

Leg Reducing Exercises

# ★ Strength

MARCH

25¢



PEARL CHOP

Nancy Carson



# From Weakling to Hercules

**M**R. J. E. WOODROW, of 2510 Western Avenue, Peoria, Ill., wrote us as follows:

"I am sending you two pictures showing the development I got from your course. The picture showing me stripped was taken just before I started, and the picture in bathing suit was taken after I had been practising for sixteen months. The first two months I saw little improvement, but after six months' training I hardly knew myself when I looked in a mirror. I wanted health, strength and development, and I got them—and more."

There is more to Mr. Woodrow's letter, and you can read it, and other letters just as startling, in the catalogue mentioned below. We are naturally proud of the development that Mr. Woodrow acquired. His pictures show the way his body grew. Comment on his muscles is therefore unnecessary, but there are two points you might overlook—namely his face and his neck.

*The Neck Is the Index of Vitality—  
The Face Is the Index of Condition*

A thin, scrawny neck is a sign of low vital powers. Hollow cheeks and a drawn face are a sign of lack of condition. Compare Mr. Woodrow's face and neck in the two pictures. Consider them not only in regards to his improved personal appearance, but also as signs of health, and you will understand why we are even more proud of improving his health and appearance than we are of developing his muscles.



## If He Can Do It—So Can You

The fact that you are reading this advertisement is proof that you are interested in the improvement of your body. Granting that, ask yourself just what you have accomplished so far. Take stock of your physical condition. Are you what you would like to be? Have the methods you have been following produced satisfactory results?

## Have You the Least Idea of Your Own Possibilities

in the way of development? As most people have not, we suggest that you send for the booklet described in the "special" on this page. It will be an eye-opener to you. The last time we advertised this the demand in the first few days cleaned us out of pamphlets. We now have plenty on hand. Did you get your copy?

We have been teaching our system of Progressive Bar-Bell exercise for twenty years. We have brought thousands of men to physical perfection. You can read about many of them in our big catalogue entitled,

**HEALTH, STRENGTH and DEVELOPMENT  
and HOW TO OBTAIN THEM**

*Mail this Coupon to Us Now and  
Get a FREE Copy*

**The Milo Bar Bell Co.**

Dept. 756

2745 N. PALETHORP STREET

PHILADELPHIA, PA.

The Milo Bar-Bell Co.,  
Dept. 756  
2745 N. Palethorp St.,  
Philadelphia, Penna.

Gentlemen:

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

Name .....

Address .....

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

### Special

When writing for our booklet, be sure to ask for your copy of the pamphlet, "How Much Should I Weigh and How Much Should I Measure?"



# He looks 10 years Younger!

Patterson Didn't Know  
it until a few months Ago---  
But **FAULTY LUBRICATION**  
was *Killing him*

**P**ATTERSON was slipping. His family thought he was just naturally losing pep. His partner thought he was growing old (at 40!) Patterson himself knew that his headaches were becoming more and more frequent; that he was tired and "all in" by the middle of the afternoon. He found it necessary to take purgatives habitually and in increasing quantities.

## He Finds Pecano

What he didn't realize at the time, is that at 40 every man—every woman—should be full of fire and fight! He didn't know there's no excuse in the world for youth slipping away. He thought perhaps it was natural.

And then someone told him of PECANO, a most nourishing and sustaining food, luscious, sun-ripened nuts in a new and truly digestible form.

## Regain Amazing Strength, Energy and Vigor

Today Patterson eats PECANO at every meal—as do thousands upon thousands of others who have come to know this miracle food. PECANO furnishes him the very choicest of tissue-building material with which to repair his body; it supplies him an extra-ordinary amount of strength, energy and vigor. He is experiencing the joy, for the first time in many years, of complete lubrication, in Nature's own way, without having to resort to the laxatives and purgatives which had begun to fail him.

## Every Member of the Family Likes It

Every member of Patterson's family is finding different qualities in PECANO to praise. Patterson himself says that his health is wonderfully benefited. His school-age daughter enthusiastically tells her friends how PECANO out of "Dad's 5-pound can" makes her fudge taste ever so much better than any she made before.

Young Jimmie Patterson, aged 8, eats it on the morning cereal which his mother used to try so hard to get him to eat, and now he enjoys it like a dessert. The family doctor encourages this, for Jimmie gets not only the nourishment in his cereal but also the marvelous body-building and lubricating elements contained in PECANO—and though many people don't know it, most children suffer serious handicap from occasional constipation and malnutrition. Both of these are ended for Jimmie since eating PECANO.

## They Marvel at Mrs. Patterson's Cleverness

Mrs. Patterson surprises her family and guests by adding a delightful new zest to familiar foods. There are hundreds of different ways in which she serves PECANO—with vegetables, with fruits, with cereals, with desserts, or as an ingredient for cooked dishes—each with a new delight in blended flavors. Refreshingly different!

## Surprise Your Guests with Tasty Pecano Foods

"Delicious Pecano Recipes" tells you how. This book contains many delightful suggestions for the use of PECANO.

The great variety of tried and tested recipes in it will provide enough different menus for you to enjoy PECANO every day in a new way. With your trial order you will also receive free our wonderful book "The Miracle Food," brimful of valuable, scientific information about Right Food and How to Build Up Your Health.

## Don't Put This Off a Minute

You must actually try PECANO to realize its marvelous, delicious taste, its remarkable food value, and its amazingly efficient lubricating effect. Send \$1 today—right now with coupon below—for trial size (8-ounce) package of PECANO. Thousands are writing us enthusiastic letters praising PECANO. You will thank the day you first heard of it!

Mail coupon today—right now—don't put it off a minute.  
PECANO MANUFACTURING COMPANY, MANHEIM, PA.

Pecano Manufacturing Co., Dept. S-3-30,  
Manheim, Penna., U. S. A.

Enclosed please find One Dollar for which send me an 8-ounce package of Pecano post-paid. Also send me your book, "THE MIRACLE FOOD."

Address .....

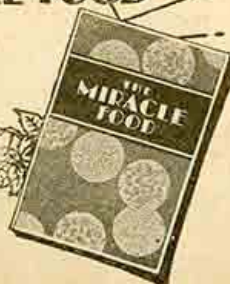
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# PECANO

THE MIRACLE FOOD







# Strength

MARCH, 1930

Vol XV

No. 1



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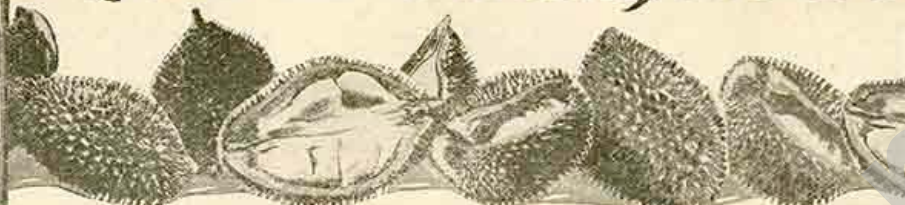
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In the far off jungles  
of the unknown East  
explorers discovered—

## Nature's Strangest Secret



# REVITALIZING FRUITS

**T**HE animals of the jungles fight for them. Natives attribute their great physical powers to their mysterious properties. Do you want vitality, endurance, LIVE strength? You cannot be strong without strong GLANDS. Read what scientists say about the revitalizing effects of these life-giving tropical fruits.

**F**RUITS that give you new vitality! That send new energy tingling through your body! That build up new stores of health to repair the damages of worn-out tissues and spent nerve force!

Of all Nature's wonders is there any more interesting than this?

Explorers brought back curious accounts of these unique fruits. They told of an unusual race of men who, eating these fruits, possess amazing physical powers, boundless vitality and live to incredible ages. They experienced for themselves their remarkable revitalizing and invigorating effects. The scientific world was aroused; for these reports were from authorities of the highest standing—the noted American explorer, Charles Mayer, the world's foremost scientific naturalists, Prof. Ernest Haeckel, and the Englishman, Alfred Russell Wallace, who called these the "King of Fruits."

Rewards were offered to the man who could bring back these tropical fruits. But all efforts failed—they ripened too quickly.

Then modern food chemists blended the fruits to form a delicious fruit food, suitable for export. This preparation they called Lukutate, from the Hindustani for "come back" or "come again."

### Lukutate Creates Sensation

Introduced to the Western World, Lukutate became an almost overnight sensation. From people everywhere came enthusiastic testimony to wonderful ben-

"There grows no other fruit on this entire globe which affects humans and animals in the way these fruits do"—Dr. Emil Carthaus, eminent botanist, author of "Rejuvenating Plant Substances."

efits. Thousands were amazed at their new strength and energy, their new stamina and vitality. Tired, run-down, ageing men and women spoke joyously of the return of glowing health and youthful vigor.

### "Naturally Strengthens Vitality"

Dr. Victor Fischer, States Chief Physician, Vienna Hospital, the eminent Austrian physician, states that under the healthful influence of Lukutate "a gradual regeneration of the entire organism takes place. This is manifested particularly in a strengthening of the vitality."

University Professor Dr. F. Lange, of Stuttgart, suggests that science is on the eve of sensational discoveries based on the vitamin principles of Lukutate.

Other noted scientists have equally startling things to say about Lukutate—about its revitalizing, health-giving qualities—about its regenerative influence upon the mysterious endocrine glands, the very seat of life, energy and youthful vitality.

Have we at last found the way to control these all-important glands, to supply the natural elements essential to their activity and normal functioning?

## Send for This FREE BOOKLET

—a Story of Extraordinary Interest

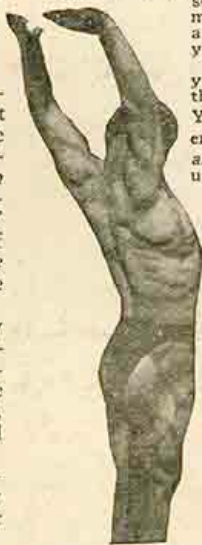
"A tale of ancient lore and modern science; Oriental jungle and European laboratory." Every page of this booklet is crowded with interest—and every statement is supported by scientific authority that will command your respect. This booklet has so direct and personal a bearing upon your life that you should send for it at once. Tear out the coupon now.

New Strength, New Energy, New Glandular Vigor Experienced by Thousands

You cannot be strong if your glands are deficient. No amount of exercise will help you if they are weak and inactive. Without vigorous, healthy glands, your food cannot be converted into rich, red blood, into live tissues and powerful muscles. The organs of your body fail to function properly. You feel weak, tired out, listless. Your complexion is pale, your eyes dull, your flesh soft and flabby. You show many of the symptoms of "old age" even though you may be young in years.

But see what happens when your glands are supplied with the essential vital elements. You feel the influx of new energy—you become gloriously alive—your whole body builds up—your strength increases—you have the reserve power that wins in sports and athletics.

Read the whole story of the glands—and Lukutate. Read how thousands have gained new strength and health. Mail the coupon for one of the most important booklets you have ever read.



# Lukutate

LUKUTATE CORPORATION OF AMERICA

315 Fourth Avenue

New York, N. Y.

LUKUTATE CORPORATION OF AMERICA, Dept. S-130  
315 Fourth Avenue, New York, N. Y.

Without obligation on my part, please send me the free booklet that tells how the revitalizing fruits of the Far East have been brought to civilization in Lukutate.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_



# 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., March 20th for the May issues. Address all orders or inquiries to Miss A. M. Lorentson, Classified Advertising Manager, STRENGTH MAGAZINE, 104 5th Avenue, New York, N. Y.

## BOOKS

**A PERFECT LIFE AND HOW TO LIVE IT.** \$3.00. By Dr. Henry Hoffman, Box 814, Omaha, Neb. Information free.

**THE ABDOMINAL MUSCLES.** Described and how to develop. \$2.00. Colossus. Box No. 4991, San Francisco, Calif.

250-page, illustrated book on Physical Perfection. \$1.00. Prof. J. A. Dryer, Box 1850, Chicago, Ill.

## HEALTH

**DON'T STARVE, FEED.** Improve Complexion. Ambition, nerve exhaustion, catarrh, constipation, indigestion, sex troubles, impotence, regulate weight. Booklet 10c. Vital Diet, 10. 811 N. Fourth St., Camden, N. J.

**WHAT TO EAT,** 30c coins. Carlo Curcio, 836 Bedford Avenue, Brooklyn, N. Y.

## INSTRUCTIONS

**NOVELTY ACROBATIC STUNTS**—Tumbling, Bending, Balancing, Clowning, Show Material, etc. Professional instruction. Easy method learning. Best ever. Illustrated complete, \$2.00. Jingle Hammond, Adrian, Michigan.

**IMPROVE YOUR BODY BUILDING.** A wonderful course of exercises; a chart of 20 illustrations of myself with full instructions. Send for this course right away. \$1.00 postpaid. A. J. Erwin, 4969 Braden Ave., Detroit, Mich.

**CHIN THE BAR** with either hand and add 4 inches to arms in 60 to 90 days. Course, \$1.00. Results guaranteed. J. M. Evans, Abernathy, Texas.

## FOR SALE

**HUNTING HOUNDS** less than half price; shipped for trial. Literature free. Dixie Kennels, X2, Herrick, Ill.

## PERSONAL

**WHISKEY OR DRUG HABIT CURED** or no pay! Give secretly! \$2.00 if cured. Sent on trial! Laboratories, Station C, B-99, Los Angeles, Calif.

**CORRESPONDENCE CLUB!** Interesting, dignified. Free particulars. Betty True, Box 796, Los Angeles, Calif.

## SALESMEN WANTED

**FREE—1000 Money-Making Opportunities** from reliable firms. Sample copy free. Specialty Salesman Magazine, 4022 Mather Tower, Chicago.

## EMPLOYMENT

**SECURE THE POSITION YOU WANT!** Permanent positions, \$2,500 to \$10,000! New York, California, South America! Any locality. Quick action! Guaranty Service, Dept. 20, Wrigley Bldg., Chicago.

## SCHOOLS AND COLLEGES

**NATUROPATHY HOME STUDY COURSE.** Fascinating, complete, simply written. Includes principles of Chiropractic, Massage, Osteopathy, Hydrotherapy, Dietetics, Naturopathic Reference Library. Write: Preparatory School of Naturopathy, 236 East 35th, New York City.

**BECOME A SPECIALIST IN PHYSICAL DEVELOPMENT.** Master course of correspondence instruction. Wonderful opportunities. Booklet free. Physical Training Institute, 4554-S Broadway, Chicago.

**LEARN MASSAGE, HYDROTHERAPY, DIETETICS,** Naturopathy, Physiotherapy and other methods through our home study course, endorsed by drugless practitioners everywhere. Representatives near you give practical training if desired. Write for booklet, testimonials and easy terms. Therapeutic Institute, York, Penna.

**YOU KNOW** that Herbal Remedies are valuable. Learn how to combine and use them. A Comprehensive Post Graduate Course (Correspondence) Teaching the use of Herbs. Hundreds of formulas. Write and learn what those who have studied say. A Proven Practice Builder. Dominion Herbal College, 18 West Hastings Street, Vancouver, Canada.

## BUSINESS OPPORTUNITIES

**FREE BOOK.** Start little mail order business. Hadwill, 23A-74 Cortlandt Street, New York.

## INVENTIONS

**INVENTIONS WANTED**—Patented, Unpatented. If you have an idea for sale, write Hartley, Box 928, Bangor, Maine.

## DETECTIVES

**BE A DETECTIVE.** Work home or travel. Make secret investigations. Fascinating work. Experience unnecessary. Particulars FREE. Write George Wagner, 2190 Broadway, N. Y.

## MALE HELP WANTED

**FOREST RANGER** jobs pay \$125-\$200 mo. and home furnished; plenty hunting, fishing, trapping. For details, write Norton Inst., 1543 Temple Court, Denver, Colorado.

## AGENTS WANTED

**MAKE \$50-\$75 A WEEK.** Everyone needs shoes. Sell Mason's all-leather shoes, amazingly low prices. 85 styles—men's, women's, children's. No experience needed. Big outfit FREE. Mason Shoe Mfg. Co., Dept. 684, Chippewa Falls, Wisc.

## VENTRILOQUISM

**LEARN VENTRILOQUISM BY MAIL**—small cost. 2c stamp brings particulars. GEO. W. SMITH, 125 North Jefferson, Room S-325, Peoria, Illinois.

## EXERCISERS

**FOR INFORMATION** on latest exerciser-messenger write Wallace Hokanson, Clithcrall, Minnesota.

## HOW TO ENTERTAIN

**PLAYS, MUSICAL COMEDIES AND REVUES,** minstrels, comedy and talking songs, blackface skits, vaudeville acts, monologues, dialogues, recitations, entertainments, juvenile plays and songs, musical readings, make-up goods. Catalog free. T. S. Denison & Co., 623 So. Wabash, Dept. 88, Chicago.

## ASTROLOGY

**ASTROLOGY**—Learn what the Stars predict for 1930. Will you be lucky? Will you win in love? Will your investments prove profitable? Would a change in occupation give you a larger salary? Our Special 15-Page Astrological Reading gives predictions—month by month—with exact days, dates and happenings for 1930 based on your Sign of the Zodiac. Consult it before making any change in home or business affairs, signing papers, love, courtship, marriage, employment, travel, speculation, health, accidents, "lucky days", etc. Send exact birth date with \$1.00 for complete reading. Franklin Publishing Company, 800 North Clark Street, Dept. 314, Chicago.

## SONGS

**SONG POEM WRITERS**—"Real" Proposition. Hibbeler, D43X, 2104 N. Keystone, Chicago.

**SONGWRITERS**—Substantial advance royalties are paid on publisher's acceptance. New booklet "Song Requirements of Talking Pictures", sent free. Newcomer Associates, 782 Earl Building, New York.

## ART PHOTOS

20. \$1.00. Agents, samples, cartoons. STRGPO 471, New York.

## RAZOR BLADES

**GILLETTE TYPE RAZOR BLADES.** Package of ten, 35c. Hargraves, 948 Cranston Street, Arlington, Rhode Island.

## HAIR

**ORIGINAL PRIVATE INSTRUCTIONS.** Grow new hair, banish dandruff, itching scalp, stop falling hair. Absolutely guaranteed. Send only \$1.00 today. Enjoy clean, luxuriant growth of hair forever. Leo J. Awad, D. C., 606 Roxborough Avenue, Philadelphia, Penna.

Miss A. M. Lorentson, Classified Adv. Mgr. STRENGTH MAGAZINE

104 Fifth Avenue, New York City  
Dear Miss Lorentson:

Please insert the attached advertisement of ..... words in the classified columns of your next issue. Enclosed herewith is \$..... at 10c per word.

Name .....

Address .....

NOTE—No ad less than 10 words accepted. Each word in name and address must be counted.



# "It's ALL OVER With Poor Eddie Now" We Said—and then

"It's a slaughter," I said to Joe, as we went outside. "We ought to stop it. Moran'll just pound the kid to a pulp. Eddie's no fighter." And then, before any of us knew what was happening—Eddie smashes a left to the Big Guy's jaw—and gee how that big stiff did fall!...



### The Big Bully Went Down Like a Ton of Bricks! Now "poor little Eddie" is the hero of the crowd!

OUR annual dance and outing was going big. We were having a swell time. Little Eddie Crane was dancing with his girl friend, when Moran tried to cut in. Moran would make two of Eddie any day and he was an ugly guy. He made some kind of an insulting remark in a low tone. Eddie's face got red as a beet. He sort of squared off, when Moran said loudly, "Come outside, you little shrimp and I'll settle this argument in two seconds."

Well, there we were—darned near the whole gang of us—outside, watching. Most everyone felt sorry for Eddie. He wasn't a fighter. Moran was built like a heavy duty truck. They squared off and Moran sprang at Eddie like a wild bull! I expected to see Eddie hit the dirt. But he just moved a little bit—ducked Moran's right—and swung back the neatest left I ever saw. SOCK! Boy, what a punch that kid packed! Moran went over like he was made of straw. And how the gang cheered.

Eddie's girl friend ran right up to him and kissed him. The gang lifted him up on their shoulders. Eddie was the hero of the evening—and no mistake.



ing you, preparing you to go right into the ring if you want to, ready to meet all comers."

#### Scientific Boxing Made Easy

Next day, Eddie let me look through his course at lunch. Gee, what a course! DeForest hasn't

overlooked a trick! There's a scientific defense against every blow—blocking, parrying, evading, the back-sway, slipping, ducking, side-stepping, stepping back, rolling with the punch. Then comes the counter-attack, how to defend and counter against every conceivable punch. He explains the



There's just ONE right way to clench your fist. That's the first thing De Forest teaches you.

fine points, too—the art of feinting, how to meet any type of fighter. He illustrates his points with an analysis of the fighting style of famous top-notchers, such as John L. Sullivan, Bob Fitzsimmons, Jim Corbett, Jim Jeffries, Jack Johnson, Abe Attell, Kid Lavigne, Joe Gans, Benny Leonard, Battling Nelson, Ad Wolgast, Stanley Ketchell, Mickey Walker, Firpo,



The famous Dempsey Roll, showing exactly how the champion feinted and hit.

#### How Eddie Did It

I was burning up to get the secret out of Eddie. I got him alone and asked him straight.

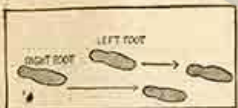
"Secret?" he says, "there's no secret about it. Just scientific boxing, that's all."

"Applesauce," I answered, "how would you know anything about scientific boxing?"

"Jimmy DeForest taught me," he says, grinning.

"Say—do you expect me to swallow that? Why Jimmy DeForest's the world's greatest trainer. He wouldn't even bother with a guy like you—and if he did, you couldn't afford to pay him for five minutes of his time."

Eddie grinned broader. "You're all wet, Sam," he said, and then he went on to tell me how I could get the great Jimmy De-



The whole science of footwork is explained and illustrated with diagrams.

"You can see for yourself how it's science—not size—that counts," said Eddie. "Take the way I handled Moran tonight. It wasn't anything at all. Just one of Jimmy DeForest's scientific punches." "But you can't learn boxing by mail," I still couldn't believe it.

#### Learned at Home from World's Greatest Trainer

"You can, the Jimmy DeForest way," Eddie answered. "DeForest teaches you right from the ground up—with everything explained and illustrated with diagrams, photo-



The corkscrew punch which Jimmy DeForest taught Kid McCoy.

