points and the best hour at which to meet the first change of tide, coaching Gertrude in battling the changing tides, winds and currents.

In writing of the value of the stroke used by Miss Ederle, we do not wish to detract from her undaunted spirit and excellent physical condition, the result of

proper methods of living and strict attention to training. To accomplish such a feat as she did, requires a physique of super-quality, with a clear head and reliable nerves; the internal organs must function properly and the musculature needs to be well accustomed to hours of continuous effort, under trying conditions.

As a means of exercise, for a woman or girl, there is nothing, in our estimation, to compare with swimming; we believe it to be the ideal sport and system of attaining physical perfection for the feminine sex. The sport of mermaids tends to make a girl what she should be, rounded, smooth and supple. In our mind, it is essentially a woman's sport and the best branch of athletics for her to follow. You may say that it is also an ideal man's sport and method of keeping in trim, but we do not agree with you there. We have followed the sport of natation for over twenty years, and can say we are fairly well acquainted with the water, but do not consider it as a man's sport. Chiefly, because we believe it tends to make a man soft; that is, if he specializes in swimming, and neglects other sports that will give him the hard muscles and tough tendons that should be possessed by the real he-man.

Combined with some other game, or games, we believe it to be very ideal, and you sure can have a lot of fun in the water with a group of friends who are unafraid to fool around and disport themselves.

Though we say it is not a man's sport, we do not mean that you cannot get exercise from it; far from that, for you can give your entire muscular system a wonderful workout, especially when using the crawl or trudgeon strokes; the continuous double-overarm causes the rib box to expand in a most vigorous manner, and the lungs have plenty of room in which to properly function.

For the girl or woman the degree of vigorousness is just strenuous enough to develop her to the ideal proportions of her type, without any danger of strain or over-exertion. The prone position in the water, and evenly distributed muscular effort in the region of the abdomen and pelvis, has the effect of putting the internal organs in a



Lillian Cannon, of Baltimore, wishing "Trudie" good luck, just before her record-breaking trans-channel swim. She is covered with a half-inch of grease to help keep her warm and prevent chafing. In the foreground may be seen the dog, that finished what was left of the grease.

properly balanced condition, and many cases of displaced organs have been cured by the simple means of swimming.

Then, again, a woman is more ideally adapted to such a feat as Gertrude accomplished than is the average male swimmer due to the layer of adipose tissue covering the female physique.

More women should be successful in crossing the channel. What, no doubt, causes their failures is the long preparatory wait before the test is made, and as the nervous system of a woman is more sensitive and higher strung than a man's, the strain of waiting may have a bad effect on their chances of success. Even iron-nerved Miss Ederle had a severe struggle to keep her nerves in control while waiting for suitable conditions, and the effect of this nerve strain can be seen, in a remark made by her, to the effect that she would either swim it this time or sink, and that they would have to lift her out unconscious if she failed to cross. Of late years several women have been attempting to gain the coveted honors, and by the time this is printed possibly a few more may be across.

The old belief concerning the channel swim was that it was necessary to have four tides elapse during the ordeal, but Jabez Wolffe early stated that it would be possible to make the distance in three tides and possibly two, both Tirrabocchi and Miss Ederle have proven Wolffe to be correct.

Very seldom does one see calm water and fair weather on the channel, and the combination of good temperature and winds with suitable tides is very rare. So that, regardless of your swimming abilities, it takes quite a lot of luck and some accurate calculation to have any chance at all.

As the reader should be interested in the method of accomplishing a feat of this sort, let us discuss swimming, particularly learning the crawl.

If a person is first taught to swim a rudimentary crawl, they have much better chances of becoming proficient in the art of natation, having learned the correct manner of breathing at the start, and not having been taught to bend the knees,

they can more easily keep the knees straight and master the hip control necessary in a perfect leg flutter.

The value of this stroke was certainly proven when a nineteen year old girl succeeded in doing what no other member of her sex accomplished—a feat of grit and endurance achieved by only five men in the history of swimming, but they all used old fashioned strokes, consequently the time necessary for them to negotiate the distance was hours longer than required by the American girl, swimming at a rapid pace with the steady modern crawl.

In spite of the fact that during the past several years the crawl has been proven the most efficient and most easily adapted to the novice, many instructors have persisted in teaching the beginner such strokes as the breast and side strokes; which in our mind is a serious

mistake, as these strokes are contrary to all natural actions in the water.

No animal must be taught to swim. If they accidentally get in water over their depth, they simply make motions like walking and make rapid progress with no practice of any sort.

The reason humans cannot so easily get out of the water, is due to the weight and position of the head, which tends to turn face downward, so that if proper breathing is not understood, they breathe in water and drown. The swimming stroke most closely resembling the movements of an animal in water is the "dog paddle," a very simple method to learn. In swimming this way the head is held up, the arms and legs move the same as if walking on the hands and knees.

Closely allied to this is the elementary crawl, the best possible way to start the novice in the water. The first thing of importance to learn is correct breathing; the proper manner is to inhale quickly through the mouth by taking a big gulp; the face is quickly turned downward while (*Continued on Page 64*)



Henry Sullivan, first American to swim the English Channel. In doing so he covered fifty miles and swam continuously for twenty-five hours.

Every Thin Girl Can Possess Health and Beauty

Determination Combined with Exercise will
Give you These if You will Only Try.

By Margaret A. Sargent

"Only two years ago, mind you, I was the skinniest and frailest piece of humanity that ever lived. I used to pray that I could die—I was so conscious of my helplessness and of how I must look to others.

"My nerves were shattered and I had constant pains all over my body. They said I had tuberculosis and were going to send me away to a sanitarium up in the mountains. My mother protested, fearing, perhaps, that I might die soon and she would not be with me. Instead she took me away with her one summer to a summer resort in the mountains. Here about all they could induce me to do was to sit on the porch, muffed and with the medicine bottle constantly at my side.

"How well I remember those days when my heart ached with bitter-



Posed by
Miss M. Wilson

OH! What a lovely figure that girl has," I could not help exclaiming, as my eyes took in a radiant, youthful figure that was ascending the ladder to the high diving platform above.

And when she stood, poised, ready to drop gracefully into the water below, every one in the audience voiced aloud their admiration, and it was no wonder, for I had never seen such a picture of health and physical perfection. Every part of her was beautifully and proportionately developed, and she possessed suppleness and agility, which were marked in her diving.

Afterwards I was introduced to the bright-eyed and sparkling young person and I expressed my admiration for her diving and superb figure. We became very chummy and at parting I promised her that I would pay her a visit at her home.

When I did visit her, not long afterward, I again resumed my praise for her figure and diving ability. "Yet," she laughed, "two years ago you would never have known me. I did not always have a beautiful body, as you call it. Listen and I shall tell you something very extraordinary.

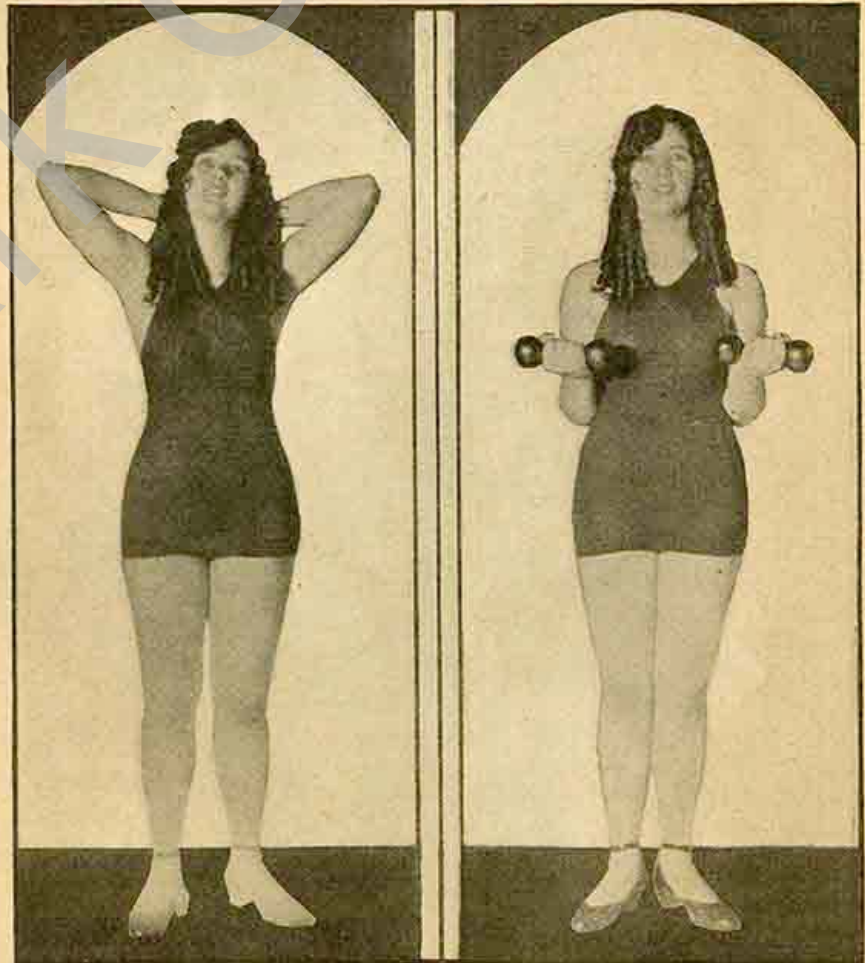


Fig. 1

Fig. 2

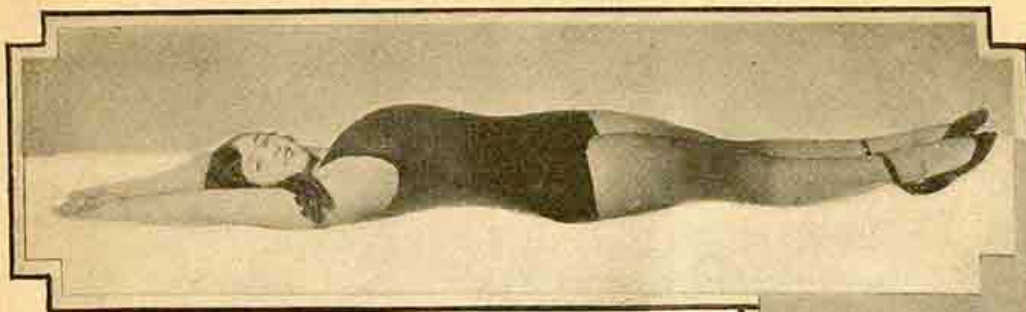


Fig. 3

ness as I watched the other boys and girls running happily about playing while I was too weak to move from my chair. I watched them as they played tennis with all the force and speed of youth and they would return breathless, flushed and happy. I would watch them just a little distance off swimming and diving—all of them a picture of health and happiness. And how I envied the girls their shapely bodies! When they passed by me they would look pityingly at me and their eyes would say, 'Poor girl, how much she is missing in life.' It became unbearable and I was ready to pack up and go home.

"One day a young man passing by me suddenly stopped and glanced back at me—then he went on his way. The next day he passed by me again and I recognized him as a boy with whom I went to high school. He must have seen that I recognized him and he slowly approached me with a puzzled expression.

"You are not ——?"

"Yes, I am," and I could have cried aloud with shame that he should see me in my pitiful condition. He must have noticed my embarrassment for he immediately talked of other things and then he told me about himself. He was going to college and was on the football team and besides he was making quite a name for himself in swimming. He owed it all, he said, to fresh air and exercises and outdoor sports.

"Then he gently questioned me about myself, but there was not much to tell—he could see. 'Why, Miriam, why don't you try exercise. Throw all these medicines away and get down to healthful honest-to-goodness exercises, eat wholesome foods and play outdoors as much as you can. Make your mind up that you will be healthy like the rest and possess even more beautiful bodies than they—make them look up to you not you to them.'

"So then and there I was fired with a determination to possess abundant health and a beautiful body. If this young man, who was the picture of healthy and superb physical manhood, took enough interest in me and the time to tell me what exercise would do for me, I thought there must be something in it.



Fig. 4



Fig. 5

"Early the next morning, before any one was stirring, I slipped into a large fitting bathing suit and slipped out of the house to the water. It was a great effort and I felt weak before I stepped into the water. I did not know how to swim, but I was determined to try. Suddenly before me stood my old school chum—he had also arisen early for a swim as was his usual custom—I could have submerged myself I was so mortified that he should see my emaciated body, but he paid no attention to my embarrassment and he began to explain different swimming strokes. He made me promise to come back the next morning and I did—and every morning until the close of summer.

"He had also shown me a few exercises to do just before retiring and on arising and as the time drew near for my departure home I was able to join the others in their sports, much to their surprise. I began to feel stronger than ever before in my life, my nerves did not trouble me at all and I was putting on weight. My mother was overjoyed and the folks at home were dumbfounded at the change in me.

"Then I realized the value of exercise—it had been my salvation. I believe that I would have died that winter had it not been for the exercise I took during the summer. Well, all that winter I exercised hard and went faithfully, three times a week, to the swimming pool, where I learned swimming and fancy diving. Today as a reward I have health and a well built body.

but I shall never give up exercise, even though I grow very, very old, for no one knows better than I what wonders it has done to me."

Now you girls who wish to put on flesh can do the same as the girl whose story I have told above, if you have the will and determination.

Not every one can afford to spend all summer at a summer resort, swimming, playing tennis and golf, but every one can set aside twenty or thirty minutes a day

likely weigh just right and feel just right, and be happy and handsome accordingly.

The diet for those who are too thin is really a question of a diet for building normal health and vigor. And you also want to build up flesh, good, solid flesh and blood. If you build a larger quantity and a better quality of blood, and with it better and larger muscular tissues and sound healthy organs, the problem of gaining weight is solved. Therefore any diet which will build vigorous health will, in combination with outdoor life and exercise, serve the purpose. Often those who are too thin eat too much. Be sure that your diet contains the right foods and then keep within limits.

Emaciation is also often due to chronic disease, dyspepsia, constipation, liver trouble or other conditions. Medical treatment will sometimes help, but where there is any fundamental organic disorder exercise should be the remedy. You have probably heard of the milk diet.



Fig. 6



Fig. 7

for regular exercise. Fresh air costs nothing, neither does exercise, and as these are the prime factors in building health and physical perfection, there is no reason in the world why every girl cannot be the woman she was meant to be. Give exercise a trial and I am sure that you will be a disciple of exercise all the rest of your life, and consequently reap all the benefits and enjoyments of a perfect body and good health. No matter how pretty your face may be, or how wonderful a personality you may have, it is hopeless to try to reach the top of the ladder, either in the social or business world, if you do not possess a healthy and active body.

Food is very essential in gaining weight. If you eat just the right kind of things you will more than



Fig. 8

In such cases as malnutrition, therefore, the exclusive milk diet is highly recommended. Indeed, in many cases of this kind it is a complete solution of the problem, being the most rapid and most perfect flesh builder in the world.

There are (*Continued on Page 80*)

Physical Perfection at Eighty

Athlete of Fourscore Years Muscularly
and Organically Sound After Half-
Century of Strenuous Rowing.

By Mark Berry

AFTER noting the title of this article, probably the thought will occur to you that such a thing as physical perfection at eighty is as rare as the dodo bird, and a few more extinct species. But, if you will stay with me a little while, possibly you can be convinced to the contrary, for herein will be introduced a real breathing, sweating and honest-to-goodness hard muscled athlete, who has successfully spanned the accepted three score and ten, with several more to spare, and is still going strong. The subject of this story believes in a strenuous life and is a living example of the benefits of such a life.

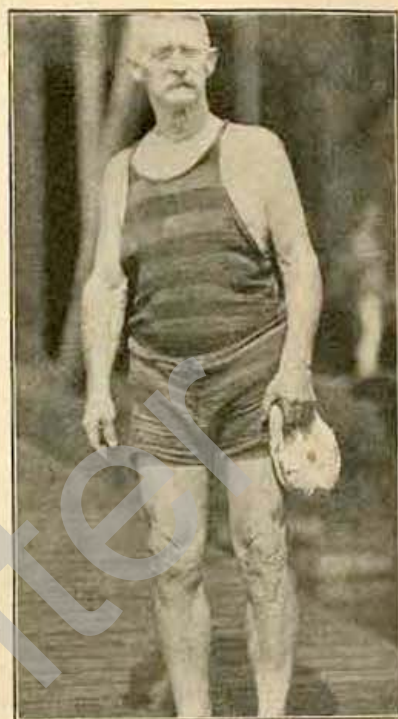
One of the hardest things for the disciple of strenuous exertion is to dispell the common superstition, that one cannot live to any sort of long life if they exert themselves vigorously and cause the lungs to work a little extra and the heart to beat somewhat harder than would be necessary when walking for your favorite paper or cigarette.

I say superstition advisedly, because the dictionary defines the word as "a popular belief held without reason," and the idea that those who follow a strenuous, athletic life are doomed to a short life, is a belief wholly unfounded in reason. All because some athletes have given up their old habits of hard training, to which they had become accustomed, and went to the other extreme, a soft, lazy life, indulging themselves to the limit in everything that is forbidden the normal being of sane mind and sound morals. After subjecting themselves to the most severe punishment in this manner, over a long stretch of time, they sometimes crack at middle age, and the gossip goes around that the life of exertion killed them.

Why! the truth is, if they had not followed the life of exertion over a considerable length of time, built up their constitutional mechanism and added to their power of resistance, they never would have lasted half as long as they did, tearing around with all thoughts of health and physical efficiency entirely absent from their code of conduct. If you want to find out the truth about such things, it would be well to investigate the habits of the deceased, and in all probability you will find he had long ago given up exercise.

If a man follows some arduous task as a means of earning a livelihood, in which he must exert himself even

George S. James,
the athlete of
fourscore years.
Note the calf de-
velopment.



more than in certain strenuous athletics and happens to die before people think he should, the hard work or exertion is not very liable to be blamed for his early demise. But when an athlete dies anywhere under seventy the training is blamed right away and no one considers it important to know other facts about his life.

The living examples to refute this moth-eaten bugaboo, of the short lived athlete, are quite numerous in weight-throwing, weight-lifting, wrestling, marathon running, and in a few more sports. The branch of athletics we will now consider is probably the most strenuous of them all, and if men are able to continue at it until well past middle age with no ill effects, then surely the case for vigorous athletics is ably defended. This sport is rowing, and the oarsman whom we will discuss is Mr. George S. James, of Philadelphia, in the shadow of the caption, octogenarian, and a splendid example of physical perfection at the great-grandfather age.

Fifty years ago, that is in 1876, George James took up rowing after eight years of hard drinking and carousing. As he, himself, expressed it, he was a regular in and out rounder and lived as hard and fast a life for eight years as anyone could possibly live. Then he suddenly woke up to the fact that to continue in such a life would soon be liable to number him among the down and outs, so he decided, through the advice of friends, to become an oarsman, and now at an age when most men are capable only of sitting around the house in an easy chair, he is physically fit and sound, and an athlete in regular training, after having exerted himself in the most strenuous manner for half a century.

He is over the average in stature and weighs at the present time one hundred and sixty-four pounds stripped, and as you will see by examining his photo, he has some husky muscular build for any one anywhere near his years. This spring, when he went into active

outdoor training for the present season, he weighed one hundred eighty-four pounds, the twenty pounds having melted away during the spring and summer.

Mr. James was a member of the first eight-oared crew to bring a national championship to Philadelphia,

when the Vesper Boat Club won that honor on the water of Lake Chatauqua, N. Y., in 1887.

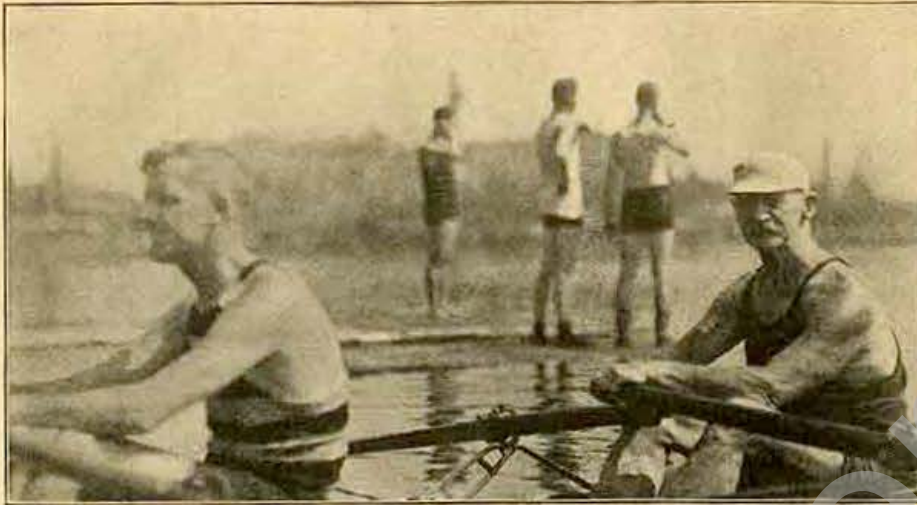
Rowing is now a favorite sport in all sections of the world, and a major American amateur sport; the Universities and colleges of this country take great pride in their crews and no expense or pain is spared to train oarsmen and develop winning eights. The leading women's colleges even have their crews.

The eight oared shell was first introduced in America in 1884, previous to that, four-oared and six-oared crews were the popular rowing events in this country. England was the cradle of rowing, as she also was the mother country of most forms of athletics. The English were the pioneers in this sport and developed the game to a high degree of proficiency, to be further improved upon by several great American coaches, who have evolved systems of their own, raising the American standard high above the rest of the world. The "Henley" held each year on the river Thames, was the forerunner of regattas and all other such events have been patterned after the famous old "Henley."

Outside of the universities, there are many rowing clubs and associations in several of our chief cities, where young men are given a chance to improve their physiques and participate in the manly comradeship of amateur sport, under the direction of the best coaching talent procurable. With its string of clubs flanking the Schuylkill River, comprising what is known as the "Schuylkill Navy," Philadelphia, undoubtedly has the distinction of ranking first among cities as a rowing center. Throughout the summer, the river is the scene of numerous regattas and gala days when the local oarsmen, and associations from other rowing centers contest and celebrate. Daily tilts may also be seen among the practicing crews and scullers and many of these impromptu races with no prize at stake are as exciting and interesting as the championship events for which they are training.

One of the first few organizations, fostering rowing to be formed in the United States, was the Vesper Boat Club, which has attained the distinction of being one of the foremost and the most famous clubs devoted to sculling and oarsmanship in the world.

In the Vesper Club rooms may be seen an unrivalled collection of trophies, cups and banners, garnered from



"Jimmy" James rowing doubles with Charles Elliott. He certainly sits in the shell like a youngster. Doesn't he?

championship regattas through a half century of time.

During this long period, some of the foremost scullers and crews of the world have been developed at Vesper, among whom might be mentioned two names that should be familiar to

all present-day readers, Jack Kelly and Paul Costello, Olympic and National champions of no little renown.

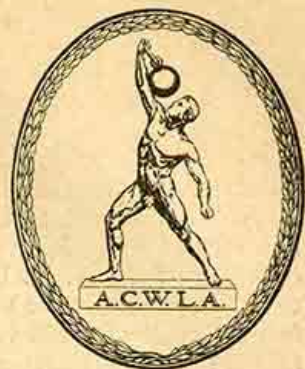
The coach of Vesper, Mr. Frank Muller, was also an oarsman of high calibre a few years ago, having been paired as partner with Jack Kelly in the doubles. Coach Muller was very successful at handling the Harvard crews, while instructing at that historic seat of learning, and has taken over the last two Olympic crews; he is now set on developing another, as he says it is a wonderful experience to go over to the Olympic Games, and can only be appreciated by a fellow who has made the trip.

Mr. George S. James, has been a member of this famous club from its earliest days, and is justly proud of the association whose reputation he has helped to create. It must be with immense satisfaction that he can walk in the trophy room and gaze on the pictures of the old-time crews of which he was a member and point out to a visitor the cups and pennants he helped to bring to the club rooms of Vesper.

Of course, he believes rowing to be unequalled as a sport, and the finest system for the attainment of top-notch physical condition. He will tell you that an oarsman is the best type of athlete and in more perfect condition than the followers of any other branch of sport or games. In his opinion the ideal type of physique for an oarsman is a thin, lanky fellow, trained down to the point where his cheek bones protrude. Talking to us he said that if among his opponents in a race, there was a scrawny, narrow chested individual who looked as though he was walking to his own funeral, that is the man he would fear most in a real hard race, his contention being that a big heavy man is more likely to be freight in a boat, than to be of any great help to the rest of the crew.

Though referring to a narrow chested type, he is only speaking comparatively on this point, for you won't find any small chested oarsmen. There is no sport or game that calls on vigorous use of the lungs to the extent that rowing does, and where the lungs are continually being expanded in such manner, the chest is bound to be full and round. It is his experience that athletes who have been accustomed to the most strenuous games and other methods of training, exclaim with surprise at how hard rowing is, compared to all (Continued on Page 82)

American Continental Weight Lifters' Association Notes



By John Bradford

AS I sit down to write the notes for this month, I am impressed with the fact that the American Continental Weight Lifters' Association stands upon the threshold of the most momentous period of its history. By the time this article is published the threshold will have been crossed and history that will never be forgotten made in the world of Ironia.



Walter Stratton, of Leetonia, Ohio, a fine middleweight performer who is making the rest step lively.

I am referring to the two great events, the Sesqui-Centennial Championships and the A. C. W. L. A. National Championships. I have before me the list of entrants for the Sesqui-Centennial event, which numbers the greatest total of strong men ever gotten together for one

tournament in this country, or possibly any other.

The question of the success of the tournament does not create a single doubt in our mind, for we are positively convinced that a man who is big enough to tackle such an undertaking is big enough to pull it over, and our president is one man who can do it and will do it. Everything is arranged. Two platforms will be in use at one time, which will enable us to have two classes lifting together and relieve any waiting which otherwise would be caused by the great number of competitors who have entered.

Quite a lot of new blood entered, and many savor of the dark horse. What they will do remains to be seen; but all roads point to a change of crowns in most of the body weight classes. I do



Our two South African friends, Tromp Von Diggelen and Herman Gorner, on a stroll proudly displaying their A. C. W. L. A. buttons.

not prophesy the winners, for fear I shall prove myself to be a poor prophet. Anyhow we are keeping abreast of the times and still climbing to the crest of the hill that will bring all our body weight classes into the setting of the world's series.

The eyes of the A. A. U. will be upon us, and the showing our boys make is what is going to impress the A. A. U. committee to encourage them to do more of this sort of thing in the future. Colonel Dieges, the chairman of the A. A. U. Weight Lifting Committee, turned everything over to our chief, and we hope this fine old sportsman will be present to see the A. A. U. revival of his favorite sport. He is heart and soul behind Mr. Jowett, which embodies "good for weel," as the Scotchmen say.

The next month's issue will have the reports of this fight for physical supremacy, which will be followed by the nation-wide battle on September the 4th.

It is a great pleasure to see the fervor displayed by all State Representatives in their efforts to make the national meet a success. It marks the first period in our history establishing state champions, as well as national champions. Every one has something to work for. By their success, they become the next thing to national champions—a state champion in their respective class.