## Complete Jimmy DeForest Boxing Course NOW ONLY

Here's your chance of a lifetime! The Complete Course of the world's greatest trainer, specially arranged for home instruction—now yours for only \$2.98. Thousands have paid \$37.50 for the Jimmy DeForest Boxing Course! Mail the coupon and get yours for only \$2.98. No money needed. Just mail the coupon. Whether you're interested professionally—or just want the all-round training that only boxing can give you—send TODAY for your course. It's your BIG CHANCE to learn EVERYTHING about boxing for only \$2.98. Rush the Coupon NOW.

JIMMY DEFOREST BOXING COURSE, Dept. 83, 347 Madison Ave., N. Y. C.

Johnny Dundee, Tom Gibbons, Jess Willard, Gene Tunney and Jack Dempsey. "Jimmy DeForest sure shows you how to meet any fighter," I said. "You bet," Eddie answered. "And he wises you to his one great secret of ring generalship that makes you a match for any man you meet. Do you know that lots of fighters have turned defeat into victory by a trick? Jimmy DeForest teaches you all the tricks—the ring strategy of the greatest fighters, how to avoid traps, how to put over the knock out."



"And," he went on, "he even tells you how to get matches; how to train for a fight—EVERYTHING for success in amateur or professional boxing."

#### New Ring Champions WANTED! You Next?

"Are you aiming to go in for boxing professionally, Eddie?" I asked. "I'll tell the cockeyed world I am. Promoters are looking for new material right now. And there's BIG MONEY in boxing. Jimmy DeForest has put hundreds of young fellows in on this dough. You can earn as much in a single bout as you do working for weeks or months this way. Why don't you send for Jimmy's course, Sam? Even if you don't want to box—it's darned handy to know how to use your dukes scientifically—as I guess you saw tonight."

# \$2.98

JIMMY DE FOREST Boxing Course, Dept. 83 347 Madison Avenue, New York, N. Y.

Please send me the COMPLETE JIMMY DE FOREST BOXING COURSE—text, diagrams, photos.  I enclose \$2.98 in full payment (P. O. Money Order, Express Money Order or Cash registered mail).

I will pay postman on delivery, \$2.98, plus postage.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

TOWN \_\_\_\_\_ STATE \_\_\_\_\_

(Outside U. S. A. Cash with Order)



# Let this Secret Give YOU a "Million Dollar" Personality

Do you know how to attract money, success, love, friends, popularity, happiness?  
Do you know how to make people like you?  
How to instantly command admiration wherever you go?  
How to control the minds of others?  
How to make people unconsciously do what you want them to do?  
How to fascinate the other

sex?  
How to win and hold the heart of the one you love?  
How to be a leader among men, if you are a man, or the center of attraction if you are a woman?  
How to overcome shyness, self-consciousness, fear?  
How to radiate that subtle, mysterious, irresistible power of personal magnetism that lays the world at your feet?

## Make People Love You

What a wonderful thing it is to have hosts of friends, to have every one glad to see you, to be welcomed with open arms wherever you go, to be showered with invitations for good times. What a priceless asset it is in business to have a "million-dollar" personality—to be able to win others to you, to have people go out of their way to do you favors, to be able to inspire confidence, loyalty

and enthusiasm. What kindles the fires of love? It isn't the best looking girl who is the most popular. Many a girl who would never be called beautiful is the idol of her set. She fascinates everyone. Who makes the most money? Not the plodding, hard-working man. No! It's the magnetic, dominant, forceful man.

## Win a Big Prize in the Game of Life!

### FREE

\$1.00 BOOK

Containing Secrets of Hypnotism, Fascination, Psychic Influence, Concentration, Magic, Mental Imaging, Occult Teachings, etc. Tells how to influence people even at a distance, how to protect oneself against enmity, how to concentrate, how to develop irresistible charm and force. Included FREE if you send the coupon AT ONCE!

Would you like to have a magnetic personality? You CAN. Yes, the same forces of personal magnetism flow through you as through any one else. Only they are hidden deep down in your subconscious self, unrealized, dormant, idle. Like a mighty current of electricity, this mysterious force is waiting for you to "press the button" that will galvanize it into vibrant life and energy.

Every one possesses this mystic quality—it is part of life itself. Read what Mr. Theron P. Dumont, instructor in the Art and Science of Personal Magnetism, of Paris, France, says: "Every person has already all the magnetic power that he or she will ever

have any use for. What you need to know is how to draw upon your storage keeper—the inner self."

For years this eminent psychologist has been teaching men and women to discover their hidden powers of personal magnetism. He has transformed the most timid, colorless, unassertive individuals into vital, compelling, fascinating favorites.

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measure and  
I’ll  
**PROVE**  
that you can have  
a body like mine”

—CHARLES ATLAS

“The World’s Most Perfectly Developed Man”



How my secret of Dynamic-Tension  
can make a NEW MAN of you, too:

- SKINNY?—develops a handsome, husky body!
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- HALF-ALIVE?—gives new pep and tireless energy!
- WEAK WILLED?—makes you master of yourself!
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**Y**OU, too, can be PROUD of your body! You, too, can be the new man I picture above! I’ll tell you the secret of *Dynamic-Tension* that changed me from a skinny, cringing, no-muscle “weak-sister” to winner of the championship title: “The World’s Most Perfectly Developed Man.”

I’ve helped thousands of others, young and old—fellows who were missing half the fun of life because they lacked the pep and vigor and my kind of a big, powerful, evenly-developed body that puts a man on top every time. If I could help these other thousands, I can help YOU. If they could be turned into “Atlas Champions” you can, too!

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Oct. 1929

NECK  
17 In.  
CHEST  
[NORMAL]  
46½ In.

BICEPS  
17 In.  
FOREARM  
14½ In.  
WAIST  
32 In.  
CALF  
16¼ In.  
HEIGHT  
5 Ft. 10 In.  
WEIGHT  
178 Lbs.



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FOR

# MEN

and for youths as well  
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It is a fact recognized by men of practical mind everywhere that the man of 100% masculinity requires different advice than the boy or weakling.

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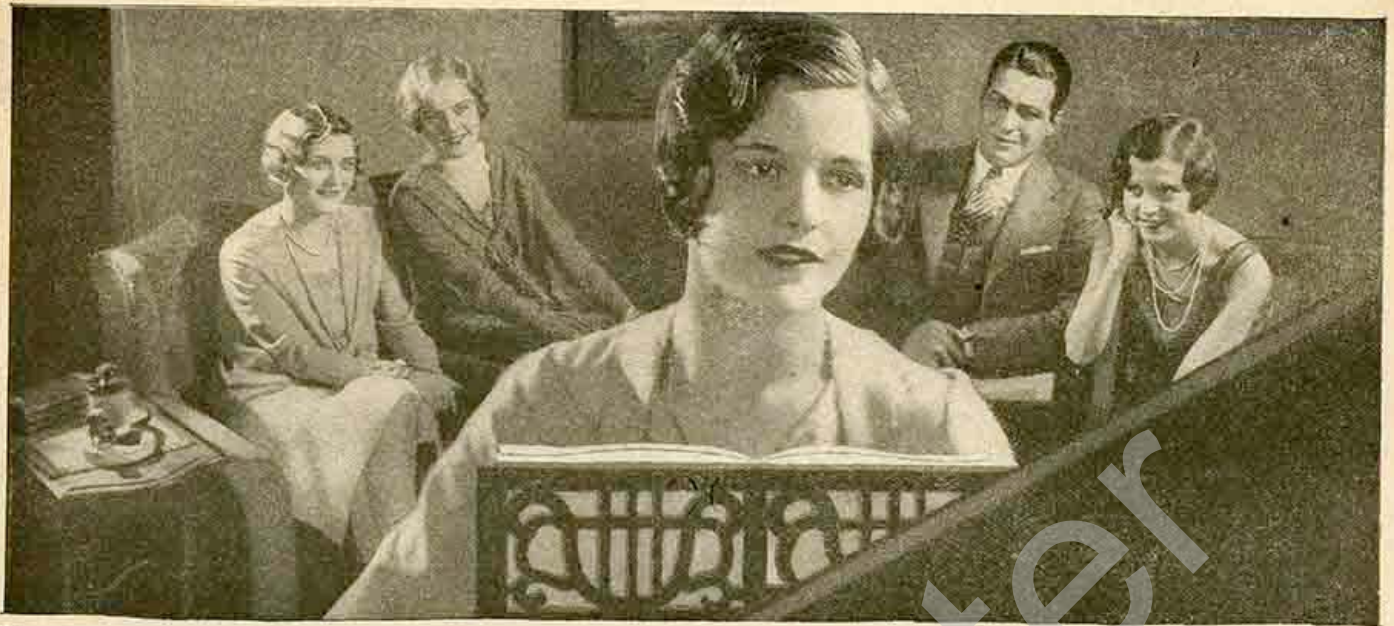
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**"LOOK—Miss Nobody thinks she can play" someone whispered**  
*—but when she sat down at the piano...*

HOW wonderful it all was! And what a surprise, too. Eileen had never expected to be asked to Grace Williams' party. Grace Williams—the leader of the most exclusive set in town. It was like a dream!

Eileen was thrilled beyond words—yet so frightened. What dress would she wear? Would it be smart enough for such a wonderful gathering? Would she feel out of place in such exclusive society? Well, she had already accepted Bill Gordon's invitation, and now she'd have to go through with it.

That night Bill called for her. "You look positively adorable," he told her. Eileen knew that Bill was proud of her—but how would the others feel about her?

The party was in full swing when they arrived. Everything stopped while Eileen was introduced. As she found herself face to face with the smartest social celebrities in town Eileen suddenly realized she had never felt more uneasy in all her life. But that was only the beginning. Later, as conversation lulled, Eileen felt that everyone's eyes were on her. Yes, Eileen admitted to herself, she *did* feel out of place. Oh, if this evening would only end!

And then it happened! It was while they were playing bridge. Eileen couldn't help but overhear.

"Who is that girl with Bill?" she heard someone whisper.

"I never saw her before. Bill met her some place or other. Seems nice enough but nobody of importance, I guess," came the reply.

Eileen blushed to the roots of her hair. So that's what they thought of her! Eileen suddenly grew indignant. She's show

them. Little did she realize how soon her opportunity to "show them" would arrive. Soon the bridge tables were pushed away.

"Where's Jim Blake tonight?" someone asked. "If he were here we could have some music."

"Jim had to go out of town on business," came the answer. Here was Eileen's chance. She's show this smart set a thing or two. Summoning all her courage she spoke somewhat timidly:

"I think I could play a little if you're not too critical."

There was an embarrassing moment of silence. Eileen promptly became panicky—but realizing that she had to go through with it, she sat down nervously at the piano. Hesitantly she played a few chords—then broke into the haunting strains of "The Pagan Love Song." Her listeners sat spellbound as her fingers skipped lightly over the keys. Never

had she played with such inspiration—such complete confidence in herself.

As she struck the last chord there was a burst of loud applause. "More, more," everyone cried. It was almost an hour before they permitted her to rise from the piano. As Eileen stood up she found herself the center of an admiring group. A glow of pride suffused Bill's face.

"Why, Eileen I never knew you could play a note," he exclaimed.

"Well, to tell you the truth, I have really only been playing a short while," she answered.

"Why, you play as if you had studied for years. Who was your teacher?" someone asked.

"I had no teacher," Eileen replied. "Well, how in the world did you ever do it?" they asked.

"It's a secret," said Eileen. And no amount of teasing would make her disclose it.

For Eileen, this night was just the beginning of a new world of pleasures. She became one of the most admired girls in the smartest of society. And all because she found this new secret to popularity.

On the way home, Eileen finally gave in and told Bill the whole story.

**I Taught Myself**

"You may laugh when I tell you," Eileen

out a teacher. I laughed myself when I first saw the U. S. School of Music advertisement. However I sent for the Free Demonstration Lesson. When it came I saw how easy it all was. I sent for the complete course. What pleased me so was that I was playing simple tunes by note form the start. Why, it was just as simple as A-B-C to follow the clear print and picture illustrations that came with the lessons. Now I can play several classics by note and most all the popular music. And, do you know it only averaged a few cents a day!"

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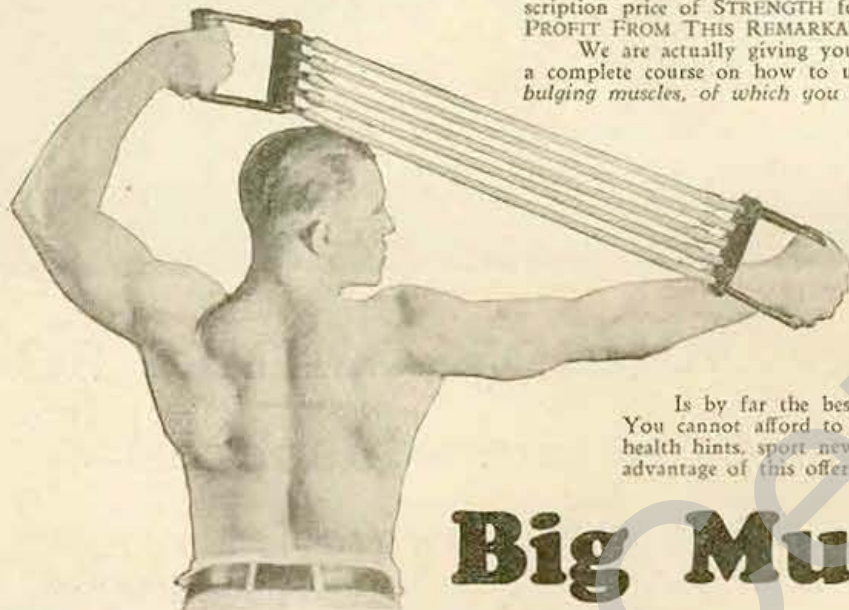


# If Some One Handed You a \$2.50 Gold Piece—

would you take it? Take it—say, you would grab it. And you would think that that person was crazy. Well, we are going to hand you \$2.50 and we are not crazy. So there you are!

No, we are not going to give you cash—you would go out and spend it and that would be the end of it. We are going to give you the value of \$2.50 in a fine heavy 5 band exerciser and course of instructions with one year's subscription to STRENGTH for \$2.50—a \$5.00 OFFER FOR ONLY \$2.50—the regular subscription price of STRENGTH for one year. YOU WILL REAP A HARVEST OF PROFIT FROM THIS REMARKABLE OFFER.

We are actually giving you for nothing a high-quality 5 cable exerciser and a complete course on how to use it. In a few weeks time you will have big, bulging muscles, of which you will be proud.



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consists of 15 pages and 20 exercises. The whole course is systematically designed so that you graduate from one week's training to another by your increase in strength.



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# Afraid of My Own Voice But I Learned to Dominate Others Almost Overnight

**S**UDDENLY the boss turned to me and queried, "Well, Conroy, what's your opinion?" They all listened politely for me to speak and in the silence I heard my thin, wavering voice stammering and sputtering a few vague phrases. Like a flash Stoddard interrupted me and launched on a brilliant description of his plan. All sat spellbound as he talked—my views were forgotten—and yet I had been studying the problem for months and I was prepared to suggest a sound, practical plan which I knew would solve all our difficulties.

And that was the way it always was—I was always being given opportunities to show my ability and always failing miserably. I was bashful, timid and nervous—I never knew how to express myself, how to put my ideas across. In fact, I was actually afraid of my own voice! Constantly I saw others with less ability, less experience than I being promoted over my head—simply because they had the knack of forceful speech, self-confidence, and personality—the very qualities I lacked.

In social life, too, I was a total loss—I was always the "left-over"—the one who sat back and watched the others have a good time. I seemed doomed to be an all-around failure unless I could conquer my

timidity, my bashfulness, my lack of poise and inability to express myself.

## In 20 Minutes a Day

And then suddenly I discovered a new easy method which made me a powerful speaker almost overnight. I learned how to bend others to my will, how to dominate one man or an audience of thousands. Soon I had won salary increases, promotion, popularity, power. Today I always have a ready flow of speech at my command. I am able to rise to any occasion, to meet any emergency with just the right words. And I accomplished all this by developing the natural power of speech possessed by everyone, but cultivated by so few—by simply spending 20 minutes a day in the privacy of my own home, on this most fascinating subject.

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

Send for This Amazing Book  
This new method of training is fully described

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- How to acquire a winning personality
- How to strengthen your will power and ambition
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in a very interesting and informative booklet which is now being sent to everyone mailing the coupon. 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 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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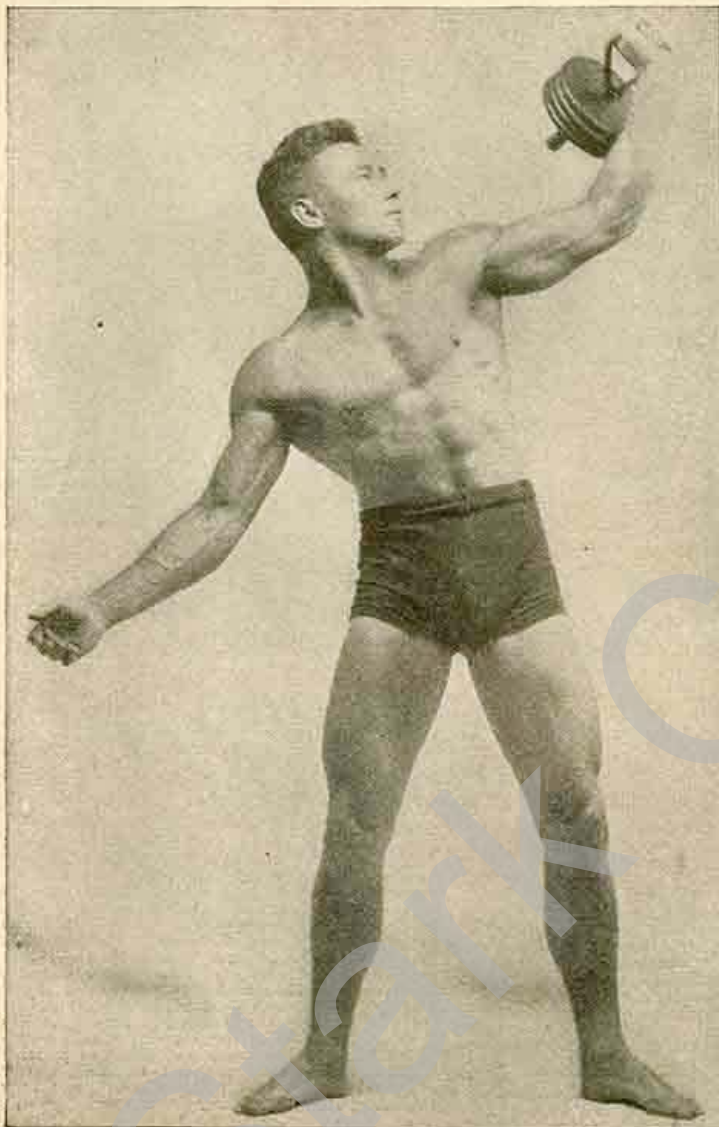
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# Physical Sensations

That is what *Milo* builds from weaklings and average fellows. *Milo pupils* are proof of the foregoing statement. They not only possess sensational muscular development but their feats of strength and endurance are also sensational. Every issue of this magazine carries in its pages additional achievements of new sensations, just budding into the strong man class.



L. Stabb, a recent physical sensation, who acquired his development from training with a Milo Bar Bell.

## YOU---A SENSATION

Perhaps that sounds impossible for you, but if you have a Milo Bell it is comparatively easy. The Milo is no respecter of persons. You have the same chance to become a muscular sensation as any of our sensational pupils had. All you lack is the Milo System and that is easy to get.

## YOU NEED A BAR BELL

Whether you have ever exercised or not you need a Milo Bar Bell. Until you train with a Milo Bar Bell you cannot develop your physical resources to the highest degree.

You'd be surprised at the large number of men who are eventually compelled to fall back on the Milo System in order to get what they desire in physical improvements.

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by their mistakes if you will start out training with a Milo Bar Bell. A system that succeeds where all others fail is the system for every beginner to start out with. A right start is half the game. Besides it is far more economical in the long run to use a Milo Bar Bell from the very beginning. You don't have to be strong to use a Milo Bell. Milo Bells serve the weakest and the strongest more efficiently than any.

## WE GUARANTEE

If our Bar Bells, Courses and our expert's personal service to you are not what we say they should be, your money will be refunded within ninety days of purchase.

We make Bells of various sizes and shapes and our prices do not overtax your wallet. While the Bar Bell is the main part of the set, it is not by any means the complete set in itself. There are in addition, two kettle bells for single hand use and a short-handled dumb-bell for certain exercises. Besides these, there are numerous plates of graduated weights which fit easily and snugly on the bars and into the spheres, if you want that type of bar bell. Can't you imagine your elation at seeing the expressman carry in your bell and the great thrill as you unpack this beautiful and result-producing peer of all body developers?

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It is full of Milo Sensations and who knows but that it will contain a photo of a new sensation (you) in the near future? It is not an uncertainty if you get the Milo System and use it diligently. Lose no time—mail coupon now!

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"A constant succession of thrills."  
—Cincinnati Times-Star.

**W**ITH back to the wall he watched them. They were waiting for him to collapse before they killed him. He had not slept, he had not eaten—he could barely breathe. He had tended these man-eating blacks in their misery and now this fiendish attack was his reward.

Suddenly from nowhere appeared this rosy cheeked, clear-eyed girl to help defend him. Alone on this far-off South Sea island they fought the two hundred!

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## 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.

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I am looking for the man who wants those things and wants to save time getting them. I am looking for 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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### Will "Knock Them Dead"

Yes, sir, you won't feel embarrassed under the public's gaze when I get through with you. And why? Because you will know that the public's opinion of your build is of the highest order—unconcealed admiration. Yours will be the type of physique that appeals to both sexes. You can't imagine the great satisfaction in possessing the type physique that I will develop for you. It's a grand and glorious feeling and no mistake about it.

## I Build You *Big* and *Useful* Muscles

In other words, I build large powerful-looking muscles all over your body and limbs, but they will be muscles that will greatly help you succeed in any endeavor. You will have power and development and you will know how to use both to great advantage. No one will say of you, "He is strong all right, but he doesn't know how to use his strength." You'll be strong all right, but you *will* know how to use your strength which will double your muscular efficiency. Big muscles in themselves are fine to possess, but how much finer it is to be able to use them correctly also. In that combination success is found.

## My **BIG** Booklet Is

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There are in this book over 75 photos illustrating the muscles I develop for my pupils. There are also illustrations of my own muscular development. No matter how thin or weak you are now you must get this convincing proof of how I have developed and strengthened the thin, weak and stout and how I can develop and strengthen you. Fellows—it's a booklet that will make you want to be extremely strong and well built and it will show you how. **SEND NOW!**

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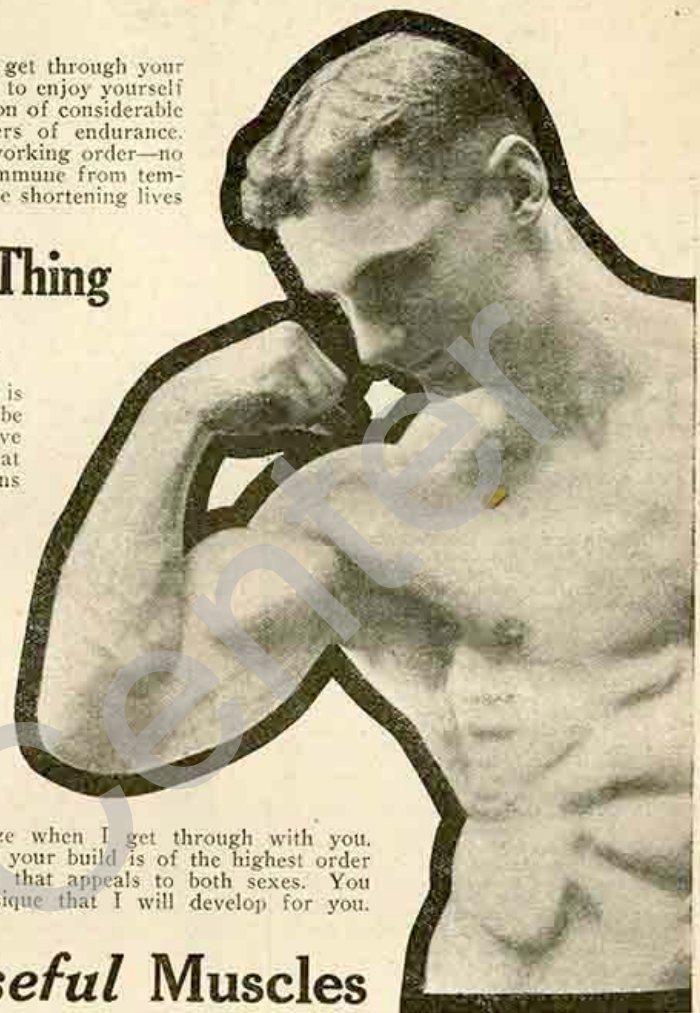
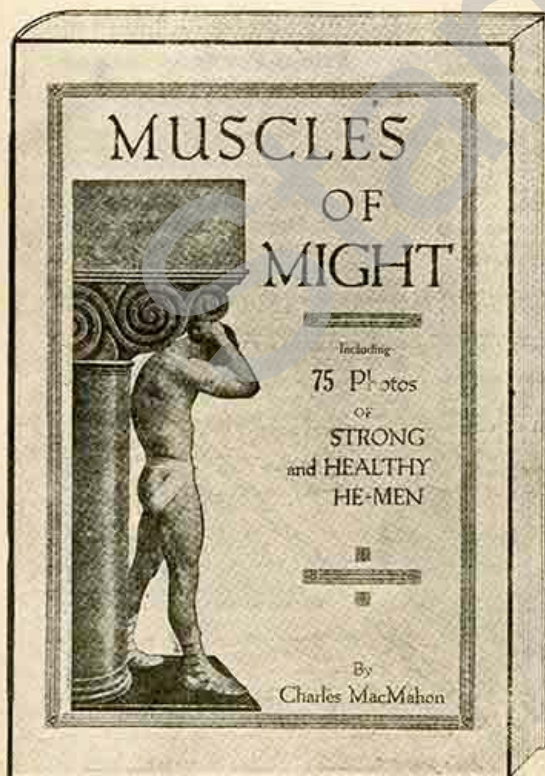
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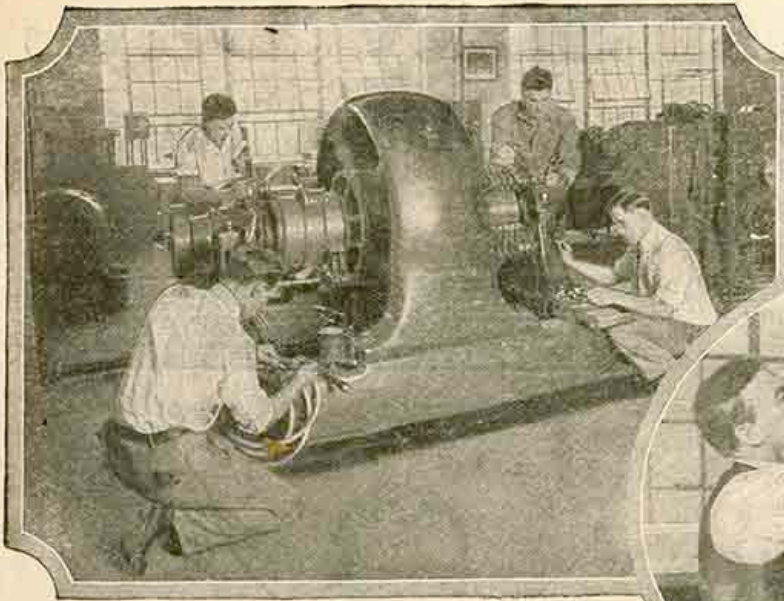
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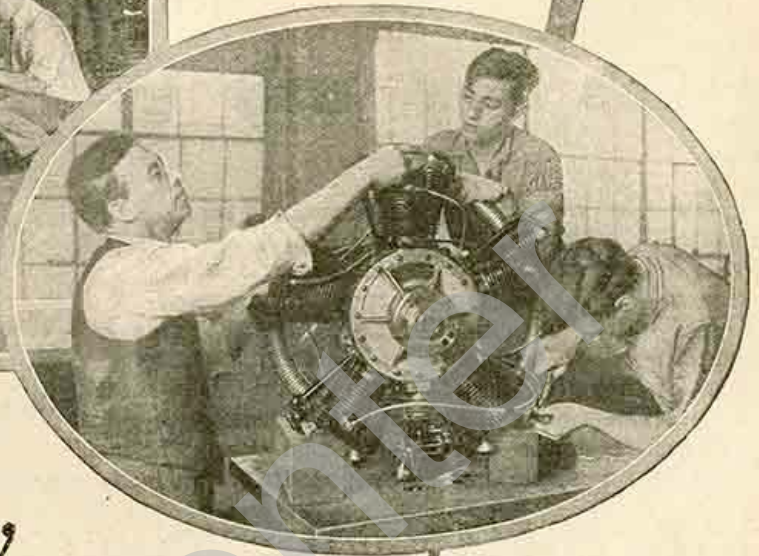






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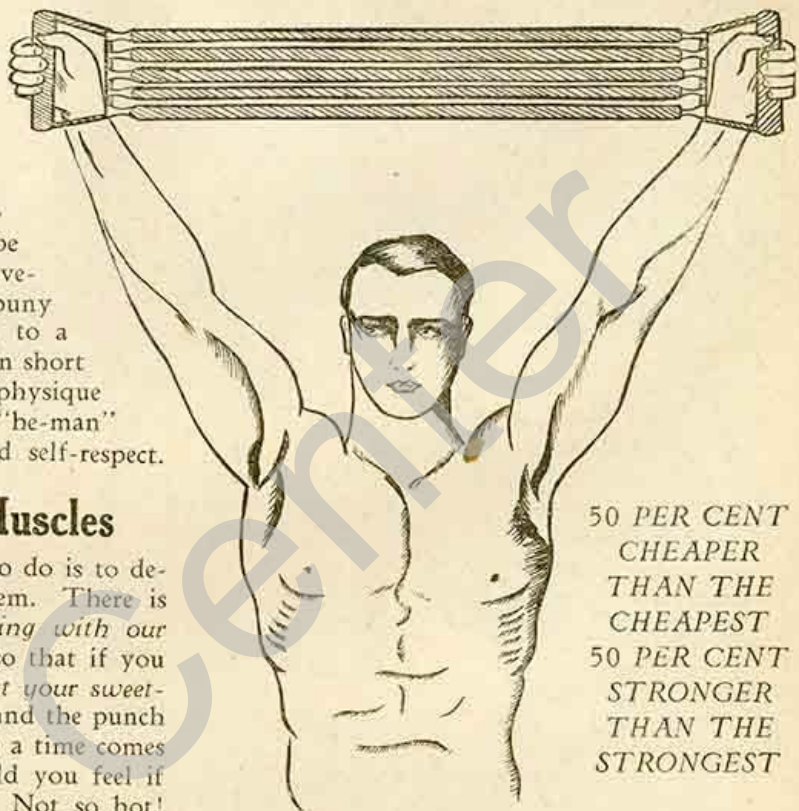
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You will probably go to the seashore this summer. Will you have to be ashamed of your physique? Will you be conscious of the amused eyes of the public turned on you? Will you wonder what the girls are thinking of you? Will you sit all by yourself on the beach watching the girls you admire strut off with a fellow who has broad shoulders, a big chest and powerful arms and legs? You have to admit to yourself, at least, (if you have studied yourself closely in the mirror) that you can't blame the girls. *Still it is not too late to build yourself up before the end of the bathing season.* The girls of the present time detest weakness in men. They admire strength and a good physique. If you are not strong, if you don't have any muscles to show off, you are simply a back number. *Wise up! Just give our cable exerciser sixty days and see how popular you will become—not only with the girls but with the fellows, too!* Don't be satisfied with being a wall-flower all your life—content to sit back and let the other fellow walk off with your best girl.

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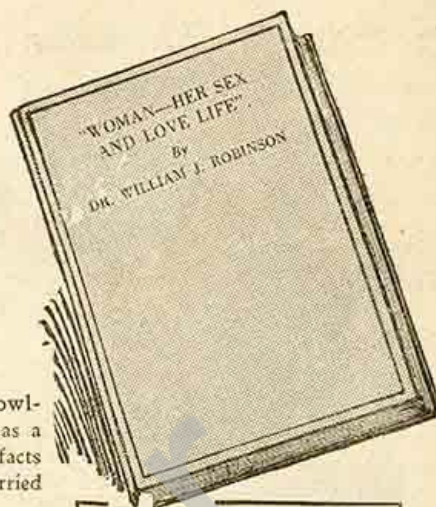


# WOMAN

## HER SEX *and* LOVE LIFE

By DR. WILLIAM J. ROBINSON

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"The best book on the subject in the English language," says Dr. Harry Elmer Barnes, Professor Historical Sociology, Smith College

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This is one of the most successful books Dr. Robinson has ever written. More than 200,000 copies have been sold at the regular price of \$2.00. It is the sanest, most sensible presentation of the benefits and advantages of Birth Control ever to see the light of day. In Europe and America it is accepted as the outstanding scientific work on the subject. But for the special purpose of this unusual offer, Dr. Robinson has authorized us to GIVE THIS BOOK FREE to every man or woman reader of STRENGTH who accepts the offer presented on this page. To take advantage of this great opportunity, mail the coupon at once while the limited supply lasts.

THIS absorbing book contains the concentrated knowledge gained by Dr. Robinson in a lifetime of practice as a specialist in Sex and Sex Problems. In its pages are facts of vital importance to every man and every woman; married or single.

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Read the partial list of contents on this page, and see how much definite, practical, helpful knowledge Dr. Robinson now gives you in the 412 pages of his valuable book. Let him tell you the simple, easy means that can bring the full joy and satisfaction of rational, sensible love experiences. Thousands of women have read this book, and have obtained amazing benefits. Read the enthusiastic comments of just a few.

"I have just read your books, "Woman: Her Sex and Love Life" and "Birth Control," which I recently purchased. I must say I am very much pleased with them. "Birth Control" covers my ideas on the subject as I had often thought. I am giving the book "Woman: Her Sex and Love Life" to my 18-year-old daughter, for I recognize that it contains all a young woman needs for her information on life subjects."—Dr. E. E. S., Plainview, Minn.

Mrs. J. K. of Little Rock, Ark., says: "Your book has been of great help; answering many questions that I have often wanted to know." And Mrs. F. A. of Philadelphia, Pa., writes: "We have just finished your books and we wish we had read them many years ago when we were first married." Still another woman, Miss H. B. of Chicago, Illinois, writes: "I have recently read your books and found them a very great help in the perplexities confronting me in anticipation of being married very soon." These letters are on file. The names have been omitted in deference to the writers.

From these comments you can readily see the importance of "Woman: Her Sex and Love Life." Its practical information brings comfort, peace and hope to all who read it. Alone it is worth far more than the low price asked. Certain single chapters may mean a world of difference in your chance for married happiness.

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Be sure to avail yourself of this opportunity to secure a copy of this valuable book. By ordering at once you secure the valuable privilege of writing Dr. Robinson personally regarding your problems.

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Because space is limited we can list only a few of the chapters in "Woman: Her Sex and Love Life." There are more than 200, all of them as important as these.

The paramount need of sex knowledge for girls and women.

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**Leotards**



Price—\$7.00 postpaid

**Sandals**



Here is a sandal of the type worn by all strongmen and at a very moderate price. The color is black. The soles are soft but substantial allowing the feet to grip the floor better than when hard, stiff soles are worn. Your leg appearance will be improved 100 per cent. when you slip on a pair of these sandals.

When ordering, send in your shoe size for a perfect fit.

Price—\$6.50 postpaid

**Wrist Straps**



Just as sandals improve the appearance of your legs so do wrist straps improve the appearance of your arms and makes them look larger.

These straps have double buckles as shown in the illustration. The leather used is strong, yet soft, and make them look larger.

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**Medicine Balls**

Here is a great form of exercise that is full of fun. Get a HYQUALITY Medicine Ball and laugh at the doctor's medicine pills. Every body can use a medicine ball to advantage because it develops your pep and endurance and keeps you always fit.

Prices—12 inches, 10 lbs. \$8.00

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**Strongman Belts**

Here is a belt that will make you look like a first-class strongman. It is beautifully decorated with various sizes of brass spots. You can have it in tan or black leather. When ordering state your waist measurement so that your belt will fit you properly.

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**Muscle Control**

Did you ever see a strongman manipulate his muscles without moving any other parts of his body or limb? That is called muscle control. It helps to bring your muscles out in a well defined manner. Besides it is a fascinating pastime. It doesn't take long to learn to perform the Abdominal Isolation and other feats of this kind with this complete Muscle Control Course. It would be cheap at three times the price.



Price—\$2.00 postpaid

**Head Protectors**



If you want to learn to box without taking the usual face punishment then one of these head or face protectors do the trick. The head protector covers the forehead, ears, and sides of the head. It is shown in the illustration. The face protector is a padded mask that protects the entire face, head including the ears, nose and mouth. There are sight and breathing outlets, of course, so that you are not hampered in any way by this mask. Either of these HYQUALITY protectors will save you many a hard knock and allow you to learn boxing without being punched to a pulp.

Price—\$6.00, Head Mask

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The illustration at the right shows the type of wrestling tights we furnish you with. The knees are leather covered and the tights themselves are strong and serviceable. They will save you from mat burns which sometimes become serious. They also make you look like a wrestler.

When ordering please state your waist measurement and the length of leg from crotch to floor.

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Here is a wrestling course that contains no less than 90 different wrestling holds. The quarter, half, three-quarter, full, far, bar and many other of the nelson holds are fully explained and illustrated. All the chancery holds are there too. In fact, practically every hold known to wrestling is in this course and every hold is illustrated. There are just 90 illustrations. It's a real wrestling course and worth many times the price to any wrestler.



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**Tumbling**

Here is a course written by an expert on the arts of tumbling and hand balancing. It covers those subjects from A to Z starting out on the easy stunts and gradually working up to the more sensational feats of this kind. With this course to guide you, you'll soon be doing somersaults, flips, hand-springs, spotters, gainers, etc. like an expert. It's great fun, too, fellows, as well as fine exercise. The price of this fully illustrated course is now only \$2.00—it has been \$3.00 for years.



Price—\$2.00 postpaid

**Tumbling Belts**



One of these tumbling belts (or Lunge Belts) will help you learn the very difficult feats of tumbling and hand balancing more rapidly and without any risk whatsoever. Many a novice tumbler has been held back or stopped completely from becoming an expert tumbler and hand balancer because of the lack of nerve in trying the difficult feats. The same idea is used in circuses for teaching tumbling, bare back riding and other sensational circus feats. They are well worth the price to any tumbler because they allow you to try any feats without danger. Consequently you learn more quickly.

Price—\$5.00 postpaid

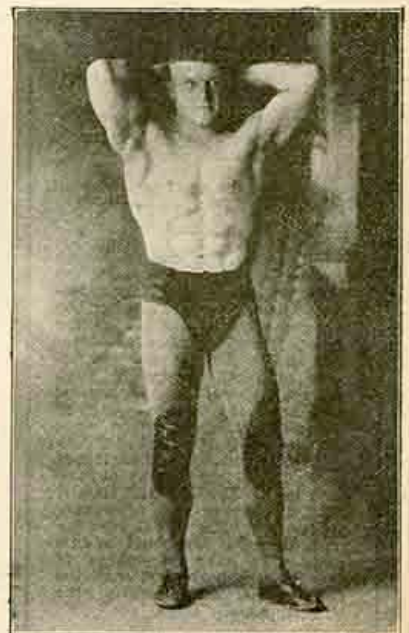
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All strongmen, athletes, physical culturists should have a pair of overjocks for use when indulging in your favorite athletic endeavor. They assure protection and neat appearance.

The entire waist of the HYQUALITY Overjock is elastic. This elastic is 3 inches wide and will last indefinitely.



Price—\$2.50 postpaid. Was \$3.00





## BOXING

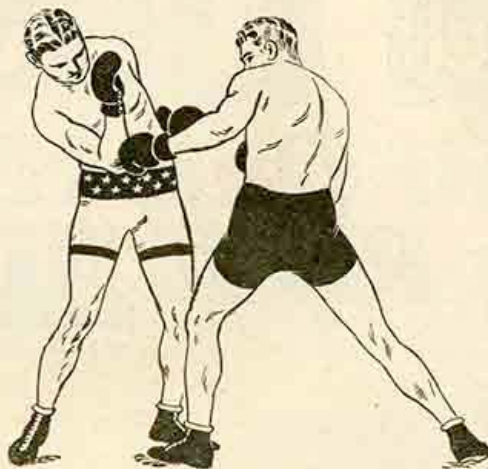
If you have only a spark of real manhood you will want to be able to give a good account of yourself if the occasion arises. If you have that feeling of inferiority in this respect why don't you invest a couple of dollars in this boxing course and be rid of it. With this course as your instructor you will learn how to train for boxing matches; how to spar expertly; how to feint, block, counter, side step, retreat, advance and deliver all the blows known to the art of self-defense. You'll be taught the proper way to do all those boxing essentials.

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EMPTY BAG  
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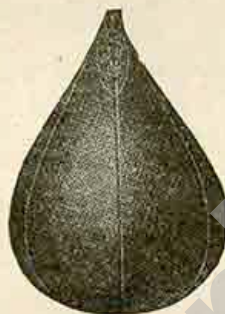


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"HYQUALITY" Bags are all strongly made of fine leather. They rebound true and fast. The bladders are made of good, live rubber that will withstand hard punching as well as wear and tear.

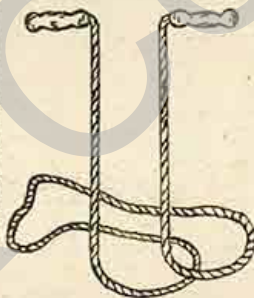
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One of the best ways to put your legs in fine boxing condition is with a HYQUALITY skipping rope. With one of these ropes you will develop strength and endurance where a boxer needs it most, in his legs. It's great exercise for any one.

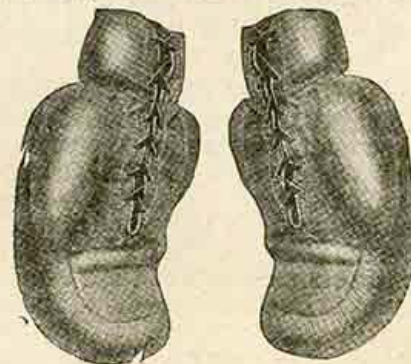
Price  
\$1.25



## Boxing Gloves

HYQUALITY boxing gloves are furnished in two weights—8 oz. and 12 oz. The 8 oz. gloves are the ordinary sized boxing gloves and the 12 oz. gloves are what are known as instructors' gloves. These instructors' gloves have a double wrist which extends well up the forearm and protects the forearm bones, muscles and the wrist itself. The 8 oz. gloves have the single wrist protection.

Both gloves are made of the finest of leather and are strongly stitched. The padding is of genuine hair. The prices below include shipping charges.

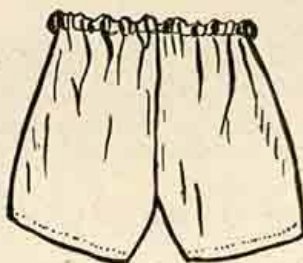


8 oz. (4) gloves—\$6.00  
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If you want a good looking pair of boxing trunks you need a pair of these. We can furnish them in white, black, blue, and green colors. The rubber around the waist line is wide so that it does not cut into the flesh or bother you in any way. The legs are full, allowing ample leg room. The goods is light and smooth upon the skin giving complete comfort and no annoyance. You'll like them.

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They have an elastic wrist which allows them to be easily slipped on. There is also a finger grip which gives the fist something to grip upon. The quality is the same, of course, as all HYQUALITY goods.

Price—\$2.50 per pair

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## Editorial

## Spring Fever

PERHAPS we are just a little too early in announcing the advent of the annual bug-aboo to ambition, but as someone has said, forewarned is forearmed, and there is nothing like being adequately prepared.

Within the month, the first attacks of post-winter lassitude will be noticed in the actions of at least half the populace in the temperate zone above the Tropic of Cancer; more definitely, we should state in the general proximity of the 40th meridian of latitude.

Spring tonics of every description will then be in order. Folks used to believe that one had to take a tonic at this time of the year to "thin out the blood" which in some unexplainable manner had become thickened during the cold season. In a sense they were right, but they simply had the wrong idea of the thing.