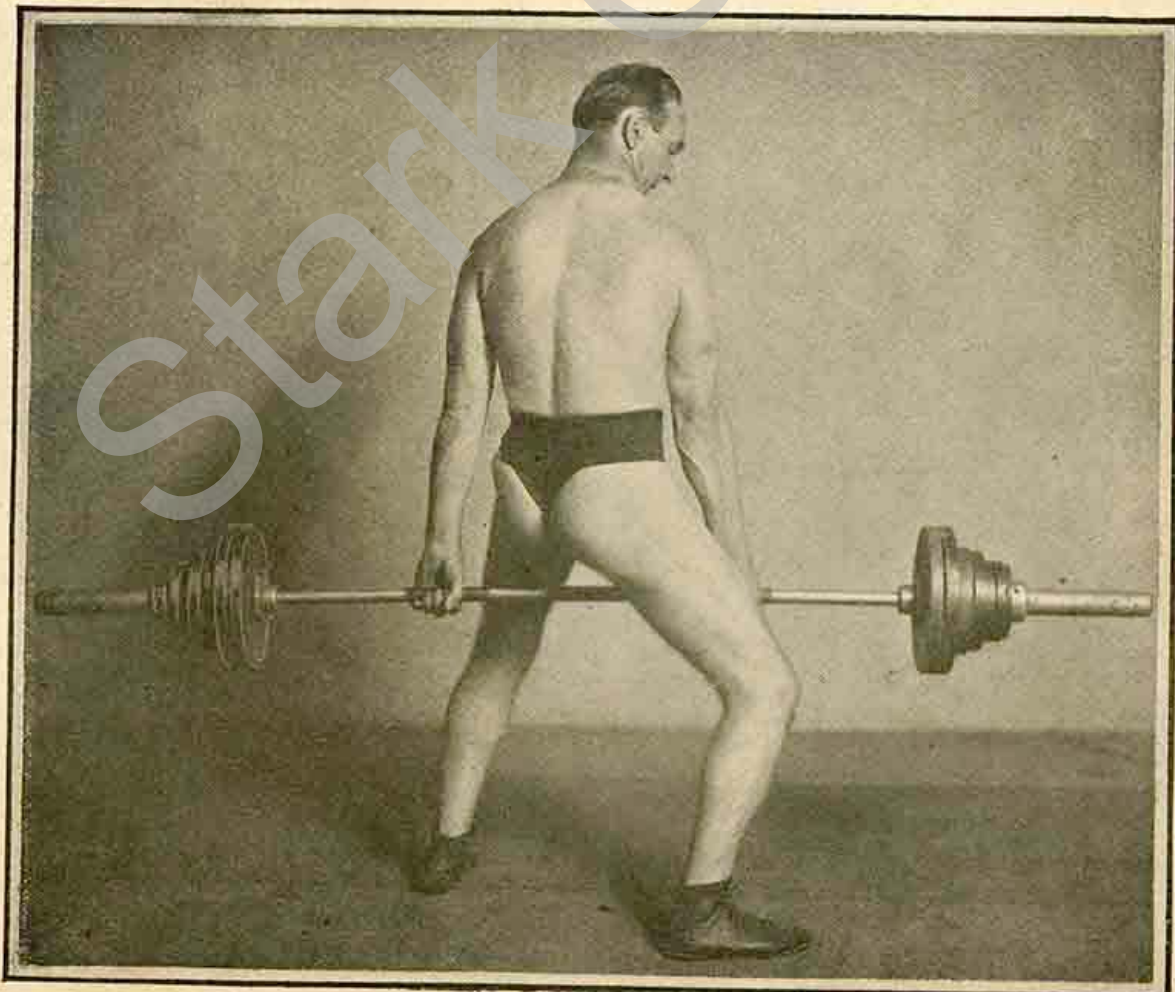
The next thing on our program will be the national open championship, in which both professionals and amateurs will compete without danger of the amateur losing his status. By this the strongest man in America will be determined. As Mr. Jowett says, "There is no sense in an amateur having to be satisfied with the amateur title

only, when he might possibly be stronger than the best professional." This tournament will be at catch weights, with only one winner named.

As a general rule, an open championship is contested for the honor only. That is, no prize can be received by the winner on account of the amateurs. But our president has filled the breach again and is donating a magnificent belt, emblematic of the open championships, to be held for one year by the winner. The belt cannot be won outright. On the belt are a number of shields, and every year the name of the winner will be engraved as a memorial of his victory on a shield. It is a great idea and worthy of our president, for in this way a historical relic of our fine Association will be established. The date of this event will be Saturday night, November 6th, and will be contested in Philadelphia at the A. C. W. L. A. headquarters, where the regular monthly shows are held.

The lifts which will govern the contest will be eight in number, namely, the One Hand Snatch, the One Hand Swing, the Two Hands Continental Jerk, the Two Hands Snatch, the Two Hands Military Press, the Two Hands Clean and Jerk, Crucifix, and the Two Dumb-bells Anyhow. The lifter will have the privilege of lifting with his own bars, but, of course, he will be subject to the discipline of the ruling of each lift. This is the greatest opportunity opened to bring all strong men together; so send in your name, boys, as a contestant, and let us see how good you are.

Our regular monthly show was canceled for August because of the Sesqui-Centennial meet. We want all of our boys to do their best on this occasion, so we decided



Roy L. Smith has been busy making some more records of great merit.

it was best to lay off our regular exhibition, so no athlete would run any danger of becoming stale. We also took into consideration the fact that September 4th is only two weeks after the *Sesqui* affair.

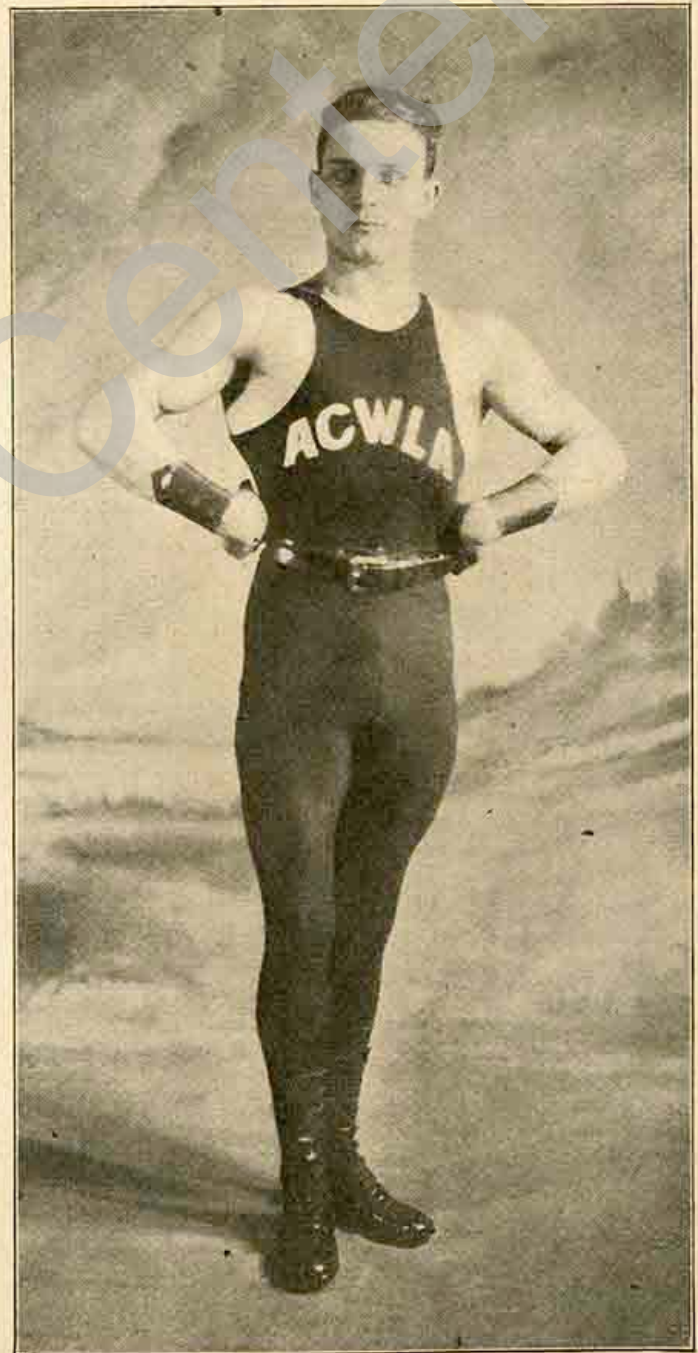
Things have been very quiet in the weight lifting game this summer, which is only natural, but we will soon be in full swing again, tossing the iron around as merrily as ever.

One of our members who follows the dead lifting and harness and platform style of lifting has recently accomplished some rare feats for his body weight. He is Andrew Shrodinsky, of Patton, Pa., and comes within the light weight limit of 140 pounds. In the back lift he has the splendid performance of 3,000 pounds to his credit, and an even more startling finger lift record of 500 pounds. In the waist lift he does 2,400 pounds, and a teeth lift of 400 pounds. Some performance for a young man of that body weight, you will admit. He has stated his intention of lifting at one of the Philadelphia shows this fall, and if there is any other member who practices this style of lifting at the same body weight as our Patton friend, we would be glad to arrange a contest between them. Perhaps our old friend, Otley Coulter, will oblige; he has long been recognized as the best American lifter in that style of lifting and has always been willing to prove his mettle and that of any other man in his class. It has been rumored that Coulter is much heavier and could not lift in the lightweight class any more. However, a contest in this style would be interesting, no doubt. Another fine lifter in this style is Roy L. Smith, of New York. Just recently, on August 9th, to be exact, this veteran lifter did some fine stuff at Siegmund Klein's gymnasium. In the Jefferson Lift he made a grand total of 1,017 pounds, and 660 pounds in the Kennedy Lift. He got away with 1,116½ pounds in the Hands and Thigh Lift. Siegmund Klein was the official referee, with John Bracken and W. Raisch acting as judges. At one time this style of lifting was an important part of the European tourneys, but it has died out entirely among the amateur lifters and only a very few of the professionals practice these lifts solely as exhibition feats. Everything is now performed with bar bells and dumb-bells.

Some interesting performances have been given by our foreign brother strong men. Perhaps the most interesting was the contest between Stadler, of Austria, and Jacquenoud, of Switzerland, the two famous lightweights. The contest was held in Vienna on the old five Olympic lifts, namely, the One Hand Snatch, the Two Hand Snatch, the Two Hands Military Press, the One Hand Clean and Jerk, and the Two Hands Clean and Jerk. The results were very interesting and are as follows on each lift in the order just named: Stadler, Austria, 143 pounds, 181½ pounds, 170½ pounds, 187 pounds and 264 pounds. Total 946 pounds. Jacquenoud, Switzerland, 143 pounds, 176 pounds, 176 pounds, 187 pounds and 242 pounds. Total 924 pounds. The victory went to the Austrian by the narrow total of 22 pounds. Both men stripped at 143 pounds, which is three pounds over our lightweight limit; but, as I have often explained, the European body weights are a little heavier than ours, which would throw many of their best men into our next class. For instance, these two lifters would be

obliged to lift as middleweights. Compare these totals with what some of our best middleweights could do against the Europeans, irrespective of amateur standing on either side, and you will find our men hard to beat. Marineau, who is less than 140 pounds, could beat either of these men, and I believe Klein could win from them also.

Another match took place at catchweights between the Swiss crack middleweight, Aeschman, and Rolet, the French light heavyweight, on only four lifts: the One Hand Snatch, Two Hands Military Press, Two Hands Snatch, and the Two Hands Continental Jerk. Needless to say, the Swiss won easily. In fact, he ran away from his opponent. In every lift he beat him and did some great stuff. Reading the lifts in the order given the poundages were as follows: (Continued on Page 66)



M. N. Campbell, of New Orleans, our Louisiana state representative, a devoted, untiring worker for the cause and aspirant for weight-lifting honors.

The Unthrown King of Wrestling

If More Americans Were Given a Chance on the Mat We Would Have Greater Interest in the Sport and Bigger Crowds.

By Dean Carrol

A COUPLE of years ago I had to drag a buddy along with me to see a wrestling match that was staged for the diadem of the world. He was very reluctant to go and was not in the least backward in expressing himself. The trouble was that Jim had seen nothing but mauling bouts between maulers who seemed to have the idea that all they were on the mat for was to dust it and emit snorts and growls, then back up and show their teeth at each other. Contrary to all signs they were usually very kind to each other, and Jim got disgusted when he accosted a wrestler with an American name and found out that he could speak anything else but Yankee speech and carried a suspicious odor of garlic on his breath. He thought the same thing was bound to happen again when we wended our way to the Metropolitan House, in Philadelphia, to see Strangler Lewis strangle all the majestic ambitions out of Renato Gardini. Naturally the place was full of Wops, but they are to be commended for the way they cling to their fellow countrymen in this sport. They do it much better than I can handle spaghetti on a fork—Jim uses a spoon—I use a knife and fork and cut it. By the time we fought our way in through that crowd to our seats we looked almost as bad as Gardini did after the king pin had mussed him around the mat. Jim got real enthusiastic on sight because of two things. First, by the way the foreign element was razzing Lewis he knew he was not an hyphenated Yankee. Second, the hall was packed with a crowd that was 50% American. During the mellee Gardini got both cross and wicked at the way Ted hung on those head locks until the Wop's head looked like a garden plot. He had grown two cauliflowers and his dome was squeezed into the shape of a watermelon. However, that is what he was supposed to expect thought the right thinking fans, for soaring so high. The temper of the crowd kept pace with Gardini, and the way they began to throw words and weapons would put the Irish to shame. Then Lewis got angry. He tossed Renato so high and so fast that the son of sunny Italy thought he was getting a free ride back home.

Well, Jim never got over that scrap. He punched and slapped as he raved in his ecstasy on our way home until I threatened to ride home astride the radiator if he didn't loosen up; but no kiddin', it was grand.

Lewis showed the world that America could turn out the best wrestler as well as the best fighter. The bout also proved that Americans love wrestling, and it takes

Ted to bring them out and prove it. The reason why the American does not turn out to most of the bouts is no other than that he does not see why they should cater to the foreign element. And why should we give out our money for foreigners to pile up and take back home to stay? America has the goods if the wrestling promoters will only see it. We certainly like to see the cream of other countries perform, but only against our own, for it is generally conceded in all other sports that such competition gives a real thrill, which can be applied to wrestling also. Somehow these representatives of the wrestling game have the notion that foreigners are all we want to see. In their obsession, believing this, they refuse to give a good American a chance which is why we see so few of them in the game. Look how the A. E. F. followed Caddock, and later the whole nation, in his encounters. Look how much more they follow Lewis since the popularity for the sport has increased. The gripping game never had such a following in this country as when Americans were holding the reins. Perhaps many of you can remember how the country turned out when Tom Jenkins lorded the padded mat and later when Frank Gotch stood at the top as the supreme lord of matdom. These incidents are enough to prove how much the American sportsman loves wrestling and will follow his own man against the whole world if he is given half a chance. Madison Square Garden was packed for the Lewis-Zbyszko conflicts, and what a fuss swept the country when it was noised abroad that Munn had beaten the king of stranglers, and how tickled the American public was to hear that Munn was a real bona fide American. Later on it was proven that Munn never got the decision for he had already fouled Lewis; but it all goes to prove my story that American productions in this sport are the cause of the sporting public turning out in the same manner they do for Dempsey or Miss Ederle.

Recently a world's championship match was staged in Boston between Strangler Ed Lewis and Joe Malcewicz, the Utica panther, with two belts at stake: the \$10,000 diamond studded bauble held by Lewis, emblematic of the world's wrestling championship, and the \$1,000.00 elimination tourney belt presented by Paul Bowser to Malcewicz as the winner of that tourney. Ten thousand mat fans of both sexes turned out to witness this clash. The Utican is only a young man, but his surprising ability shown throughout the various bouts in which he took part had (Continued on Page 85)

Health—Strength—Beauty

(Our Girls' Circle)

Conducted by Marjorie Heathcote

The Value of Gymnastic Exercises

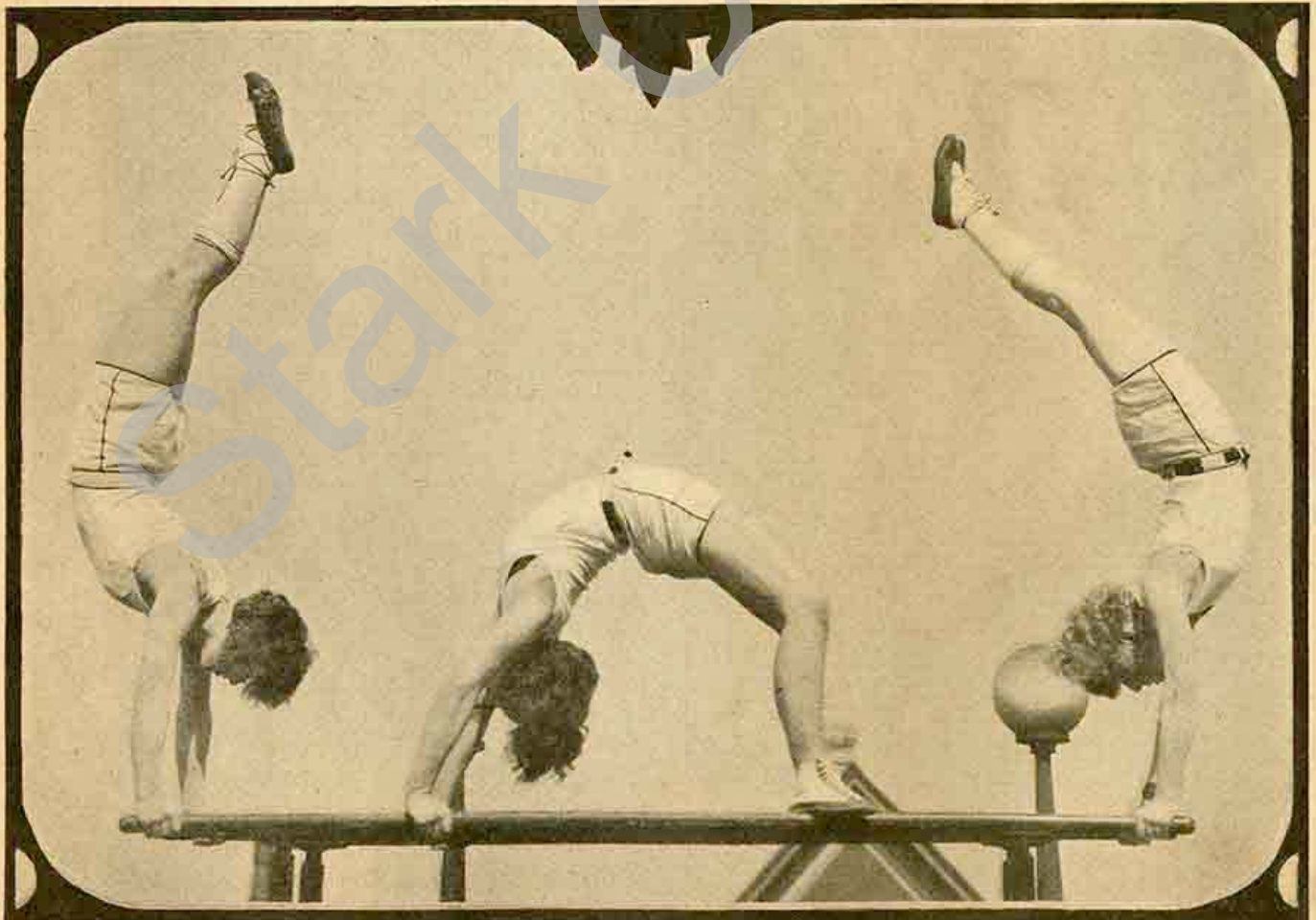
THERE is no period in any girl's life that she does not long and wish for beauty—to be beautiful and attractive is only a natural thing for her to desire. Yet, *why* is it that so many girls possessing this desire are negligent and allow their bodies to become unattractive? Because they think that beauty and form will come to them right out of the clear sky. They are badly mistaken, for they must work for those attainments and *work, work!* Besides they have to make a few petty sacrifices, and when they will have obtained their desire, they will have nothing to regret.

Now that the cool weather is here—for a lengthy stay—most young ladies will be looking around for a means to idle away those long dreary fall and winter nights. Some will begin a steady routine of dances,

and parties and what not—others will closet themselves in their rooms with chocolates and novels—and others, but only a very few others, will look around for some means of activity to keep their minds and bodies fresh and healthy. And the wisest of these girls will select gymnastic exercises and stunts as her winter hobby. She is the girl who desires to be healthy and beautiful, but who realizes that it is *entirely* up to herself to obtain them.

Gymnastic exercises and stunts will render the body lithe and supple; develop idle muscles, deepen the chest and quicken and clear the blood circulation—in short they will tone up the entire system. The girl who goes in for gymnastics will be graceful, will possess poise and personality.

The enthusiasm, activity and energy aroused by the exercises and stunts are in themselves re-creating. The



Three star girl gymnasts of the Lincoln Turning Society of Chicago, performing on the parallel bars on the roof of the gym building. Left to right are Lulu Strauch, handstand; Louise Marthalet, crab bend; Elsie Erker, handstand. Note the girls' beautiful forms and graceful poses.

brain also will derive a two-fold benefit from this pastime, for an entirely different set of nerve cells are taxed and the others, used during the day, are recuperated by rest.

* * *

Dear Miss Heathcote:

I am practicing some of your reducing exercises which you



(Photo by Twin Arts)

Marion King. Her measurements are: height, 5 feet, weight 120 pounds, neck 12½ in., bust 33 in., waist 25 in., upper arms 11 in., hips 36 in., thighs 21 in., calves 13 in., ankles 8¼ in., age 19 years.

gave through your column and am making fairly good progress. Now I would like you to give me a list of non-fattening foods, so that I can eat accordingly. I have always been fond of pastries, candies and rich foods, but I am convinced that I must omit these entirely from my diet, if I wish to acquire my normal weight. My height is five feet, two inches and I weigh 124 pounds. Before I started to exercise I weighed 131 pounds.

J. B., Kansas City, Mo.

I am very glad to note that you have lost weight since taking up exercise. Your letter is the kind I like to receive. It makes me feel that you are really anxious to work and do the right things and it is a pleasure for me to help you out.

I would not advocate starving yourself to reduce, but I do believe that you should eat the correct things if you want firm, healthy flesh. If you will notice you will never fail to see some overly stout individual helping themselves to the richest foods. It just seems natural with them. If you are determined not to touch any of these foods, you have made a very good start. Here is a list of non-fattening foods, which I hope will be of some help to you.

Fruits—Oranges, grapefruit, apples, berries and all acid fruits.

Vegetables—Asparagus, tomatoes, spinach, artichokes, cabbage, kale, endives, brussels sprouts, stewed rhubarb, carrots, celery, radishes.

Grains—Only small quantities of bran or whole wheat bread, oatmeal, graham crackers, and shredded wheat are permissible.

Salads—Lettuce, water cress, fruit and tomato salads. No dressing.

Soups—Vegetable, bouillon, consomme, broth and other thin soups.

Fish—Scallops or fish roe.

Meats—Lean beef, lamb, chicken, turkey (boiled, broiled or roasted). Lean fish broiled, tongue, poached eggs.

Dear Miss Heathcote:

I have been reading the questions and answers published in your column and find them very interesting. Will you please give me a series of exercises for reducing the abdomen?

J. T., Dallas, Texas.

Here are a few exercises which have been printed repeatedly in these columns. If you will practice them regularly you will notice a marked abdominal reduction in a very short time.

Lie flat on back, feet extended, legs held quite rigid, hands at sides. Raise legs and hips upward and backward and overhead in an effort to touch the floor with the toes. Return feet to front, keeping the legs firmly together and toes pointed. Do not permit the heels to touch the floor, but come within an inch of doing so. Repeat until the abdominal muscles are tired.

Another very good one is this: Feet about two feet apart, arms horizontal, slowly rotate the body to the right as far as possible, watching the rear hand. Then rotate to the left as far as possible, watching the rear hand. Then bend down from this position until the right hand touches the toes of the left foot, then come up to position again, rotate the body to the right then to the left again and bend down and touch the toes of the right foot.

Dear Miss Heathcote:

Would you tell me how to acquire a good, smooth clear skin? For fifteen years my face has been covered with blackheads, then they turn into boils. My face is full of scars caused from these boils. (Continued on Page 70)

The Mat

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

Conducted by George F. Jowett

The Right and Wrong of Exercise

HERE is a subject that I have been trying to get around to for quite a while. I could have written it up before, but I did not want to until I had the necessary time which would enable me to deal with it as it should be dealt with. The question of the right and wrong of exercise is of vital importance to us all. The truth is that we cannot afford to neglect our study of why we do each exercise. My attitude has always been to impress into your mind the reason why you do a certain exercise, how the muscles act under a certain stimulus, and their method of operation, so that you can thoroughly understand why you do that particular exercise. This method of instruction was fostered because so many books of instruction never explained what they advised the reader to do. Such inefficient advice created too much misunderstanding. When I do a thing, I always want to know why I do it, and so do you; then your lessons become intelligent and educational, instead of compelling you to follow a routine like an automaton, which has too often been the case.

Well, I have often said all this before, but there will be some new Mat fan who will read this, and I want him to get the drift of the idea just as you already have, so I will proceed to deliver the meat of this subject.

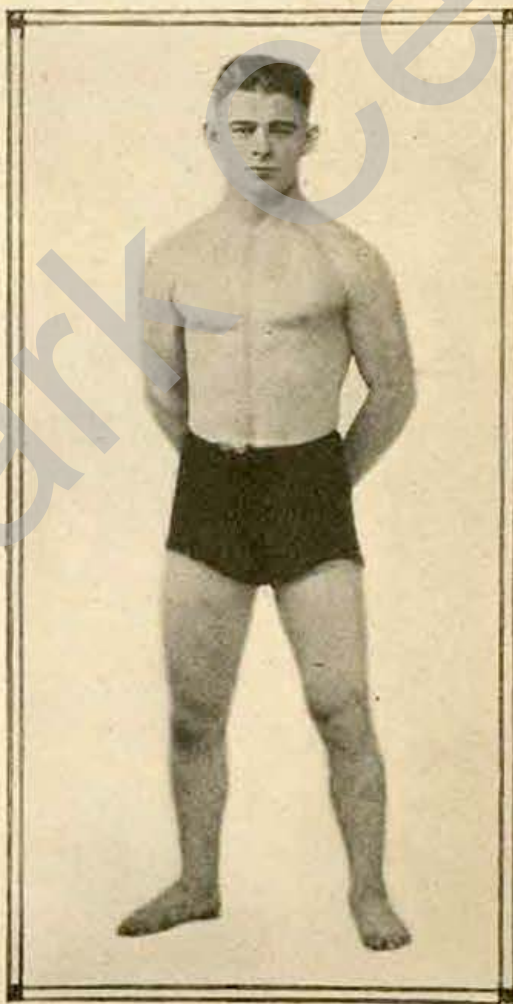
You know that to advise an exercise and explain it are two different things. All exercises do not thoroughly harness the muscles, as is often thought. I have often explained the reason why in some exercises, and I am going to do the same now, because one very enthusiastic muscle culturist is under the wrong impression on a certain part of leg development. He wrote me three or four letters, and each following letter proved more conclusively how little he really knew

about the actual workings of certain muscles. Of course, that is not unusual, as many labor under such misunderstandings. In order to understand the volition of muscles you must be capable of diagnosing them on a mathematical scale, which no book has ever done. It takes a lifetime of study, and the handling of real heavy weights is the thing that will teach a person more than anything else how muscular motion combats gravity and friction by the laws of leverage and centralization.

This article is not an argument or even a debate with my correspondent; it is an object lesson that will cover

the muscles of the back of the thighs, with explicit explanation for the benefit of all. This is the twin muscle which we term the biceps of the thigh.

This Mat Fan stated that he had created a new exercise that would give fifty per cent faster development of the thigh biceps than any other ever explained. In the course of his letter, he explained it, and I immediately recognized it as an exercise which was among the very first sets I ever laid out to practice. I later found out that it was an old Swedish movement which was contained in a volume of Swedish drill published in 1798. It was done as follows: The exerciser stood erect, then bent the lower part of one leg at the knee upon the back of the thigh, as shown in Fig. No. 1. By severe tension this muscle contracts and a certain amount of value is received from it. I found that the greater tension borne in the movement the more the knee was apt to be drawn forward as in Fig. No. 2. You will see that I have had the artist draw a perpendicular line through a perfectly centralized body, which will be found helpful in our discussion. Now the moment the knee passes that line in a forward direction, as in Fig. No. 2, the



I. Aranoff, a 126-pound athlete of splendid ability and the featherweight wrestling champion of Canada, who is devoted to the mat.

muscular contraction of the biceps becomes neutralized. To counteract this, I would lean forward with my hands gripping the top of the back of a chair, and force the thigh backwards as far as possible so as to reset the forward tendency. I later progressed upon the movement by tying a weight around the ankle. By and by, the separation and the contour of the muscle became evident, but size was not in proportion. Moreover, no increase in strength was registered. I commenced to tie more weight around the ankle, but the knee was forced forward, past the line of centralization, more than ever. I finally quit the exercise, for you must remember this was during my novitiate days of muscle culture. I had a great deal to learn then. As time wore on I became acquainted with great scholars on physical training, and I was brought in contact with many rare examples. I was learning more and more, and as I did I began to solve the question of thigh biceps development among many other things. Then the explanation became clear to

me why the knee was forced forward, and the reason was that the biceps femoris is naturally a flexor of the knee and an extensor of the hip. Laboratory experiments showed an interesting feature, which was to teach me just how much leg dip was allowed for a two arm jerk when tossing the weight overhead from the shoulder. (The solution to why some lifters are poor overhead jerk lifters.) The movement of these twin muscles operates to a certain point; then they become neutralized as the muscles on the front of the thigh come into action as the knee is drawn forward.

This is a natural volition, as the automatic action of the leg causes the knee to swing to

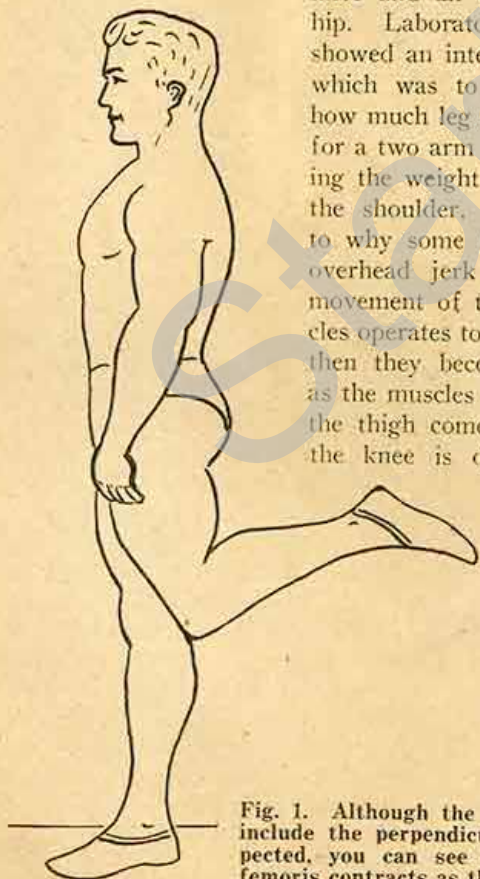
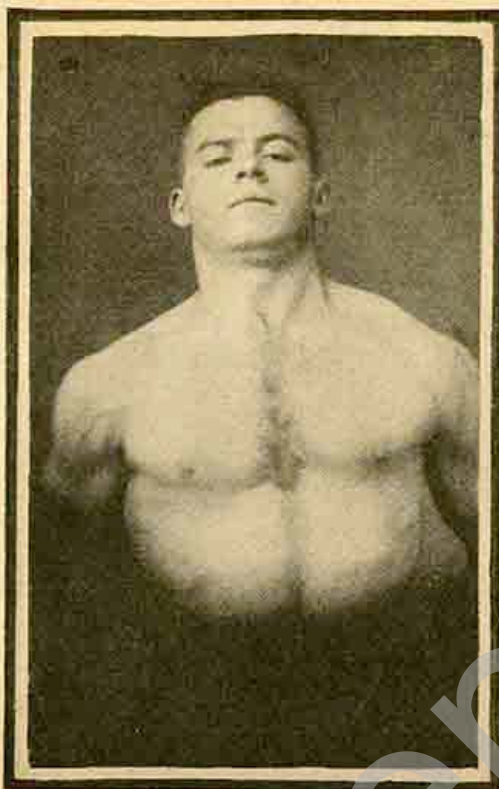


Fig. 1. Although the artist forgot to include the perpendicular line, as expected, you can see how the biceps femoris contracts as the knee is drawn backwards.



A. W. McGill, despite the handicap of a paralyzed leg, built up magnificent proportions, such as a 46-inch chest and 16-inch biceps, and can chin himself with either hand.

looked good on me, but I soon found out that the quadriceps femoris and the vastus muscles were much more powerful; and although I was very strong-legged, one famous European authority immediately pointed out to me that as I did the leg press, my biceps muscles were not as strong as they looked. Neither were they on a par with the muscles on the front of the thigh, as was proven in another test when my great military pressing ability bolstered up the ability of powerful flex-

and fro, past the median line, as physiology explains. The more weight that was handled, the more the knee was forced forward, for two reasons. First, because of the weight being tied on the ankle, too much leverage is supplied for the biceps muscle to cope with, which gave the knee the advantage to be drawn forward first. In other words, the weight was too far away. Second, further examination showed me that the biceps muscles are large and very powerful, which instantly taught me that enough weight could never be carried on the ankle to give the full quota of resistance necessary. I realized that those muscles had to be worked from a position where enough weight resistance could be supplied and where no material opposition from the anterior muscles would be affected.

Making inquiry with the leading physical culturists in every country, they informed me that if I desired to test the strength of my thigh biceps, I should try lying on my back and make a leg press. Remember, these muscles

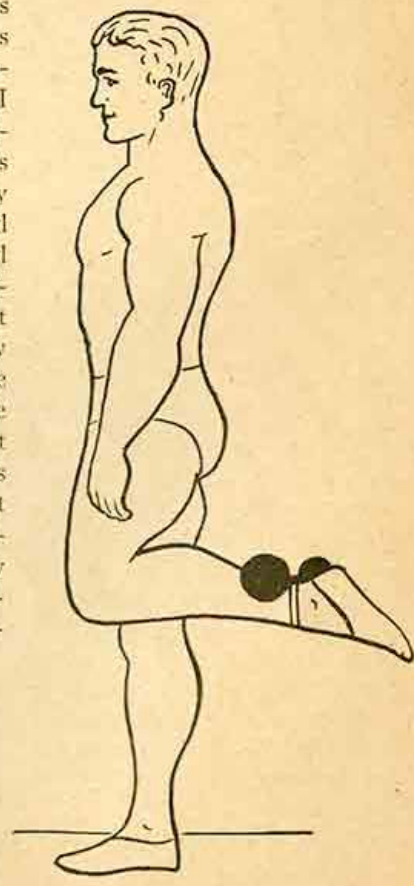


Fig. 2. Here is shown how a weight forces the knee forward by reason of the extended leverage. As the knee carries forward from this point the biceps femoris becomes neutralized.

ion of the anterior muscles that prevented any knee unlocking.

I was not long in finding the professor was right, for in every country I went I saw all the best men doing the leg press. Of course, the other muscles get some action, but the biceps come in for a greater share.

When I was supervising the Boston Tournament this summer, Mr. Webster, a great enthusiast in muscle culture from Pawtucket, Rhode Island, came to me. He stripped and showed me a beautiful pair of thighs. Naturally I asked him how he got them, and he explained that he practiced the leg press; but, instead of using a bar bell, he used a box filled with plates so adjusted that he could just lie under and press it up and down. Incidentally every member that belonged to Mr. Webster's club displayed fine thigh development.

The next time you go to a vaudeville show and see a "rizzly" performer, a man who juggles barrels on his feet, just take notice of the wonderful thigh development he has. That work is simply a talented variation of the leg press.

In my correspondence with this Mat Fan, I advised him to see how much he could lift in the leg press, and although he strips at nearly 170 pounds, his performance was far inferior to what numerous lightweights can do. He was receiving a lesson that proved what I had found out many years ago, that contour was not always an indication of strength, which lets him and the exercise out. As a matter of fact, that exercise has always been placed in the category of calisthenics.

There are other exercises besides the leg press. There is the back leg curl, as shown in Fig. No. 4, where the exerciser lies on a table or low platform. I used to place two boards on boxes. You may remember that I have before given an exercise similar to that in Fig. No. 4, with a kettle weight on each foot. Here you see a bar bell used instead. The exerciser wears a pair of shoes that have an attachment with sides on which the bar bell rests. This outfit makes the bar bell easier to handle, and it is simple to make. Take a piece of flat sheet iron and bend it up at each side about two inches and the width of the shoe; then rivet it to the instep. Of course, you will need help to place the bar bell on the feet.

The value of this exercise is that the effort is borne entirely by the biceps, and the fact that the exerciser is lying down and pulling on the end of the table makes him more capable of handling the weight than when standing erect. What is more important is the fact that the knee cannot be forced forward past the median line; therefore, the line of resistance cannot be changed.

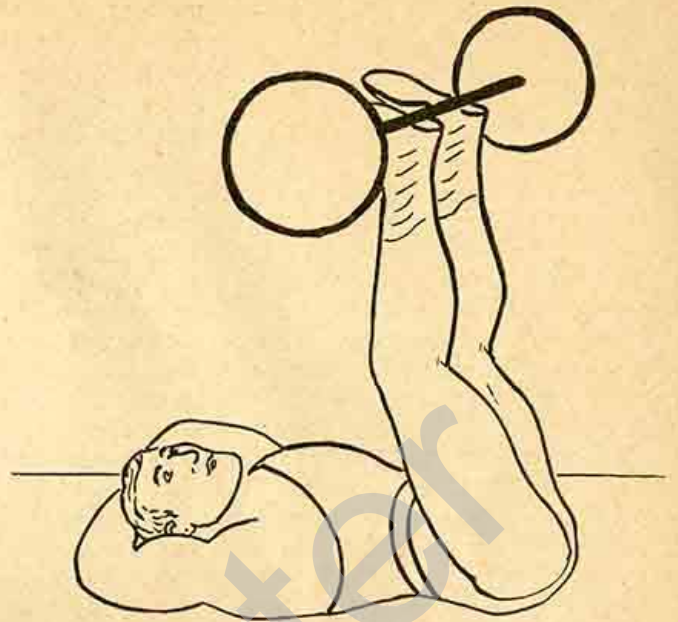


Fig. 3. Here the exerciser is practicing the leg press, which gives the back thigh muscles something to do.

The exercise shown in Fig. No. 5 is entirely different in its call upon these muscles. They are worked from a different angle. Where you curl the heels toward the buttocks in Fig. No. 4, the buttocks descend toward the heels in Fig. No. 5. The way to carry this exercise out is to stand erect with feet spread apart enough to give you control over your balance. Each dumb-bell must be held at the shoulder, and as you begin to make the deep knee bend, begin to press both dumb-bells to arms' length slowly. Press so that when you are at the limit of the squat, the arms will be straight underneath the weights. This method of pressing while the squat is in progress will force you down; but by concentrating on the biceps, you must resist this force as you slowly descend. Thus more resistance is supplied by using the weight of the body and its force, along with the weight you are handling. Separate dumb-bells are more difficult to press, and you will be obliged to use more leg power in order to control your balance. You will notice in this exercise that, as you bend, the line of balance is much out of range from its centralized position, which is what will make the biceps work harder in order to centralize the whole body as the movement is completed. But the natural working of the body takes care of this; for, as the knees bend, they travel forward, taking the body with them, so that the final stage sees everything in line. The heavier weight you can use in this exercise, as also the other, so much the better, just as long as you can start in

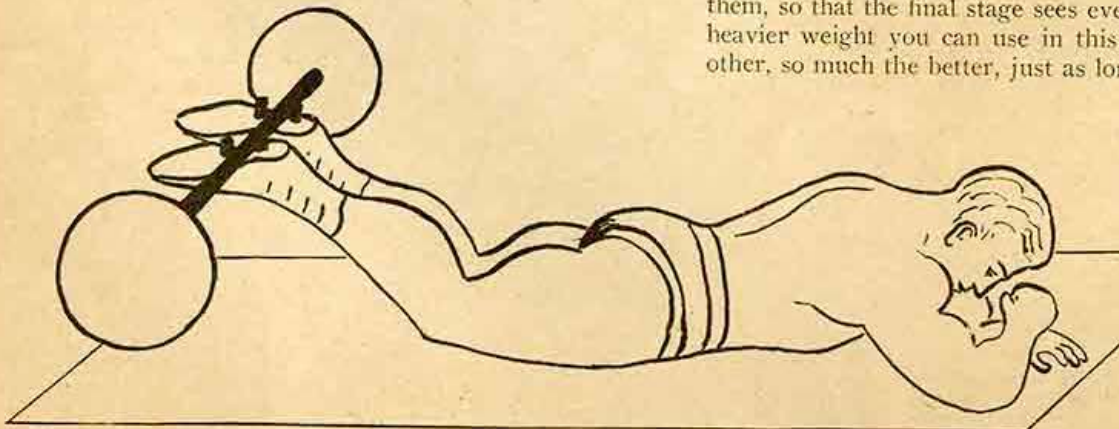


Fig. 4. Because the table will not allow the knee to carry past the median line the thigh biceps are obliged to conclude the performance.

with six repetitions and work up to twelve. After that you simply add more weight.

Now I want you to give your attention to the sprinter in Fig. No. 6 for a few minutes, solely because we find that sprinters as a whole invariably possess fine biceps development. In exercise Fig. No. 3, the biceps are performing a pushing movement; in Fig No. 4 it is a curl; and in Fig. No. 5 it is a movement of depression. In the sprinter we find the movement different, the difference being a vigorous motion of hurling the body weight ahead by rapid flexion of the knee and the extension of the hip. As you will see, the artist caught the sprinter at the point where the forward thrusting movement brings the biceps muscle into its strongest point of action as it drives the body along. All this goes to show you how these muscles can be operated in order to get the best results. Concentration movements by will power, or with light weights, were never capable of making small muscles grow, let alone large muscles like the biceps femoris. They will give shape to the muscles, but that is not making them grow or making them more powerful.

My correspondent informed me that it was not possible for the average person to place the bell on his feet in a leg press, or hitch kettle bells on his feet. That is pure rubbish. I always did it alone, and I have seen many other do likewise in my time. Moreover, the better part of my training was done in my bedroom. To the man who is willing, there are no obstacles. When a fellow raises an objection on such trivial points it always reminds me of a friend who was continually lamenting the fact that he never had time to exercise. Nevertheless, he could find time nearly every night to waste two hours taking him to and from a poker club. If his heart had been in the right place concerning exercise, he would have put those two hours to a much better advantage. When I think of the monkey actions (as my Dad called them) I used to go through as a boy in order to get my training, I get many a smile. It is the fellow who has the will to do who grabs the palm.

EDITOR OF THE MAT:

I have heard so much about a man named Lurich that my curiosity has been fired. Will you kindly quench my curiosity?
New York.

H. M.

In a previous issue I promised to give some information on any one great athlete to those who desired such information, but I could not guarantee to answer a whole flock of them. I felt that it took us away from the original policy of our Mat talks. At the same time I realized the interest that exists among all followers of physical training about the measurements of athletes who, by their merits, are the accepted lights of our cause. George Lurich was one of them. He was an athlete possessed of rare qualities which are met with only once in a lifetime. He was a Russian by birth and a product of the great Russian courtier, Dr. Krajewski, who brought out George Hackenschmidt a few years

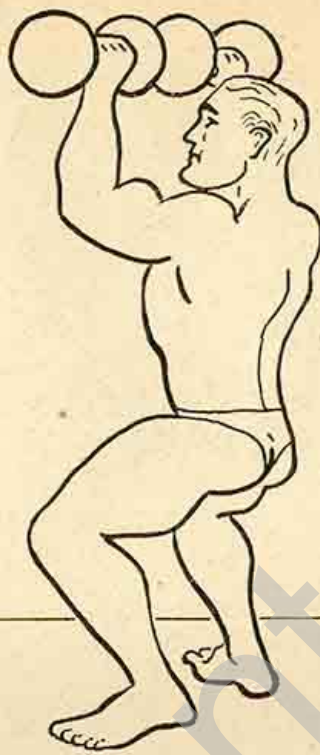


Fig. 5. An exercise with dumb-bells which, if done correctly, will help the biceps femoris quite a lot.

later. Lurich was not a heavy man by any means, weighing only 189 pounds at his best, but he was so fast and so powerful that he defeated all the best men in the world of that time, among whom were some prodigiously powerful men. I remember meeting him in Europe and was greatly impressed by his energetic physique. He stood 5 feet 9¼ inches tall and had an 18-inch neck, with a pair of 17-inch biceps, 16-inch calf, 25-inch thigh, and a 50-inch expanded chest.

He was a versatile athlete, being accomplished in running, jumping, and gymnastics, as well as being one of the greatest weight lifters of that time. It is claimed that he pulled in clean and pressed 10 times, 243 pounds. A lift that was claimed for him which I can hardly believe was a One Hand Clean and Jerk of 266¼ pounds. I do know that he cleaned 220½ pounds and jerked it 6 times overhead from the shoulders. Another fine feat he did was to hold a 116-pound kettle bell in each hand overhead, and lie down on the floor, then rise to the erect position. In the shoulder bridge, with the aid of a toss with his body, he is reputed to have raised 443 pounds. As a wrestler he was a victor over the Russian Lion, but it is only fair to state that Hackenschmidt was a very raw novice at that time. Later, however, Lurich had no chance with Hackenschmidt. These two men are undoubtedly the best men Russia ever produced, and, unfortunately, they were bitter enemies. Yet there is much in both of these men to admire, inasmuch as they were clean livers and possessed beautiful physiques that were filled with remarkable power and energy.

EDITOR OF THE MAT:

Which are the most stubborn muscles?
A HONOLULU MAT FAN.

This question is a rather new one, because we
(Continued on Page 73)

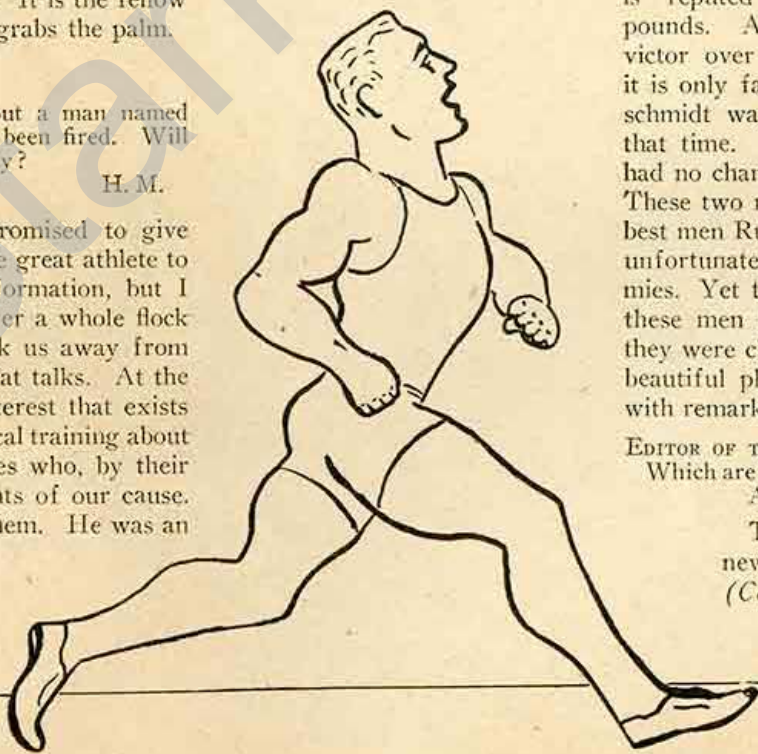


Fig. 6. The action of the sprinter gives you an idea how the biceps femoris helps to give the driving power to force him along.

Ask the Doctor

Department for Solving Your Health Problems

By Dr. B. M. Middleman

QUESTION: I have heard that lack of iodine affects the thyroid gland and will lessen the growth of the bones and body. Is this true? Has the water in St. Louis enough iodine content, or should one use iodized salt? I am 18 years of age, height 5 feet 2 $\frac{7}{8}$ inches, weight 95 pounds stripped. Is there any way in which you can stimulate the growth promoting glands—by diet or by gland extracts that will not be dangerous to the health? Could I get any book at the public library about glands, how they function, how to stimulate them, etc. I am very anxious to grow taller and to gain in weight, but if I eat more than necessary to keep my weight stationary I get constipated.

How can I increase my digestive powers or assimilative ability? I have always taken a great deal of exercise and I eat according to physical culture dietary.

Please enumerate any tests I should have made, such as urinary, fecal, blood analysis, blood pressure, etc.

Is the use of medicated water harmful in taking an enema? What chemical is used?

P. L., St. Louis, Mo.

ANSWER: You are first of all advised to consult a local Neurologist or Internist to see if there is any deficiency in the glands. You are apparently underweight, and in selected cases, but not all depending on the skill of the doctor in diagnosis, the pituitary glands stimulate growth. Very little can be done to stimulate the action of ductless glands and anything that could be done would be a mere experiment. This ductless gland therapy is like playing with fire.

If it is found that you have deficient iodine content in your blood, take Syrup-Hydriotic Acid—one half to one teaspoonful three times a day. This is a pleasant way to take iodine in solution. Be sure to shake the bottle well before taking. However, before taking this preparation see a competent internist, as previously advised.

If you have a lack of assimilation for ordinary foods some of the diges-

tive ferments may help; Pancreatin Compound, made by Park Davis and Co., one tablet after each meal, three times a day. This has proven very successful and is merely a digestant and mild tonic.

Or you might have the following prescription made up by your pharmacist:

Tinct. of Nux-vomica.....	½ ounce
Acid Hydro-chloric, dilute.....	½ ounce
Tinct. Cinchonae compound.....	½ ounce
Essence of Pepsin—q.s.....	4 ounces
One teaspoonful before each meal.	

I would advise that you eat foods such as the following: milk, egg yolks, cod liver oil, cheese, mayonnaise, oysters, macaroni, bananas, butter, whole wheat bread, spinach, stewed prunes and apricots, oranges and beef steak.

The drinking water at St. Louis can hardly be blamed for your condition.

The best plan, if you are underweight, is to take a rest and eat good sized quantities of fattening foods, especially the foods enumerated above.

There can be no advantage in taking an enema of medicated water, though soap may be added to the water, but do not try any sort of chemicals.

QUESTION: I read your department every month and am asking you several questions in hope that you may be able to help me. I am twenty-two years of age, married; my son is almost two years old.

When but eight weeks old he refused to nurse; after vain attempts to force him the doctor put him on artificial food. I had plenty of milk and it was creamy in color, and at feeding time it ran out and my breasts pained dreadfully. I was told to use a binder. Even now fluid, milky in color, runs from the breasts and lumps form. These lumps are very sore and although they leave they return frequently. Prior to the birth of the baby my breasts were round and firm, but now they are soft and flat. Can this condition be remedied? This means my happiness for my figure would be perfect if this condition could be changed.

Should a breast pump be used to drain off this fluid? Is there any remedy to make the breasts round and firm

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

Sometimes it is only by interviewing personally a thoroughly competent physician that he can get the advice that will bring his condition back to a normal state of health. Write us about any of your ailments of any type and Dr. Mittleman will then advise you as to the proper treatments necessary. Every physical culturist should know his organic condition as thoroughly as his muscular system, and if possible we will aid you in accomplishing this.

We have been receiving many letters every month, and with the advice given by Dr. Mittleman the "Strength" readers have successfully obtained better health and strength. Dr. Mittleman will continue to answer such questions as he can, and will also publish a few letters each month, selecting from his correspondence those letters of the greatest general interest.

Inclose a stamped addressed return envelope with your health questions and we can assure you of a prompt reply.

again? I have tried all sorts of exercises, but none helped my condition. Please give me any information you think may help me; your answer will be sincerely accepted and appreciated.

Is Oxy-crystine habit forming? I suffer from constipation. Would it help me? Thanking you in advance,

M. R., Washington, D. C.

ANSWER: Any competent nurse can suggest a proper breast binder to raise the sagging organs to a proper level, and so reduce congestion which will end excess leakage. Such a binder could be procured from a store dealing in surgical appliances and bandages.

It is also recommended that massage is beneficial; best results would be obtained by employing an expert who is well trained in proper massage. Sedative electric vibration should prove of great help in causing the breasts to be more firm.

The rubbing in of the following mixture is sometimes of advantage in excess secretion of the breasts, but should not be repeated too often without the advice of a physician.

Atropine sulphate 1 grain
Glycerine 1 ounce

Use once daily, watching for signs of Belladonna poisoning, which are excess dryness, flushing, palpitation of the heart and sometimes delirium. As before stated, great care should be taken in the use of this mixture and the advice of a physician should be had, if it is to be rubbed in very often. We do not advise the use of a breast pump in your case.

Oxy-crystine is not habit forming. That and mineral oil can be used to regulate the bowels without any deleterious effects. For the correction of your constipation I would advise that you eat plenty of fruits, both stewed and raw, green vegetables, especially spinach and whole wheat bread. Be sure to drink copiously of water all day, either cool or cold, and practice light abdominal exercises to tone up the muscles of the torso controlling the inner abdominal functions.

QUESTION: My husband's one hip seems to be lower than the other, and not long ago I noticed that his spinal column seemed to curve to the right about half way between the end of his spine and neck. I would like to know if this condition is scoliosis? For an example, I will tell you how he measured both hips: he placed a book, one and one half inches thick, under his left foot and stood straight up. This brought both hips on the same level and straightened out the spinal column. Would you please tell me if it is advisable to build up the shoe, and if it would not be wise to have an examination made by some specialist? I might also ask you if this condition will cause underweight?

E. M., Greeley, Ia.

ANSWER: The lateral curvature of your husband's spine is known as scoliosis. Its real significance depends on its cause. A short limb will cause the back to be curved laterally when standing, although all curvature may disappear on sitting, when the short leg is no longer exerting its deforming influence. A high shoe in such conditions would relieve the curvature of the spine. Most curvatures are not so simple. Some are due to defective development or disease of the vertebra or supporting muscles, and it has been known that infantile paralysis is a frequent cause.

The most satisfactory method of determining the cause and treatment would be to have an examination made by a competent osteopathic physician and receive treatments from him as he advises, and to also employ

the different methods of exercise which I feel quite sure would be beneficial and effectual in your case. The condition causing the scoliosis might be a factor in causing underweight.

QUESTION: I have been suffering with eye strain and poor sight for several years. I would like to know your opinion of eye exercises to correct the condition?

M. U., Edwardsville, Pa.

ANSWER: The rational treatment of poor eye sight and so-called eye strain depends entirely on the cause of the trouble. If the bad eye-sight is due to a malformation of the eye, such as a short far-sighted eye, or a long near-sighted eye, or an oval astigmatic eye, the only exercise that will improve the sight is that involved in lifting a pair of correct glasses on to the bridge of the nose. A certain amount of development of the poorer eye may be brought about by the proper method of exercise. This exercise consists, not in rolling the eye, but in closing the good eye and forcing the child or adult to use the poorer eye. In a large percentage of cases the vision in the defective eye can be developed to a fairly high degree.

Exercises are of value, not to improve sight, but to relieve certain forms of eye strain that may be due to an imbalance of the muscles that move the eyes. Each eye is moved in its socket by six different muscles. Between the twelve muscles involved there is the most delicate balance imaginable, and in certain persons a lack of such balance produces the symptoms known as eye strain. In a small percentage of such cases the balance can be restored by carefully graduated exercises, which are carried out over a long period of time. But such exercises should be undertaken only on the advice of an oculist who has made a careful examination and should be controlled by the oculist at stated intervals. Beyond these two conditions, exercises of the eye are of no value.

QUESTION: I have been a reader of STRENGTH for the past five years and as you have an advice department on health, I wish you would advise me of my condition. I am a farmer, age fifty-eight, five feet six inches tall and weigh 175 pounds. My chief complaint is that I have had a cough for the past eight years which is very dry and which is now affecting my breathing capacity. I have great difficulty in breathing. Will you kindly advise me as to the proper treatment necessary?

A. B., Ohio.

ANSWER: According to the symptoms of your case I am of the opinion that you are suffering with the disease known as asthma, and this condition is frequently due to chronic bronchitis. It may also be due to the pollen grasses which cause an irritation of the mucous membranes of the nose and throat. The treatment in your case consists of correcting your diet. Do not eat any acid foods and eat at regular intervals. Masticate your foods thoroughly. As to medication for your condition I would advise that you have the following formula filled at your drugstore and use the medicine as directed.

Potassium Iodide 3 drams.
Sodium Salicylate 2 drams.
Elixir Anti-Asthmatic... enough to make 4 ounces.
Directions: Take one teaspoonful in water four times a day.