The majority of people living in this part of the world do need a "tonic" of some sort. This is a positive fact, but why not take your "sulphur and molasses" in the form of healthful exercise, sunlight, air, water, and a sensible dietary?

Your blood may be theoretically thick at the termination of Winter if your diet has been anything like that of old fashioned times, when few people ate a sufficiency of fruits, greens and leafy vegetables from the time the first frost set in until green things had a chance to grow again. Times have changed considerably in that respect as a greater number of people now follow a well balanced dietary the year round, but the majority will need to cleanse the blood of impurities after practically hibernating from healthful activities.

The man, or woman, who leads a strenuous life through this season of the year rarely feels the need of a let-down or lay-off during the warmer weather which follows. Lazy habits cultivated or encouraged in the Spring lead to a love of ease with a consequent loss of achievement or earning power in the later months. Here is a fine chance to get the jump on your competitors in the race for success, when so many find the love of ease greater than the urge to accomplish something.

Some persons have some specific purpose in mind for wishing to exercise, as, for instance,

to improve their appearance for the summer bathing season. Most of these persons start too late and as a result the desired change in appearance fails to materialize. Their intentions are good but Spring Fever kills the ambition. An early start will not only pull you through the season of balmy weather but will also give you ample time for the exercises to work a noticeable change by the time Summer rolls around.

The Springtime has long been recognized as the season of the year when the senses should be re-awakened in mankind, just as in the trees and flowers which grow from the ground.

Primitive people have had their May-poles and dances tokening the mating season when young manhood and womanhood budded along with the flowers and leaves. In some localities these customs are still practiced, though lacking the same significance. Young people of today undoubtedly experience an awakening of the senses with the arrival of balmy weather, but unless they be athletically inclined a feeling of lassitude is likely to overwhelm their spirits.

Should you have been inactive during the cold weather, with a resulting sluggishness of the entire system, we would suggest taking the earliest possible opportunity to begin a regular routine of exercises. The pages of this or any other issue of STRENGTH offer you many suggestions and means of stirring the vital functions to the proper degree of healthful activity.

Acknowledging the popular impression that the blood must be thinned out for the warmer weather, this may be accomplished in spirit at least by flushing the system, inside and out, with water, copious cleansing perspiration being induced by some genuine exertion. The juices of fruits and succulent vegetables may augment the water in the work of washing impurities from the blood.

Now is the time to start, before the Spring Fever bug bites you, and by the time he does arrive you will be so accustomed to exertions as to be immune to the germ of laziness.

Your work will cease being drudgery, and will become enjoyable. In short, life will be worth living, and like the birds your throat will throb with the song which burst forth from your lips.



# Nancy Carroll Dances And Swims

*She Believes that the Beach is a Great Rejuvenator, Swimming and the Sun will Improve the Health and Appearance of Anyone*

BY SUE WILSON

**N**ANCY CARROLL is Irish. Perhaps that is why the red-haired little screen actress always excels in anything she does.

The Irish, they say, are noted for their fighting ability, but behind it all there must be stamina. Nancy Carroll has plenty of the latter. She has always had to fight her way and her reward is stardom,

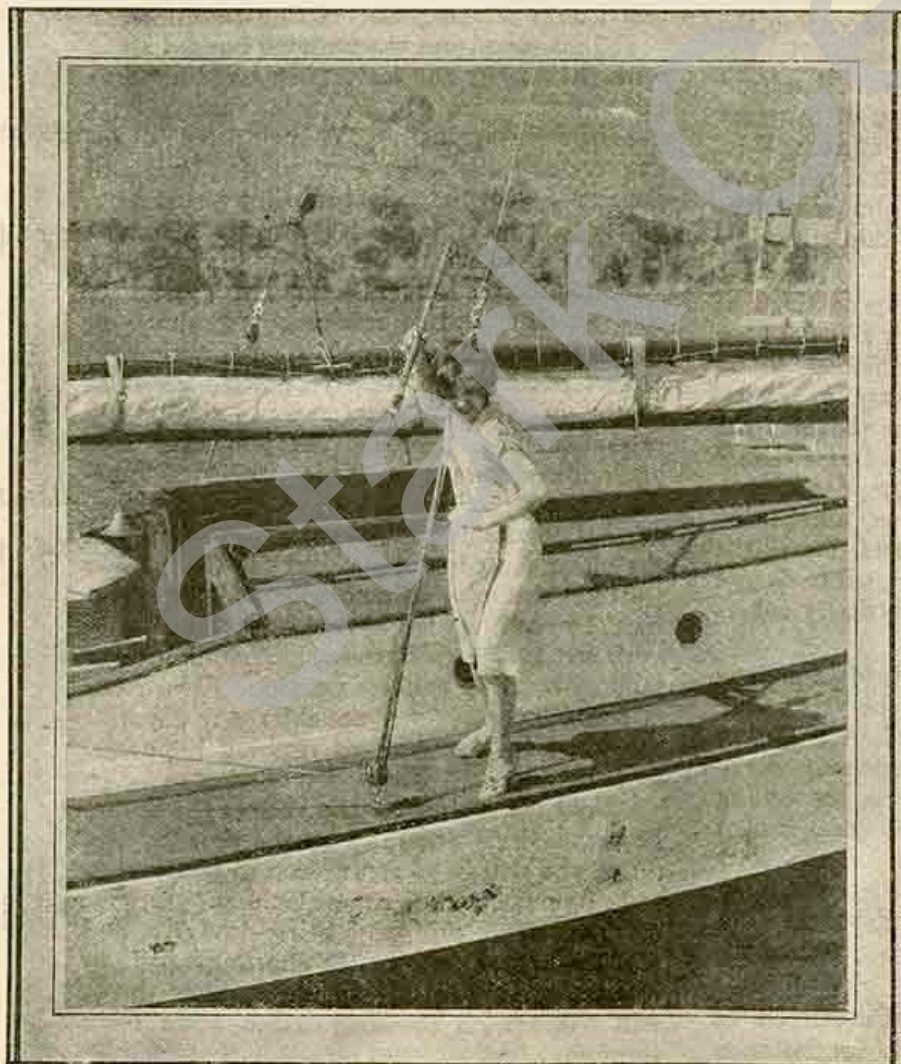
for today the Paramount studios in Hollywood are billing her name above the titles of the pictures in which she appears.

Nancy's love for sports and health probably has much to do with her success. She has always excelled in games and there are few games today more strenuous than that of working daily before the motion picture camera. Miss Carroll gives much credit for

her success in "keeping fit" to her career as a dancing girl before motion pictures found her. She is one of the little girls who "hopped the buck" on Broadway and has finished with a skip and a jump into Hollywood stardom. As with the few others who have travelled the same road, it took a deal of dancing to get there. More than distance separates the crowded, noisy basement dressing room for the general chorus of a New York show from a luxuriously furnished "star" apartment at a film studio. And it requires something more than courage to make the move.

Miss Carroll is the neophyte among Hollywood's newly arrived ex-dancing girls. She has had to climb even further than most of her fortunate sister-hood. For Nancy Carroll's professional career began under very inauspicious circumstances. Her first stage experience came one night in a little neighborhood theater on New York's East Side when she, with her sister, entered an amateur night performance. They sang and danced. Nancy kept on singing and dancing. She might well be called "the girl who sang and danced her way to fame."

Nancy Carroll started with three things—beauty, talent and the third a sort of mixture of



*Nancy Carroll loves all sports associated with the water. But we do not guarantee how many fish she landed with her gig.*



patience, perseverance and pluck. It took a lot of pluck for little Nancy Carroll, just out of the grammar grades, to brave the raunts of that jeering East Side audience the night she and her sister made their debut as amateurs. To make it worse, she was from the West Side of the town: an outlander. It took a lot of patience to convince a determined and biased mother that a stage career was the proper career for her daughter. And it took a lot of perseverance to climb that long and tortuous path that brought Nancy, finally, to Hollywood, with her name in lights.

There was that business of getting her first "break" on Broadway. She finally got her chance in the chorus of a Shubert show. No fun, chorus work. But she was working toward that time when she should be permitted to do a specialty number. Finally, it came; a wee little song tucked away between two scenes. The first big step in the upward climb had been taken. Show followed show. With each new one she had more and more to do. Finally, the end of a road tour landed her in Hollywood and she decided to remain. She worked in one of the Hollywood Music Box Revues and soon after, from having frequented each of the Los Angeles booking offices in persistent search of a job, she was cast as Roxie Hart in the west coast presentation of "Chicago."

From then on Nancy Carroll climbed rapidly. That she was signed by Paramount to play the part of Rosemary in the screen version of Anne Nichols' "Abie's Irish Rose" is a matter of history, known to all. Since then, she has been in numerous productions and is now a star.

Her parents are both from Ireland, her father hailing from County Claire and her mother from County Roscommon.

"Dancing", says Miss Carroll, "is splendid exercise. It is perhaps the best exercise I know to develop grace. It teaches one to be nimble and to be wide awake. It develops poise and the ability to move beautifully."

Miss Carroll is an ardent lover of all sports. She rarely misses a football or baseball game. She herself plays tennis and golf well. Horseback riding also is one of her favorite pastimes, and she is also an excellent swimmer.

"The camera", she says, "never lies. You may be able to fool yourself and your friends with your condition but the lens of the camera easily pick up any



*This might be called "Me and my trunk, arriving in Hollywood." They have sojourned lengthily to date.*

lines caused by dissipation, lack of sleep, etc.

"Whenever I work on a picture I am very careful to get lots of sleep and plenty of exercise. Nothing is more noticeable on the screen than lack of sleep. Heavy lines under the eyes may be disguised for a time by make-up but this soon wears away. Also the eyes are heavy and expressionless if one has lost sleep and when close-ups are required in motion pictures, an actress depends a great deal upon her eyes to put over her personality.

"It is also a well-known fact among screen players that one must be in splendid condition while working on a production. Motion pictures are made on schedule and any illness of a player causes delay and a considerable loss of money. The screen, even with the advent of talking pictures, demands much vitality from players. Freshness and youth is the one cry of motion picture fans. We have to move and act vivaciously and this requires stamina. Often we have many athletic scenes to do. We run, ride horseback, play tennis, swim and are often rescued and have thrilling experiences in the story, and in order to carry these out well, we must be in good condition.

"With talking pictures now in vogue, we are forced to watch our voices. It is a well-known health rule that when one is in good physical condition, one



is not so susceptible to cold. A cold or a huskiness or hoarseness of the voice would be impossible while speaking before the microphone. Therefore, it is our duty to avoid all throat maladies and we do so by being in good condition."

Keeping fit for screen work has taught Miss Carroll a number of secrets about health, which she comments on. First; relaxation:

"That beauty and youth slip more quickly and easily from our eager grasp today than way back when mother was a girl, is a scientific fact. But even in this era of hurried hours and breathless days there are ways and means of preserving the illusive bloom of youth and one of them is the art of relaxation. First one must learn to relax mentally. The lateness of the hour, a forgotten appointment, impatience of waiting and such must not drain ones vitality. We must learn to take delays and disappointments with equanimity.

"I never consume a meal in a great hurry. An excellent plan, I have found, is that of taking a complete rest of body and mind fifteen minutes before and after each meal, if this is possible to arrange into one's daily schedule.

"Do not allow every minute of your day to be crowded and hectic. In the very midst of some very irritating problem pay your mirror a visit. If you are amazed at the vision of furrowed forehead, a hard-lined mouth, unlovely eyes, make a life-time resolution to iron out this evidence of hurried living with your only weapon—relaxation."

On the subject of dieting, Miss Carroll is an

unbeliever. "I have never dieted and never will. Hard work will do more for the physical well-being of a man or girl than a most rigid course of diet. I know, of course, that an excess of food will fatten one, providing one does not engage in strenuous physical exercise or hard work. In my case, I eat heartily whenever I sit down to dinner, luncheon or breakfast, knowing that the food will do me no harm, because I am constantly exercising, which serves to turn food into health-building corpuscles. I have weighed 118 pounds for several years, and have never deprived myself of edibles.

"I try to eat well, but wisely."

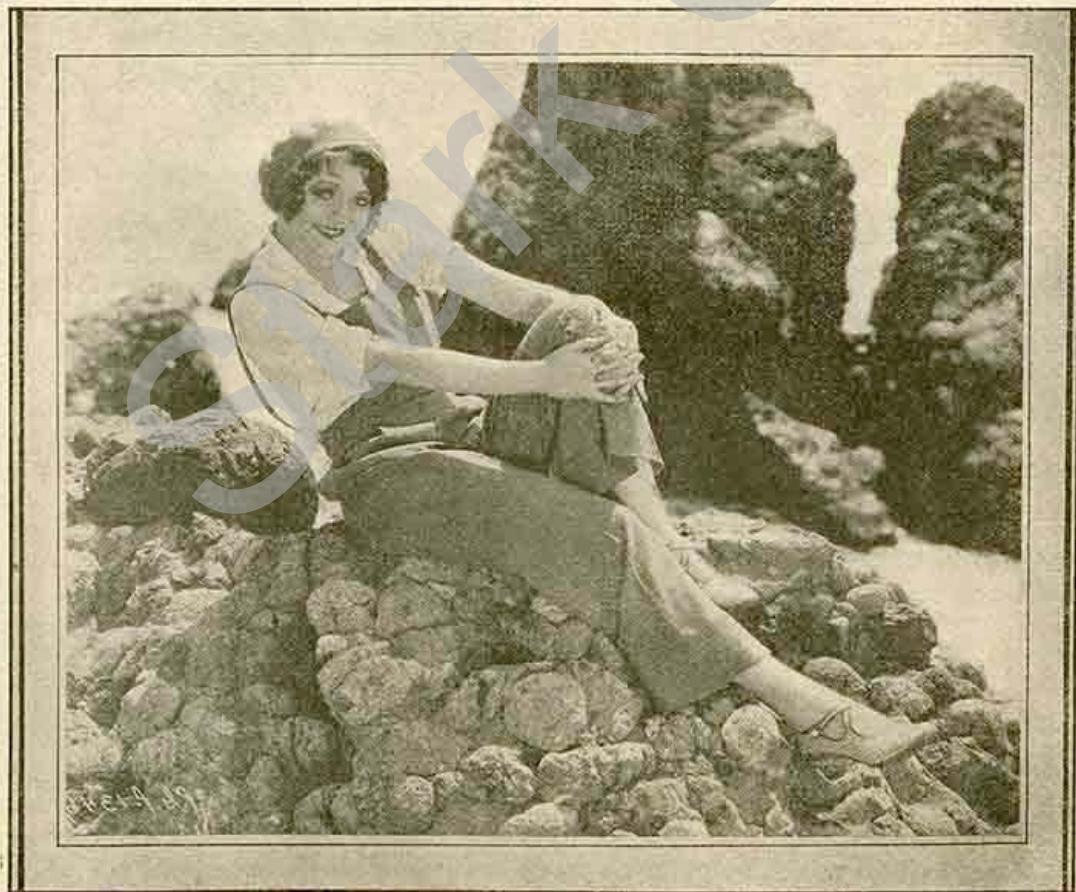
Miss Carroll advocates beach days for those near the ocean. "The ocean offers its free beauty treatments to those wise enough to take advantage of it," she says. "I have noticed that women who spend their summers at the beaches usually appear more attractive, not only because of their glowing sun tan, but because the buoyancy of health shines from their eyes. The constant hours spent in the sunshine and in the open air induce good health and the salt spray of the ocean offers a cure for many ills. The salt acts as an antiseptic to the eyes and skin. Complexion difficulties are usually conquered by a summer spent in and near the ocean.

"Swimming brings every muscle of the body into action, thus offering a delightful manner for reducing and hardening the tissues. Days whiled away at the beaches bring about drowsiness so that one gladly goes to bed early and sleeps a sound, dreamless sleep until morning," the star continued, smiling.

Miss Carroll is also a press-agent for water. "Mother Nature gave us a splendid beauty aid in water. I drink plenty of it. At least six glasses of water a day should be jotted down as a program of beauty. It is better to drink more."

And she is a strong advocate of sleep, peaceful, undisturbed. If it is possible to sleep outdoors all the better for "your rosy cheeks and sparkling eyes.

Miss Carroll tops off her recipe for health and beauty by urging plenty of setting-up exercises on arising.



Wonder what the waves are saying—plenty of fresh air, exercise and smiles bring health, happiness and success.



# Reducing the Legs

Reduce Your Legs and You will  
Reduce Your Troubles.  
Read How one Girl did

By MARGARET SARGENT

**"G**RADUATION DAY! What sweet memories they bring to most of us—how sure we were of ourselves, how confident, how successful we felt. I say this now, but I do not include myself in that happy group. For how well I remember that day in June when we stood on the stage in the auditorium and happily received our diplomas and congratulations and how when it came my turn I blushed scarlet, felt tears rush to my eyes, and could not look up at the audience.

"What was the cause of my unhappiness, you wonder? A chance remark, passed at the class dance the evening before, when I had been all thrilled—had been so sure of myself.

"None of the boys had asked me to accompany them to the dance—but that did not matter to me. I was used to going about myself or with a group of girl friends—and then, too, there was Monty. I did not care to go with any one, but, if Monty should have asked me, that would have been different.

"I was sitting on the balcony, dreaming of

what the future had in store for me. There were voices behind me—a heavy curtain hid my presence from the speakers. I paid no attention to the conversation until a voice I knew so well aroused me from my dreams.

"Say fellows, lay off Marj. She's a good sport. I don't care what you all say, she is the peachiest kid in our crowd—and all you have against her is that she has fat legs. Poor kid, everybody is making fun of her. I would have

asked her to come to the dance with me tonight if I knew that you fellows wouldn't kid me about it from now to doom's-day.

"I heard no more. I felt my face flush to the roots of my hair and then I turned cold. So that was what they were saying about me; that was the reason Monty wouldn't ask me to go out with him. 'Everybody making fun of me because of my fat legs.' For the first time I looked at them carefully—how fat and ungainly they were. I hated them.

"I slipped away from the dance unseen. I thought I could never face those boys and girls again. Dear Monty—he was loyal to me, but he, too, was ashamed of me. So it was with a very heavy heart and a great deal of self-consciousness that I lived through the next day—the day that should have been so dear to me. I thought as I walked across that stage that all eyes were fastened on my ugly legs and that there was a smile behind those eyes.

"After I left school I cut myself off entirely from the old crowd, ignoring repeated invitations. I met Monty on the street one day and he seemed very happy to see me. 'Coming over to the party tomorrow, at Elaine's?' he asked. 'Try and be there. I'll be looking for you.' He had not asked if he could escort me, though. No, he didn't want the other boys to kid him about taking me out.

"One day, riding in town on the subway, I sat

Poses by  
Zosia Kowalski

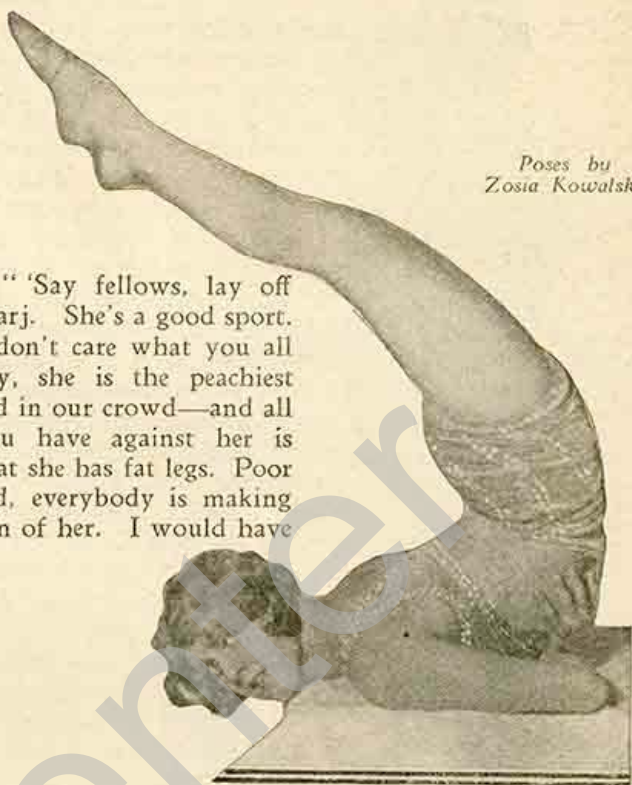


Figure 1

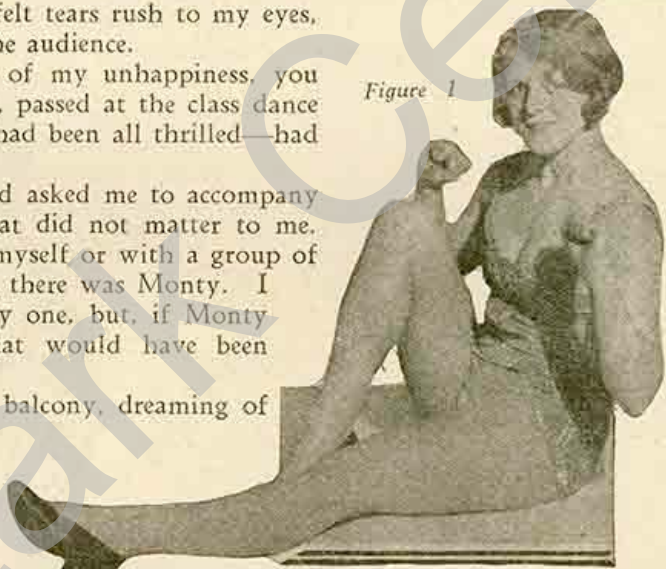
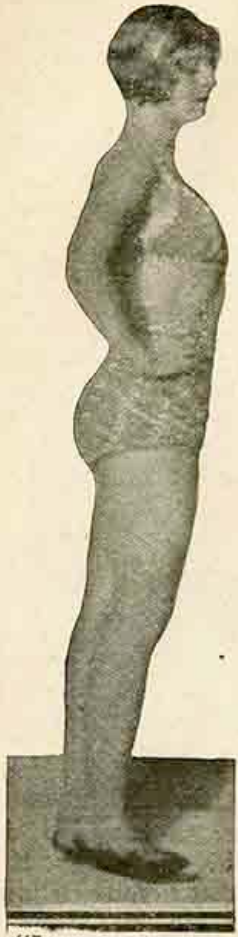


Figure 2







next to a young girl who was reading a magazine. Idly my eyes scanned the pages of the magazine, as she turned them over. Finally my attention was attracted by a title on one of the pages. It was 'Shapely Legs.' I craned my neck a little more and found out the name of the magazine. It was STRENGTH. Miss Sargent, and the article was written by you. Well, just as soon as I got off the car, I lost no time in getting a copy of your magazine and took it home and fairly devoured the article you had written. Believe me, after taking your exercises for only two weeks I noticed a decided difference in the appearance of my legs.

exclaimed, 'By jove, Marj, what have you done to yourself. Why you look marvelous, your legs——,' but I stopped him and said, 'It's still a secret.'

'Fred was a marvelous dancer and every one knew it. Usually when he got a good partner and commenced to dance, all the other couples would drop off one by one and watch them. Fred and I always got along well, so we started out. As I had expected the crowd stopped dancing, circled around us and watched. I saw many of my friends there and, oh, how happy I was when I saw the look of amazement and then admiration on their faces. I saw Monty, he looked amazed. You see, Miss Sargent, I had not only reduced my legs but also my hips considerably, and I wore my clothes much better, and was more attractive all around.'

'Well, thanks to the exercises and helpful suggestions you give your readers, Miss Sargent, I have found happiness and success. Monty asks me to all the dances, in fact he asks me to go everywhere with him and we are——.' (That is another story.)

Now, dear readers, put yourselves in that girl's position, or, are you in that same position now? Surely you cannot help but know that you ought to do something about your condition, especially now with the latest modes calling for slim hips and graceful legs. Oh yes, the dresses are longer, but that does not let my lady of the fat legs out, as the hem lines

"I was very anxious to reduce them. I wanted so much to enjoy the popularity that I knew would be mine, but for that one fault, that I persevered every day, according to your instructions, and in a few months my mirror showed me a pair of very

Figure 3

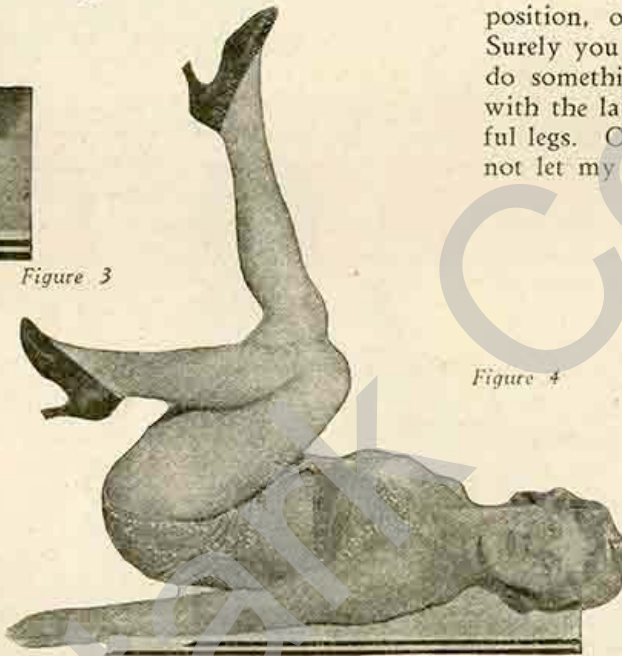


Figure 4

shapely legs. 'I got an invitation to a class reunion dance and was to bring an escort along. I threw the invitation idly aside, as I had been doing all that summer, when I thought of Monty. Here was my chance, and I wouldn't throw it aside. I would show them all whether they could make fun of me again. If I asked Monty to go with me to the dance he could not refuse and then I would spring the surprise I had in store for my friends.'

'I had arranged to call for him in my car and from there to the dance he drove. Just as soon as we came to our destination I hopped out and told Monty I would meet him inside. Then, once inside, I looked up my brother Fred, who had promised me that he would be there.'

'Please Fred,' I asked him, 'give me this dance, will you? And let's do that old dance of our's we used to spring on the crowd.' He looked at me, then

are uneven and when my lady walks she shows her legs somewhere and this calls for even more graceful legs than ever before.

Another thing, just think how embarrassed you will feel in your bathing suit this coming

Figure 5





summer. Some of you may never have the nerve to don a bathing suit, then look at all the fun you will miss. If you do you will feel as though all eyes were upon you and my, how you will envy the girls with shapely bodies and shapely limbs. Then you will wish that you had done something to reduce your legs and hips. But I am going to help you, if you will go half way with me. I will give you a number of exercises which I will guarantee will burn off all that fatty tissue accumulated around your limbs.

You must persevere for a few weeks without any results, and then watch what happens. You will have to work-out longer than your friend with the thin legs does, because, as I said before, fat must be "burned off" by longer work-outs. You must not exhaust yourself, but real fatigue will have to come day after day to achieve much reduction.

For your first exercise take that one illustrated by Figure 1. Sit on the floor: knees up, feet flat and the hands on hips. Now extend the right leg forward with force and at the same time thrust the arms out in front of you; then alternate with the left leg. Repeat this many times.

Your next exercise will be more difficult. Note Figure 2. Lie prone on floor, hands resting at sides. Now raise the legs straight up, then lower, but instead of lowering all the way to the floor bring the feet down to within two inches of it. This is a very good exercise for the thighs and hips, as you will soon find out for yourselves.

Figure 3 shows the young lady hopping. Hopping is one of the best exercises I know for the calves and ankles. Every muscle below the knee is used vigorously. The fat legged girl can stick to this exercise longer with benefit, as there is something peculiarly tissue wearing in the balance strain imposed by hopping.

The fourth exercise is the well known bicycle movement, as illustrated by Figure 4. Do the movement vigorously, as if you were really pedalling a bicycle.

Here is still another exercise for reducing calves. Place a thick book on the floor, now raise on toes as illustrated by Figure 5, holding the other foot a few inches off the floor, keeping your balance by placing your hand lightly on a chair back, or some such similar object.

While I am on the subject of hips I will give you an exercise which, I believe, has appeared in these columns before, but which will not hurt you to try out again. Lie prone on the floor, as illustrated by Figure

6. Now raise the light leg, cross over your left and endeavor to touch the floor as illustrated. This movement must be done with a rolling motion, and repeat it alternately many times.

My, I almost forgot this very effective exercise for the hips and thighs. Sit cross-legged, as shown in Figure 7. Now rise to a standing position without the aid of your hands. Was it difficult? Well, you will soon get used to it if you persevere.

For reducing the legs there is nothing more effective than stair-climbing and rope skipping. Rope skipping, as described by Figure 8, is the most perfect of all lower leg exercises. No other exercise has such good all-round effect on the knee muscles, back and front of the calf



Figure 8



Figure 7

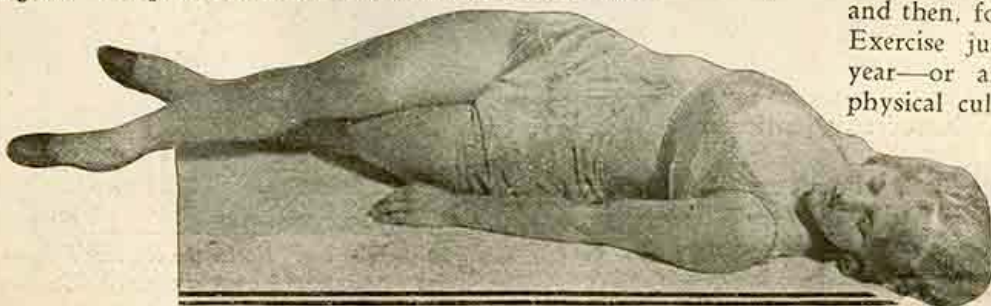
and the ankle as rope skipping has when done vigorously.

Now I hope you will profit by the suggestions I have given you. You know that you cannot afford to ignore them. If you want happiness, if you want success, you must have a shapely body—and the legs and hips are the biggest factors to consider.

To work out every night will not hurt you, but if you are a very busy person, every other night will have to do, of course. Take a strenuous work-out—do not merely go through a lot of motions: put everything you have behind each movement and watch the results.

This necessity of taking a strenuous work-out cannot be over-emphasized. Too many girls and even men who take up exercise have a queer idea that taking it is like taking medicine—a small dose now and then, followed by wonderful changes. Exercise just isn't done that way this year—or any year—and if you want physical culture to do you any good you

must put some effort into it. So exercise regularly and thoroughly; you will find but little success at first but later—triumph will be yours in full.







*Prof. Louis Attila in his favorite pose.*

# The Rising Generation Indebted to Attila

## Strength Kings Must Give Way to the Growing Lads of Today—But the Lifting World Bows to the Name of Louis Attila

BY MARK H. BERRY

**T**O THE casual observer or the mildly interested reader of these pages, there may be no obvious relations hip between the youthhood of Eugene Sandow more than four decades ago and certain young gentlemen who are now passing through their period of youthhood. To us, Sandow and other easily recognized facts are all integral links in a long chain of circumstances responsible for the appearance in the strength field of certain young men whom we are about to mention.

One might be considered sensible in doubting that the life of one strong man could so greatly influence the widespread success of the strength game, but we have only to follow properly certain related events to recognize and appreciate the influence of one man on the lives of many.

There is such a thing as the obligation of paying due respects to those who have been instrumental in founding or establishing any great institution or worthy movement. The successful efforts of the pioneer call for his name to be glorified, and practically every man who is in a position of prominence in physical culture not only owes a debt of gratitude to Prof. Louis Attila, but each one is most willing to do his share to see that the great names of the founders of weight lifting are properly revered and perpetuated.

At the same time, there is always the possibility that the forward trend of history is really responsible for many things for which individuals are given credit, and that some other individual could have filled a given hero's place, rather than that the world must depend on the genius or initiative of any particular person or group of persons.

The decision of one young man, who afterwards became famous as Professor Louis Attila, to become a professional strong man undoubtedly had a tremendous bearing on the present day physical culture move-

ment and especially the bar bell and weight lifting branch of the movement.

Briefly stated, the chain of events to which we have alluded could be chronicled in the following manner.

Prof. Attila, a man of exceptional ability and foresight, established himself as an exhibiting strong man and physical instructor. An ambitious youth, Sandow, athletically inclined but undecided as to his future course, met the Professor and due largely to his influence became world famous. His personality and success did then and have since continued to serve



*Prof. Attila at about 50 years of age. Notice the costume favored by strong men some 40 years ago.*



as an inspiration to countless thousands and possibly millions.

Prof. Attila opened a studio of physical culture in New York City where many famous strong men, instructors and experts in physical training received instruction and were encouraged in adopting the life's work which afterwards brought them fame and no small degree of fortune. The impetus given to the strength game by Prof. Attila further augmented by the efforts of each of his successful pupils and the inspiring popularity of Sandow, and carried on by the second and third generation has resulted in the present day activities of Walter Podolak, William Good and others of the rising generation of strength champions.

Disregarding for the present the so-called old world where prodigies spring up over night in such rapid succession as to make it difficult to keep track of which county is making the most rapid advances, we will consider the new world, in which we are more vitally interested. To qualify the above paragraph, we should state that the strength movement has so long been firmly established in European countries as to make a comparison of their progress and ours somewhat out of proportion.

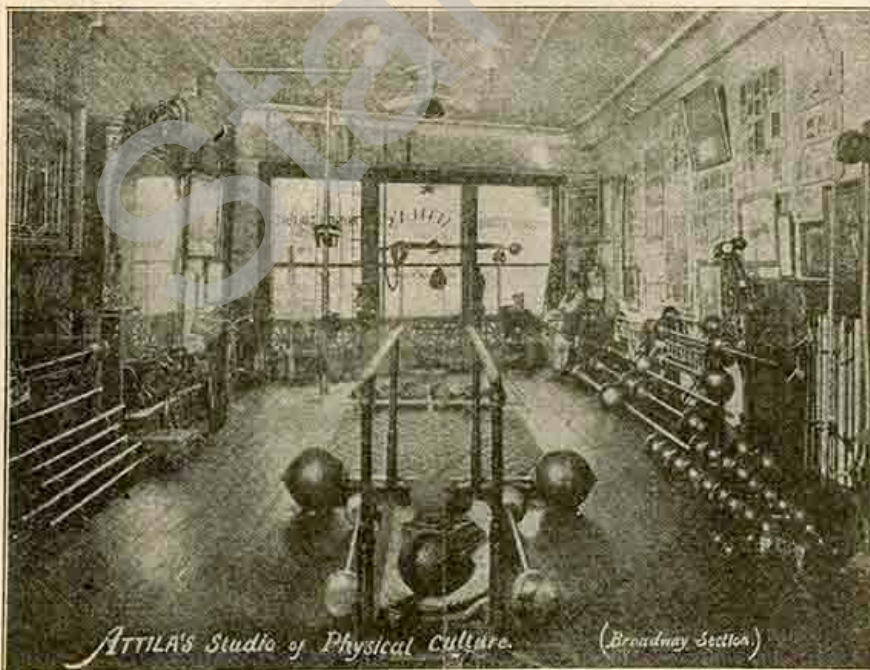
In America at the present time, the three most sensational and promising strong men of the younger generation are Walter Podolak and William Good, amateurs, and Billy Lilly, a professional. Podolak is twenty years of age, Good nineteen, and Lily twenty-three. In a sense, I suppose the latter should hardly be considered along with the other two, due to being in a rather different

*Eugene Sandow at the age of nineteen, shortly after he met Attila and received the instruction which later made him world famous. (Below)*



*Prof. Attila wearing the leotard presented him by the Earl of Winchester.*

age group. Still, he is comparatively a youngster and is attracting widespread notice on account of his recent record breaking successes. The principal reason for embracing these three young men with the category of "most sensational and promising" is that each is very much an unknown quantity. William Good only recently made his first important public appearance and on the occasion gave promise of future great things, even to the extent of stamping himself as possibly the best man of his weight in the country. Walker Podolak has been in the public eye for some little time, but only very recently lifted officially in public. On each occasion his performances were of such high standard as to rate him the strongest man in the United States, in spite of his youthful years. Bill Lilly has been appearing before lifting audiences for a few years, though for the most part in the capacity of muscle control and posing artist. Evidently, he is just as much of an unknown quantity as either Good or Podolak; at least,



*ATTILA'S Studio of Physical Culture. (Broadway Section.)*  
*The Attila studio of physical training in New York City as it looked in 1898. Here many famous strength athletes trained with bar bells.*





*William Good at nineteen is just beginning to reach his stride and may become both American and World's champion.*

This country is looking for men capable of upholding its traditions at the next Olympic Games. In Good and Podolak we have real championship material, but although both are amateurs at the present time, it is unlikely they will remain so until 1932, which will be unfortunate from the angle of worldwide amateur sport. However, from the angle of the individual, the picture may present an entirely different aspect. There is hardly anything more fascinating than bar bell exercise, but if exercise alone attracts them the thought of becoming a professional performer or instructor becomes a veritable magnet, centering the attentions of many young men upon the achievement of that one ambition. The lure of the life of a professional strong man or physical culture professor becomes the center of their daily efforts, proving an incentive to spur them on to greater efforts.

From a meagre beginning, with no official recognition of any sort, the strong man game, embracing amateurs and professionals alike, has grown to be a world wide movement with definite and well organized control. Feats which in the early days of Attila were unusual and even seemingly impossible for heavyweights are now commonplace for men in the lighter bodyweight classes. Judging from the progress made thus far by the game, one may reasonably conclude that the limit of man's strength is purely a matter of conjecture.

each subsequent record breaking attempt would lead the trained observer to form this conclusion.

If the reports from Canada are correct concerning the ability of Eugene Caouette, a 425 giant, he must unquestionably be the most powerful man on the American continent hence, our reason for classifying Walter as the "strongest man in the United States".

No single studio in the world has been the training school of as many famous strong men and instructors as the Attila gymnasium; no single teacher, giving direct personal instruction, has been responsible for the success of so many famous strength athletes as Prof. Louis Attila. Certain it is, that his praises have not been sung sufficiently loud, and the full measure of honor due him has not been properly acknowledged to the world.

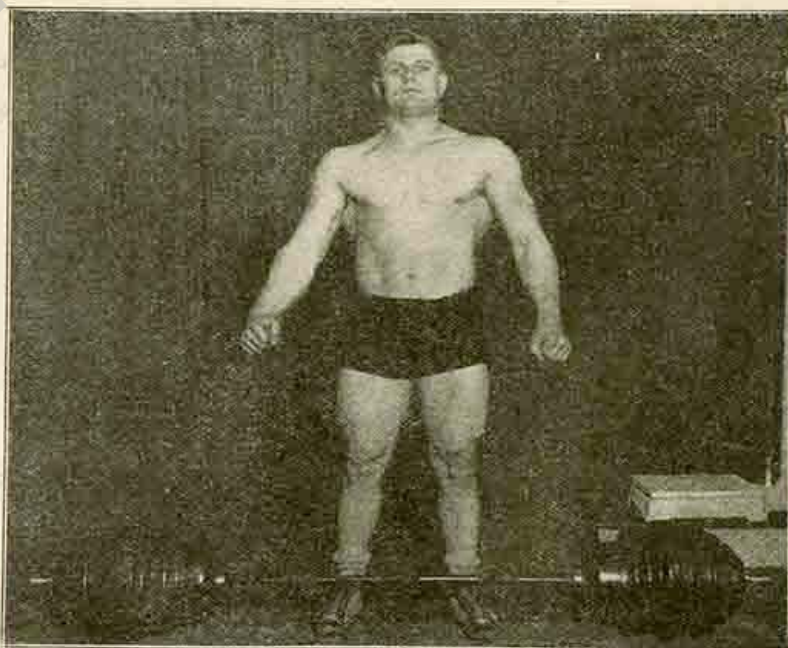
We do not wish to give the impression, and in fact could have no basis for any such assumption, that his many famous pupils have forgotten the great Professor. They are all quick to praise him. Attila will long live in the thoughts of those with whom he came in contact and his name is bound to be revered by future generations of strong men and heavy exercise advocates.

Wishing to give my readers some authentic information on the great Attila, I got in touch with Siegmund Klein who happens to be his son-in-law. So I am indebted to Mr. Klein for the greater part of that which follows. Siegmund Klein carried on the work of the Attila studio in New York City for some time after the death of the Professor, and though he now has a studio of his own, some of the Attila bells are still in his possession.

Klein's connection with the present story is mainly as an example of the generation which is now in its prime, who has achieved his measure of fame as a competing lifter, and has more recently devoted himself to the instruction of the rising generation. Not so long ago, Klein was looked upon as a marvel at lifting, even among heavyweights in America, though only a middleweight himself.

This can hardly be true in comparison with the rising generation of heavyweights though as a middleweight no one will doubt his supremacy. As an example of the perfectly proportioned male athlete he is unexcelled.

We might very well refer to this change of lifting



*Walter Podolak at twenty is the strongest man in the U. S. and looks fair to become one of the world's greatest.*



comparisons as a sign of the times, only one more proof that the world of weights progresses apace with the work of the world and the marvelous accomplishments of man in every sphere.

Germany, native land of more famous strong men than we can spare the time to mention, also claims Attila as one of her own. Attila first saw the light of day on July 2nd, 1844, at Karlsruhe, Baden, and when old enough enlisted in the Baden Sharpshooters. While a member of that outfit he became known as the best athlete among them all, excelling in swimming, running and jumping. At an early age he became a song and dance performer, and being interested in strength, turned to the strong man branch of showmanship. This decision on his part was one of the greatest points of influence in bringing the strong man game and weight lifting to the heights of popularity it has enjoyed in the years which have followed.

Attila originated and introduced a large number of the exhibition stunts and bar bell exercises which have since become standard besides much of the apparatus and lifting paraphernalia which every "Iron Man" uses.

Among the feats which were original with him, are card tearing, the Roman Column feat, the Roman Chair feat, and the human bridge with an orchestra supported on his body. He likewise originated the hollow globe bells with which we all are familiar, as previous to that time the bells were solid. He had something to do with originating plate bells, and is



Bill Lilly, at twenty-three, has many good years ahead of him and will eventually set some high standards.

said to have been the first to present the five pound dumb-bell drill which is so well known at the present time.

As is true of the majority of men who acquire fame, Attila had that immeasurable something of personality which is so often governed by the physical ability and energy of the individual. He attracted others toward him in diverse ways appealed to the kindest thoughts of royalty and influential persons.



Siegmund Klein has carried on the traditions of Attila in New York City. Some of Attila's famous bells are now his property.

As an instance to illustrate this, permit me to mention something which happened while Attila was a member of the Baden Sharpshooters. You may refer to it as luck or a common duty which any real man would perform, but the incident proved to be of immense value in later bringing him a life long friendship. While doing guard duty on the palace grounds of the Duke of Baden, a baby carriage in which was the Duke's son accidentally ran into a private lake on the grounds. Attila saved the baby from drowning and thus gained the friendship of both the elder Duke and the man who was later to become the Duke of Baden.

His fame having spread during the years which followed, he was summoned to appear at the fiftieth jubilee of Queen Victoria of England, and in the presence of practically the entire European royalty further added to his long list of admirers. Requesting an officer to assist him on the stage by commanding him to go through the manual of arms Attila to the amazement of the distinguished audience, used a ninety pound steel bar instead of a regulation rifle. Frederick III, father of the ex-Kaiser of Germany, praised him thus: "You have done something that I have never seen before". The Prince of Wales presented him with a jeweled scarf pin the size of a half-dollar, bearing a miniature of Hercules with leopard skin and

(Continued on Page 88)





"Hello, everybody!" greets "Hoot" Gibson.

## Hoot Gibson--Athlete of the Rodeo

*Famous Screen Hero of the Lariat, Saddle and Spurs, Gives us some Observations on the Dangerous Sport of the Cowboy*

By MILTON CRUSAN

THE athlete of the silver screen is idolized by thousands of young men and boys. This idolization serves more than one useful purpose; the enthralled youngster is at one time amused and spurred on to an attempt to accomplish something himself. He may never achieve the fame or ability of the movie star, but if he leads a cleaner and more active life a good purpose is served.

Knowing the power of the screen athlete on the

thoughts and actions of our young manhood, the Editor started me out in quest of an interview. Knowing "Hoot" Gibson to be a first-class athlete and horseman in general life as well as in front of the camera, I hied myself to the Universal offices. Mr. Gibson was most willing to give me some of his ideas on trick and fancy horseback riding, which I am sure will prove of interest to anyone, whether or not they have any inclination towards horsemanship. As "Hoot" was formerly recognized as a world's champion rodeo rider, any statement coming from him should be worthy of especial notice.