Together with this I might also suggest that you see a good osteopathic physician and receive treatments from him as he advises and in this way you will be sure to obtain the best results. (Continued on Page 74)

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The Science of Mind and Body In Healthful,
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For the past 25 years he has studied the problems of life.

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He has given his work to every class of persons--from poor people who could not afford to pay him one cent--to millionaires, Senators, Mayors, Commissioners and was even granted a personal interview by our President of the United States.

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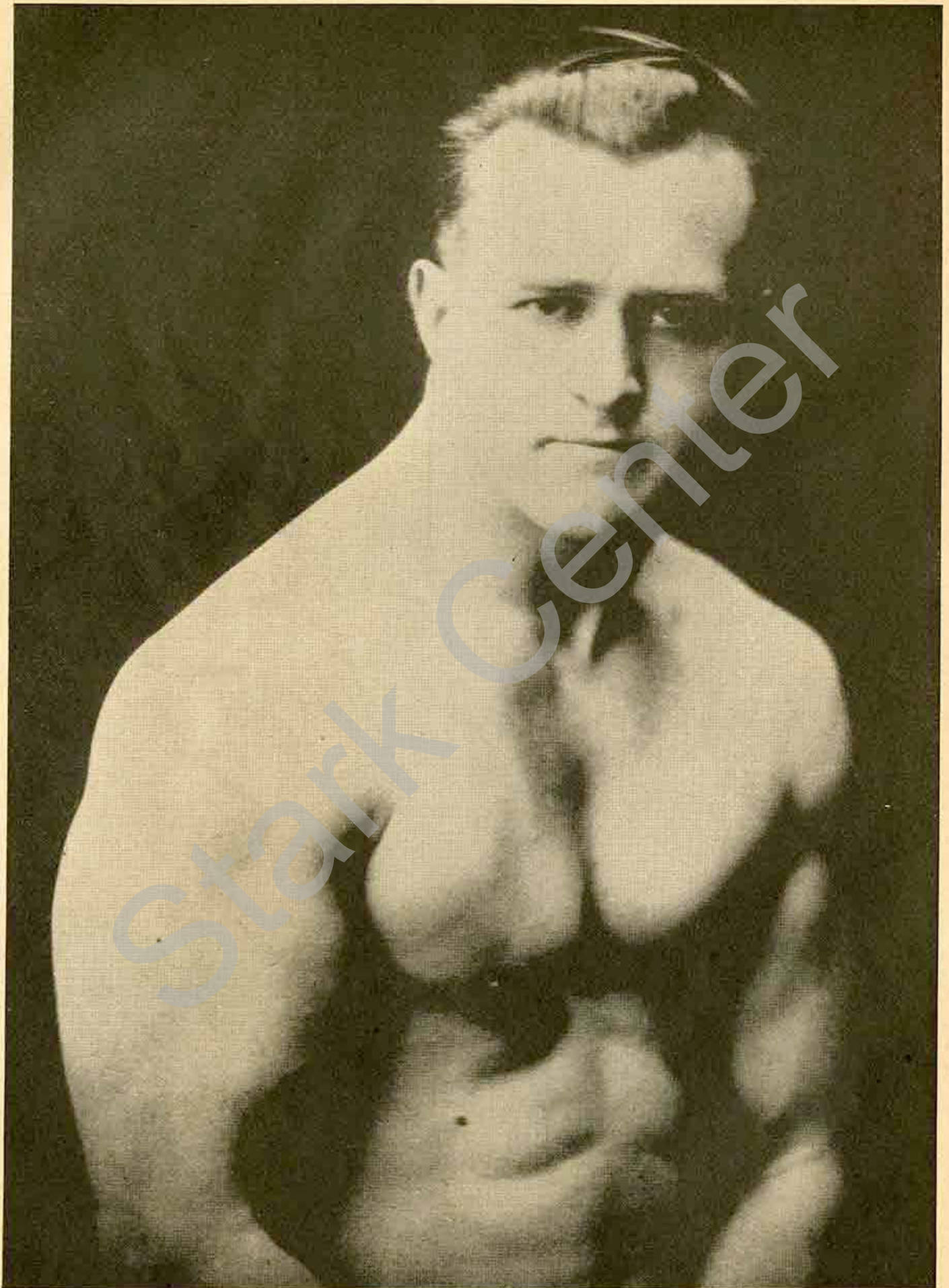
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CAN you squat down and sit on your heels without hearing a crack in your knees or a stiffness around the joints? Can you bend over slowly without bending your knees and place the open palms on the ground alongside your feet? Can you place your hands on the wall behind you and gradually let yourself down backwards till your hands touch the ground? If not, your joints are rusty, your tendons are too tight—you need more *bone-oil*.

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When you were born, nature gave you a lubricating fluid in and around the socket of every joint. This lubricating fluid continued in an abundant supply as long as you kept active. But when you ceased to exercise, this fluid lessened and the tendons shortened, which attached the muscles to your bones. You dried up and stiffened. You became rusty.

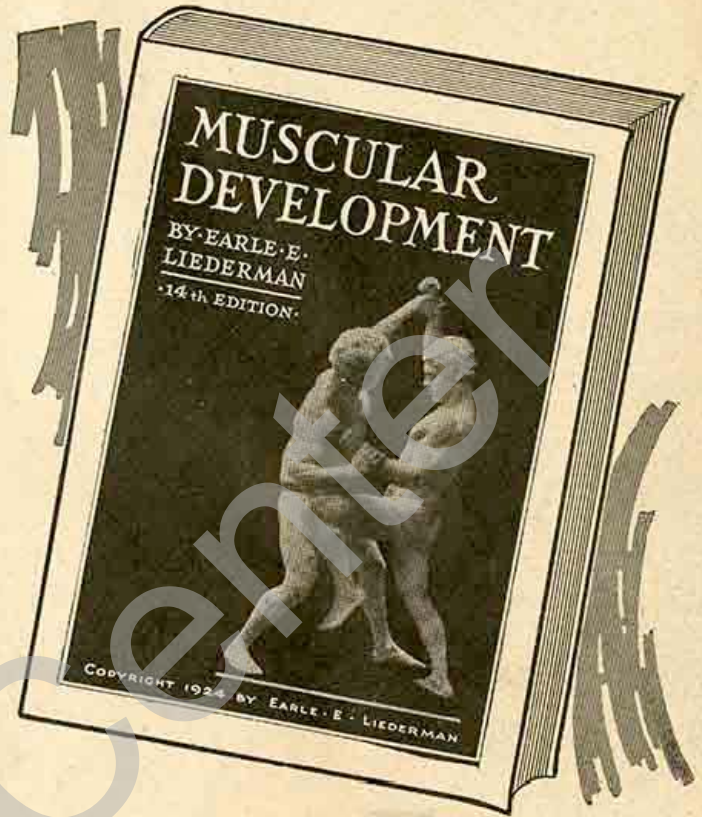
When machinery becomes rusty we get the oil can. But you can't squirt Bone-Oil into your joints. What then can you do?

Come to My Repair Shop

As a regular machinist I'm a first-class dub—but when it comes to human frame-work, I'm yet to find the one I can't whip into shape. Yes, I know they call me the Muscle Builder, and I'm proud of the fact that my system will build more muscle in a shorter length of time than hitherto has ever been accomplished. I'm the man who guarantees to add one full inch to your arms and two inches to your chest in the first 30 days. Before I'm through, however, I'll at least triple that. Some men have added as much as 8 inches to their chests. In every case I build up the back and literally cover the abdomen with a ripple of real healthy muscle. I clear the brain and brighten the eye. I add pep and virility to the whole system.

But the finest thing about my system is the type of muscle it creates. My pupils are not only enabled to perform remarkable feats of strength, but, with it all, they have the suppleness and grace of an aesthetic dancer. I have studied the entire human structure and work around the very joints and cartilages as well. That is why I am now guaranteeing you not only a strong, sturdy, robust body, a virile, muscular body, but actually guarantee to lubricate your joints as well. I guarantee Bone-Oil. Now, beat that if you can. And notice I'm not making any idle promises. I guarantee these things. Come on, then, let those stiff-kneed, wobbly, half-animated bodies be a thing of the past. Tomorrow you start on the straight and rapid road to real manhood.

You take no chances with me. It's a sure bet, so why hesitate? Snap into it. Let's go.



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		City..... State..... (Please write or print plainly.)



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Be a master of jazz, syncopation, melody. It is easy to learn at home in your spare time. Wonderful Niagara Method shows you how.

By R. C. JAMES

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The Crawl Triumphs

(Continued from page 43)

slowly exhaling through either the nose or mouth or both, though at first it is best to learn exhaling through the nose.

This can be learned at home in a basin or wash-bowl, simply taking a big gulp of air, and immersing the face, exhaling under water.

The next most important thing to learn is the leg flutter. In doing this the knees should not be bent, but held loosely straight, the motion and power coming from the hips; the legs are fluttered or thrashed up and down, opening the feet about nine inches and keeping the toes pointed throughout the movement.

At first you will not be able to kick very rapidly, but as you become more accustomed to the motion concentrate on making a continuous rapid thrash, endeavoring to keep the water churned up.

Now you learn the method of propulsion, the arm movements: the fingers should be kept together, the thumb touching the hand, forming a sort of paddle, but do not try too hard to hold the hands like a cup or scoop as this tension will tire you. This movement can be practiced lying on the water, standing in the water waist high, or lying on a chair or stool.

With both arms extended parallel over the head, palms downward, bring one arm down and back in a half circle till the hand is at side of the thigh; when you reach this point with one arm, the other should be started in the same sort of movement, as you recover with the first arm; in recovering or bringing the arm forward you bend the elbow and raise the forearm on a slant, swinging the whole arm over to the starting point, thereby completing the circle; as the first arm finishes the second starts to recover, etc. Do not keep the elbows tightly locked at any time, but loosely bent throughout. Be sure to raise the arm high enough with the elbow bent and hand just clearing the water.

The arm movement should be steady and continuous, the power imparted by a free rolling of the shoulders, without rolling the body, which should remain level.

When each of the chief parts of the stroke have been mastered, then comes the time to combine them and accomplish your aim—to swim.

First, inflate the lungs, then lying face downward, with arms and legs extended, start to flutter the legs; then start your arm stroke and off you go. When the air is exhaled from your lungs, turn the face to one side as your arm is recovering on that side, and gulp in your fill of air, turn face down and continue paddling and thrashing as you skim through the water.

The above is not intended as a lesson in swimming, nor does it describe the crawl scientifically, as it is practiced by accomplished natators, but is merely an outline or explanation of the rudiments of this wonderful stroke.

As practiced by leading exponents, male and female, the crawl depicts the

smoothest possible combination of ease and simultaneous muscular action. When swimming at a moderate pace the face is submerged, the body riding just on the surface of the water; whereas in racing or sailing along at a rapid pace, the best position is with face and shoulders out of the water, the chest planing along on the surface. This is attained by proper co-ordination and the constant leg flutter, like the action of a twin screw-propeller.

Though one can readily learn to swim by means of closely following printed instructions, the highest degree of proficiency can only be learned by personal instructions from a competent coach. Among the chief advantages of this stroke, is the higher degree of speed at which it is possible to travel, making it unnecessary to be in the water so long as in other styles of swimming, and especially in such a swim as the English Channel where changing tides and weather conditions are continually encountered, the quicker you get along the greater are your chances of success. Another point of advantage is the arm recovery, where you reach forward with the arm and shoulder clear of the water, reducing the water resistance. This is also true in the leg drive used for this stroke, as the knees are kept straight and are not bent up, thus reducing the resistance to a minimum.

Every individual should learn to swim, the value of this knowledge cannot be too strongly urged, as one can never tell when they may find themselves in deep water. Probably even more important is the fact that you may be called on to save the life of some fellow man, possibly some one very dear to you.

Considering how easy it is to become proficient at swimming, and its value as a sport and exercise, there can hardly be a reason for not learning to swim.

While we have been advocating the crawl stroke in this article as the most efficient, there are other strokes of more value in emergencies, but any one who masters the crawl can quickly swim any other style. Swimming on the back, the breast stroke, side stroke and treading water should all be thoroughly mastered, for life-saving purposes, should the occasion ever arise.

So many crack athletes have never troubled to become proficient in the water, it seems a shame that they should miss this most enjoyable and useful pastime. Even though the summer, with its outdoor swimming is over, there is no better time to learn than the present, and any one of the pools in "Y's" and clubs, or private pools and natatoriums offer splendid opportunity to get acquainted with the water.

Especially should swimming be encouraged among the fair sex, and then we may have more young women who will be able to prove that, regardless of distance or hardships, they can keep afloat, as Gertrude Ederle proved when she negotiated the English Channel.

Overnight I Stopped Being The "Under Dog"

and became an acknowledged leader this amazing way!

By JAMES PERKINS

THE great moment had come. My voice trembled as I made application for the job I had waited five years for.

"Perkins," replied the General Manager when I had finished talking "this position requires a man with a lot of punch—a lot of pep—a lot of personality. We like you, Perkins. You're a hard worker. But to be perfectly frank, I don't think you're the man for the job."

"Well," I answered rather hotly, "I don't see how you can say that until you've given me a trial."

"No, Perkins," said the manager with finality. "Another man has already been assigned to the position."

Sudden anger swept over me. "All right then," I shouted, "I quit! I'm through!" I stumbled out of the manager's office—jammed my hat on my head—and a few minutes later I was walking the streets—alone—unhappy—out of a job.

For two weeks I did nothing. For two weeks I sat at home—discouraged. I felt as if the end of everything had come.

I Get a Jolt

But at last I decided to take a brace. I decided to call on Charlie Harris, an old friend of mine and an experienced business man.

"Don't you think they treated me badly?" I asked when I had finished telling Charlie my story.

"Not a bit!" Charlie shot at me. "You got just what was coming to you. I wouldn't have given you the job either. That job requires a man with a *dominant personality*—a man who is always sure of himself."

Charlie paused to glare at me. I was too surprised to speak.

"I've known you ever since you were a foot high," Charlie stormed. "You never seem sure of yourself. You lack confidence. You are afraid of others. You used to be afraid of the big boys in the street. Now you're afraid of your boss—of the men you work with. You are timid—self-conscious. You have brains. You have ability. And yet you act as if you were nothing but an 'Under Dog.' No wonder you don't get ahead!"

I was stunned. "What can I do?" I asked hopelessly.

Charlie studied me for a full minute. "Would you be willing to invest a dollar or two in your future?" he finally asked.

"I'll invest anything I've got," I replied.

I Learn the Secret

Charlie scribbled something on a piece of paper and handed it to me. "That's the

name of a wonderful volume," he said. "I advise you to send for it. It will give you just what you need—confidence—poise—and a Magnetic Personality.

That night I sent for the book—"Instantaneous Personal Magnetism." It came by return mail. What a revelation that book was! It showed me exactly what I lacked—exactly why I had failed—exactly how to develop wonderful self-confidence!

A little later I secured a position with a progressive firm. When they asked me to name my salary I boldly named a salary twice as large as I had ever received before. They paid it without hesitation. Why? Simply because I made a strong impression. Simply because they felt confidence in me. I presented my qualifications forcibly and convincingly. I had completely lost that "Under-Dog" feeling.

Since then I have made amazing strides, both in business and in social life. I have astonished my friends, my fellow workers, my superiors! But most of all I have astonished myself. It's surprising how easily I get along with people now. I have lots of friends. I am invited everywhere. I have a good time wherever I go. Self-conscious? Timid? I laugh at those things now. Those worries are gone forever—and all because of that amazing force called Personal Magnetism!

What Is Personal Magnetism?

This story is typical of the experience that thousands are having. But what is this marvelous force that banishes fear and timidity—that raises the sick to glowing, vibrant health, the timid to a new confident personality, the unsuccessful to positions of wealth and astonishing power?

You have this force—everyone has it—it is unlimited in Nature—*FREE TO ALL*—but not one person in a thousand knows how to use it. It is not a fad or a theory. It is simply you, yourself—your manner—your own marvelous personal force, released and magnified a hundred-fold in an amazingly clear-as-crystal, scientific way! More necessary than good looks. More valuable than money. For without it a salesman is hand-cuffed! Without it a business man is powerless to command!

The moment you release your Personal Magnetism you feel a new surge of power within you. You lose all fear. You gain complete self-confidence. You become almost overnight the



"All right then" I shouted. "I quit! I'm through!"

confident, dominant, successful personality you were intended to be—so fascinating that people are drawn to you as irresistibly as bits of steel are drawn to a magnet!

The Facts Are Free

The fundamental principles of Personal Magnetism have been put into an extra large volume under the title of "Instantaneous Personal Magnetism." It is bound in beautiful dark burgundy, with the title gold embossed. Its scope is as broad as life itself. "Fires of Magnetism," "Sex Influences," "The Magnetic Voice," "Physical Magnetism," "The Magnetic Eye," "Oriental Secrets," "Rapid Magnetic Advancement," "The Magnetic Mind," and "Magnetic Healing," are only a few of the subjects covered in this amazing book. A magnificent book that tells you just how to cultivate the magnetic influence of your nature.

You must see this wonderful volume—examine it. You send no money with the coupon—you pay no C.O.D. You get the book first. If you aren't stirred and delighted in the 5-day Free period, return it and it costs you nothing. Otherwise keep it as your own and remit \$3 in full payment. You are the sole judge. You do not pay unless you are absolutely delighted. And then only \$3.

You simply can't delay. Clip and mail the coupon NOW. RALSTON UNIVERSITY PRESS, Dept. 66-S, Meriden, Conn.

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Dept. 66-S, Meriden, Conn.

All right—I'll be the judge. You may send me the volume "Instantaneous Personal Magnetism" for 5 days FREE EXAMINATION in my home. Within the 5 days I will either remit the special low price of only \$3.00 or return the book without cost or obligation.

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I Offer YOU A chance to make \$100 a Week

If you are interested in a high-grade proposition that will bring you an income of \$100 a week, I am ready to make you an offer. I don't care what your age, experience or schooling has been. I need men and women who are ambitious and energetic. That's all. I will give you the same opportunity that enabled Christopher Vaughn to suddenly increase his income to \$125 in a single week; the same offer that caused Frank M. Brown to increase his earnings from \$25 a week to \$27 in an 8-hour day; the same offer that brought John Scotti \$97 in his second week, and that enabled Mrs. K. R. Roof to make \$50 a week in her spare time and \$15 in a single afternoon.

Here Are The Facts

I am the President of a million dollar company that has back of it more than 18 years of successful experience. We are manufacturers of the famous "Zanol" line of products. We have hundreds of thousands of customers. Last year we spent more than three hundred thousand dollars in advertising "Zanol" Products. Our established customers bought more than ten million "Zanol" Products last year alone.

How You Can Earn \$100 A Week

"Zanol" Products are never sold in stores. By dealing direct with us through our representatives our customers are assured of better values, fresher merchandise and low prices. If you become our representative you will be given a generous profit on all the business that comes from your territory.

This year "Zanol" Representatives will make more than two million dollars. You can get your share of these tremendous profits. You will have the same opportunity as Henry Albers who worked in a factory for small wages. He became a "Zanol" Representative and has made as much as \$125 a week, and even \$47 in a single day.



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We offer to provide a new Hudson Super-Six Coach without any expense to you whatever. Just write for our proposition. Mail the coupon for details of the plan that will give you this handsome closed car without expense and an income of \$100 a week, or more.

If you can't devote all your time I'll show you how you can make \$8 to \$10 a day in your spare time. We furnish free the most complete equipment for doing business. We tell you in detail exactly what to do.

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Albert Mills, Pres., American Products Co.,
Dept. 5492 Cincinnati, Ohio.

Please send me, without cost or obligation, details of your new plan by means of which I can make \$100 a week or more.

Name

Address

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American Continental Weight Lifters' Association Notes

(Continued from Page 51)

Aeschman, 165 pounds, 192½ pounds, 209 pounds, 286 pounds. Total 852½ pounds. Rolet, 154 pounds, 181½ pounds, 198 pounds, 275 pounds. Total 808½ pounds. I feel positive that our own light heavyweight, A. Manger, could easily beat the Frenchman. Speaking of Manger reminds me that the Baltimorean has been laying quiet for some time, but expects to make a splurge on the records when he comes out of his hibernation for the Sesqui and the September tourneys.

It is reported that Schielberg, of Vienna, beat his Two Hands Military Press record of 265 pounds by doing 269½ pounds, while Phum, the middle-weight, snatched 176 pounds with the left hand.

Another report quotes that Reinman broke the world's Two Hand Snatch record formerly held by Marius Martin, at a mark of 190 pounds, by snatching 192½ pounds in the featherweight class.

In France there has just taken place a "tourney of force," as they call it among the French professionals. We have not received a report on it yet, but it is likely that Rigoulot will clean up as usual. There is also the Franco-German return tourney to take place, and this is sure to be a battle, while the British nationals are all pretty well over by this time. So by the time we finish our tournaments we will have all the reports, which will enable us to form a comparison of how we stand against our foreign competitors.

By the way, you will see a picture of our great brother members, Gorner and Van Diggelen, as they are marching along proudly displaying the badge of the A. C. W. L. A. The big South African ironman is ready to break all his records, and every day we are looking forward to reports about this doughty athlete.

How many people did you impress this season when you were on your vacation, or on the beach, with the A. C. W. L. A.? Boys, we must never ease up. Now, more than ever, we need co-operation in order to get more members to put this organization over. We have not enough friends like Russell Kelly, of Atlantic City, N. J., who never ceases bringing new members to the cause. We want more like him. When you get a new member, get him to help you get another until we have carried the banner of the A. C. W. L. A. into the heart of every body culturist and weight lifter in the country.

Now I must close for the month, but look out for the next issue, for it will be a bumper one and full of interest, the like of which we hope will be greater than anything ever before.

BUILDING THE ATHLETIC CLUB

As the fall season comes in I always receive a flock of letters from a bunch of enthusiastic young chaps who strive to form a club during the fall and winter months in order to hold the gang

The 25 Muscular Marvels

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25 of the Best Muscled Men
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JUST the THING
For Decorating Your
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Pictures like the 25 Muscular Marvels will be a source of inspiration to you in your training to get a well-developed body. And at the cost of

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for the entire set, they are well worth having. They give you a physical development goal to work for and inspire you to go get it.

Every man or boy who ever amounted to anything in the body and strength game, has been an admirer of one or more men of superb physiques. Pictures of such men of muscle seemed to help them on to the physical perfection of their own bodies.

Price Up To Now Was \$2.00

Notice the great reduction in the cost of these muscular marvel pictures. Our supply is limited at this time. Consequently, we urge you to be as quick as possible in getting your order in if you want to be sure of getting one of these sets.

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2739 N. Palethorp St., Philadelphia, Penna.

Gentlemen: Please send me, by return mail, a set of Muscular Marvels, for which I am enclosing \$65.

Name

Address

City State

together. There is nothing like it, boys, and I am very pleased to see a greater amount of interest shown this fall over that of other years. I can quite understand the reason for it, and that is the ever-spreading interest in body building, exercise, and athletics in general.

Then there is always the clanship of the gang who seek to realize some of their many bright dreams. First I want you to remember that a club is always what you make it. If you get the right bunch of fellows around you, a great deal of fun and profit can be secured. The first thing you should do is to elect a president, secretary, and treasurer; that is, if your club is of a small number—say, a dozen. If it is larger you will want a committee of three more officers for the purpose of transacting general business and promoting ideas which will help the club to get along. The president is always the chairman, and he explains everything as the committee comes to order on its weekly, fortnightly, or monthly session. The secretary treasurer must take down the minutes of the session and keep track of the expenses, conserving wherever possible. Then the five should discuss things in general.

Where there are only a dozen or less members, all should be present at every session. The place you get to assemble should be in proportion to the number of members. Do not get a place too expensive, for you must always bear in mind that a young fellow cannot afford to spend all his money on club dues. When you have decided on your officers of management and the amount each member should pay weekly or monthly, you can begin to lay out what your athletic routine is going to be.

The most important feature should be *exercise*, for you can never expect to accomplish much unless your body is in a good condition; and condition in this case means development. Most clubs I have gone into do not go about this in the right way. They allow every one to do as he pleases. That is not right, for half of them only have a half-conceived idea of what to do. The best thing to do is to select one of the members who is the most up-to-date in physical exercise and have him lead the class. The class should always be led in mass drill—all together. The instructor takes his stand and commences the first exercise *after* he has explained first how the exercise should be performed, stressing upon the common faults and how they should be overcome. In such a manner the whole class should be taken through a complete course of body culture.

Bar bell and dumb-bell drills should be concentrated upon. You will find it rather expensive to equip the club with separate dumb-bells, and then, too, you are always up against the problem of not having the right weight to suit each member. Some will always be weaker than others and vice versa. It is far cheaper to buy a quantity of plates in assorted sizes and a sufficient number of bar bell and dumb-bell handles to go around. Each man can load up to suit himself; then after this period, which should be no longer than 30 minutes,

THE DANGER OF NERVE EXHAUSTION

By PAUL von BOECKMANN

The high pressure, mile-a-minute life of today, with its mental strain, worry, anxiety, grief and trouble, is WRECKING THE NERVES of mankind. This applies especially to the people with highly active brains and sensitive nerves. Have your Nerves stood the strain?

The symptoms of nerve exhaustion vary according to individual characteristics, but the development is usually as follows:

First Stage: Lack of energy and endurance; that "tired feeling."

Second Stage: Nervousness, restlessness, sleeplessness; irritability, decline in sex force; loss of hair; nervous indigestion, sour stomach; gas in bowels; constipation; irregular heart; high or low blood pressure; poor memory; lack of mental endurance; dizziness; headache; backache; neuritis, rheumatism, and other pains.

Third Stage: Serious mental disturbances; fear; undue worry; melancholia; dangerous organic disturbances; suicidal tendencies; and, in extreme cases, insanity.

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

It is positive your nerves are at fault, if you feel generally depressed, tired and ailing, though repeated medical examinations fail to show definitely some organ is involved. In such cases the decline in organic power is due to subnormal nerve power.

I agree with the noted British authority on the nerves, Arthur T. Schofield, M.D., the author of numerous works on the subject, who states: "It is my belief that the greatest single factor in the maintenance of health is that the nerves be in order."

I am a *Nerve Specialist* and have treated more cases of "Nerves" than any other man in the world. My instruction is given by Mail only. No drugs or drastic treatments are employed. My method is remarkably simple, thoroughly scientific and invariably effective.

Submit your case to me, and I shall tell you definitely the exact nature of your weakness, and whether I can help YOU, as I have helped over 100,000 men and women during the last thirty years.

Positively no fee is charged for a "Preliminary diagnosis" of your case, and you will be under no obligation to take my course of instruction, unless you wish to do so. Do not explain your case in your first letter, as I shall send you special instructions on how to report your case and how to make certain "nerve tests" used generally by Nerve Specialists. I shall also send you FREE other important data on the subject which will give you an understanding of your nerves you never had before.

I have studied the health problem for more than 30 years from every angle. Far over a million of my various books on Health subjects have been sold all over the world during this time, and as a result about 300,000 people have written me in detail describing their weaknesses and experiences with different methods of treatment they applied. I am more convinced today, than ever before in my life, that nerve weakness (Neurasthenia) is the basic cause of nearly every ailment of civilized man and woman. Other weaknesses are simply the result of weak nerves. I have learned further that worry, grief, anxiety, mental strain, and, of course, sex abuse, are the basic cause of nerve weakness.

You should read my 64-page book, "NERVE FORCE." The cost of this book is only 25 cents



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

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

Read the book at my risk, that is, if it does not meet with your fullest expectations, I shall refund your money PLUS your outlay for postage. My advertisements have been appearing in this and other standard magazines for more than 20 years. This is ample evidence of my integrity and responsibility.

The following extracts are quoted from letters written by people who have read the book:

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

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

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

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

Another writes: "Your book has helped my nerves wonderfully. I am sleeping so well and in the morning I feel so rested."

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

A physician says: "Your book shows you have scientific and profound knowledge of the nerves and nervous system. I am recommending your book to my patients."

A prominent lawyer in Ansonia, Conn., says "Your book saved me from a nervous collapse, such as I had three years ago. I now sleep soundly and am gaining weight. I can again do a real day's work."