"For all-round riding, I consider the American the best in the world," he said. "I'd place the boys from the Argentine second, and those from Australia third." Of course, this is only one man's opinion, based on what has come under his observation. Different countries go in for different stunts and different styles of riding. There isn't any fixed basis on which to form judgment.

"You've seen the cowboy hero in western pictures making his spectacular getaway with a whole band of Indians or bad men firing at him. He hangs by his hands, feet, teeth or eyelashes from the saddle. He swings himself over and under his horse, he climbs up the animal's neck and disappears on the other side. And of course his enemies' bullets miss him.

"This, naturally, is good trick stuff and is hard enough to do until you know how. Its principle, needless to say, is that of performing on the bars in a gymnasium. It requires a rider skilled in the fundamentals to begin with, lots of practice, and the requisite strength and nerve. But as far as hazard is concerned it's not in



"You do this trick like this—or you don't do it!"



with such rodeo stuff as bulldogging, bucking horses and Roman riding. I'm not saying it's as safe as taking a walk. Something can always happen when you're doing stunts on a horse—and oftentimes it does. Often the worst accidents happen to a man when he is doing what he regards as the easier stunts.

"Perhaps it's because he lets down a trifle. Myself, I'm more inclined to put it up to chance. Things have a way of happening like that in this world. The veteran of a hundred battles escapes injury—and then breaks his neck falling down the cellar steps.

"The realm of the cowboy isn't what it used to be, but the riders of today are, as a whole, better than those of the past, when the old riding West was at the peak of its glory, that is, as far as skillful riding is concerned. The reason is plain. Trick riding has come to be a business, a profession. The trick rider of today rides in circuses and wild west shows, and competes in rodeos. He's in training all the time—and he makes a business of trick riding. In other words, he's a professional. The oldtime cowboy was an amateur. His main business was handling cattle on salary. He wasn't paid for trick riding—and if he indulged in it, it was as a hobby, not a means of livelihood.

"The rodeo started in the towns of the cattle country. It got to be the custom of these towns to stage contests of skill once a year, when the boys were free for a bit from their work. Storekeepers would put up small prizes. The contests were good from both an entertainment and a business standpoint. People came in from the surrounding country. In time, the fame of the contest staged by this or that town would spread. Riders and spectators would come in from greater distances. On far-off ranches the boys would hear that there would be big doings and fat prizes at some town or another and they would make a bee-line that way.

"That's the way rodeos started. Now, as everybody knows, they attract national and even international attention, and riders come from all parts of the world to compete.

"Riding is like a lot of other things—appearances are often deceptive. Some of the things that seem the hardest are comparatively easy. Some of things that don't look flashy at all are the most dangerous. To the spectator, Roman racing presents probably the most spectacular appearance. In this, you know, the rider rides two horses, with a foot on each. This is plenty dangerous, but I think that riding bucking horses and bulldogging steers are even more dangerous.

"In Roman racing the problem is one of balance and control. It's no cinch to hold two horses even and together, as any beholder can see. And in a race, with eight or nine teams lined up, and some of the riders trying to force others

out of the way, the excitement and danger are enough for the most daring rider. Yet Roman riding is easier that it looks. I reckon practically everything is, to the man who makes a business of it. It's hard to explain how you get to be able to do these things—just practicing until it becomes a habit, I suppose.

"I held the Roman racing record for eight years—until I quite competing for it. I'll admit I got plenty of thrills out of Roman racing while I indulged in it. But at that, as I said, it wasn't as tough as some other stunts that the rodeo rider finds himself up against.

"Roman racing will always hold its appeal for the spectator. As for myself, I don't know anything more colorful than the sight of a field of crack riders going down the track, each standing on two horses—at least, as long as their luck and skill will let 'em.

"Riding bucking horses is one of the most dangerous and precarious of the feats that bring rodeo spectators up out of their seats. It is more than a mere contest between man and horse. It's been made into a fine art so hedged about with rules that the rider must know them all instinctively. If he kept thinking about them while trying to ride, he would be off the horse in no time. For instance, he must ride with one hand free at all times. Also, he can't touch the saddle horn. These are only two regulations out of a regular bookful which are so technical and peculiar to the professional rider that they would be meaningless to the general public. Their observance becomes second nature to the regular rodeo rider—otherwise he wouldn't be riding long.

(Continued on Page 74)



Here's "Hoot" roping in Sally Rand, a "Wampas" star.





A mirror is often a poor critic.

# Let's See Your Muscles

*Showing a Given Muscle or Group of Muscles, or Your Entire Physique, to the Best Advantage is an Art*

BY ROBERT L. JONES

"LEMMIE see yer mussel, Skinny," commanded the leader of the gang as the new boy in the neighborhood made his appearance. The newcomer rolled up his right sleeve and displayed such physical development as might have been concealed thereunder, and depending upon its impressiveness he was accorded varying treatment by the "members."

The scene changes. It is now set in a large theatre. Soft music fills the vast auditorium. The lights are fading, fading—almost out. There! In the center of the stage the curtains part to reveal the immortal Sandow posed as only he could pose, displaying to greatest advantage the magnificent physique which was his. The audience gasped in



Figure 1

play a group of muscles or the entire physique to advantage is still a more complicated and involved matter. As has been indicated in previous articles in STRENGTH, displaying a single muscle or a closely associated set of muscles to proper advantage is a master of muscle control, but it now remains to be shown that to display the entire physique properly requires more than the ability to control each muscle or group of muscles *separately* in good style.

By way of illustrating my point, suppose we take the two instances first described, the new boy and Sandow. In showing his arm the kid was using no more than muscle control as it affected the biceps, while Sandow, with his entire physique exposed to view, had



Figure 2

awe, then the air was rent with thunderous applause. Again Sandow had won his way into the good graces of his audience by his superb muscular display.

Between the new kid on the corner and the one and only Sandow every other fellow who ever kinked up his biceps can be classified, his position in the ranking depending upon how much biceps—and other development—he possessed, and how well he displayed it. For it is a truth that to display a muscle is far different from merely possessing it, and, even more so, that to dis-

to show not only his biceps to good advantage but also to keep his entire body in proper position for favorable display. The former was muscle control, the latter, posing or, more properly, posing for muscular display.

In previous articles I pointed out that one does not have to be very muscular to perform the various feats of muscle control, but that if one is to do them well and *impressively* it is necessary that the performer have enough muscular bulk present for the muscle control business to display—a six-footer with a twelve-inch biceps



Figure 3



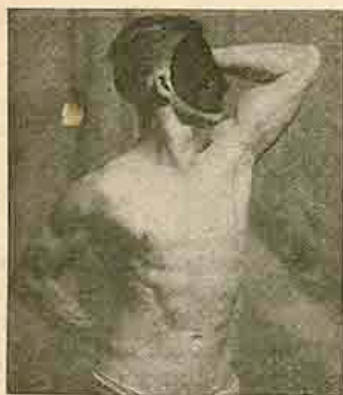


Figure 4

similarly, muscle control makes posing successful.

For several years it has been my lot to be thrown in contact with many and varied physical culturists, strength enthusiasts, and what have you, and the experiences which that association has netted me have prompted much that is to be contained in this article. I have seen stringy boys of fourteen or so get all steamed up on discovering they could make a stab at biceps control, and I have seen powerfully built men—some of them well known figures in the world of sports—who could not even exhibit their biceps muscle satisfactorily. Others I have seen who could control this muscle or that, but who had not had the training necessary (to build sufficient coordination and concentration) to control enough of their muscles simultaneously to strike a presentable full length pose. In this latter class I have had the delightful (?) experience of worrying



Figure 8

may be able to wiggle it as well as another big chap who has a sixteen or seventeen-inch arm, but I do not have to tell you that the latter boy is the one who inspires the "ooohs" and "ahhhs" and those delightful little "eee-e" squeals from the feminine individuals present. Muscles, in other words, make muscle control successful, and,



Figure 7

half-an-hour to get one pose sufficiently well done to merit exposing a plate, only to have the individual get frothy at the mouth when he saw the print and comment that the photography was punk, that he didn't look like that at all, and that varied and sundry other unkind things were true. The fact is that had I been able to make a photo of his legs, a second of his torso, and a third of his arms—o r. m a y b e, one of each arm, separately — and finally put them together like, like an aerial photography mosaic map I could

have pleased him. This individual belonged to the class of men who can control all muscles fairly well individually, but who are unable to control all of them simultaneously. Now, don't get excited; when I wrote "all muscles" I did not mean the entire how many hundred in the body—I referred to those necessary for good posing, the muscles



Figure 6

which the average muscle control enthusiast learns in time to manipulate after a fashion.

Before proceeding further I wish to call your attention to the fact that no consideration is to be paid lighting effect in this article, the entire space being devoted to proper posing on the part of the individual. In an early issue the subject of proper lighting for exhibition work or photography will be discussed, but such would not be in place at this time. For it is useless to worry about lighting up a subject when the subject itself is not deserving of illumination—if you can't pose properly in a full light before your mirror it is useless to attempt the art under the revealing rays of a posing cabinet or photographer's battery of lights with the foolish hope that they will automatically and magically do the posing for you and "make you look like what you ain't," as we used to say about the girls and their



Figure 5

rouge. There is but little difference between posing in the cabinet and before the camera, save that the camera is far the more severe critic of the two. Hence we may leave the actual question of proper light effects in both fields to be taken up together.

To break the ice on the posing question suppose we ask why one poses at all. And the answer comes back that a fellow struts his stuff for his own inspection and criticism (and not infrequently, admiration) for the benefit of a second person or persons—friend, disinterested party, critic or even enemy—for an audience of considerable





Figure 9

too often the mirror shows the posing hopeful a most partial and biased view of his own physique. It shows him only what he wants to see, greatly aided as it is by his concentration on one particular part of his body, this in turn being increased by the short perspective caused by standing too close to the mirror. Self-hypnotism is a pretty good name to call the fever which affects one who favors too much of this funny posing, for through it a common, every-day mirror acquires more power and magic ability than any trick "look-see" glass in any hall or mirrors anywhere.

A staunch friend, especially if he is thinking of trying to touch you soon for a five, is the next worse assistant to the young posing enthusiast. The friend, like the mirror, is too often biased favorably toward the performer, and generally sees no more than is indicated to him,

especially if he is not himself acquainted fairly well with what a good pose resembles. But whether the person or persons who see the performer are friends, critics or otherwise certain conditions apply which favor the party doing the posing. First, the pose is held but momentarily — at least, it is changing slightly here and there, even though an attempt is made to retain it definitely. Therefore lack of time prevents the eye of the spectator from seeing the pose fully and closely, and more than that the effect of motion—muscle control of a given muscle—tends to heighten the effect of the pose by concentrating the attention of the watcher upon the most favorable part of the pose. For instance, one may take a pose like that of Lilly (Fig. 8) and, unless he

numbers, or for the camera. Each occasion has its own peculiar surrounding circumstances.

For the young adventurer in things physical—and all to frequently for the experienced enthusiast—his own mirror is the greatest enemy and the biggest "two-faced friend" he has, for

retains it some time, keep the attention of the audience riveted upon his upper arm by doing a nifty bit of wiggling with the biceps muscle. Lighting effect, especially if the audience is composed of more than a small circle of people, "does things" considerably, as does the use of the principle of optical illusion by the performer—bringing the elbow a bit forward toward the spectator would materially foreshorten the upper arm and make it appear larger in such a pose as that just mentioned of Lilly. There are plenty of other examples, but we are more concerned with the rudiments of posing than with the advanced fine points of the art.

Posing before the camera is the most difficult of all, for the camera sees and sees only what is put before it, yet it sees all of that. Furthermore, the camera sees no wiggling biceps, no rolling shoulder muscles, no jumping pectorals. It sees everything as if it were of marble, and, which is of most importance, the camera sees the subject *only* as that subject is for the tiniest fraction of a minute—from a *tenth of a second* to, say, two seconds, depending upon the photographic equipment used. Therefore a slight let-down in some part of the pose, a mistake which no human eye might detect, will be indelibly recorded by the camera should that short error occur at



Figure 12

the instant the plate is being exposed. Again, the camera's attention is never concentrated on any pet muscle of the model—the glass "eye" sees all. But, if the performer can so pose as to concentrate the attention of him who sees the photograph on one part of his physique, well, that is something else to talk about. But try to do it. But of all the critical things the camera does the severest is that it makes permanent the pose which may have been held but a second, thereby affording sufficient time for the eye which would have missed much of the original pose to pick apart the reproduction of it, for the one who posed to realize the presence of shortcomings,

(Continued on Page 71)



Figure 10

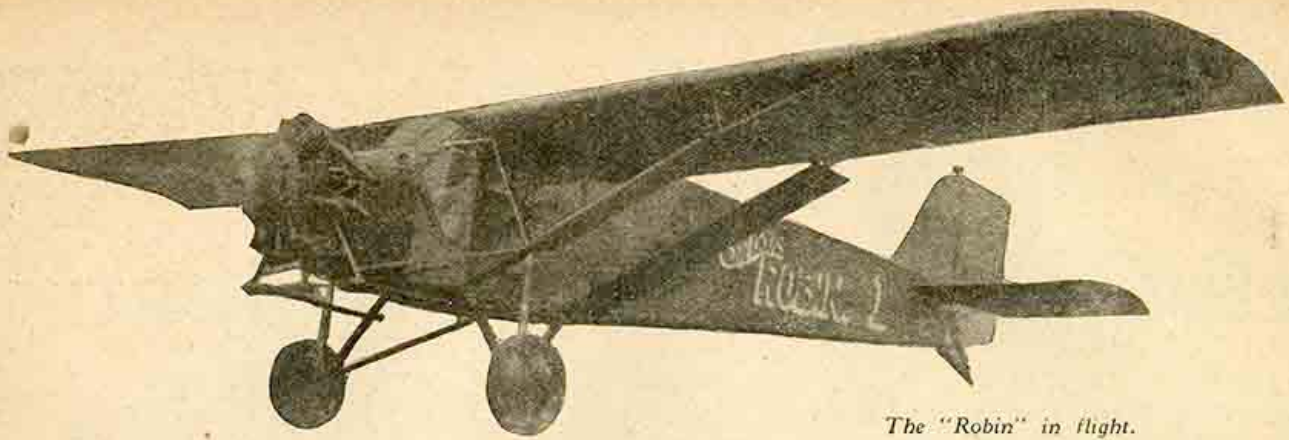


Figure 13



Figure 11





The "Robin" in flight.

# Around The World In Non-Stop Flight

*O'Brine and Jackson Got on Real High Horse and Stayed  
"Up in the Air" with "St. Louis Robin" Long  
Enough to Encircle the Globe*

BY JACK LAWRENCE

IT'S all over now, and enough time has since passed to demonstrate that nobody else is likely to come along and throw a monkey-wrench in the works before this article reaches the dear public, so a few casual remarks on what those two St. Louis fellows, Forest O'Brine and Dale Jackson, did last summer ought not be such a foul ball. Anyway, everybody went canary-wild when the huge army tri-motored "Question Mark" carried on in yeoman fashion for some 151 hours or so, and all the experts set in figuring and proving all about how the ultimate had been attained, and all that, both in terms of men and machinery, if you can call a dainty flying contraption that weighs several tons by that name. But before the boys had figured more than half-way the second page along came two civilian pilots and their "Angelina," powered by a re-built scrapped motor, to wheeze and splutter along over Texas terrain for nearly 247 hours, thereby proving that it doesn't necessarily take an army of men or motors to do anything properly.

All the while, from the time this endurance business first caught the public and flying fancy, a young pilot attached to the St. Louis branch of the Curtiss outfit had been raising a lot of conversation with his superiors to be permitted to attempt a record of his own. This 23-year-old enthusiast was known around his own stamping ground as Dale "Red" Jackson, and his persistence was finally rewarded by official sanction for the flight. His employers, however, were not so strong for the en-

deavor as an "endurance flight" as they were to consider it as a thorough and practical test for a new motor they had turned out six months previously, the "Challenger." Anyway, everything was arranged to general satisfaction, and on July 13th at 7:17 A. M., Jackson and his co-pilot, Forest O'Brine, took off to try their hand at the grand old game of letting the earth take care of itself. It was fortunate, indeed, that the old earth could get along without them, for they had their hands full handling the plane, keeping their log, doing the re-fueling business, taking on groceries and oil, and keeping the folks belowed advised of their progress actual and mental.

After the first hundred hours it stopped being painful and became just a patiently waiting proposition. The old motor didn't cause more than passing trouble and the plane behaved admirably, but the weather—both in temperature and dampness—was not what picnickers pray for. Those two pilots, how-

(Continued on Page 78)



The "Robin" warming up with the refueling plane at right.



# Health—Strength—Beauty

## (Our Girls' Circle)

Conducted by MARJORIE HEATHCOTE

Dear Miss Heathcote:

Will you kindly give me some advice on how to straighten legs that are slightly bowed. I am fourteen years old and would be willing to do any amount of exercise to straighten my legs.

I am slightly plump and am exercising daily to get into proportion.

Awaiting your reply, I am,

Sincerely,

A. W. M.

P. S. I'll look for your reply in STRENGTH.

ANSWER:

Bow legs cannot be entirely corrected if the bone itself is curved. If your legs only have the appearance of being bowed, this condition can be overcome by practicing the following exercise: stand erect with arms in front of you. Rise high on the toes; then slowly lower the body until it rests upon the heels. Then come up and back into position. In addition to this exercise, plain rising on toes and walking across the room, then back to position, and also rope skipping, are very effective in your case.

I am glad to note that you are exercising daily to



*A lovely form is the desire of every woman—even though some may not admit it.*

get into proper proportion. Keep up the good work. As you are only 14 years of age, you have a splendid chance of reducing. Also try to eliminate all pastries. Don't eat too many potatoes, custards, bananas, or meats. We would advise you not to eat white bread, or fried or greasy foods. Eat plenty of vegetables and fruits, and drink plenty of water (not at your meals but between them).

Dear Miss Heathcote:

I am a constant reader of your column. I am very ambitious to obtain a slim figure. I am 5 feet 1 inch and weight 115 pounds. I would like to lose nine pounds. I have a very large abdomen and bust. Would you kindly give me a good exercise to reduce these parts, also my hips and legs.

Would you recommend dieting? If so, what kind of foods should I eat?

Will appreciate your answer to my letter and will faithfully carry out all of your instructions.

Thanking you, I am,

Brooklyn, N. Y.

Rita B.

ANSWER:

For reducing your abdomen I would suggest the following exercises:

Raise the arms parallel with shoulders, and turn the body from waist up, facing left, then right. Keep the lower body perfectly still.

Raise the arms straight above the head and bend the body back and forth. The arms, back, and shoulders are also benefited by this exercise.

Kneel with the hands on hips, and bend back as far as you can, from the waist. With perseverance you will be able to touch the floor with your head in a short time. This will also give vigorous play to your thigh and calf muscles. Another variation of this exercise is to sit on a bench of whatever height you find convenient, fasten your feet under some weight (the bureau, piano or anything heavy enough to keep you steady), and bend back as far as you can.

Raise yourself to the first position without taking your hands from your hips. Gradually go farther backward until you can touch the floor with your head. Then make it more strenuous by raising your arms above your head and repeating the movement.

The following two exercises will be found very



beneficial for reducing and making the bust firm:

Hold a light dumb-bell in your right hand. Raise it above the head, palm out, and swing it five times in as wide a circle as you possibly can. Then execute the movement forward five times and alternate the exercise with your left arm.

Another is to cross one arm in front of the other and continue upward until high over head. Then continue the circular motion out and down, repeating the movement.

You probably know that it takes two or three times longer to reduce and make firm the bust than it does to build it up; so don't become discouraged if you do not get results quickly. I would suggest that it would take you two or three months to get the desired development.

Dear Miss Heathcote:

Your articles in STRENGTH have helped me so much that I want to know if you will please give me an exercise to reduce my bust. I have reduced my hips and abdomen by following your exercises but my bust is so large that a dress that fits me perfectly otherwise is so tight that it will not fasten over my bust.

Any information will be greatly appreciated.  
Louisville, Ky. Mary McK.

ANSWER:

I am very glad to note that you have reduced your hips and abdomen by following my advice. Regarding your bust, I refer you to the answer given to Rita B. given above.

I wish you to continued with your exercises, and I sincerely trust that the advice given above will help reduce your bust.

Dear Miss Heathcote:

I am a constant reader of STRENGTH, and enjoy your articles very much.

Could you favor me by sending me a set of exercises for building up the fallen ligaments of the breast?

Also if it would be no extra trouble for you, could you send me what you would consider an ideal "Daily Dozen" for the girl who gets no other form of active exercise?

If there is any charge for this service, please let me know, and I shall gladly remunerate you for the kindness extended me.

Thanking you very much, I am,  
New York, N. Y. (Miss) G. M.

ANSWER:

All chest and breathing exercises should tend to develop your bust. However, I will give you two exercises which you will find very effective.

Extend the arms in front of you horizontally, palms facing. Then throw them backward as far as possible, aiming to touch the hands back to back, and holding the arms as high as possible. Repeat this from ten to fifteen times vigorously.

Another one is: raise the left arm above the head, palm forward, and swing five times in as wide a circle as you can. Then stop a few seconds and start the movement backwards five times. Execute the movement with the right arm in the same way, and then back again to your left arm. Repeat both movements with each arm alternately twice, being sure to reverse

the motion every five times for even development.

Regarding an ideal "Daily Dozen," I would advise you to follow this routine:

Upon arising in the morning practice deep-breathing movements a few minutes before doing your exercises.

Your first movement is a spine twister which involves the muscles around the waist and also the muscles of the back and abdominal region. Stand with feet together, hands on hips. Now bend far forward, then swing to one side, and far back and around.

The next exercise is an excellent one for the chest and shoulders and also helps to improve your posture. The best way to perform this one is to stand before your mirror with the feet together and the arms raised out to the side. Now swing the body first to the right and then to the left as far as you possibly can, in the form of a circle.