PAUL von BOECKMANN,
110 West 40th St., Studio 468 New York, N. Y.

Dear Sir: I desire to investigate your method, without obligation of any kind. (Print name and address plainly.)

Name

Address

Enclose 25c if you wish the book



When YOU Undress

What does your mirror say?

When you look into your glass does it tell you to cover your bones before any one sees you? Does it make you blush for shame? Night and morning, in the privacy of your own room, your mirror sees you AS YOU ARE. You can't hide your weakness from your mirror. It knows you! And if it tells you to put some muscle on your body—some healthy color in your skin—some meat over your ribs—IT'S THE BEST FRIEND YOU'VE GOT.

Come on, fellow, get mad at yourself. Your mirror is telling the truth. You need muscle; you need a lot of rich red blood; you need pep and a good clear head. And you can have them! In just a few short days I can make your mirror proud of you. I'll make you proud of yourself. I'll make you feel like walking to work in a bathing suit just to show the world what a real man looks like.

TITUS—Trainer of Trainers

My system, the system that has trained thousands of the world's strongest men, the system that covers bodies with panther muscles will make a new man of YOU!

No one else can give you the individual and personal advice and training that I do, only TITUS can do that. And no one else can give you the complete, progressive apparatus that I give you—because I invented it and it's patented in my name. You don't want an imitation body! You want a real one! Then get your training from a real trainer.

Come on, friend! You need it. You know your body isn't what it should be. Get busy now and let the "Daddy of 'em All" fix you up.

My Book is a Knockout and It's Yours FREE

Just to show you what I've done for thousands of men of all ages I have prepared a Big New Book. Your copy is waiting for you FREE. Clip the coupon and see for yourself. A camera can't lie any more than a mirror and this book is crammed full of actual photographs of bodies I have built all over the world, from My Headquarters.



Put This Coupon in the Mail Now!

TITUS, Dept. X-107, 105 E. 13th St., N. Y. C.

Dear Sir: Mail my copy of your big, new illustrated book, "Better Built Bodies," absolutely FREE and without obligation.

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

those members who want to take up special exercises can continue while the others pass on to their other training periods. There should be at least four subjects covered: exercise, weight lifting, wrestling, and hand balancing. Each subject could have its separate class, and members enlist in that class according to their like. The instructor should give class instructions for at least 15 minutes and no longer than 30 minutes. After that he can go among them and give advice as he sees fit. For wrestling and tumbling a mat will be required, but these are very expensive. This difficulty can be easily overcome by buying enough duck canvas of any size you wish. Next get a few bags of sawdust, dampen it, and lay upon the floor about two inches thick. Throw the covering over it and tack down tightly at all sides and you will be well fixed up.

If tumbling and acrobatics are going to be one of your subjects, a safe policy is to get a tumbling belt. It will be found to be very helpful, and no member runs any danger of taking a fall when practicing back somersaults and other such stunts.

Now as you learn to do all of these stunts I want to impress upon you the value of doing them right. As your turn comes up, do each movement smartly, especially at the beginning and the finish. If ever you are around a Turngemeinde, just watch how the instructor drills his men. The real American school taught the same smartness in technique and finish, and it is only a lazy laxity that has crept in and bred the slipshod attitude too commonly seen. If you are ever fortunate enough to witness the training of the students of the Y. M. C. A. School of Physical Education, at Springfield, Mass., you will see the same degree of exactness and finish as shown at the German Turners. No matter if you only have a hut in which to train, you should acquire the same polish.

These four subjects will be found sufficient for a small club, and when instructors are lacking, a few good textbooks on each of these subjects will be very useful. In order to stimulate greater interest, the bunch of you should build up a routine, all performing on one thing, or two or more each giving a turn on different subjects. Then spread the cause by giving exhibitions at every possible affair—at smokers, churches, and club affairs, or for charity. They always take good, and it is the best way to advertise your club. Get new members and have others take an interest in its welfare. Then, if at any time you would like to buy some equipment for your club, others will be willing to help you along. Do not neglect the value of putting on a gymnastic night for yourself. Each member will be willing to sell a few tickets among his friends, and thus the treasury will be expanded. Always have a prominent man of the town take the chair or speak on such an occasion, and a bigger aggregation of people will be brought together.

As the club increases in size, more equipment can be gotten together and better accommodations given. You will

be better able to afford a weight-lifting platform, so that no damage to the floor will be done if some person drops a weight. The next thing should be a pair of parallel bars, which you can get a local carpenter to make for you considerably cheaper than what you can buy from a gymnastic house. This piece of apparatus is recommended because so much can be learned on it, and some fine team work can be done, as well as individual stuff. Hand balancing can be progressed upon in all of its stages on the parallel bars, besides some stunts which require real strength. Tableaux and pyramids can be learned to a great advantage, as well as the regular routine training that covers this piece of apparatus. From one step the club will walk into another if all the boys stick together. Always pay strict attention to what the instructor of each subject tells you, and you and the club in general will be a better success.

When the club is gotten well under way, the next problem many ask me to solve for them is how to put on a show. This is not very hard to do, providing the members have taken full advantage of the gymnasium and all it has to teach.

Music is always a great feature in a gymnastic show. It enables the athlete to perform his stuff in regular time, besides the fact that an audience is always appreciative of music. The next important thing to do is to secure a good announcer who can explain each turn without becoming monotonous. The best opening feature is a posing act. If possible, everything should be in darkness, with one light centered upon the poseur standing against a black background. He should go smoothly through a series of twelve poses that will display the full beauty of the body and not produce any grotesque movements. Follow this up with a hand-balancing turn, and then bring on your strong men. Here you will have to be careful, as the crowd does not want to wait between each lift while the loaders are loading. It looks bad for the lifter to stand around idle. If he is going to make three lifts, two should be already loaded, and as the second lift is being made the loaders can be changing the first bell. As the announcer briefly explains each lift and its merit as a performance, the lifter should stand behind his bar bell in an unexaggerated pose, such as at attention, with the fists doubled upon each hip. As the signal is given, he should snap into action and as the lift is concluded snap to attention with his hands upon the hips. Next have three club members go through a bar bell drill to the time of music, and you will find that it will go over big. Follow with an act of tumbling, and then another lifting act, and then an exhibition wrestling bout, these to be followed by club swinging, gymnastics and then another lifting turn. Your feature should always be reserved until the last, as it holds the crowd and allows them to leave satisfied and with the desire to attend the next show. Be studiously courteous to the people as they gather, placing them in their seats and answer all questions in an amiable, polite manner. Then you can bet your show will go over.

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What Causes Backache?

(Continued from page 40)

normal posture so as to produce backache. Abdominal supports will help in such a case. Ptosed abdominal organs may cause such dragging on ligaments as to cause backache, again abdominal bandages and proper supporting corsets will relieve the strain on the back muscles, allowing the individual to assume a more normal posture while walking and standing. In these backache conditions the onset of the illness is sudden and the lumbar muscles are exceedingly painful and sensitive. Motion, such as stooping or turning the body or rising from the sitting position, causes intense exacerbations of pain. The affection occurs most frequently in laboring men, its course being brief, as a rule, and recurrence frequent.

In the severe and acute forms of backache an opiate might be deemed necessary so as to control the intense pains, and hot applications externally are also of some benefit. Hot fomentations give comfort and the Turkish bath

may end the attack if it can be used sufficiently early. The hot water bag, spraying with water as hot as it can be borne, or dry heat in the form of bags filled with heated salt or heated hops will all do good service. In sub-acute and obstinate cases I have recently obtained good results from the use of a twenty per cent ointment of salicylic acid freely rubbed into the skin. Active friction with anodyne and stimulating liniments is also of some benefit. Dry cups, massage and electricity are efficient and the treatments received by a competent osteopathic physician will also tend to correct the condition as perhaps there may be some vertebral lesions in this condition, thereby causing the backache, and with the correction of the long lesion, it then tends to correct the condition of the backache. The general health must also be looked to, every endeavor being made to maintain the proper quality of blood and perfect nutrition.

Dance Derivations

(Continued from Page 25)

mechanical eliminating memorization.

In dance numbers, such as our illustrations show, it is important to remember that the supreme technical excellence of individual dancers is the least remarkable element contributing to their sensational success. It is the combination of individuals, moved by the beautiful rhythm of music, as one, in a dazzling repertoire in which full scope is given to every phase of their amazing versatility.

In calisthenic exercises the movements of the hands and feet convey no message, beyond the faint resemblance of single exercises to some familiar task. Whereas the dance is a vehicle of interpretation, the feet forming phrases, leading you through the theme, on to the climax; meanwhile the hands convey the lines of grace, exaltation, vivacity, or whatever emotion you will, synchronizing the highest possible

grace and elasticity of body and limb.

Realizing the fact that the calisthenic drill has a most important mission, and is indispensable to the complete welfare of modern humans, as an aid to physical preservation and improvement; and noting that the movements of the dance in question are derived in no small way from the class drill, combined with the general theme of the European Folk Dance, we can not help noticing that the extreme popularity of one as compared to the other must be due to the facts as outlined above. Each has its value, one improvisation, the other entertainment. It is only a pity that we should be unable to incorporate the attractive features of the one with the other; then, if this could be done, instead of taking an interest in such things as a spectator in a girl show, the interest might be turned to practical personal advantage.

Health—Strength—Beauty

(Continued from page 54)

I have taken every blood tonic that has been made. My neck and arms have never had these blackheads, and they are very smooth and without a blemish. I have always been in excellent health and I have put aside meats, butter and sweets, but the blackheads continue to grow worse. I have been using medicated soap and hot towels for steaming my face.

Any information you can give me will be greatly appreciated. I am a reader of STRENGTH and your wonderful articles and enjoy them very much.

H. W., Mauteo, N. C.

If simple home methods do not produce results, I would advise that you

see a doctor about your skin condition. It may be that your liver is not working properly, or you may be suffering from constipation. If the doctor says that there is nothing wrong, then go to some skin specialist.

First, however, eliminate all rich foods and acid fruits from your diet. Let whole wheat bread take the place of white bread and eat plenty of bran. Drink about seven glasses of water daily, a glass immediately on arising.

Do some exercises every day, immediately after arising and before retiring. The best exercises for you to do



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would be the kind that bring the abdominal muscles into play.

Bathe the face two or three times a day. Use plenty of good soap, not too strong, and warm water. Never steam the face, as this is irritating to your condition. An application of ice immediately after bathing the face is a wonderful stimulant, closing the pores so that no dust or dirt will enter into them and produce blackheads. Your doctor should be able to give you an effective lotion to dry up the pimples.

Eat two or three cakes of yeast every day before meals, on crackers or in fruit juices. This will aid your digestion, help clear your skin and banish all poisons from your body.

Dear Miss Heathcote:

I have been reading your page in STRENGTH with much interest and I note in this month's issue the letter written by Ruth T. I had the same kind of a problem to deal with that she had but my results were not quite as successful as her, in my opinion.

I drank milk and ate the most nourishing foods and my body began to take on flesh. Now that was just my body, mind you. What I wanted most of all was pretty plump ankles. Mine look like pipe stems in proportion to the rest of me. My calf extends part way down, then there seems to be a "jump off" place. Is there an exercise whereby I can overcome this. I am so self-conscious of my ankles all the time I can't have a good time. It seems that there must be a way to develop pretty ankles, if other parts of the body can be made beautiful.

I will greatly appreciate any help you can give me.

J. C. C., Yunca, Colo.

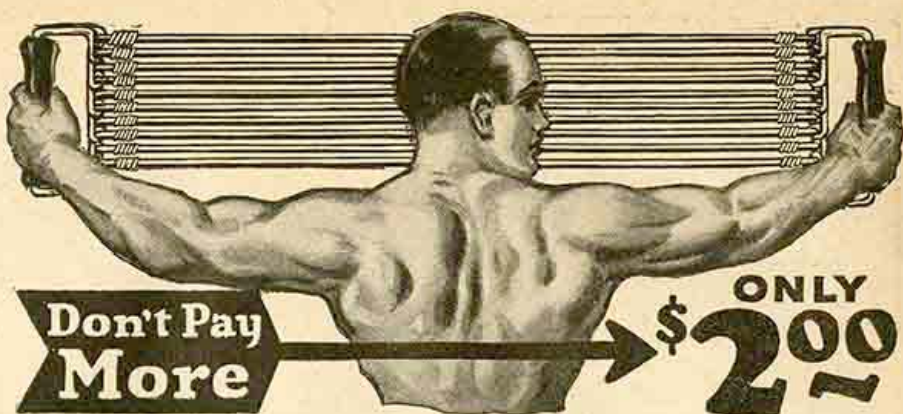
There certainly are exercises whereby you can develop pretty formed legs, but you must have patience and perseverance. They cannot be had overnight.

Your trouble seems to be too much development of the gastrocnemius muscle (the back of the calf) in comparison with the muscles of the sides of the calf. Your calves have the width but they do not have the depth. I would, therefore, suggest that you practice the following movement:

Raising on toes, repeating until the muscles tire.

Tie a dumb-bell of about five to ten pounds around the ankle, then place the hands on the hips. Gradually draw the knee up to the chest and as you do so point the toes to the floor. From that position allow the toes to travel outwards in a straight line until the leg is straight out in front of you, toes pointed. Repeat this also until your muscles tire.

Another is to stand with feet wide apart, hand on hips, and toes pointing out to the sides. Then push your body to the right side with your left foot against the resistance of your right foot. Then reverse and push your body to the left side with your right foot against the resistance of your left foot.



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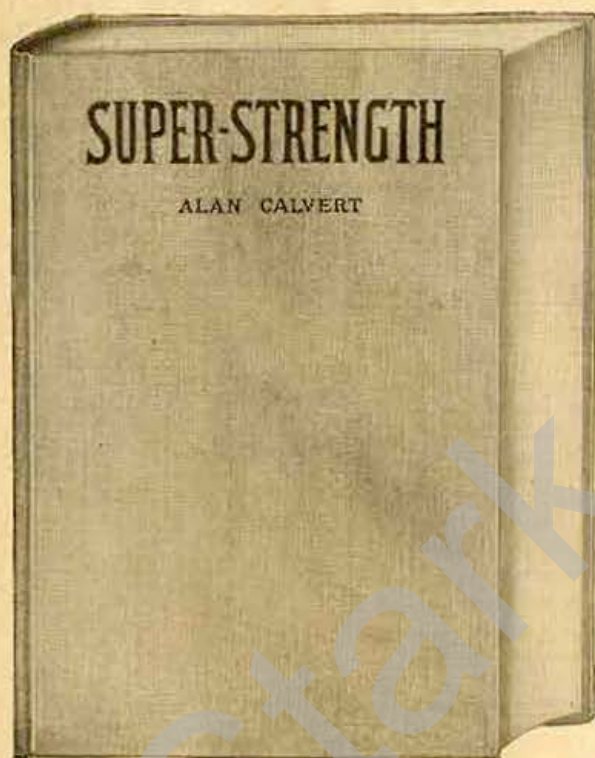
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Although the book is called Super-Strength, any one reading it will quickly discover that its author is far more interested in the creation of perfectly proportioned and superbly built men, than even in the development of great strength.

The Author Holds the Theory That One's Strength is Largely Dependent on One's Shape and Symmetry

and so a great portion of the book is devoted to a detailed teaching that will help any one—no matter how weak and puny, or how fat and debilitated—to get a perfectly built body and the abounding health and incredible strength that go with it.

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Many of the exercises given in the book are now published for the first time. Some have heretofore been trade secrets of professional strong men, and others, devised by the author himself, are included because of their proved value as agencies in remodeling the bodily framework and in covering it with shapely, supple and powerful muscles.

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The Mat

(Continued from page 58)

generally have the idea that a man does not have to exercise very long before he knows which are the most obstinate muscles. You may, no doubt, wonder why I am taking trouble to talk about this subject, but the fact is there is a little peculiarity about the way stubborn muscles present themselves. The most obstinate muscles on one are not always so on another. Neither are the generally conceded calf and forearm muscles the real hoodoos in every physical make-up. On the other hand, the neck muscles and the latissimus dorsi muscles are not always as susceptible to growth, although statistics prove that the majority of body builders secure growth more easily in these two sectors than any other part. Occasionally I hear from a few individuals who inform me that forearm and calf development is no source of worry with them. In the latter case, it will be generally found that most of these persons are bountifully blest by nature; yet others qualify because their muscle structure is more coarse than is usually the case.

By occupation or nature, some individuals mature with a greater quantity of rudimentary muscles than others. That is, they possess groups of muscles

that are less evident. These persons have more to build, further to go, and consequently to them it appears that their whole body is composed of stubborn muscles. Still I have found that if these muscle builders continue to persevere they will secure better results in the long run, because everything is waiting for natural cultivation. With some of the other individuals it is different. Let a policeman, or any man who walks a great deal, start out to build up his calves, if they happen to be small, and see what a time he will have. Or take a blacksmith, and let him try to enlarge his forearms, if they are not as big as they should be in proportion.

The fact is that the muscle tissue has become so dense that there is the same difference shown in trying to break down ironstone as against limestone, as in breaking down of the solid mass to allow greater stimulation to take place. These are the boys who generally have a hard time. Ordinarily speaking, the hardest muscles to cultivate by the majority are the inner head of the gastrocnemius, the flexors of the forearm, the inner head of the biceps, and the serratus magnus.

Exercise Before and After Thirty

(Continued from page 35)

what he had. Then again he was past thirty when men are supposed to forget all about exercise and grow old. He knows much better than that now, and since he has found the solution he will continue to build up. You will understand now why I advanced Mr. Hedlund as the best example to explain the chances for the man over thirty. I had others in the test who made greater gains than he, but they should have, because their bodies were like an uncultured field; and if I had not secured the results I did for them, I would have been disappointed with myself.

Our next subject is a much younger man, who had age on his side and a smaller body weight to commence with, which was too light for his height. Viewing this case under these facts, we are entitled to see him produce a greater all-round gain than Hedlund. Although this young man had followed exercise for some years, his labors were unproductive for no other reason than that the methods were not of the kind to stimulate tissue growth. A rather disappointed young man, he enlisted as a test case for ninety days and finished with a gain of 21 $\frac{7}{8}$ inches. The pleasing part of his test is that he gained in every measurement. Look over both of his test charts and see for yourself. At the start he measured as follows: Neck 15 inches, normal chest 37 inches, right biceps, 12 $\frac{3}{4}$ inches, left biceps 12 $\frac{3}{4}$ inches, right forearm 11 $\frac{1}{4}$ inches, left forearm 11 $\frac{1}{4}$ inches, hips 34 $\frac{3}{4}$ inches, right thigh 20 $\frac{1}{2}$ inches, left thigh 20 $\frac{1}{2}$ inches, right calf 13, left calf 13. At the conclusion he had increased his proportion to the follow-

ing dimensions: Neck 16 $\frac{3}{8}$ inches, normal chest 41 $\frac{1}{2}$ inches, right biceps 14 $\frac{3}{4}$ inches, left biceps 14 $\frac{3}{4}$ inches, right forearm 13 inches, left forearm 12 $\frac{1}{2}$ inches, hips 37 $\frac{1}{2}$ inches, right thigh 22 $\frac{1}{2}$ inches, left 22 $\frac{1}{4}$ inches, right calf 14 $\frac{1}{4}$ inches, left 14 $\frac{1}{4}$ inches. A total growth of 21 $\frac{7}{8}$ inches. I might say that he gained a $\frac{1}{2}$ inch in height from 5 feet 6 inches to 5 feet 6 $\frac{1}{2}$ inches. But I do not include this gain nor any increase in body weight. His name is A. C. Delwarte, of Denver, Colorado. None of the measurements were allowed to be taken by the pupil. Three capable persons were required; the same three administering throughout the 90 days.

In this test I had twenty-five pupils from 16 years of age up to 39. As I said before, only one failed, and he explained that his failure was due to business pressure that prevented him carrying out the schedule of training. Nevertheless, he secured 8 $\frac{3}{4}$ inches gain, only 1 $\frac{1}{4}$ inches below the normal mark. The conclusion of my test showed marks that ranged from 11 $\frac{3}{4}$ inches up to 26 inch gain.

Exercise is the greatest natural stimulant in the world. It encourages growth even where a very heavy schedule of performance is followed as evidenced in the case of Herman Gerner, Apollon, and Launceston Elliot—three men who are renowned for their remarkable strength and beautiful form. All these men stand over 6 feet tall, the lightest stripping at 225 pounds, and, better still, all are living. Elliot and Apollon are quite well on in years, but are still remarkable performers, though long retired from active work. Gerner is



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well on in his thirties and doing better all the time. The biggest trouble I see with most people is that they are either too prodigal with their time, or have the vain idea that they can achieve the same results by a detour. You cannot do either. There is only one road and that is straight and narrow, but it is easy to follow and a much better acquired habit than chewing tobacco or flirting with the fast life. While the youth should seek to promote all the possible growth for his body, the man of past thirty should seek to promote the longevity of his muscular tissues. Exercise and clean living is the only way. In one city in which I lived I came across a man who told me that every year he spent two weeks in a hospital bed, doing nothing but resting while a thorough medical examination took place. He took this way of keeping track of himself. It was all right in the sense that a medical examination is always helpful, but an enforced rest of two weeks to a healthy man is ridiculous, and more so when he continues to absorb bottles of medicine to stimulate organs which did not require it. The power behind the throne is aggression. You cannot get a bigger and better body through the neck of a bottle, or by eating varied foods. Not long ago I had occasion to speak on

the same platform with one of our great food pioneers, a famous chemist. Naturally, the theme of his talk was food. Food gave health, it gave life, it gave longevity. I agreed with many of his arguments, but not all. When I took my turn I explained that in order to obtain the full benefit of the nutriment supplied to the body by the most healthful foods, you must exercise, too; only then did the nourishment become converted into muscular tissue. The muscles are our organic protection as well as our means of motion and locomotion. It does not need the explanation of my pen on those points to prove to you that as deterioration sets in the organs are robbed of their natural protection. The energy is taken out of the instruments of motion, which leaves the body prone to fatigue and the inroads of ill health. My argument has always been that ill health is the devil's mass, and if you turn away from the only means of salvation you will surely pay. The mills of God grind slowly indeed, but we reap what we sow. Let us all make up our minds, irrespective of age, that we will always sow seeds of energy and reap the fullness of life, no matter whether we commence physical training ten years before the side of thirty is reached, or ten years after.

Ask the Doctor

(Continued from page 60)

QUESTION: I am a reader of your magazine and I notice that you ask the different readers to send in questions on health. I am suffering with pains along the shoulders, arms and fingers and most of the time these parts feel numb. I am more or less constipated. I work at nights and do not get the proper rest and cannot gain any weight. I am five feet eleven inches tall and I weigh 152 pounds. I will be very grateful to you if you will advise me of the proper treatment necessary for my condition.

D. W. B., Pasadena, Calif.

ANSWER: Most likely your condition is an acute type of rheumatism which may be the result of colds or infections of some type. Nerve irritations of spinal origin may also be a factor in your condition and in my experience I have seen great results obtained in such abnormalities by receiving osteopathic treatments from a competent osteopathic physician.

However I would suggest that you correct your diet, omitting all foods that contain acids. Eat at regular intervals and masticate your foods thoroughly. You should eat more vegetables than anything else. To overcome constipation I would recommend taking Oxy-crystine, two teaspoonsful in a glass of water before going to bed.

QUESTION: I have been suffering with a peculiar ailment which has affected my system for the last three weeks. I am a member of the Penn State Track Team and have been running steadily for the past few months. The ailment first appeared in my legs when I caught cold in one of the muscles. I rested for a while and then I resumed training again, but I could not regain my pep. I am a strict believer in

training and I eat with great care. I go to bed early, and despite all this, when I get up in the morning, my legs from the knees down seem heavy and feel as though they were full of lead.

My appetite is as good as ever and I sleep normally. I have never had any trouble with my legs before and I have been running for the past six years. This ailment has stopped my running and I wish to get in condition again so as to go into the sports.

A. M., State College, Pa.

ANSWER: There is no doubt that the real basis of your trouble was due to a cold of the muscles of the legs, thereby causing a nerve irritation and an improper blood supply to the affected muscles of the legs. As a result of this a contraction of the muscles took place and therefore a heaviness is felt in the calf of the legs.

However, as your case is that of the acute type, I feel quite confident that results can be obtained and if you will take osteopathic treatments from a competent osteopathic physician you will then be sure of results. As to medication for your condition I would recommend that you employ the following formula:

- Methyl Salicylate 2 ounces
- Linimentum Chloroformis... 2 ounces
- Linimentum Saponis, enough to make 6 ounces.

Directions: Rub this solution into the affected parts twice daily. After this treatment has been adhered to then return to your running exercises, but do not start off too strenuously.

QUESTION: For many years I have had an inclination to faint when I would cut myself, even if I only nicked myself a lit-

WHY VEGETARIANISM HAS FAILED

By C. Glover, L.L.A., A.C.P. (Hons.)

I HAVE often met people, and I expect you have, too, who are vegetarians by conviction, and yet do not live up to what they believe. It is usual to find, however, that they tried vegetarianism, and found that it failed utterly in their particular cases.

Having had a very similar experience myself, I have for many years been trying to ascertain why it is that, while the idea of eating animal flesh is most abhorrent to me, abstinence from it has always led to most unhappy results. It was not until I read Bernard Bernard's recently published book, "Correct and Corrective Eating," that the light shone, and I formed my conclusions as to why vegetarianism failed.

The fundamental facts laid down by Bernard Bernard are founded on simple principles of chemistry. They were ones that had not occurred to many of those who have failed in their vegetarianism.

For instance, for my breakfast I used to eat an orange, or grapefruit, or even an apple, and follow it with oatmeal, shredded wheat, or some other cereal food. Perhaps, in addition, I would have some wholemeal bread. I have always been particularly careful to avoid refined foods, and this was one reason why it was difficult for me to find out why vegetarianism was so unsatisfactory in my case and in the cases of many of my friends.

What Dr. Bernard's book has shown me is that it was the wrong combination of foods which was to blame, and that the orange only fermented the starchy foods, and, instead of nourishing, only poisoned the system. I found in myself, and several of my friends also found, that this caused a form of eczema. Catarrh is another complaint caused by wrong combination of food, as pointed out by the author of "Correct and Corrective Eating." I have found also that my friends who ate as I did frequently suffered from hay fever, catarrh, and asthma.

So one thing in the future that I am going to do is not to take any orange, grapefruit, lemons, apples, or any other fresh fruit at the same meal as I take any form of starchy food.

Another favorite one of my dishes while a vegetarian was a meal including nuts, or a nut preparation, with potatoes, perhaps, and peas. In addition, I also used to have some bread.

I found this extraordinarily difficult to digest, and could not make it out, because I thought that meat was the universal trouble in diet, and this meal seemed particularly harmless.

I now discover, through Dr. Bernard's aid, that my fault was in expecting my stomach to perform almost a miracle. Nuts are a very concentrated form of protein food, while the other foods, for instance, lentils and peas, are a combination of both starch and protein food. Potatoes and bread are starches. Proteins, I found, require an acid ferment in the stomach for their digestion, while starches, on the other hand, require an alkaline medium for their digestion. Obviously, the stomach must have extraordinary difficulty in trying to mix acids and alkalines, because such a thing cannot be done in any laboratory. Of course, the stomach undoubtedly looks after a lot of abuse. The least harm that can result from taking starches and acids at the same time is that the digestion of the food is very much retarded. In my case, however, I found the nuts and starches absolutely out of harmony with each other, and I suffered violent indigestion.

What I do now is to take my nuts, and to eat them with some lettuce or celery, and follow with fresh fruits. I not only find that I suffer with no indigestion at all, but I feel an exhilaration after the meal, in place of that tired feeling which is so very trying to people who mix proteins and starches at the same meal.

I could never eat eggs until recently, because I always thought it was proper to take one or

two eggs, lightly boiled, and eat them in the conventional way, with bread and butter. When I take eggs now I usually have tomatoes, lettuce, cucumber, or any fresh fruit or vegetable as a salad at the same meal, but I never take any sort of starchy food, such as bread, potatoes, at the same meal as the eggs. I am now able to enjoy eggs, and they do not constipate me, as was the case when I ate them with bread and butter.

There are several similar principles of food combination that I wonder I did not think out for myself. "Correct and Corrective Eating" is going to make it possible for people to be vegetarians, if they wish, in the future. The aver-

age vegetarian has looked upon his diet as an ordinary one, without the meat. In place of the meat he has usually taken starchy food in excess. Consequently, over-indulgence in the starches has aided the unscientific food combinations, and caused the ills of which so many vegetarians have complained.

It is an abominable idea to think that we have to eat dead animal flesh in order to live. The pioneers of vegetarianism convinced many people of this; but we hear less of vegetarianism now because it proved a failure. But the reason of the failure, I am perfectly sure, was the wrong combination of foods. So, if you have decided against vegetarianism, and against your better nature, and are eating dead animal flesh, which you know to be not only unesthetic, but really unhealthful, you will be glad to know that there is now a way in which you can indulge your vegetarianism ideas, not only with harmless results, but with the knowledge that you get the maximum of nourishment from your foods, and that your functions, digestive, assimilative, and secretive, will all be kept in order.

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By Bernard Bernard, D.Sc., (Phys.), M.P.C., Editor of "Health and Life",

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I have read your book ("Correct and Corrective Eating") a second time and have also lent it to my friends. We have all been struck by the common sense which is shown all through it, and think it a very valuable work.
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If you are just a little below par in regard to your health, this book will show you why it is and how and where you are eating wrongly, and how to eat rightly.

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The Science of Nutrition.—The Calory Theory Criticised.—How to Ensure the Right Quantity of Food without Over or Under Eating.

Chapter IV.—Food Classification
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Chapter V.—Scientific Food Combination
How to Combine Foods.—Some Scientific Menus.

Chapter VI.—Infant Feeding
How Babies Are Killed.—The Right Way to Feed Baby.—Foods at Varying Ages.—How to Keep Baby in Good Health.

Chapter VII.—How to Serve the Maximum Nourishment from Food.

How Food is Ordinarily Wasted.—Scientific Food Preparation.—Food Combination to Secure Maximum Nourishment.—The Importance of Vegetable Salts.—How to Increase Weight.—How to Reduce.

Chapter VIII.—The Art of Full Mastication
How to Chew Properly.—How to Take Cheese and Milk with Fullest Benefits.

Chapter IX.—Curing Various Ailments by Scientific Dieting

The Fasting Cure.—How to Take the Fast.—How to Take the Fruit Diet Following a Fast.—How to Take the Milk Diet Following the Fast.—The Pure Fruit and Vegetable Curative Diet.—Case of Tuberculosis.—Case of Asthma.—Case of Rheumatism.—Case of Gallstones.—Case of Diabetes.—Case of Eczema.—Case of Adenoids.

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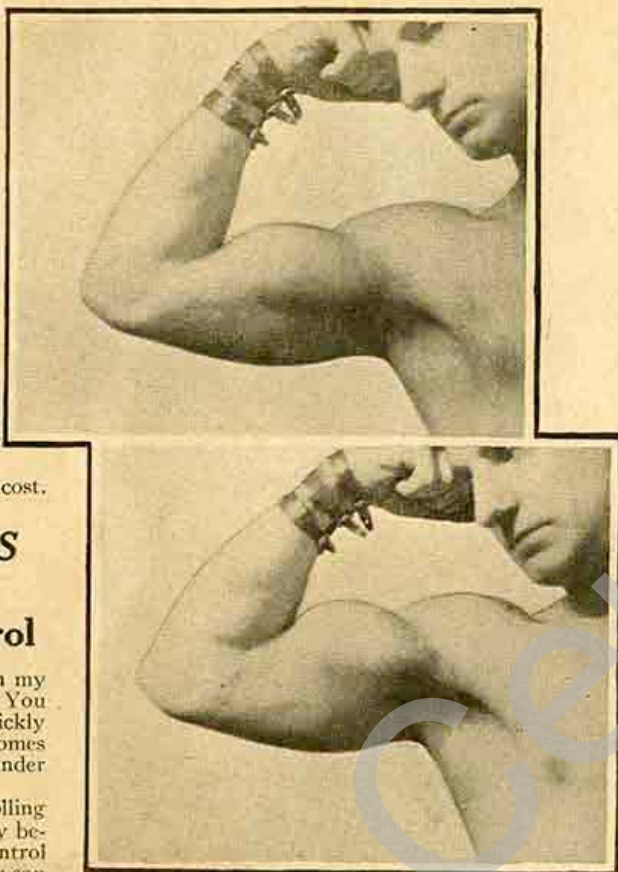
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tle bit. I remember on two occasions when I was being shaved I thought the barber had nicked me and I immediately had that fainty feeling come over me. After he had finished shaving me I saw that I had not been cut.

I now have two big teeth that must be removed and I am positive that if any attempt is made to remove them I will by all means faint. I would like to know whether you can give me some advice to check this fainting. I have had a bad stomach for years and have always been nervous, but otherwise enjoy fairly good health and have lots of endurance.

I have been examined and also had several X-rays taken by the best stomach specialists at the Johns Hopkins Hospital and the findings were all negative and did not show any organic conditions. Any help from you will be greatly appreciated.

W. L., Baltimore, Md.

ANSWER: There is no doubt in my mind that your condition is due to your nervousness and in turn your nerves become irritated and cause a general weakness. As a result of this faintness occurs. However in reference to the extraction of the teeth I would advise that you see some skillful dentist and follow his advice, as perhaps the bad teeth have a tendency to cause your condition. At any rate I think that it is stimulation that you need and before having the teeth extracted by the dentist I would suggest that you take a dose of aromatic spirits of ammonia to stimulate the heart. Do not allow your nerves to become irritated in any way.

You might also try taking Elixir Five Bromides (Peacocks); one teaspoonful in water four times a day. Try to get as much fresh air and sunshine as you possibly can.

Up Rungless Ladders to Health

(Continued from page 31)

and as he grew worse, it behooved me to attempt the descent with all possible dispatch, dragging him after me. I discovered, however, to my dismay, that it was far easier to ascend with my human burden than to descend, for if once I lost my footing totting the increasing heavy freight of flesh and bone after me, and started to slide down this slippery declivity, my companion and I were tolerably sure to end our peregrinations on the bottom of some beautiful sapphire gulf, and probably be preserved in rock, like some rare palaeontological beast, for the delectation of future centuries.

I saw myself, in fancy, as I contemplated this possibility, imbedded in a huge glacial rock, perchance my sick companion in another, and I saw a crowd of wonder-stricken people of the twenty-fifth century A. D., gathered on the rock wall, at the mouth of the cave, staring at the queerly-costumed and singularly crude specimens of the genus homo of a remote antiquity. I saw my features shimmering in a perfect state of preservation through the shiny moraine wall; and I anticipated, without a shudder, a distinguished immortality in alcohol, in some museum.

I did, indeed, deserve some such fate for toying with danger in this reckless fashion, carrying a sick boy from rock to rock after me. How we ever reached the top, heaven only knows. Suffice to say, we did not venture crossing over the tops of the peaks to the monarch, but contented to remain at the Mt. Madison huts until the victim of the dread mountain fever had sufficiently recovered.

Fortunately we crossed over the adjacent peaks the next day without further mishap. And when we arrived at the top of Mt. Washington, tired and hungry, we were greeted by hundreds of tourists who had journeyed via the carriage road and mountain train, to the top of the great mountain. It is a matter of wonder that we managed to accomplish the descent without broken bones or serious accident. It was a long and laborious affair, and made me feel for the first time in my life so giddy that I experienced a fascination to jump from the awful dizzy precipice. I felt, during that memorable descent, as if fate were holding me by a very slender lock of my scanty hair over a blue rumbling chasm, and might at any moment take it into its head to drop me.

The penalty which I paid for this hazardous adventure was, however, of a kind which I was far from anticipating. Most of the party got an over-dose of sore muscle and fever, and I, who should get more than my share of strained muscles, since mine are bulky, experienced no trouble whatever with them. Instead, I was sick for days afterwards and the sensations I endured were not unlike that of a bad case of seasickness. My unfortunate companion luckily had no re-action, and thus happily suffered no further indisposition. But as I was the elder, and presumably the wiser, it was but fair that I should endure the punishment for both.

This fortuitous escapade was not cited to discourage the efforts of those who take to mountain climbing for its beneficent returns. Assuming that you have now allayed and conquered all ominous notions of the sport and are ready for a jaunt any day to some lofty peak, scrutinize with me the stimulating benefits which the sport affords. We must perforce, consider briefly its advantages.

We start out in the coolness of early morning, and arriving at the summit of our taskmaster, cast a confident eye over it. Our fortitude strengthens as we accomplish the first few hundred feet and we begin to experience the first pleasant sensation of deeper breathing. Hearts now beat harder and faster and perchance we reach for our pocket-kerchiefs to mop the perspiration from our brows.

The next hundred feet finds us breathing even more forcibly, and heart beats are seemingly audible. A new and inevitable sweat pimples our foreheads and in most of the body, too, a pleasant circulation is felt. A benignant wind proves an impellant at this time. We look a bit timidly at the mountain crest, which towers above us and a few more snatches of the efficacious air sees us mounting farther and farther. Gaining five hundred feet, something



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By BERNARD BERNARD, D.Sc. (Phys.), M.S.P., M.P.C.

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Every bit of sex information essential to the young man is given in this chapter. Methods of self-discipline against social diseases are given. The causes of pathological sexual irritations are explained, and also how they may be counteracted. It is shown how the indiscretions of youth leave weaknesses and sexual promptings, and is most practical in showing why this is so, and how it may be combated successfully. "Flirting," "Falling in Love," and "How to Choose a Wife" are also headings in this chapter. The first love callings and the romance of youthful love make delightful reading. Subconscious sex emotions and pathological sex weaknesses are explained and information given clearly and openly as to how a sane, healthy sex life may be lived by the young man.
- Chapter IV—The Young Woman**
The world's most beautiful story is beautifully told. The young woman's dangers are pointed out, and her erotic feelings explained. Woman's special part in sexual life is dealt with, as are the effects of the various glands as they quicken. It is full of idealism, but also of clear facts in regard to the perversions among women and their sex weaknesses. It finishes with a splendid and most practical section on sexual health and efficiency.
- Chapter V—The Married Man**
From the first nuptial experiences to the conduct that governs happiness throughout marriage. How to obtain the maximum of love, and how to behave to the wife so that mutual joy may be obtained. Sex is shown to be a blessing when used properly, and communion the most sacred part of marriage. Sex weaknesses and perversions in marriage are explained, and information for their remedy given. The section devoted to the technique of the sacred relationship is very practical, and beautifully told. There is real satisfaction given in this chapter in helping the husband to know the peculiarities of his wife, so as to insure her permanent love.
- Chapter VI—The Married Woman**
The real meaning of marriage is told. Habits, weaknesses and perversions that prevent expression and appreciation of the marriage function are explained and information to counteract them given. The part that the wife has to play in communion is exceedingly important to all married women; also the facts concerning the peculiarities in men and how a wife may adapt herself to them. The highest condition of human bliss and love is in the ability to act freely in regard to communion; so that the scientific control of parenthood is dealt with clearly and fully. Finally the wife is shown how to avoid dissatisfaction, and secure harmonious emotion with her loved one.
- Chapter VII—The Bachelor**
Abnormalities, weaknesses, irritation, and disorders suffered by many bachelors, and how they may be counteracted. What happens to the secretions, and the details regarding their pathology.
- Chapter VIII—The Spinster**
Melancholia in spinsterhood, what happens to the secretions; perversions, irritations, erotic feelings, leucorrhoea, and the dangerous phases of spinsterhood are all dealt with in detail.
- Chapter IX—Post Maturity in Man**
This is a most important chapter dealing with the promptings and weaknesses that few understand in men past their prime. Hypertrophy of the glands, and the results of prostatics. How old age can be the happiest time in life, and what is the normal post-mature sex life in man.
- Chapter X—Post Maturity in Woman**
It is shown that cessation of the periods is not pathological. Therefore, the continued desires are explained and how they may be satisfied so that love may be expressed until the end.

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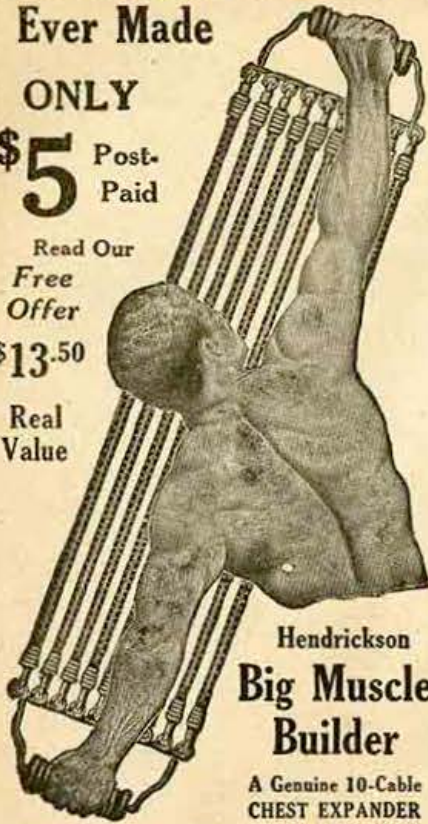
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on the neck gives a suggestion of hostile disturbance. Coursing now down the back, this force, or what-not, provokes wonder and we reach, impatiently, back to dispel its character. To be sure! perspiration, in redundant beads, trickling and seeping from all parts of the body, ever increasing fountains of it. We decide to rest a while on yonder stump of a lifeless birch.

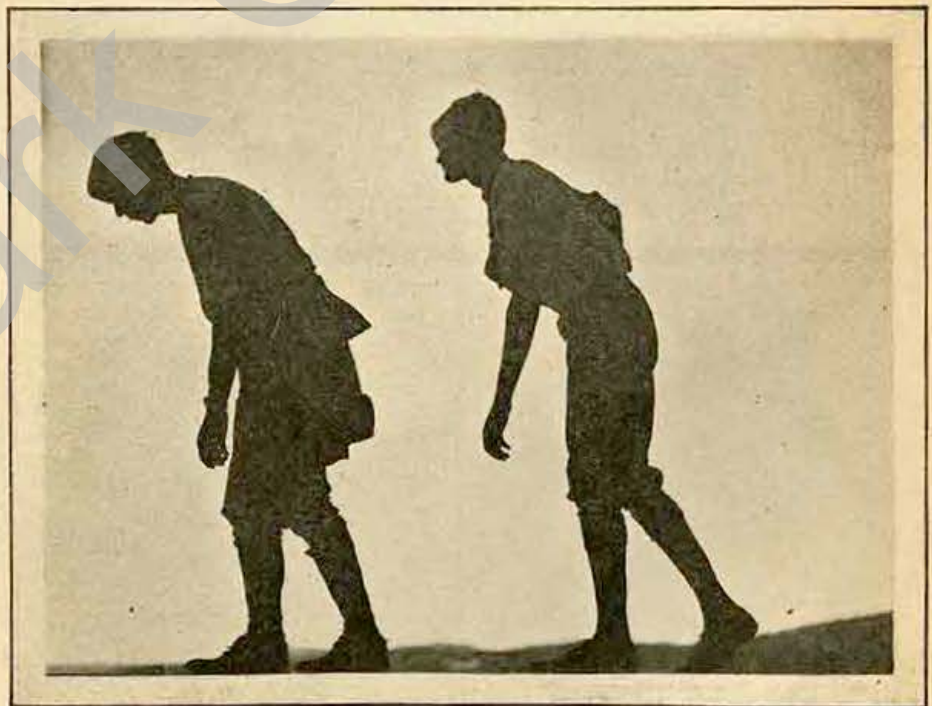
About now apparitions of vari-colored advertisements are sent to ornament the grandeur of nature—more particularly Cocoa-Cola and Hires. But we understand drinking is not conducive to mountain scaling and quickly banish all thoughts of imbibing. Convinced that the top is quite near now we start off again, heedless of the bedrenching sweat and even the glories of neighboring hills, rivulets and ravines about us, higher and higher we climb. A cruel tax is now exerted on the legs and wind. Here all sluggards meet a frame of mind, very antagonistic to a pink liver. Here they fall by the wayside, as if poleaxed. Liment calls and implorations for drinks become prominent. Enough! Enough!

The survivors resume their upward march, following a bracing rest and a spare amount of water. On, on towards a place near heaven. Surely the summit communes with the clumsy clouds! What weights are those, bound on the limbs with an invisible, rude imposition? Whose fist pounds the lungs with a smart force? What? The top?

Almost with a fiendish satisfaction we take hold of a solicitous group of roots and drag ourselves heavily to the apex. Small wonder that we literally writhe in glee with "the world is mine" fulfillment of our object.

That mountain climbing is as stimulating an exercise as the most intense game, deserves more than a brief mention. The heart is immediately called upon to work harder—affording abundant circulation and inducing forcible respiration. By perspiring freely the body rids itself of undesirable poisons. The chief burden, of course, lies upon the legs. For a time a sense of weariness is experienced but this state gradually dissolves into a pleasantly tired feeling.

Let us observe the inventory of the whole thing. Heart, lungs and legs benefitted. Vitality bestowed. Exit quitters. A pleasure unique and rare awaits those who elect this wonderful form of exercise as a means to health, strength and happiness. Last, but not least, it takes one out of doors and back to nature. The outdoor man or woman "side steps" sickness. Since super-abundant vitality can be obtained through mountain climbing and the open air life, spend as much time as you can out of doors. Cultivate the outdoor habit, and make hiking to and up mountains a hobby. By so doing you will increase your efficiency, tune up your whole system and build reserve energy needed for the long winter months.



THE LAST LONG MILE

Be sure to get your copy of STRENGTH early next month for it will contain a Very Interesting Article by no other authority than George F. Jowett on "How Much You Should Weigh and Measure."

How Exercise Will Improve Your Health

(Continued from Page 28)

by the great supply of air being forced to all cells of the lungs.

Figures 4 and 5 show another form of deep breathing which is also an aid in expanding the chest. Stand erect, as in the previous exercise, and raise the arms as in the illustrations, bent at the elbows. Now, as you breathe slowly and deeply, bring the elbows back with as much force as you command. Repeat this movement with vigor many times to each inhalation and exhalation.

The remaining movements are mainly for improving the circulation and digestion.

In the following exercises you can use a bureau as a hand support while lying on the floor, or the head of a brass or iron bed while lying on the bed. You can also fit up a strap on the floor, as shown in the accompanying illustrations. The strap can be an old belt or any material that is fairly strong. A screw eye is placed through a hole in each end of the strap and screwed to the floor.

The first exercise with this hand hold over the head is shown in figure 6. The feet and legs are lifted from the floor about a foot. The legs are kept rigid and then raised and lowered rapidly in short movements. The legs are moved alternately, of course. In order to aid in keeping the legs up and the hips resting only lightly on the floor, you pull hard on the strap or bureau, or whatever you are using for a hand hold.

This exercise, if performed properly, is great for the abdominal muscles and the entire muscular and circulative system. Remember that while kicking stiff-legged, you must make an effort to raise the hips off the floor as well as the legs. You don't actually raise them, but by pulling on the bureau or bed you bring most of the weight of the body onto the broad of the back.

Figures 7 and 8 illustrate two positions of another very good exercise for the entire body. In this movement you lie on your back with legs out straight and together. Grip the strap or bed above your head and as you pull, bring the legs up by bending them at the knees. Continue to bring them upward to a position over the face by bending the back and rolling over to the back of the shoulders and neck. Repeat this exercise until the muscles along the front of the body are fatigued.

Don't allow the feet to drag on the floor at the start or finish of the movement.

Many people write me, stating they cannot sleep well at nights. Now any one knows that good, sound sleep is one of the main essentials of health. But everyone doesn't seem to know that anyone who is physically tired and has no pains or deep mental worry will sleep soundly. Consequently, if your occupation is one that does not produce enough fatigue to cause sound sleep, then your body needs exercise in order to produce a reasonable amount of real

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Come to our dining room for four weeks, or until you acquire subconsciously the idea of how to order your menu so as to supply **brainy meals** to make brain work easy, **muscle meals** to support muscle work, etc.

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Here you may learn practically from eating delicious purposeful meals. You can control every mood through selecting and proportioning foods appropriately.

Unsuited foods leave your nerves unsatisfied, irritable, craving, and are conducive to alcohol and drug habits, sensuality, impatient, ill-considered business deals, inability to concentrate, poor memory, weak eyes, etc.

Rebuild Yourself

Three stages:—(1) **Cleanse**, remove WASTE from every organ and tissue (basis of disease). (2) **Build**. (3) **Operate**.

Food science is based on **biology**, not chemistry, and is mostly the product of the last 10 years of biologic experiments (on prisoners, caged rats, hens, etc.) The Brinkler System was developed from thousands of human tests after 30 years' biological experiments, and after training over 10,000

pupils. No technical terms. We can serve you a 100% suitable meal (changed to suit your varying expenditures of the forces of nerve, muscle, etc.) which is more recent to civilized human beings than the airship.

Replenish (First Law of Life)

Into your automobile, you put gasoline and storage batteries, but you would not put sand nor milk nor even kerosene, because your automobile would run sluggishly or stop! Nevertheless into your own body you put useless meals or muscle meals when you need brain-nerve-nourishing meals, etc., etc. For these reasons we are confident that we can teach you at least to double the ease or efficiency of your work, by **REPLENISHING IMMEDIATELY THOSE ELEMENTS THAT YOU SPEND.**

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WORTH TWICE THE SALARY. "After only four weeks' 'replenishing' I am worth twice the salary, for I now put into my work twice as much concentration. Can write original composition with much greater ease. When necessary I can work 16 hours daily without brain fog. Also lost 13 pounds excessive weight in the first two weeks. Avoided my usual hay fever."

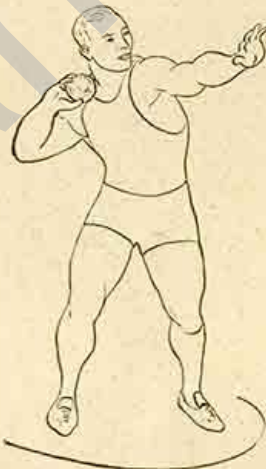
EARN 4 TIMES AS MUCH. "No mucus, voice stronger, head clear as a bell, gained 20 pounds, now earn 4 times as much."

\$25,000 DUE TO CORRECT MEALS. "A financial failure due to timidity. After the lessons, my energy and improved appearance enabled me to borrow \$2,000 for a working interest in two coal mines. I made \$25,000 profit in one year during war time. Any one can succeed with the nerve force from the Brinkler System." Sworn.

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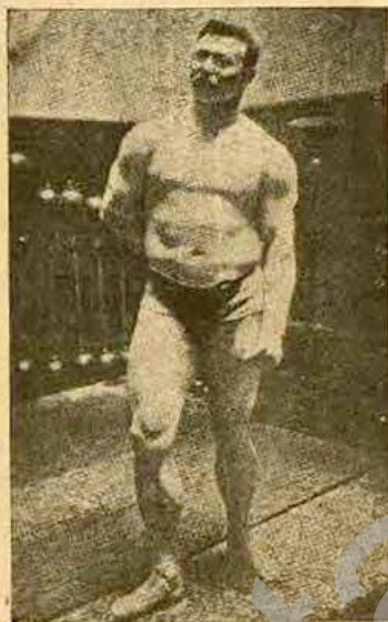
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fatigue and, subsequently, sound sleep. I say "real fatigue" because I know lots of people who spend the day at a desk or at some other inactive occupation and still claim to be tired at night. But they are not really tired. This is usually an imaginary form of fatigue, or, plainer still, laziness.

If you exercise at night before retiring, see to it that you do leg movements to a great extent for this brings the blood supply down from the brain and helps to produce sound sleep.

Don't forget, hereafter, that if nothing serious ails you and you cannot sleep soundly, you are not physically tired enough. Often it is the nerves that are exhausted from a trying day which keeps a person awake. In this case, proper exercise will soothe the nerves.

Every Thin Girl Can Possess Health and Beauty

(Continued from Page 46)

four kinds of foods necessary to gain weight and strength: protein, carbohydrates, mineral salts and fat. Mineral salts and proteins should be taken in normal quantities. The mineral salts are found in fruit, vegetables and grains. They aid assimilation and stimulate elimination and build fatty tissue in an indirect way. The proteins promote growth and furnish energy. It is found in the form of milk, fruit, vegetables, meats and eggs.

Carbohydrates and fats build fatty tissue and add to the weight. These are found in potatoes, breakfast cereals, rice and whole wheat bread, butter vegetable oils, meat and vegetables. Thin people should eat all they can stand of these two foods.

A quart of milk is the least amount a thin person should drink.

Recreation and longer periods of sleep are two of the surest ways to add weight.

A strong, well-rounded neck is valuable from a health stand point and looks well from a physical point of view. The following exercise will help fill out the hollow in the necks, which are inevitable if you are thin.

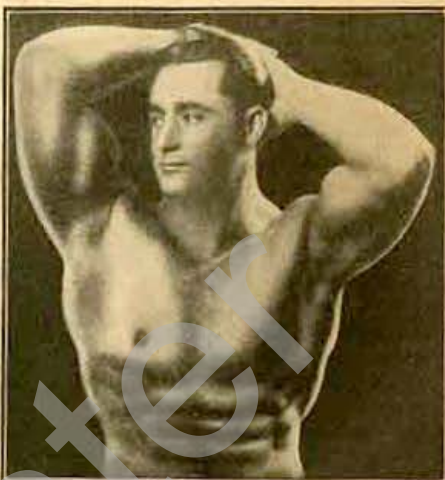
Place both hands back of the head and force it backwards and forwards, as in Figure No. 1. Resist with the muscles of the neck.

Another valuable exercise is to place one hand under the chin and work against the neck muscles. You can produce much more pressure by using your other arm to assist, by resting the elbow of the pushing arm on it and pushing with it also.

Figure No. 2 illustrates an exercise for the development of the forearm. Turn the dumb-bell in your hand with a twisting action and do this continually until the muscles begin to tire.

Flat chests are very unbecoming, though at times they may be in style, and many girls despair because they cannot develop their chests. Yet they have only to learn the value of deep breathing and chest movements. Here

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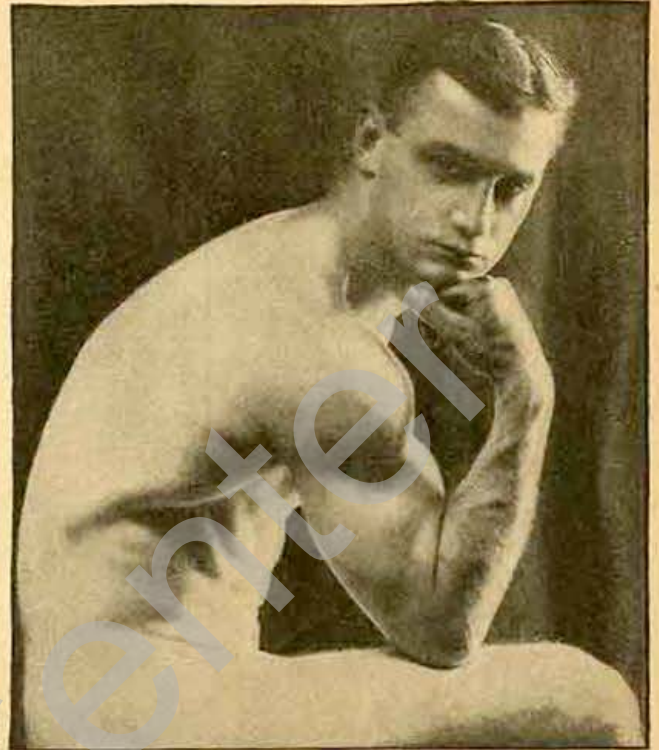
IS THE WAY YOU FEEL. Health means more than having just enough energy to get through your daily work. Real health means the possession of considerable muscular strength combined with great powers of endurance. It means that your internal organs are in first-class working order. It means that you are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

The Next Most Important Thing

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

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

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



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

- 1st. Weak beginners who can't even chin themselves with both arms soon find that they can easily chin the bar with one arm.
- 2nd. The stout beginners who cannot even reach their ankles can soon learn to bend over and put the palms of their hands on the ground without bending their knees (and incidentally reducing their waist girth by eight to ten inches).
- 3rd. That scrawny beginners soon find themselves gaining weight and shapeliness as a result of their increased digestive powers.
- 4th. The undeveloped beginners soon find themselves taking pride in their unusually large and clean-cut muscles.
- 5th. That non-athletic beginners soon find that they are in possession of the speed and strength that makes them winners in sports and games.