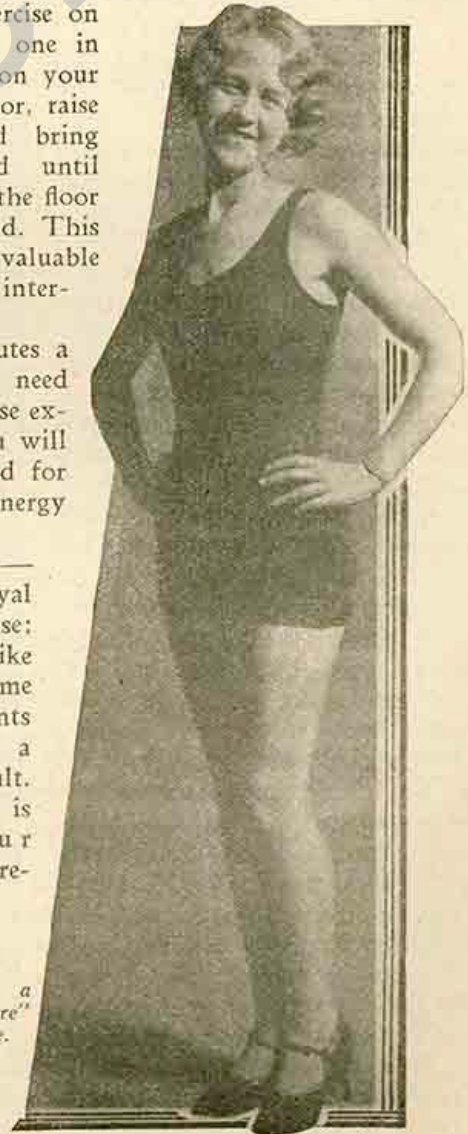
For your next exercise practice the floor dip. I might add that this is not an easy exercise for anyone who does not exercise frequently. Place the palms of your hands on the floor, and to make the exercise easier place the feet against the wall as a support. Now lower the body until the chest touches the floor—being sure to keep the knees perfectly straight. At first you will only be able to repeat the exercise about twice.

The last exercise on the list is the one in which you lie on your back on the floor, raise your legs and bring them overhead until the toes touch the floor behind the head. This exercise has a valuable effect upon the internal organs.

Fifteen minutes a day is all you need to spend on these exercises, and you will be amply repaid for the time and energy so spent.

But remember—there is no royal road to exercise; rich and poor alike must do the same kinds and amounts of it to obtain a desired result. Mother Nature is impartial—your efforts will be rewarded.

*You can build a  
"bathing suit figure"  
through exercise.*







Nelson L. Hall as a young man

# "I Challenge the World"

*Says Nelson L. Hall, of Philadelphia, "For the All-Round Athletic Championship Above Forty-Five Years of Age"*

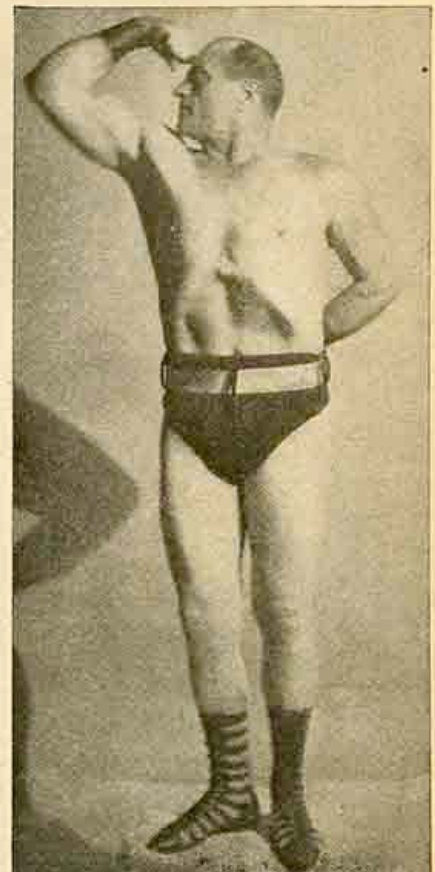
BY JAMES LAWTON

TODAY we hear and read much of the physical side of life, of athletic accomplishments and of marvels of human attainment. Almost every day we are made aware of the existence of a new figure in the world of sports, or of some one-time great person whose name makes its way once more to the front page for some reason or other. Especially at this time do we read of men well past the usually accepted "prime of life" who still are able to carry on and do their bit in close to their best form of earlier days. Taking the age of forty as a definite mark, we find many hale and hearty athletes on the shady side of it who still can do their stuff to a turn in their respective sports, to the envy and chagrin of many a younger man.

But—and here is the joker in the story—most of these men have always been and continue to be specialists in some particular field of sport. We have, for instance, Zbyszko in wrestling, who held the world's title at the age of forty-five, and others too numerous to mention who have retained their superior physical abilities in their particular fields well into their later years. Nevertheless, as I have said, they are invariably specialists, men who are marvels only in one line and just "old men" at anything else. Such figures are interesting to the average private citizen, yes, but they indicate nothing definite and vital which he can apply to his own manner of living.

It is my privilege, however, to be acquainted with a man well past that dreaded forty-year mark who, nevertheless, has retained practically all of his youthful strength and development to the present day. Never an absolute specialist at any particular field of athletic endeavor, he has tried everything from jockeying as a ninety-pound

"kid" on the old Gloucester, N. J., track to vaudeville appearances, which latter he still follows to some extent. In the intervening years he has seen service as a boxer, wrestler, lifter, tumbler and balancer, not to mention his experiments in track and field sports, swimming, etc. He was good in practically every line of athletic work he tackled—he followed boxing, wrestling and lifting professionally for several years before taking up acrobatic and balancing in vaudeville as a career—and he stands today as an example of what Nature intended the male human being to resemble in his later years. Five feet nine inches tall, he is in wonderful shape physically, his measurements are almost identical with their figures twenty-five years ago when he was in his prime, a powerful young Samson of a score-and-five years. His weight today is



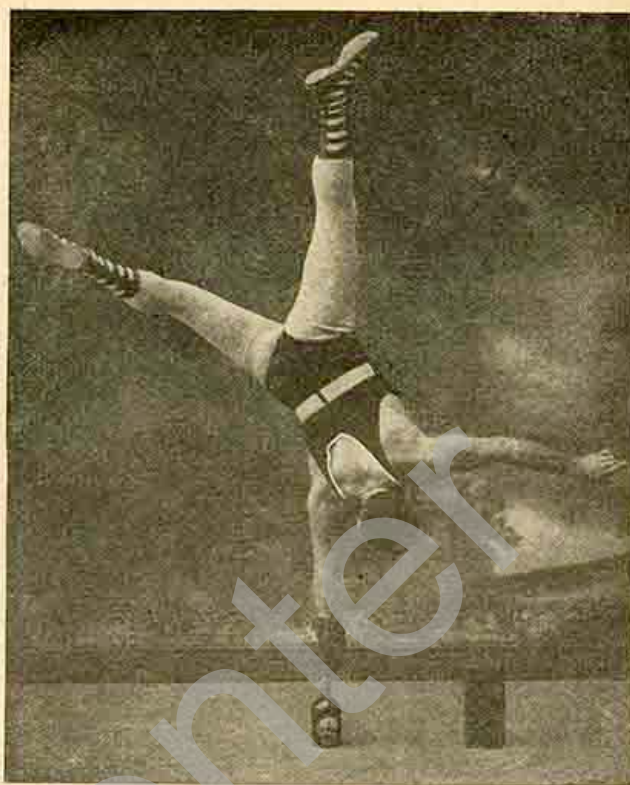
*Then—twenty-five years of age, twenty-five years ago—and now. A wonderful physique wonderfully well preserved, Nelson L. Hall, of Philadelphia*



179 pounds, four pounds more than it was then. Compare, if you will, the two photographs made, one twenty-five years ago, the other, last December, and you will see the same well developed physique, the same trim lines, and the same indications of great strength and power. Notice especially the neat, trim waist, and compare it with the outline of the usual "still good" athlete past forty—it is like standing a roadster beside a moving van, if you get the point.

This man is Nelson L. Hall, a Philadelphian, who, after having preached the doctrine of physical culture and right living by his own example for the past thirty years now stands forth to claim the title of World's Champion Professional All-Round Athlete, above forty-five years of age, basing his claim on his all-round abilities as a boxer, wrestler, swimmer, lifter, gymnast, and runner. World's records? No, he holds none, nor does he claim any in any specific sport. But he does vouch that at a competition over a series of tests in general athletic ability there is no man over forty-five who can trim him, and after having known him for several years and having become acquainted with his varied and considerable ability the writer can only say that it will take some doings to beat Nelson Hall out over a course of all-round athletic competition.

"Of course," said "Nels," as we of his acquaintance know him, "there are a good many fellows who could beat me out in some particular 'pet' line of theirs—there are wrestlers who could win over me on the mat, or oarsmen who could take the paddle events, or gymnasts or lifters who might give me a merry run on one or two events, but in an all-round competition to



A one handstand on one finger in a bottle, a vaudeville feat of "Nels" Hall

include thorough tests in not less than ten branches of sports, say boxing, wrestling, tumbling, balancing, lifting, running, jumping, field events, swimming, and rowing, I'd like to see the man who can come in

at forty-five or more and trim me. I am no world record holder in any sport, for the simple reason that I have paid first consideration to all-round development and proficiency rather than specialize in any one event, and as a result have at my age practically all my strength and development, while the fellows who denied themselves everything and worked like maniacs to hang up some sort of record in the past have today bodies much inferior to my own, and, in addition, have had the doubtful satisfaction of seeing their best records broken time and again in recent years so that, now in their days of reduced physical activity, they have poor consolation for their early misguided efforts, while I am enjoying life as much as ever. But if there are any of these chaps over forty-five who still feel frisky and capable I'd be delighted to hear from them and have a little competition with my title at stake. And, just to make it interesting, there's enough cash available between myself and my friends to cover any amount any contestant



A backward somersault, from a photograph made in recent years.



Standing at ease—today. Note the firmness of his flesh and his trim waist.

(Continued on Page 60)



# Track and Field Training

## *Pre-Season Training Often Spells the Difference Between Success and Failure in Track Competition*

By CHARLES MACMAHON

**N**OW that spring is just around the corner it is high time those who go in for track and field athletics get started preparing themselves. College track athletes have already been in training for sometime past and are about ready for a record breaking season. Of course, the big end of their training has been indoors but as the weather warms up the outdoor conditioning begins.

A word, in the form of a warning, to amateur athletes who do not have a coach to take care of them is in order. No one should go into athletic events seriously without first going through a conditioning campaign. After the inactive winter season every one who has not followed an exercising program through that period will naturally be soft and out of condition, at least, for such strenuous exertions as running, jumping, and so forth. So it follows that the sensible thing to do is gradually to get the muscular system back into perfect condition before actual competition is indulged in.

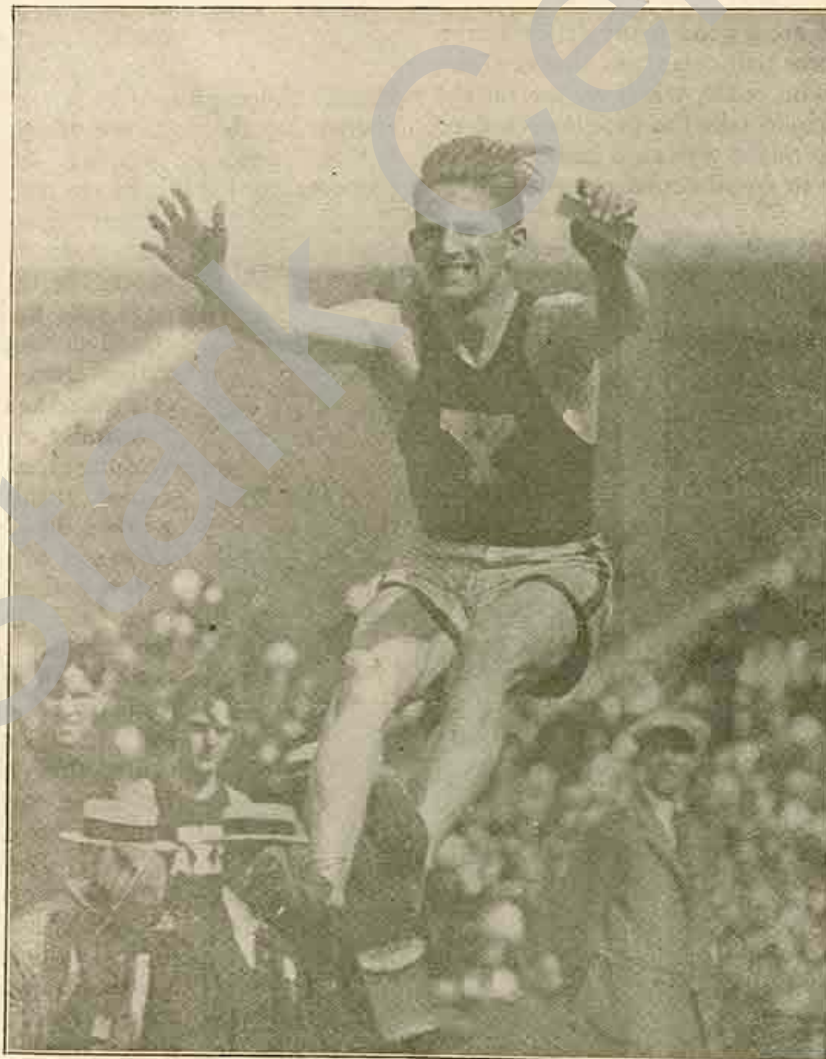
Aside from the fact that you should condition your body as a safeguard against pulled tendons, strained muscles and other minor

accidents there is another reason for it. This other reason for preliminary training is that unless you do train for the coming competitions you cannot hope to compete favorably with those of your competitors who have spent time in conditioning their muscular systems.

Muscles must be carefully hardened and the breathing apparatus put in perfect condition before you can hope to do yourself justice in any athletic event.

Those who are about to begin training for track and field events must bear in mind a few of the most important points about such training. For instance it is possible to overtrain just as it is possible to undertrain. The best safeguard against overtraining is a short recess now and then throughout the conditioning period and especially just before actual competition. The safeguard against under training is getting down to work.

Another important general point to remember is to take your time. Don't try to get into perfect condition in a few days and don't go through strenuous work-outs before first going to a period of light



*Muscles must be hardened and the lungs conditioned before going in for actual competition.*





All even at the start, but at the finish the best trained man will lead the rest.

training. Increase the amount of training gradually as your muscles become accustomed to the milder workouts.

A beginner in track and field events must, of necessity, go in for practically all events, otherwise how is he to pick the event or events for which he is best fitted.

After one has learned by experience what he does best he should then specialize in that event. Some athletes are top notch at two or more events but these fellows are comparatively few. Those who make a great name for themselves in athletic events are specialists. A first-class pole vaulter is not likely to be a first-class high jumper and neither is a first-class high jumper likely to be a top-notch broad jumper. There are exceptions, of course, and if you turn out to be one of them so much the better.

If you do well at sprinting stick to the short distances and if you are better at the longer distances than anything else specialize in them. It is better to be an outstanding athlete in one event than a runner-up in several events.

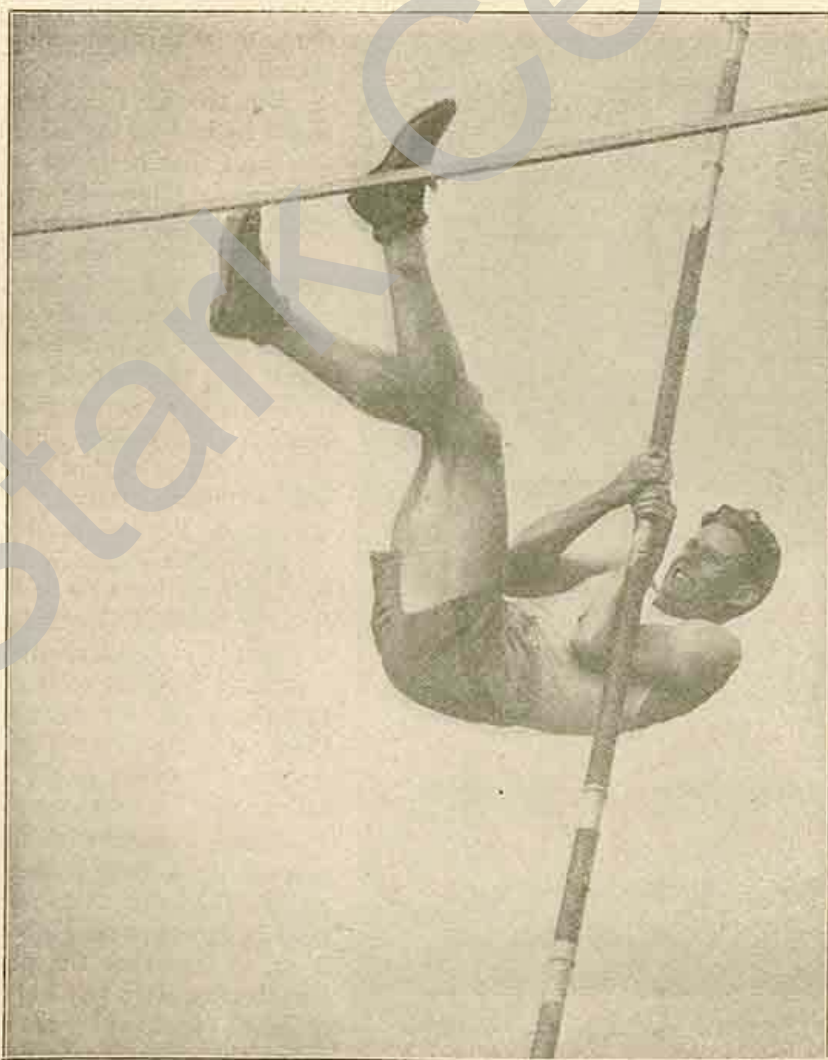
The foregoing applies to all athletes except those few who go in for

the pentathlon and decathlon. As these call for more than one event the athlete of this class must, of course, go in for all of them.

Your preliminary training should be of a nature that is as close to your specialty as possible. If you are a shot-putter or hammer-thrower your early training should be of a heavier nature than if you are a sprinter. If you are a runner then your preliminary training should be mostly of methods closely allied with running later, toward building endurance.

As an example, suppose you are a runner and it is too early or inconvenient at the time of preliminary training to run outdoors. In this case you should practice the stationary run indoors because that is the nearest to regular running you can get.

If on the other hand, you are a broad jumper, then the many variations of the deep knee bend should be the principle exercise. Don't misunderstand the foregoing to mean that you must practice only the one exercise in each case and no other exercises. Let the stationary run and deep knee bend be the main exercises of your conditioning program but also practice a wide range of exercises that cover the en-



The last inch may mean victory or defeat. Will he make it? Training will tell. Continued on Page 80



# Baker To Play Tonight

*The Princeton Star Helped Much to Popularize Hockey before Going to the War---and Death*

BY CASPER H. NANNES

WHEN Hobey Baker graduated from Princeton in 1914 with a Bachelor of Literature degree the New Jersey institution lost one of the most popular and versatile students it has ever had the good fortune to matriculate. Beside being the outstanding star and captain of both the hockey and football teams he was a member of the senior honorary society, a member of the glee club, and of the Ivy Eating Club. In addition to these honors Hobey managed to reach the first group in scholarship during his senior year.

Hobey's attitude toward his school work typifies the man fully; he steadily advanced his marks year by year and reached the high grades in his senior year by this efficient plugging.

Though the hockey game in Baker's days had not reached the stage of popularity that it today enjoys Hobey was deluged by offers to turn professional no sooner had he left the campus of Old Nassau. But despite the fact that these offers often reached high figures the Princeton star could never see the professional game favorably, and the promoters had the unusual thrill of seeing their lucrative offers turned down.

But though Baker would not turn professional he had no intention of deserting entirely the game that he loved so well; he joined the St. Nicholas Club—an organization that played amateur hockey at their rink on 181st Street and Broadway, New York City. When the news got out that Baker joined the St. Nicks, as they were popularly called, the roughnecks of the league immediately came out with statements that they would get that "college guy." The first few games these men tried to "get Baker;" but despite the fact that they used every shady trick known to the sport Hobey left each game unhurt. Baker never once retaliated; he kept his head and continued to play the game. But although Baker would not stoop to unfair methods he had his own way of defending himself. Instead of trying to hurt his opponents underhandedly Hobey met them in legitimate head-on collisions; he was so clever that the so-called roughnecks were carried from the ice feet first, while his hair was not even mussed. Needless to say the attacks on "that college guy" soon stopped.

Hobey's career with the St. Nicks was even more brilliant than it had been with Princeton or St. Paul, if that were possible. People came in droves to see Hobey Baker play hockey; it got so bad that the places in which Baker was to play often put out signs "Baker to play tonight" without even mentioning the two teams that were competing. The former St.



*"Hobey" is gone, but his memory lives. Above is Princeton's memorial to him.*



Paul's youth would not stand for such a thing and had each would-be enterprising promoter take down such signs, but these show-boards are clear-cut examples of how the public felt at the time.

During the few years between Baker's graduation from Princeton and his enlistment in the air squad for the war Hobey was connected first with J. P. Morgan Company and then with his brother at the latter's Philadelphia plant. He showed the same industry and level-headedness in the business world that he had shown in sport, and would have made as great a success of the game of life as he had of the less serious games if it had been his good fortune to live longer.

While Baker was playing for the St. Nicks he once went into the elevator in one of the athletic clubs in the city and was pointed out to the elevator boy as being the great hockey star. The little fellow was quite astonished to see that his idol was not the overpowering brute that he imagined him to be, and turned to Hobey to exclaim in amazed tones. "Gosh, Mr. Baker, I thought you were a great, big man." There was no incident that pleased the Princetonite better, and he loved to repeat it to his friends.

With the declaration of war by the United States in April, 1917, Baker joined the flying squad for the duration of the war. He did not feel very happy about the conflict, and looked upon it as a useless waste of life. But though he did not like war he did not think that he himself would become a victim of it. Hobey had the firmest belief in his good luck at all times. He had never been seriously injured in all his football and hockey career, and confidently expected his luck to extend to the grimer game of war.

Baker first began to fly in 1915 in an old JN4 plane that could not make more than 80 miles per hour. He took his brother up in this little aircraft once or twice but did not care to extend the privilege to others since he did not feel absolutely confident about the strength of the plane. Once the larger planes came into more general use he quickly changed and felt the better for it.