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Health
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is an excellent breathing exercise that develops the chest muscles.

Lie on floor, arms at sides. Then slowly raise the arms up and back overhead until they touch the floor back of you. As you raise the arms breath in deeply and exhale on bringing the arms to position at sides. This is illustrated by Figure No. 3.

The next, Figure No. 4, is for development of the legs. Most of all in these modern times, a girl desires leg development. Here is an exercise that will help you. At first you will have to have a chair to support yourself—place your free hand lightly on the seat of the chair. As you advance in this movement, you will be able to squat down on your flat foot and by doing so the exercise will increase in value. Walking on tip toe, either bare-footed or in stocking feet, at every opportunity, and if possible for some time, is one of the best of all general leg exercises. Going bare-footed is desirable when possible and bare-foot dancing is the best possible exercise for both feet and legs.

The floor dip, Figure No. 5, is one standard exercise that is not likely to be improved upon for shoulder development, although it also employs the muscles of many other parts of the body, particularly the upper chest, which the thin girl needs to exercise most, the abdominal and front of the thigh muscles. Be sure to keep the body rigidly straight throughout the exercise. Bend the elbows, lower the chest to the floor and push up again, repeating until tired.

The following two exercises are for strengthening the waist and abdominal region, first raising the arms overhead as in Figure No. 6 and bending, very easily, from side to side. Then later, with increased strength and flexibility, twist the body in a wide circular movement. In this movement it would be better to place the hands on the hips, as in Figure No. 7. The hips and waist should be moved in a regular circle, first one way, then reverse.

By the way here is another very effective exercise to develop the throat and chest, as illustrated in Figure No. 8. Charge forward with one foot, swinging the arms vigorously in wide circles so that you feel the pull in your chest. Reverse the movement and repeat until tired.

Physical Perfection at Eighty.

(Continued from Page 48)

other branches of athletics. Mr. James believes the success of an oarsman depends on becoming inured to the hardest sort of effort. His contention is that is why the rowing athlete is superior to all others, due to being used to more strenuous exertion.

One of the chief reasons for the success of the "Schuylkill Navy" clubs is the rigorous system of training the men are put through, daily spins on the river, of a few miles at a good clip.

Mr. James claims that to be successful at such a hard game, calling for everything a man has in the way of endurance and grit, it is imperative to

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Now at last you can say goodbye to the squeaky, nasal, rasping, metallic tone of your phonograph. Now you can have the beautiful, natural, full-rounded tone of the expensive new machines which are startling the world. Yet you need not buy a new phonograph if you have an old one. The reproducer is the HEART of any phonograph—and the New PHONIC reproducer makes your old phonograph like an entirely new one. Based on the new PHONIC principle. (Makes you think the orchestra or artist is in the same room.)

Never Before Such Tone

Tones never before heard are clearly distinguished when the new PHONIC reproducer is used. Test it on an old record. Hear the difference yourself. Listen to the deep low notes and the delicate high notes. Hear how plainly and clearly the voice sounds. Note the natural tone of the violin and the piano, and the absence of "tinny" music. You will be amazed.

Volume Without Distortion

The new PHONIC reproducer is ideal for dancing or for home entertainments. Its volume is almost double that of the ordinary reproducer. Yet there is no distortion of sound. The new principle enables you to use even the very loudest tone needles without the ear-splitting effects of old reproducers. The new PHONIC is always mellow and natural.

10 Days' Trial—Send No Money

You cannot realize how wonderful the New PHONIC is until you hear it. That is why we want to send it to you on 10 days' trial. Send no money now—just the coupon. Pay the postman only \$3.85 plus a few pennies postage when the New PHONIC arrives. Then if you are not delighted, send it back within 10 days and your money will be refunded. The low price is made possible by dealing direct with phonograph owners. If sold in stores the price would be at least \$7.50. Our price only \$3.85. Over 550,000 people have dealt with us by mail. You take no risk. Mail coupon now for 10 days' trial. BE SURE TO STATE THE NAME OF PHONOGRAPH YOU OWN.

NATIONAL MUSIC LOVERS, Inc., Dept. 6710
327 West 36th Street, New York

Please send me a New PHONIC reproducer for

..... I will pay the postman \$3.85 (give name of Phonograph) plus few cents postage. If I am not satisfied after trial, I will return your reproducer within 10 days and you guarantee to refund my money.

Name.....
Address.....
City..... State.....

make up your mind to pull for all you have with a never say die spirit, remembering the other fellow is just as tired as you are, if not more so. There is something needed in a winner, that cannot be expressed in words; an infinite quality, the possession of which makes a man carry on to a final winning spurt, when it seems his heart, lungs and blood vessels are on the point of bursting, and every movement is an effort of torture. An unexplainable something a man must have that is brought out by hard training, and the possession of which is proven in an actual hard fought struggle with others of high class.

Every Saturday and Sunday sees Mr. James out on the river, skimming along over the water, and in addition any other days he can possibly work in during the week, averaging three or four days of practice a week. And this athlete of four-score doesn't go out and just paddle; not at all, he pulled on his sculls and really gets in a worth while workout of a few miles every time he sets in a shell, rowing continuously as hard as he can. He advocates, and has always believed in, hard training, being a disciple of the doctrine that hard work never killed anyone. Away back in the old days, the coaches held the belief that the hard working and driving routine was the only way to make a man, and in addition to a man putting in about six miles in the shell, the coach would often send them out for a run of as many miles on the road. This was calculated to make a man hard and able to endure gruelling punishment. This same method of toughening athletes was generally followed by trainers in all branches of athletics in the days gone by, and from all evidence they surely were sound and fit in those days; the exceptionally strenuous life either making them or breaking them, eliminating all the soft timber, and leaving in the competition only those who could soundly survive the gruelling task of preparation for contests.

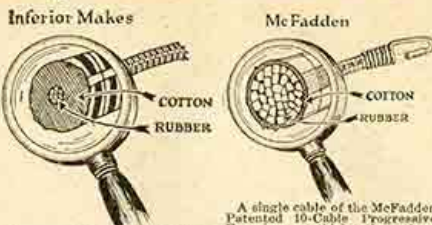
Another practice of those days, not adhered to in late years, was that of sending the athletes in to a contest with an empty stomach, probably on the theory of the lean, hungry dog for a long, hard race. Such practices as above outline, namely hard driving by the coach and an empty stomach, constituted a system, aptly referred to by Mr. James as the "Spartan System."

After his years of experience, he is now inclined but slightly toward the "Spartan" idea, his mature judgment forming the considered opinion that it is better to have a little under your belt than to be worried by the feeling of hunger.

Mr. James follows no orthodox system of diet or regulation of living habits, though he prefers eating but two meals daily, a big breakfast and a light dinner in the evening, and has always eaten sparingly of meat.

His advice to young and aspiring athletes is to follow no set rule, but to be sensible in matters effecting your health, and considers it best not to eat lobster, shrimp, devilled crabs and other fancy concocted foods.

The BEST Bodies are Built By the BEST Apparatus



A cross section of one "cable" of the average exerciser. The cheapness and weakness of construction are easily seen in the diagram. Six or seven rubber bands, wrapped and padded with a cotton covering to give them the appearance of size and strength and to make them look like the McFadden.

A single cable of the McFadden Patented 10-Cable Progressive Exerciser, no thicker than others in outward appearance - yet stronger by 75 per cent. inside the thin woven covering. Here is a quality! Every McFadden cable is made of 40 strands of the best grade rubber procurable. There is no padding with extra wrappings of worn-out attempt to produce the exerciser cheaply.

The McFadden is All Quality
LOOK at these pictures! How do they get away with it? Have they fooled you? Have you thought of buying one of these padded affairs—made of cheap rubber bands? **FORGET IT!** Here's the exerciser for you. The quality exerciser that brings every muscle in your body to the very highest pitch of development.

My apparatus is guaranteed to add 1/2 inch upon inch to your arms, back and chest. My New Patented Stirrup Builds Legs of Steel. This device is the only one designed to develop the leg muscles.

My Adjustable, Patented Head-Gear increases your neck one inch in 20 to 30 days.

My Complete \$30 Outfit for the Introductory Price of Only \$8, including My Incomparable 12 Weeks' Instruction Course.

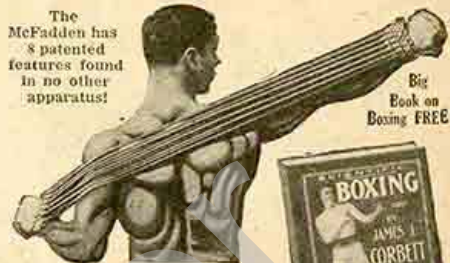
HERE'S WHAT YOU GET

10-Cable Progressive Exerciser, worth	\$ 8.00
Patented Progressive Handles, with 1,000 pounds resistance worth	2.00
Patented Progressive Stirrup with 1,000 pounds resistance worth	1.00
Patented Progressive Head-Gear, the only one of its kind, progressive resistance and adjustable to any size head and neck, worth	3.00
12 weeks' Home Instruction Course, the most wonderful ever written—the kind you cannot get elsewhere, worth	15.00
The Michael McFadden Encyclopedia, worth	1.00
Any of the Above Can Be Purchased Separately at the Prices Shown	Worth \$30.00

TOTAL WORTH \$30.00; COSTS YOU ONLY \$8.00.

Cross-sections of two muscles, one trained by the average apparatus, the other by a McFadden Progressive, would be just as different as the pictures above! The best

apparatus builds the best muscle and no man can develop his body as it should be developed with five or six cotton-covered rubber-bands. You cannot buy a similar outfit anywhere at this price. You cannot buy an outfit with such a course as I give you at any price.



The McFadden has 8 patented features found in no other apparatus!

Big Book on Boxing FREE

BIG BOXING BOOK FREE!
 Here's your chance to get a copy of this Big New Book with scores of pictures of professional boxers absolutely free **IF YOU HURRY!** With every set of apparatus I ship for the next twenty days I will include a copy of this book FREE.

My Guarantee is Backed by a \$10,000 Challenge
 If you are not entirely satisfied with the outfit, return it immediately and your money will be refunded without quibble or question.

MICHAEL McFADDEN, Dept. S-107, 103 E. 13th Street, New York City

Dear Sir: Enclosed please find \$8.00 in full payment for your 10-Cable Progressive Exerciser with Patented Handles, Patented Adjustable Stirrup, Head Gear, 12 weeks' Home Instruction Course and Encyclopedia.

Name

Street No.

City State

MATS For Tumbling, Hand Balancing, Exercise and Wrestling — FINE MATS AT LOW PRICES

Have you wished for a good mat upon which you could tumble, exercise, wrestle, lift bar bells, etc., and upon pricing them found they were out of reach in regards to price? Mats are expensive, but I have just the mat you'll like and at a much lower cost.



See Coupon For Prices

Charles MacMahon

Studio A-49-M

180 W. Somerset St. Philadelphia, Pa.

CHARLES MacMAHON, Studio A-49-M, 180 W. Somerset St., Philadelphia, Pa.

Dear Sir: Please find enclosed..... in payment for the size mat I have checked off below.

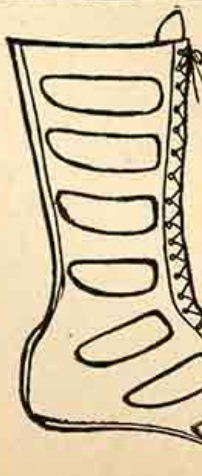
3x6 ft. \$13 3x9 ft. \$19 3x12 ft. \$25
 Wider and larger mats upon request.

Name

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City State

(Foreign orders \$1.00 extra.)



Made of genuine kid, with soft soles, which allow the feet to grip the floor, giving a more solid stance when lifting, tumbling, jumping, etc. These sandals are of the finest workmanship and are made in all shoe sizes. Your lower limbs will be greatly improved in appearance by a pair of these strongman and tumbler sandals. Order your pair NOW

\$7.00
 The Pair

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Gentlemen: Enclosed you will find \$7.00, for which you will send me promptly a pair of strongman sandals. My shoe size is

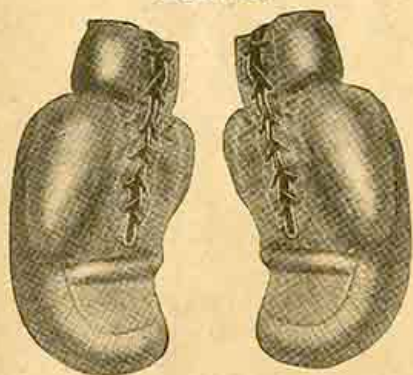
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Street

City State

Become a Clever, Hard-Hitting Boxer With the MacMAHON Course and Gloves

A Set (4) of These
Gloves



\$7.00 WITH MY
BOXING COURSE
SEE COUPON

NOTICE

I can supply you with
all Boxing paraphernalia,
Head and Face Protect-
ors, Fighting Bags, etc.

Write For Particulars

I am now in a position to give you a set (4) of good quality boxing gloves at less cost than you can get them anywhere else.

**At the Same Time You Save a Dollar
on the Boxing Course**

The price of this boxing course alone is and has been \$3.00. With the set of boxing gloves, the course costs you only \$2.00. In other words, you get the complete course and 4 high quality gloves for only \$7.00. You will pay more than this price elsewhere for the same quality gloves alone.

**The MacMAHON Boxing Course
Is the Most Thorough Course On This Manly
Art Published**

It first tells you how to be a good sport and a cheerful loser in a boxing bout. It then goes on to training routine — how a fighter spends his days and nights when in training for a match.

This training routine includes suggestions on diet, exercise, etc. The rules and fouls are given you. The preliminary instructions, such as how to clinch the fists, studying your opponent, position of body, legs, arms and feet are followed by detailed instructions on all blows, blocks, counters, slipping, side stepping, guarding, retreating, advancing, dodging, etc. Without a doubt, the MacMahon Boxing Course is the best. It is also fully illustrated.

The Gloves Weigh 8 Ounces and Are Full Size

These gloves are not the boys' size but are the men's size. Any boy or young man can use them, however, because they can be laced tightly around any size wrist.

**A Set of Gloves Without the Course
Will Cost You \$5.00**

You cannot duplicate this price for a set of good quality men's size gloves. I advise you to get my course also when ordering the gloves, for it will make a clever, hard-hitting, heady boxer of you.

**Fill In the Coupon Right Now and
BECOME A BOXER**

CHARLES MacMAHON

180 W. Somerset St.

Studio A-49

Philadelphia, Pa.

Charles
MacMahon,
Studio A-49
180 W. Somerset St.,
Philadelphia, Pa.

Dear Sir: Please send me
the proposition I am checking
off below. I am enclosing a re-
mittance to cover cost of same.

A set (4) of boxing gloves and the
MacMahon Boxing Course, price
\$7.00.

A set (4) of boxing gloves only,
price \$5.00.

A Boxing Course only, price \$3.00.

Name

Address

City

State

Every morning he puts in fifteen minutes of light dumb-bell and free hand drill, including all manner of bending, stretching and twisting movements. This daily warming up system tends to start him out in the morning, supple, firm of step and with the life stream flowing through his veins so vigorously that he always feels as though he is "sitting on top of the world."

If we are interested in maintaining physical fitness over a stretch of years, well past the accepted span of life, as George James has done, possibly it would be well to observe the main points in his training system, aiming as nearly as you can to use his experience to your advantage, regardless of whether or not you follow rowing or some other game. The rules he would give you are very simple: hard work in your training, moderation in eating and in the pleasures of life, abstaining from nothing you relish, and a daily fifteen minutes or more of light warming up exercises: these few common sense ingredients seemingly make up a magic formula, the use of which in your life routine can be calculated to make you hard and athletic and preserve you in that condition over a long span of years; but don't forget the major portion of the prescription—hard work.

After reading the above you may wrongly form a conclusion that George James is an isolated exception. Should you hastily assume such an attitude you would be entirely wrong, for although James is probably the best preserved of men of his age, still the Schuylkill River is the daily shrine for scores of elderly men who have spent their lives in the game, and continue to live in it actively so that they may keep fit over the greatest part of their years and forestall the threatening days of feebleness and dependence on others.

The man who rows, whether his years number one-score or four-score, is certain to have an erect carriage, and you can pick him out by his firm, elastic step, as he walks along with an ease that proves his muscles are capable of considerable more than carrying a human clothes rack. The spirit of the game, fostering clean, friendly competition, makes of the oarsman a gentleman and a worthy citizen.

The Unthrown King of Wrestling

(Continued from page 52)

endeared him to the hearts of the New Englanders. It is not so generally known that Joseph has a victory over Earl Caddock, when that flashy grappler was at his best. Malcewicz was only a boy then. At the present time he strips around 202 pounds and is a meteor for speed, bubbling over with the spunk of youth. Apart from these natural qualifications he is claimed to be a very heady wrestler, who acts as rapidly as he thinks. I remember seeing Malcewicz wrestle a few years ago in Syracuse, New York, a headliner then, and his speed at that time influenced me to

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Hurts Digestion



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It doesn't make a particle of difference whether you have been a user of tobacco for a single month or for fifty years, or how much you use, or in what form you use it—cigars, cigarettes, pipe, chewing of plug or fine cut, or using of snuff—**Tobacco Redeemer** will positively remove all of your tobacco craving in a very few days. Your desire for tobacco will usually begin to decrease after the very first dose—there is no long waiting for results.

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Tobacco Redeemer is a radical, efficient treatment. It is marvelously quick, scientific and thoroughly reliable. It contains no habit-forming drugs of any kind. After finishing the treatment you have absolutely no desire to use tobacco again or continue the use of the remedy. It helps to quiet the nerves and will make you feel better in every way. If you really want to quit the use of tobacco, here is your chance. It will so completely rid you of the habit that when you see others using it, it will not awaken the slightest desire in you to begin its use again.

Results Absolutely Guaranteed

A single trial will convince the most skeptical. Our legal, binding, money-back guarantee goes with each full treatment. If **Tobacco Redeemer** fails to banish the tobacco habit when taken according to the plain and easy directions, your money will be cheerfully refunded on demand.

Let Us Send You Convincing Proof

Mail the coupon below or send your name and address on a postal and receive our Free Booklet on the deadly effect of tobacco on the human system and positive proof that **Tobacco Redeemer** will quickly free you from the habit. If you are a slave of the tobacco habit you know that it is undermining your health and is a needless drain upon your pocketbook. Therefore you owe it to yourself and to your family to find out how easily, quickly and surely you can "quit for keeps" with the aid of **Tobacco Redeemer**. Mail the coupon or write us immediately. Don't delay. Send today!

NEWELL PHARMACAL COMPANY,
Dept. 974, Clayton Station, St. Louis, Mo.

Send, without obligation to me in any way, proof that **Tobacco Redeemer** will positively free me from the tobacco habit or my money will be refunded.

Name.....

Street and No.....

Town..... State.....

Newell Pharmacal Co.
Dept. 974
Clayton Station,
St. Louis, Mo.

TO HAVE AND TO HOLD

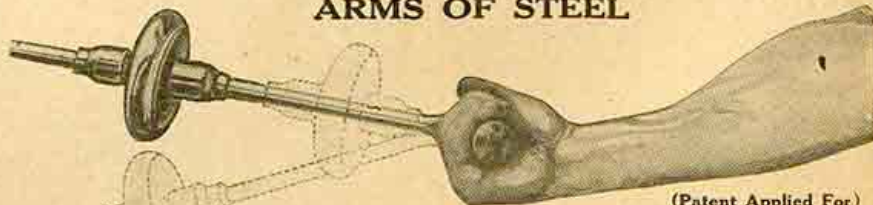
A firm, well-nourished Prostate Gland in a Healthy Body without stomach drugging. Particulars and Proof sent sealed free. Dr. MARK M. KERR, A. D. N. (Aide-de-Nature Hate and Hearty at Sixty-Six.) 414 Cincinnati, Ohio

BE A DETECTIVE

Earn Big Money. Work home or travel. Make secret investigations, Fascinating work, Excellent opportunity. Experience unnecessary. Particulars free. Write **GEORGE S. WAGNER**, former Government Detective, 1968 Broadway, New York.

THE AUTOMATIC ARM DEVELOPER

Will Give You a VICE-LIKE GRIP and ARMS OF STEEL



(Patent Applied For)

The above cut shows you how it builds powerful muscles by graduated and pleasant exercise. The most efficient arm developer ever offered. A complete exercising chart, of seven different exercises effecting every muscle of the arm is furnished with device showing you how to get quick results. The progressive system is used. All strong men have been developed by this system. Price \$3.00. Free circular if desired.

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FOR BOTH MEN AND WOMEN
Strengthens the WEAK
Stimulates the STRONG

The health-giving properties of the Kola Nut, from which Kola Astier is derived, were first discovered by the natives of darkest Africa many years ago. Kola Astier is absolutely harmless and non-habit forming. Extensively used today, it increases strength and endurance and builds resistance to fatigue and over-strain in all athletic pursuits:

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The dynamic men and women of Latin Countries have been using KOLA ASTIER for years to keep physically fit. They know its effectiveness in strengthening and upbuilding after cases of

Grippe Influenza Bronchitis
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Immediate Relief for—
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And other ailments arising from disturbances of the heart.

For the Weak, Run-down and Ailing
Kola Astier is Nature's own remedy to restore vitality and strength.

For the Well
Kola Astier increases vigor and stamina and strengthens resistance to all ills.

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Housewives, clerks, bookkeepers and men and women of sedentary habits, Kola Astier is invaluable as a restorative for fatigue.

FREE interesting booklet "More Precious than Rubies" and Guaranteed Trial Offer. Write at once.

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to U. S.
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this **MUSCLE-BUILDER** and **WRIST-FOREARM DEVELOPERS**

we can offer them both, along with an **ILLUSTRATED COURSE** by prominent athletes, for the small price of **\$4.50**

MOST POWERFUL MUSCLE-BUILDER MADE
Guaranteed such. Has 10 cables—10; each cable of extra-heavy tension. Resistance; 200 lbs. Progressive; tension can be adjusted. Handle of 10 continuous loops of specially tempered steel.

Marvelously rapid and effective muscle-builder. Broadens and strengthens shoulders; develops muscles of back, arms, chest and abdomen; increases lung-power—an all-round body-builder.

VALUE OF APPARATUS Without Course, \$10
Bought direct from us—the manufacturers you pay ONLY \$4.50 for both MUSCLE-BUILDER and a PAIR of HAND GRIPS (two). And a profusely illustrated Physical Training Course by experts goes with them for extra good measure.

YOU CAN'T MATCH THIS OFFER ANYWHERE!
Included in the outfit: **TWO Grip of Steel Wrist and Forearm Developers** (most powerful, vice-like grip and strong muscular force).

Send \$4.50 TODAY for COURSE and 2 APPARATUSES COMPLETE (most paid to U. S. and Canada.)

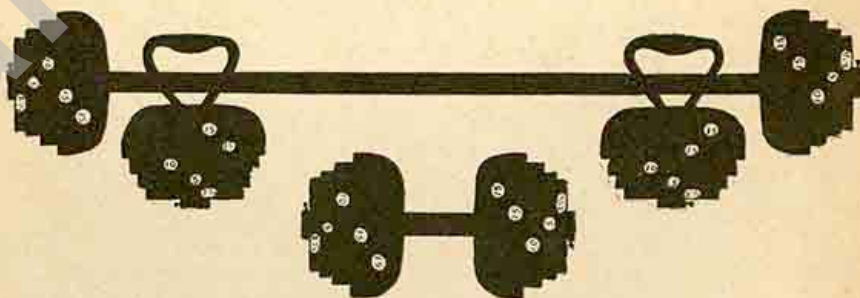
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Headquarters for Physical Training Apparatus
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Dept. S-10 1139 Tiffany St. New York City

believe that he would make trouble some day for those higher up, which has all come to pass. The Utican is an American born of Polish parents and is an athlete from the top of his crown to the soles of his feet. No sagging, bulging abdomen on this boy, like on so many of these imported wonders who try to make us believe that they are great, when at the same time they carry around with them that distorted mass of flesh. Like a cat on his feet, and a released coil spring when snapping in and out of clutches, he bodies ill for champion Lewis. But the big boss is not an egotistical person by any means; he always respects his foe and throws away no chances. Despite all the controversies that have raged around the Stecher-Zbyszko, Munn-Lewis conflicts, Lewis is a wrestler par excellence. Resourceful and crafty he traps his opponents skilfully. Ordinarily speaking, all who oppose Lewis are on the lookout for those pulp crushing head locks, and in order to ensnare the head within the folds of those mighty arms, Lewis must by necessity be guileful. By such methods Lewis has developed a scheme of feints that are highly scientific. While not as fast as Malcewicz, Lewis is decidedly more crafty and powerful and his headlock is certain defeat for the Utican, or any other unfortunate who gets his head clamped within that unmerciful lock. When Lewis and Malcewicz came together at Braves Park each man exhibited their separate mode of attack, as I have detailed. Malcewicz,

cat-like and speedy, would dart in to clinch his pet lock—the flying mare, and like a flash would leap away as his attack was foiled. During the preliminary passes in the first round "Ed" got wise to this move, and as the Utican panther leapt in, Lewis met him, and with a body pivot reversed his own position so that he caught Joe's head in the trap like a rabbit in a bag. It only takes two or three of these kind of headlocks to cause the brain to reel and leave the other to act instinctively on defense until he finally succumbs to defeat. That is what happened to Joe in the first round. He got trapped the first thing, and a succession of thirteen headlocks took place within the short space of 11 minutes, finally reducing the challenger to weakness and defeat. It looked as if it were all over with Malcewicz, but whether it was the uproarious cheering for the young man by the excited throng, or the persistence of youth that refused to admit defeat within his heart, or both these factors together, Joe's recuperation was extraordinary. He came back on the mat at the call of time for the second fall with a determined attitude that told he had learned a lesson and profited by it. They came to grips that evolved into a series of locks and counters with a rapidity startling to the watchers. The pace was too fast to be kept up long by either men. Malcewicz was forcing the pace with determined vigor, and the champion was missing his headlocks. The speed of the melee got Lewis off his balance to be trapped with a re-

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To take advantage of this offer, all you will have to do is obtain for us 15 new subscribers to "STRENGTH." The price of one year's subscription to "STRENGTH" is \$2.50.

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

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Each subscription can be sent in as quickly as it is obtained and absolutely no delay will be caused the new subscriber. Immediately upon deciding to subscribe, he will fill in the blank and send it to us. Upon receipt, we will forward him his first copy.

The Milo Publishing Co.

S-10-26

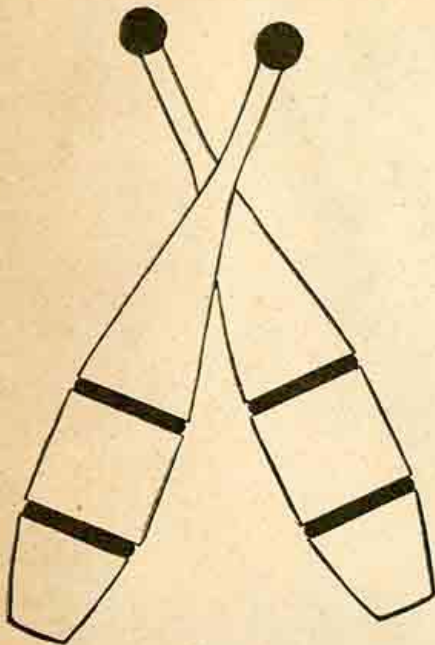
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Gentlemen: Send me the 15 subscription blanks to "STRENGTH." I want that plate bell as quickly as I can get it.

Name
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Swing Indian Clubs For Amusement and Exercise



These Clubs are Made of Hard Maple. Have Black Knobs and Black Beaded Rings.

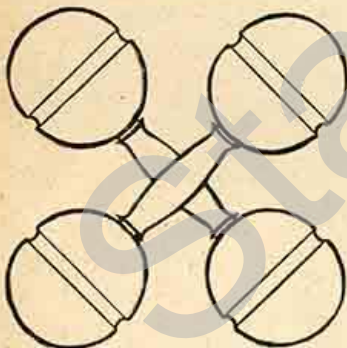
They are Far Superior in Shape, Balance and Finish than the Cheaper Grade Clubs.

Weights 1-2-3 Pounds

MAIL US THE COUPON BELOW

Wooden Dumb-Bells

Keep the Entire Family in Good Health



Made of the Same Material and Design as the Indian Clubs

Weights 1-2-3 Pounds

Get Both Sets and Have a Gym of Your Own.

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Sporting Goods Dept. S-10 6
2739 N. Palethorp St., Philadelphia, Pa.

Gentleman: Please find enclosed my remittance to cover cost of the proposition I am checking off below.

- 1 lb. Indian Clubs (sets of 2) \$1.15
- 1 lb. Dumb-Bells (sets of 2) 1.15
- 2 lb. Indian Clubs (sets of 2) 1.45
- 2 lb. Dumb-Bells (sets of 2) 1.45
- 3 lb. Indian Clubs (sets of 2) 2.00
- 3 lb. Dumb-Bells (sets of 2) 2.00

Name.....

Address.....

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

versed body hold that pinned the great matman to the canvas in the time of eleven and a half minutes. A paroxysm of enraptured intoxication swayed the throng as the duel became one of even falls. The final meeting was opened cautiously by both men. The Utican spurred on by asserted confidence, and the title holder by a craftiness upon which depended his title. It was minutes before either would take a chance, and then the young man surprised the excited mass by clamping one of Lewis's own headlocks on the champ and bringing him down to the mat with some of his own medicine. Frantic efforts loosened the hold, and the Strangler escaped. Then followed an exhibition of cleverness that has gone down as the cleanest match ever seen in the "city of baked beans." The contest full of thrills, waged for three hours. Lewis was baffled in all attempts at headlocks, and resorted to wrist holds and trips, bringing his man repeatedly down to the mat, but he was unable to secure a fall. It was the challenger's success in matching his reverse arm lock against the headlocks of Lewis that made it too dangerous for the champion to continue with his speciality. After two hours of terrific grueling, Malcewicz pitched Lewis through the rope and hurt his right arm in the fall. But fit for tat, ten minutes later Lewis gave the Utican such a severe toss that he injured his ankle. In this condition both men battled for three hours when the referee stopped the bout and declared it a draw, a decision which was received with much cheering by the satisfied spectators.

This is the kind of stuff we want. We want to see the native born wrestler given the same chance as the foreigner. If promoters would get wise to this they could probably bring back crowds as great as that which witnessed the Gotch-Hackenschmidt struggle in Chicago about 15 years ago.

The Folly of the Dopester

(Continued from Page 38)

papers, giving the "sure thing shots" of several "experts," but the "experts" taken all together were not in it with my friend.

Such things work two ways, there are men who really understand a certain game, but cannot be at all positive of choosing winners. Witness Jim Corbett in picking fight winners; though at times he may hit it, taken over a number of years he has been a poor picker.

It works out the same way in horse racing. Notice the daily papers and you will see how unsuccessful dopesters are on the average; sure, they pick winners, but note how many they slip up on. I have known of sporting writers going through a season with an astounding high percentage of football winners, but the system these extra successful ones have used is to select a lot of teams each week end, then if they have a lot of luck with each group selected, the number of wins at the end of the season will look darned big. When it comes to choosing the best teams in the coun-



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try at the start of the season, they may hit some of these pretty nice, but the late season upsets, that spring surprises on us all, give an ugly black eye to the championship aspirants whom the sporting dopesters has chosen.

There are many reasons for upsets besides a turn of luck, and scores of angles to cause a slip-up in the smooth running of forecasts; for instance, some coaches have the problem of starting the season with almost an entirely raw team, inexperienced at playing together, so the dope is liable to be against them to come through successfully. Nevertheless, as the season draws towards the end, these same players become accustomed to playing together and through dint of thorough coaching and drilling, systems of play are put in effect that bring defeat to seemingly much better teams that are game weary and worn ragged from a series of tough games.

This same reason may be given for the failure of strong, first class teams to get through undefeated, when all indications point towards a sure clean up. Having a hard schedule to play through, a first class team can be crippled by meeting tough opposition week after week, the players get badly used up, and become stale and bruised, injuries result and it becomes necessary to play entire second string teams against opponents who have had a good break with comparatively easy teams, and have kept their stars fresh and unmarred; then we have an apparent upset and a team that on all points should have gone through undefeated on the strength of its great players, loses to a team with a softer schedule, fortunate absence of serious injuries and a streak of good luck.

Furthermore, at the beginning of the season you never know what new star is going to appear on the athletic firmament and by his daring, fleetness and sensational playing outshine the luminaries who have been gazed upon with awe as unapproachable in stellar performance.

Without an element of chance, as you know, any game is absolutely lacking in the power to hold interest, and popularity would be certain to wane if there was no chance of the favorite being trimmed. The biggest kick seems to come from the possibility of the unknown and obscure team gaining fame by trouncing the well advertised outfit, figuratively over-fat with a record of continuous victories.

Wouldn't it be dull in athletics in general and in football in particular if the dopesters could tell us who would come out on top. The chief reason for thousands paying to witness big fights, world series and football games is because of the working of that invisible something that turns the unexpected into a reality.

Just for the purpose of comparison and in proof of our contentions concerning reversals, let us review some of those that occurred during last year. It may seem an out of date rehash, to go over known results of another season, but if you are interested in doping out forecasts on the coming football

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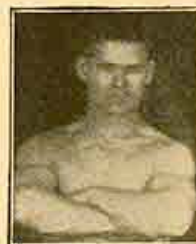
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campaign, a few lines may serve to refresh your memory and cause you to reverse your guess in the right direction.

One that has proved a wonderful playing machine of late years, facing the most rigorous intersectional opposition is Notre Dame, who last season started out with a green team, consequently faring not so well, losing to West Point for the first time in nine years, besides bowing before Nebraska and being tied by Penn State. The Army, after defeating Notre Dame and three other western elevens, was highly overrated, later being beaten by Columbia and trimmed by Yale, which team lost to Penn and Princeton and was tied by Harvard, the latter being able to tie after a season below standard, having lost to Holy Cross, Dartmouth and Princeton, who started weak, held to a tie by the Navy and losing to Colgate; the Navy having been swamped by Michigan and beaten by Army; Princeton improved as the season advanced and won over Swarthmore, Harvard and Yale. Penn, after winning from Yale, Brown and Chicago, lost to Illinois and later to Pitt. Colgate, after a fine season was tied by a comparatively weak team, Brown. To continue the examples of inconsistencies, West Virginia, a team that piled up high scores, swamping their opponents in most cases, lost early to Pittsburgh, an outfit that lost to Lafayette, the latter being beaten by Washington and Jefferson, whereas both West Virginia and Pitt had decisively defeated W. and J. Moving to the mid-west for a few more reversals, Michigan came out the best team in the Western Conference, but was defeated by Northwestern, which lost to Chicago, Tulane and Notre Dame. Illinois, the team that came east and smothered Penn, did not do so well around home, losing to Nebraska, Iowa and Michigan.

The same story carries us to the Pacific coast, where California had gone through five years undefeated, to lose to the Olympic Club, Washington and Stanford. Washington also beat Stanford, but lost to Alabama and was tied by Nebraska, an eleven that suffered defeat by Drake and Missouri, both of which were beaten by other colleges.

So we could continue in an unendable chain throughout the whole list of 1925 games, enumerating cases of surprises and "upsets." It was certainly a most varying season, being full of such "form" reversals, and although last year may have been exceptional for examples of where teams failed to play consistently, still it would be easy to cite cases in other years, where championship aspirants, supposedly safely rated as the cream of the season, met a "tartar" at the tail end of their schedule, and various other cases of wholly unexpected defeats.

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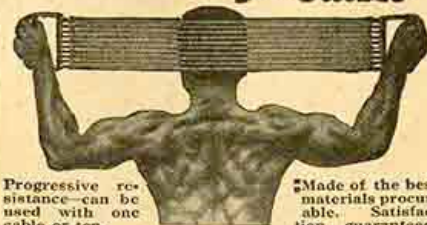
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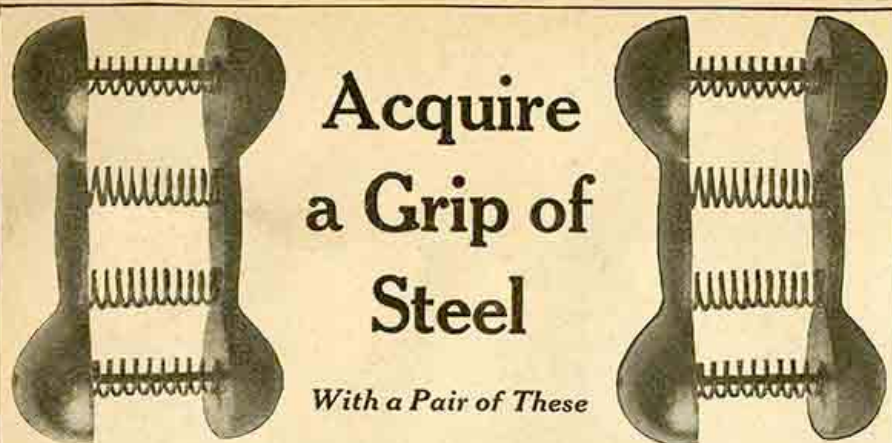
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a surprise on the best of them.

And so, we reiterate, we surely must hand it to some of these dope calculators, and realize that the fans are always ready to absorb such tips; nevertheless, the thing as a whole appears somewhat in the light of a "folly."

The Growth of Athletics

(Continued from Page 21)

constant surveillance of athletics in general by both their friends and their enemies will have a tendency to further lessen the relatively small amount of harm attendant upon sports of any kind.

Walter Camp long ago pointed out, in our columns, certain flaws in athletic training; flaws that in many cases still exist. He claimed that American track athletes particularly were drawn too fine and in many cases had to have exactly right conditions or else they went to pieces physically, instancing the epidemics of pulled tendons which occasionally spring up among track men as a case in point.

Successful coaching in many instances has overcome this tendency, but unfortunately many youths of unusual athletic promise sacrifice their own best interests and future prospects for the immediate glory of winning a race. Many coaches are judged only by their ability to win and that this is a serious condition is generally recognized.

Weight lifting, a sport in which this magazine is particularly interested, has been criticised because over a period of years participants in weight lifting contests have so changed the style employed in their lifting that many fine old records have been surpassed by men not the equals of the old champions who originally made the records.

Of course this applies to all sports to a greater or less degree. Ask the football fan of ten or twelve years back what he thinks of the relative merits of the game as played now and then. Then ask the fan of twenty-five years back.

No one believes that the gains in pole-vaulting have not been largely the result of better methods rather than better men. So eminent an authority as the late Mike Murphy is quoted as saying that no man ever did or ever could beat 10 flat in the hundred, and so it goes.

Of course every big league manager has been told many times of the days when ball players were ball players and no sport will ever get away from its veneration of the old stars who played the game when we were boys.

And that loyalty to the game as it was, as well as, as it is, is one of the really fine things that we can all get out of any sport.

I never heard a man say that he regretted the time spent or the knocks received in any sport, and I know many men who look not only on their present athletic prowess with pride but also many men who look back at athletic careers which can be included among the happiest and the proudest of their achievements.

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Acute and Chronic Bronchitis

By *Norman Gundlach*

IT IS at this time of the year that an individual usually contracts a cold, and with the gathering of concerts and theatre audiences, the metropolitan dailies raise frequent protests against the troublesome coughing which mars many a recital, sermon and play. I noticed a music critic ending his report of the season's first symphony concert by saying, "the usual chorus of coughs were present."

Naturally, in an audience, mental suggestion plays a large role, but we are attempting to run down the first cough, which is usually the one that starts the contagion of bronchitis. A cough is a reflex and, ordinarily, a purposeful act. It may be produced voluntarily or involuntarily, and it has its gainful end—the expulsion of the stimulating object from the respiratory tract. The act of coughing, nevertheless, is always dependent upon a nerve impulse and this impulse may arise within the respiratory organs, from the nerve tracts supplying these organs or associated nerve tracts. Thus, besides what might be termed the true respiratory and purposeful cough, there are also coughs arising from irritations of the ear, nose, throat, stomach and intestines.

Coughing is an expiratory effort caused reflexly by some irritation. The muscles of the lower part of the chest are most engaged in the act of coughing, and, therefore, in severe, prolonged, or frequent coughing, muscle fatigue usually occurs in the lower part of the chest, and the erector spinae muscles, the serratus and the (quadratus lumborum) are all utilized in a strong expiratory cough. The muscle contractions, during the act of coughing, compress in all directions and the air in the bronchial tubes is forced upward. Then if there is no obstruction it is then expelled through the glottis.

The causes of a cold may be classified as mechanical, chemical, infectious and toxic. In the mechanical causes inhalation of dust and particles of food may be the direct cause of the cold. Of the chemical causes the inhalation of irritating gases, such as chlorine gas, may cause bronchitis; in the infective type, measles are usually a cause for bronchitis. Among the toxic causes the poison of uremia and possibly that of some of the infectious diseases must be included, the latter upon the theory that the inflammation is produced by the excretion of toxins or poisons by the respiratory tract. Exposure to cold and dampness is one of the causative factors and it probably acts on the body by lowering the body resistance and allowing the invasion of the mucous membrane by micro-organisms constantly present. The cough which is present in bronchitis can be caused by irritation of any of the mucous membranes of the air tract, by irritations of the

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nerves in the lung tissue, by irritations of the pharynx and also by reflex irritations of the vomiting center, and by any irritation that can reach the nerves that supply the lungs. An irritation to the ear, nose and throat will also cause a cough.

Pain and muscle fatigue from prolonged coughing, besides occurring in the lower part of the chest, occur also in the sides, low down in the region of the diaphragm, and also in the back, even down into the lumbar region. These strong contractions of the abdominal muscles during coughing also aid in temporarily diminishing the capacity of the thorax by pushing upward the abdominal organs. At the same time there is a considerable force exerted downward. Before this forcible expiration or cough, there is generally a deep, quick inspiration, when the glottis in the throat is partially closed and the air is propelled upward forcibly and thereby causes a friction which tends to expel anything on the walls of the mucous membrane of the bronchial tubes and trachea. Even in simple bronchitis, if there is much coughing, there will be found a gurgling sound in the apices of the lungs.

Nasal irritations may produce a cough as frequently as they cause asthma. Irritations of the nose and throat proper frequently cause coughing, which is very likely to be accompanied by retching and even vomiting. The cough of bronchitis can be of all descriptions; it may be dry or it may be non-productive; it may be moist and productive. The pains in such a cough are usually under the sternum or breast bone and this pain is due largely to the vibrations of the air causing pains to the inflamed mucous membrane of the trachea and perhaps the layer bronchi. The coughs of different individuals vary. Some individuals cough with great intensity, others cough easily and lightly. The older people seem to raise mucus and pus from the bronchial tubes with difficulty. It usually takes a great many coughs to raise the sputum for expectoration. Young children generally cough easily, but usually swallow their sputum. Very weak individuals will hardly expectorate at all. Persons who are subject to coughing very hard, as typically seen in whooping cough and in the severe type of bronchitis, will, as a rule, cause a heart condition, therefore increasing the work of the heart and especially of the right side of the heart. Such coughing can force backward the blood in the large veins and therefore congest all the organs in the body, for instance, the eyes, face and head, and it is known that whooping cough can cause a cerebral hemorrhage or a hemorrhage of the eyes. In these hard, dry coughs, the individuals may not infrequently have nose-bleed and even at times vomit blood.

The course of acute primary bronchitis is fairly uniform. After exposure to cold, wet or, oftentimes, to a close atmosphere, there is a feeling of malaise which is accompanied by chilly sensations, or more rarely, a pronounced chill. Within a short time a fever de-

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velops, and at the same time or shortly afterwards a feeling of constriction or oppression beneath the sternum is noticed. This condition becomes intensified by deep breathing. The cough now appears, but is at first dry, harassing and not productive of relief. The temperature is usually elevated by a few degrees, but in children, it may rapidly arise to 103 and 104 degrees. In the course of twenty-four hours the cough usually increases in severity and by the end of that time it is accompanied by the expectoration of a small quantity of mucus which is produced only by inordinate effort. Gradually the cough becomes softer, the expectoration increases in amount and becomes opaque and finally yellowish in color. As expectoration increases in the disease, the general feeling of illness diminishes and the temperature falls to almost normal. After three or four days, sometimes sooner, the only symptoms remaining are a frequent cough and a rather copious yellowish expectoration during a cough. The cough gradually lessens, the expectoration becomes less profuse, until finally the individual recovers completely after the course of a week or ten days. In cases where the disease runs only a short course, the mucous membrane becomes normal, although one attack of bronchitis frequently leaves behind it certain susceptibility. In children the initial general symptoms are more severe, the temperature elevation is greater and there is no visible expectoration until the fourth or fifth day, then vomiting is more frequently apt to occur. In the aged there is but little general disturbance at the outset of the disease, but it is apt to assume a sub-acute or chronic course, or the disease may end fatally in those enfeebled by advanced years or structural disease in other parts. On physical examination of an individual who is suffering from bronchitis, the lungs will show an inflamed area and also a consolidation and the respirations are slightly increased in frequency and a little more shallow than in normal health, except in infants, where the respiratory rate may be greatly increased. In the chronic form of bronchitis the symptoms of the disease are similar to those of the acute type, but are rather less severe. The pain found in the acute type is rarely present in the chronic type, but there may be some soreness at the base of the chest if the cough is frequent and severe. Cough, while not a constant accompaniment, is paroxysmal and therefore varies in severity and frequency. The degree of the violence of the paroxysm depends upon two factors: the character of the bronchial secretion and the seat of the catarrhal inflammation. Therefore, when the expectorations are tenacious and scanty, and when the small sized tubes are affected, the cough is most violent. It also varies both with the weather and the season, as is evident from the fact that there is often an absence of the cough during the summer months, while it returns unflinchingly with each new winter. The expectoration in the chronic form of bronchitis



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differs widely in the different cases. It is sometimes abundant and mucous in character. On the other hand, there are cases of dry cough in which there is little or no expectoration. As a rule, however, it is rather copious and either muco-purulent or distinctly purulent in character. Fever is usually absent, though on rare occasions a slight rise of temperature occurs at night. The appetite is good as a rule and the bodily weight and nutrition are also well maintained.

The treatment in the acute type of bronchitis varies somewhat with the age of the patient. A few general directions apply to all ages. Equalization of the circulation of the blood and also of stimulation of all lagging organs of the body are important in the early measure of treatment. In all cases of bronchitis, purity of air, equable room temperature and a slight excess of moisture in the air are essential. In young infants the child should be clad rather more warmly than ordinarily, the chest should be rubbed twice daily with warm camphorated oil. Ordinarily in the early stage of the disease a simple fever mixture may be necessary and for this stage of the disease I would advise the taking of Brown's Mixture, one teaspoonful in water every four hours. In the acute type of the disease no further medication is required, but if the bowels are constipated, it is then safe also to take some mild laxative such as oxy-crystine in teaspoonful doses or the fluid extract of cascara sagrada in teaspoonful doses, so as to clear the gastro-intestinal tract. In removing the extra covering from the chest, care must be taken that the change be not made too rapidly, but that small portions should be taken away at a time. If at any time marked oppression of breathing occurs from the accumulation of mucus, the production of vomiting by a full dose of the Wine of Ipecac will cause prompt clearing of the tubes in the lungs. In older children and in adults a preliminary hot footbath to equalize the circulation and start the emunctories is of value. The application of mustard plasters and the application of antiphlogistine to the chest is also very valuable in these conditions. The use of a cotton or woolen jacket is not so important as in infants, but is of some value. In the aged, it is important to sustain the general health and strength and especially to watch the condition of the right portion of the heart, because in very serious forms of bronchitis the heart becomes involved.

Naturally the treatment of bronchitis falls under two heads. 1. Hygienic and 2. Medicinal. In the hygienic type of treatment we bear reference, frequently, to the removal of various noxious influences. When an individual cannot make a suitable change of air during the cold season he must keep his room during inclement weather. He should, however, be allowed to spend as much time as possible in the open air during clear and pleasant weather. The diet should be generous and articles easy for digestion should be selected for his or



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her menu. Wines and liquors are to be avoided unless particular indications for their use exist. In the medicinal type of treatment in the adults I would advise the taking of elixir terpin and heroin hydrate in teaspoonful doses every three hours. Occasionally the drug, potassium iodide, exerts a curative influence and this can be taken in ten grain doses, four times a day.

In the chronic form of bronchitis the prime factor in the treatment is the removal of the cause such as, unsanitary surrounding, inhalations of dust, etc. When the individual lives in a changeable or vigorous climate transplantation to an equable and mild region is of itself often sufficient to produce a cure. The prophylactic measures to decrease the liability to exacerbations are important. The wearing of woolen under clothing, in order to prevent chilling of the surface of the skin, the practice of cool bathing on arising, in order to promote the vascular tonics of the skin, the correction of the nose and throat conditions, so as to do away with the weak spots, favoring the catching of fresh colds, are the important elements in the treatment of the chronic form of bronchitis. At times treatment of the bronchial condition is best carried out by treatment of systemic faults or of an existing heart lesion in combination with more direct treatment of the bronchial catarrh. In many cases of bronchitis an important element is the building up of the individual. One of the most valuable drugs is strychnine, which when taken acts as a general tonic and is known to be particularly valuable in stimulating the lungs or respiratory tract and therefore tones up the muscles, thus enabling the cough to be more effectual. Its value in the aged is very great. The expectorant remedies are certainly of value, yet it must be borne in mind that these drugs are very apt to upset digestion. Among them the ammonium compounds occupy a leading place. Where the expectoration is scanty and the sputum viscid, ammonium chloride then should be tried so as to help this condition. The diet should be nourishing and should be strictly regulated to the condition of the digestive organs. The excess of starches is to be avoided because of its tendency to cause flatulence and consequent mechanical interference with the breathing. If the larynx in the throat becomes inflamed in these conditions, it is best then to take the inhalation of simple steam, or various ether inhalants may be of value. An individual who is suffering with laryngitis of any type, should then be under very careful observation of a physician. The steam for inhalation may be modified by adding to the boiling water, the oil of eucalyptus, five drops to the pint, or the compound tincture of benzoin, one dram to the pint, can be safely used.

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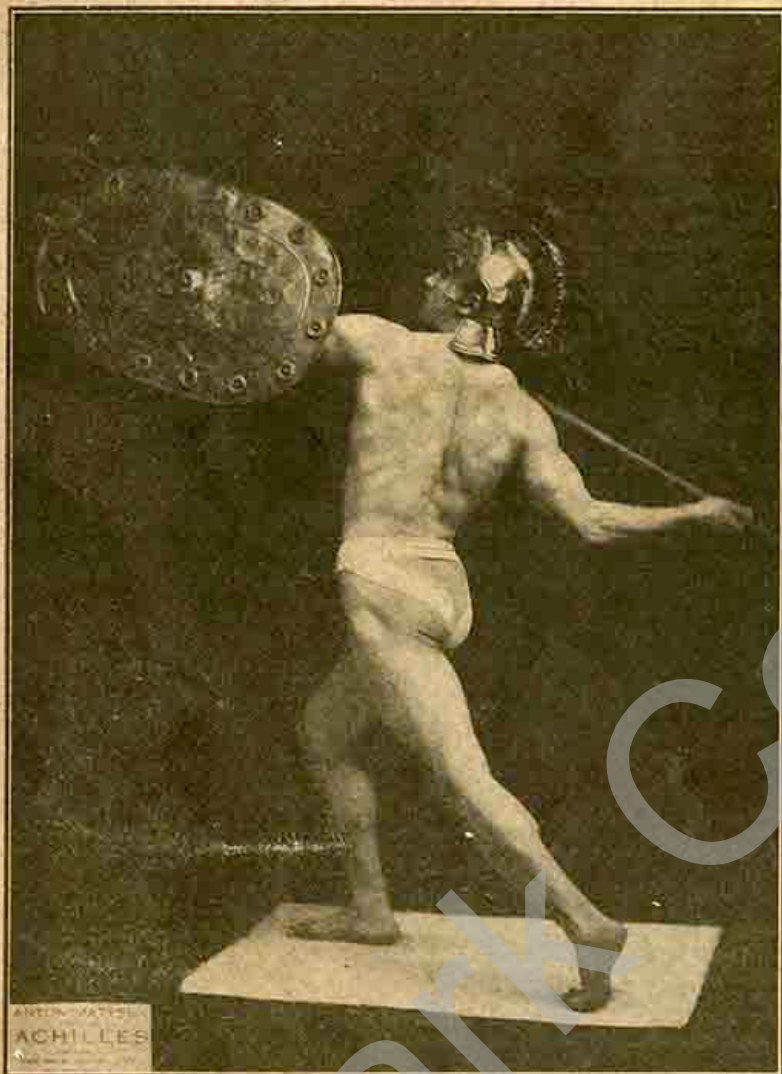


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Look at any of the Milo Pupils and you cannot fail to see that the above is true. If you could only see one or two of them in person, you would be still further impressed. But the real beauty of the Milo System is that it will do the same for you without fail.

Milo Bar Bells Are Not for a Chosen Few. They Will Rapidly Build Up the Physique of Any One Who Uses Them

Some systems are only for the weak. Others are only for the average. And still others are only for the exceptionally strong. The Milo System is for every one who is able to be about his daily occupation. The weak are safely made strong and a person of average strength is quickly made stronger. Both will be improved in bodily development beyond belief.

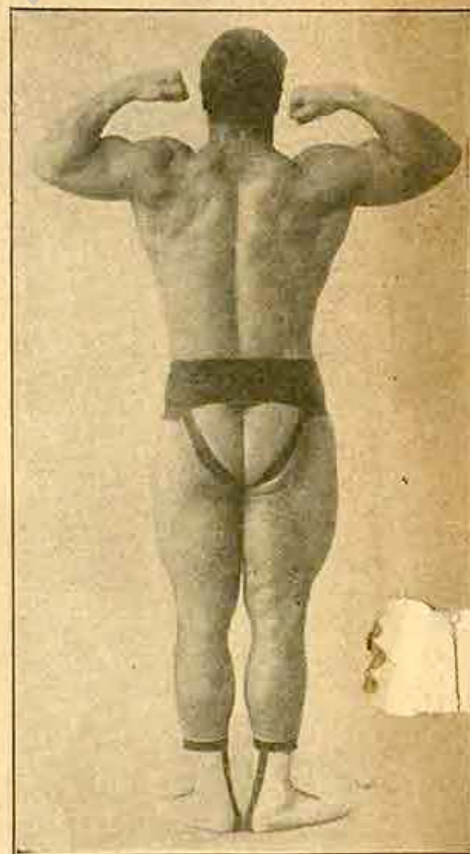
There never lived a man who was too strong for bar bells, nor who was so naturally strong he couldn't be improved with a Milo outfit.

In many cases the strength of their muscles is unbelievable, for sometimes their superbly-muscled bodies do not indicate the great strength that lies therein.

Milo-developed men are the men who are doing things worthwhile in the strong man world. Each issue of Strength Magazine tells of some notable achievement by pupils.

But Don't Make This Mistake

Many think that if they take up bar bell exercise, they must become a so-called weight lifter if they hope to get the best results. They seem to get this idea from the fact that so many of our pupils do become weight lifters. But the reason they do is because they become fascinated by the rapid progression they make and the desire to become the strongest man at their bodyweight, and not because they cannot become exceptionally strong and well-proportioned if they leave the heavy lifting alone.



W. GERARDI—A Milo Pupil of the Heavy Type

The Milo Bar Bell Co.
2739 N. Palethorp St., Dept. 147.
Philadelphia, Pa.

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