Before the declaration of war Baker had taken some preliminary training in aviation at Governor's Island from November, 1916, until the following April. In May of that year Hobey had improved so much in his flying that he was commissioned a First Lieutenant in the Signal Officers Reserve Corps and put in command of instructing the newcomers to the air base. Two months later he was sent across to England; he stayed in England only a few weeks when he was transferred to the Aviation School that our army had in Avord, France.

Though Baker was anxious to get into action he was kept behind the lines at Avord and the other training schools, instructing the newcomers and doing

general work about the stations. In November he was sent back to England where he stayed until late in December. Upon his return from a leave to Biarritz and Bordeaux he joined the famous 103rd Aero Pursuit Group, the former Lafayette Escadrille, on April 3, 1918. This branch of the aviation was perhaps the most hazardous and most daring of all the air services, and Baker was just the man to put there.

Hobey now began to see action, and plenty of it. The letters he wrote home were thrilling and full of descriptions of his narrow escapes, and it is too bad that we are limited by space from printing them all for you. But there were a couple of his exploits that stand out; we will try to bring them to you as best we can.

The first of Baker's thrilling experiences came as a result of his being sent to get a German observation balloon. These balloons were behind the German lines, and suspended a great height so as to observe the movements of the Allied forces. Since they were behind the German lines these ships were protected by the anti-aircraft machine gun fire from the earth and by airplanes in the air. This balloon had been a thorn in the side of the Allied army, and they had ordered men to get it in vain. The risk for an attacking plane was exceedingly great, but the task had to be done if the army was to proceed with its plans.

(Continued on Page 81)



Hobart A. H. Baker—athlete, scholar, soldier, by seasons; a sportsman and a gentleman always.



# How Will You Feel A Year From Now ?

*There Are More Benefits Derived from Physical Training  
than the Average Novice Realizes*

By DAVID WAYNE

**M**OST beginners in the art of training their bodies think only in terms of increased muscular development and strength. They either are ignorant of the numerous other reasons for exercising the body or ignore them because they think they are insignificant.

The reason for the above attitude in most cases is natural. Great muscles and strength give one something material to show for the effort and time consumed by exercise. The other results derived from exercise are just as important and, in fact, several of them are even more important.

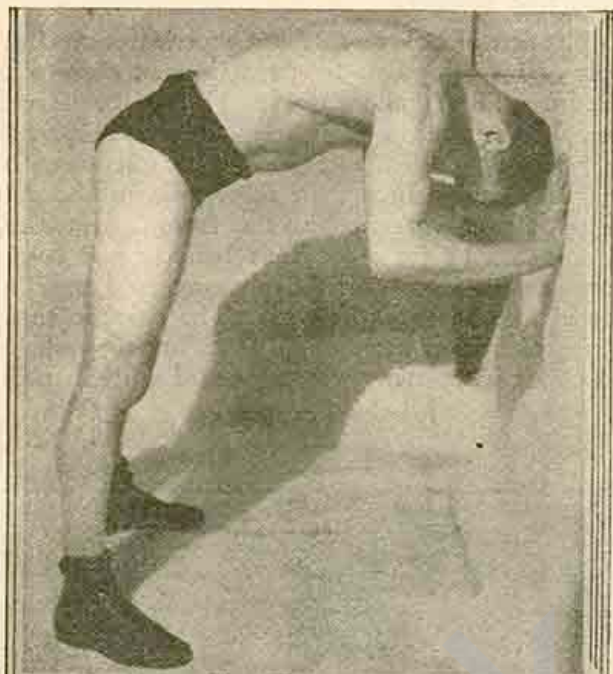
But before I go further I suppose I should tell you what these other results are so that you will understand me better.

Besides great muscles and strength perfect health is produced by proper exercise and living. Perfect health, after all, is the most essential thing for a happy, successful life. Any one will agree with that when

the question is put to him, but unless a man thinks he is beginning to decline in health he pays little heed to matters that produce and prolong health.

But a beginner, or I should say a young beginner, seems to care little about the health producing qualities of exercise. The main reason is that health is nothing of which to make a display. We learn to assume that every person who goes about his duties or every person we see walking the streets is in perfect health. And anything that is as plentiful as that cannot command much attention.

The average young beginner seems to know, at least by instinct, that if he claims to be the healthiest man in the country he will get little attention and perhaps a horse laugh. On the other hand, if he claims he is the strongest man in the world, or just another strong man, and can back it up with a display of muscles and strength, he will get admiration. He cannot prove the former claim very easily but he can prove the latter. Even



*These exercises, Figures 1, 2 and 3, are splendid for developing strength and vitality along the spinal column.*



if he could prove the former nobody would care, for the would likely be millions almost as healthy. So a young beginner wants big muscles and great strength above all things.

In view of the fact that big muscles and great strength invariably go hand in hand with perfect health, the average young beginner is not so far wrong in desiring strong muscles. However, it is possible to retain a fine muscular development after it is once obtained and ruin your health at the same time by some over-indulgence or harmful practice. In such a case it is easier to retain a fine appearing physique than it is to retain your strength. This seems to prove that great strength goes hand in hand more with perfect health than with great muscles. You have heard the expression, "He is only a hollow shell," which may have originated by the above fact.

Every time a strong man or prominent athlete dies before reaching a ripe old age we hear a big noise from skepticals and opponents of exercise and athletics. "We told you so and so," they say but little or nothing is brought to light about the deceased's method of living. Many young fellows start out to build a fine body, strength and health, and succeed. Then, sad to relate, they reverse their method of living in later years, and when such fellows do turn around and go the other way, as it were, their perfect health, strength, energy, etc., cause them to go the limit. Furthermore, their fine physiques and physical magnetism cause temptation to be thrown at them by the car loads. The idea that seems to enter the minds of such fellows is something like this, "Well I've won success in developing a fine physique, now I may as well enjoy the fruits of my success." And their idea of enjoying the fruits happens to be in the form of painting the town red, if you get what I mean.

When one of these fellows kicks out prematurely those who were close enough to him to know his daily habits wouldn't care to make public the reasons for the death; at least they wouldn't care to give the reasons in detail and oft times the details would be unprintable. Yes, it is my opinion based on actual observation that it is easier, generally speaking, for a well muscled and shaped fellow to go to the dogs than the average shapeless young man. As this begins to sound like a sermon I'll get back to the original subject.

The point I want to make is that beginning physical training for the purpose of building a fine body and great strength is a noble undertaking in itself, but don't lose sight of or ignore the fact that perfect health is, after all, your most valuable asset.

We can say that proper exercise and living will put five or ten years on one's life and no one can disprove it—nor can we prove it. Whether or not that is so the fact remains that those who gain perfect health, great strength and development get more out of life than those who do not exercise and live sensibly. You know how a lot of people live—today a headache, tomorrow a cold, always that tired feeling and so on through life they go. If that is living, I, for one, do not want it.

Even those who are fortunate enough to get along without headaches, etc., even though they don't exercise, do not enjoy the high degree of health that men

(Continued on Page 62)



Here are two general toning and developing movements. Figures 4, 5 and 6. Figures 5 and 6 are rather difficult.



# Proper Food for Health

*The Foods We Eat Have Much to Do with the Activity of Our Ductless Glands and Can Easily Affect Them Unfavorably*

By DR. EDWIN F. BOWERS

**T**HERE are three things absolutely indispensable to the continued existence of every person born on this planet—oxygen, water and food. Most people get a fair share of air and water, but relatively few get their quota of the proper kind of food.

This is a fact, acknowledged by the very greatest scientists who now agree that the chief cause of most of the illnesses to which we are subjected—barring those produced by the specific effect of inoculation or germ infection—is either lack of the right kind of food or too much of every kind of food.

Further than this, the modern, scientifically-trained medical man is depending more and more upon the selection of food for his patient, and less and less upon the kind of medicine this patient may be taking.

This curative influence of food does not apply solely to conditions caused almost exclusively by a lack of certain food elements—such as may be found in rickets, berri-berri, pellagra, scurvy and the so-called deficiency disorders, due to a lack of vitamins—but also to the great group of conditions which either originate in or else are complicated by a lack of mineral salts in the system—the so called acidosis group.

These comprise certain forms of rheumatism, lumbago, sciatica, neuritis, Bright's disease, and that lowered state of vitality and deficient resistance that predisposes to many disorders of metabolism (or the conversion of food into tissue and energy) and assimilation.

Even diabetes itself has been shown to be due quite as frequently to a lowered state of blood alkalinity and to toxic poisoning from the intestines as it is to the use of an abnormally large amount of sugars and starches—an amount beyond the power of the system to convert into dextrose and utilize as heat and energy material.

Of late years, however, we recognize still another group of disorders, definitely traceable to certain food deficiencies. These are disturbances of the ductless glands—or endocrines—due to lack of certain vitamins, and also to the absence of iodine in proper amounts.

Failure to provide the system with these potent elements in proper amount will inevitably result in a

lowered state of nutrition, and bring about an abnormal functioning in the body.

There is nothing that can supply this lack of gland-stimulating substance—except the substance itself. Neither exercise, gymnastics, massage or any hygienic or dietetic measure will overcome the deplorable conditions that originate in this lack of iodine, or this deficiency in some specific vitamine. It is as though a starving man were to ask for bread and we gave him a stone.

We now know that in a tremendous percentage of all cases of sluggish mentality, disinclination to exert oneself, low blood pressure, chronic fatigue or a disposition to tire out easily (lack of endurance) chronic sleepiness (yet usually with an inability to go to sleep when one retires) chronic headaches, loss of vital power, dry scaly skin and scalp, a tendency toward obesity, (or else a lack of ability to properly convert food and put on weight) the glands are at fault.

These glands are not functioning properly, usually because they are starved for certain food elements, vitally needed for their nutrition. Perhaps one of the greatest discoveries of modern times is the discovery by German explorers, botanists and chemists that in the fruit of the Durian tree, growing in the highlands of Sumatra, Borneo and the Malay Peninsula, there exists a tremendous power to reinforce lagging, sluggish endocrine glands.

Dr. Emil Carthaus, in *Westerman's Monthly*, writing on the subject "Rejuvenating Plant Substances," states:

"These fruits show an almost unbelievable difference in taste and aroma and contain numerous chemical substances which are entirely absent in the fruits of our Northern Hemisphere. I have been familiar with these fruits for forty years. *There grows no other fruit on this entire globe which affects human beings and animals in the way these fruits do.*

"All native tribes, of this great island territory, some of them living entirely upon these fruits when they are ripe, claim that they thus become healthy and strong and that their bodies are regenerated. I myself met fine looking specimens of natives over 100 years of age in a little village near Blitar, East Java. I am convinced that their miraculous effects upon the

*(Continued on Page 76)*



# The Mat

*Analytical Comments on Subjects Connected With Body-Building  
Muscular Development, etc.*

IMPROVEMENT AFTER SEVERAL YEARS EXERCISE; ATHLETE'S FOOT—PIMPLES; MORE  
CORRECT LIFTING POSITIONS; A FEW WORDS ABOUT KNOCKERS.

BY MARK H. BERRY

The Editor,  
The Mat Department,  
STRENGTH MAGAZINE.  
Dear Sir:

I have had an experience which I should very much like you to explain to me.

As you know, I have been a devotee of Bar Bell exercises for several years. I progressed wonderfully, had a work out only twice or three times a week, had the three requisite good meals a day, slept well and did everything necessary. About a year ago I suddenly stuck, and could not improve in any way. As I was still far from what I was aiming at, I was naturally very disappointed, but try as I might, I could make no progress, so after a bit, I chucked it in disgust. That was six months ago. Within three months my weight had increased from 180 to 199½ pounds, and as I



Longino Santos supporting seven young men on a Wrestler Bridge.

was afraid that I was getting too fat, I started training again at once. The result has been that although I have only come down to 198 stripped, all the fat seems to have changed into muscle, my measurements have shot up, and I am feeling better, and am stronger than I have ever been before. From the enclosed snaps you will see that there is no fat

on me whatever, and I am much rounder and better developed than I was when I last sent you some snaps, one of which was published in STRENGTH last year.

I did not overtrain, and cannot possibly account for this phenomenon. An explanation will greatly oblige.

I am entering the two snaps in your posing competition.



Longino Santos of Havana, Cuba, making a horse shoe of an iron bar.

Yours faithfully,

B. W. A., South Africa.

REPLY: To begin with, it should be timely to mention the age of this man. He is twenty-six, possibly close to twenty-seven; he is one or two inches short of being six feet in height and has been practicing bar bell exercise and lifting for several years.

I should imagine that a large number of my regular readers would think they could give our friend a reason for his seemingly unexplainable increase in strength and condition, by which I mean those readers who have been up against a similar predicament and have seen fit to heed my advice.

To know the physical culture game at all and those who are numbered among its disciples, is to be acquainted with some who will exclaim "I wish there were some way for me to gain in weight and measure-





*Correct position for lifting a heavy work pan. Bulk of weight supported by right hand which is close to body.*

ments, nothing seems to work in my case." In my mind, no such thing exists; there is no normal individual, who is not overweight, who cannot add to his bodyweight or increase the girth of his body and limbs. Our remarks do not, of course, pertain to the aged. Likewise, any normal individual may gain in strength; yea, even an experienced professional strength athlete of long standing.

To accomplish the thing you have in mind, it is only necessary that you recognize certain truths and then put into effect the proper plan of procedure. My comment to a fellow of that type always is, "You, too, can gain, but you must get rid of some ideas which are holding you back; revise your ideas of training and general living and you will begin to grow." But at the same time, it is frequently hard to make them realize

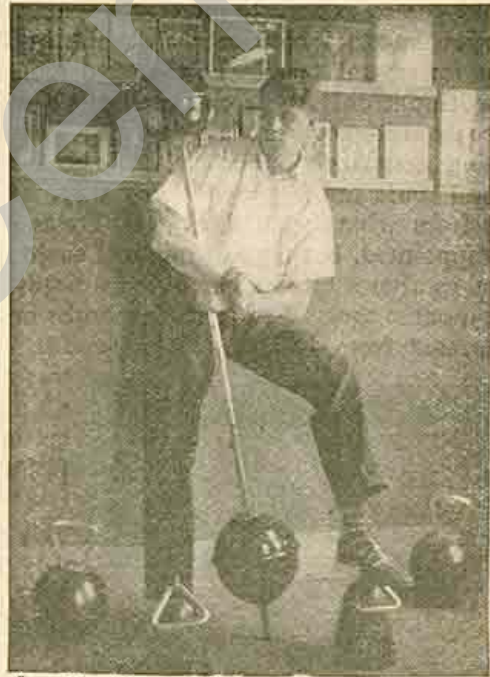


*Lift with right hand and heave with body—power coming from back and legs. Left hand acts as support and guide.*

the truth even when it is staring them in the face.

Could you make the acquaintance of all earnest Mat fans throughout the world, you would find a considerable number who are just in the sort of a fix in which our friend from South Africa found himself, only I should say that he was built in better proportion than many of the others, that is seventy or seventy-one inches in height and weighing 180 pounds, which in itself isn't so bad. There are a lot of fellows who would consider themselves darned well built at that figure. Still 198 is even better, particularly when greater strength accompanies the increased weight.

Truly, we are all liable to make mistakes. Formerly, I was a vegetarian and at the same time and during more recent years did too much training of a varied nature. Consequently, I became very much set in a physical sense and it took a long time to overcome the effects of a prolonged regime of that kind. Today I weigh 168 or so stripped, which is fair for a man of average height with  $6\frac{1}{2}$  inch wrist and  $8\frac{1}{2}$  ankle (and I might say 32 waist), nevertheless, I feel cer-



*Leo Gaudreau, of Salem, Mass., who posed for the lifting photographs shown.*

tain of being able to raise my bodyweight to 180 without getting too fat, at the same time preserving a fair degree of shape. Moreover, at will it would be possible to grow fat, with relative ease, through understanding definite rules of growth or weight increase. It has always been my aim to impart these rules to STRENGTH readers.

Our friend, the writer of the above letter, states he had not previously been overtraining. Maybe not, but at the same time, it is likely that he needed to go a little easier for a while to encourage further growth.

Right there is the point you want to keep in mind. Your system may adjust itself to a certain degree of exertion and a total sum of activities throughout each average week; efficiency may be maintained and even a slight amount of improvement may be evident, though very gradual in nature. But when compared



with your ideas of your own ultimate possibilities, something seems to be lacking.

You may even get to the point where further improvement of a decidedly noticeable character seems so impossible as to require a miracle. Then, a sudden change in your routine, some upsetting of your ideas or staid ways, and—presto, the forlorn hope becomes a reality. For instance, the majority of you are familiar with the case of Arnie Sundberg, who was formerly a marvel at 138 and 140 pounds. After making a name for himself at that poundage, you suddenly heard of him gaining fifteen pounds and soaring far above his former ability at lifting. What is more, his shapeliness improved apace with the strength increase. What is the answer? Well, Arnie was one of the firm disciples of daily training, and regulated his food intake to preserve the lightweight class poundage. Furthermore, he believed it essential



*Theodore Lang, of Macassar, Dutch East Indies.  
Bell is loaded to 160 pounds in each photo.*

to do this in order to keep the highest quality of strength. It was after his visit to the East a couple of years ago, at which time we had a talk on the subject, that Arnie decided to change his routine of living. First, he took a rest all summer, then late in the fall after only a few workouts he exceeded his previous best lifts by a substantial margin. Since then he has trained regularly but less frequently and has steadily improved. Providing he maintains the same interest, the time will come when Sundberg will be recognized as the best man of his weight in the world. I have had marked success in helping my pupils and readers to add to their bodyweight and measurements and increase strength after having apparently come to a standstill.

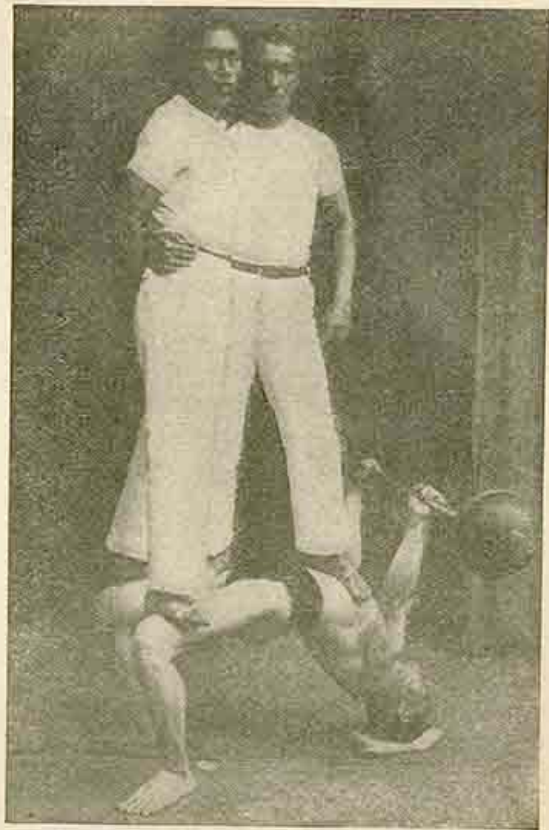
Many times, a study of the individual case may



*Theodore Lang supporting over 400 pounds—his bar bell and two husky friends.*

be necessary, but generally it is squarely up to the fellow himself to put into practice the suggestions regularly to be found in my articles. There is a further point in reference to this subject which might be mentioned, in fact, which should be mentioned, but which

*(Continued on Page 65)*



*The photographer signed a statement that the bell was fully loaded for these photos.*



# Bowling, Present and Past

*The Pastime of Old England is Becoming the  
Recreation of Modern America*

By CASPER H. NANNES

**I**N the rear of a large room there is a big gathering intently watching the long, shining alley before them. As a rather portly, prosperous man slowly approaches the alley, carefully holding in both his hands a round ball, the spirited comments cease and an interested quiet pervades the room. The man takes a brief but critical look at the pins, crouches down with both feet close together, and then takes a short

but quick run to the foul line. He leaves the ball go, it rolls along the polished floor and crashes into the pins with a noisy clatter.

"Good shot," "Nice work, old-boy," and other comments are loudly spoken. The men watching the game once again break forth into a spirited conversation, while the player goes seriously to the black board and chalks up his score. Another player resumes the preparatory bowling position and the game goes on.

Such is an average description of an evening at a bowling academy. Bowling has been often called the sport of the tired business man, and that appellation has been rightly earned. With the possible exception of billiards there is no sport that attracts so many men above the age of thirty as active participants. Whether the player is mediocre or a star, he is always able to find someone he knows who is just as good or just as bad as he is. Another factor to attract older men to the game is that the physical exercise is enough to do one good and not so strenuous as to harm one. Most outdoor games are too strenuous for older men to play, or if not too strenuous consume too much a time—as does golf—for the ordinary man to play.

Before we go into a brief resume of the career of one of the present day bowling stars a short outline of the history of the game might prove to be both interesting and instructive. If the reader will pardon a slight digression from my main subject, I wish to say that it is amazing how few people who actively follow a sport know the background of that sport. Yet it seems to the writer that anyone who is interested in a game would far more appreciate that game if he knew its origin and its development; that is the reason that I try always to include a brief account of a sport's growth when writing an article on a sport that is presented to the readers of *STRENGTH* for the first time.

The present day game of bowling is an outgrowth of the old English game of bowls. The game of bowls was the oldest English sport with the exception of archery, and became so popular in the British Isles that an early king had to ask Parliament to pass a law prohibiting the game as it interfered with the popularity of archery. Why such a restriction should be placed upon a sport may not be understandable to present day people, but the fact was that England's chief method of offense and defense on the field of



Billy Knox, of Philadelphia, one of America's best bowlers.  
Maybe he can't hit the head pin!



battle lay in her famous archers so that archery was not only a sport but also a business with the country.

The game of bowls was an outdoor one, usually played upon a spacious green lawn that was fairly level. The balls weighed only three and a half pounds, and instead of pins there was a white ball planted in the earth, called the Jack, and a white circle drawn around it. The object was to get the bowling ball as near as possible to the white Jack. This game was played as long ago as the 12th century, so that it is today one of the oldest active games on record.

America started to play bowls early in its history. When New York was still known to the world as New Amsterdam the sport began to flourish in the New Hemisphere. Although few people know it, the lower section of Manhattan which is known as "Bowling Green" received its name from the fact that a group of men leased the strip of land for the purpose of playing bowls upon it. However, once the Revolutionary War began the sport was forced into the background, and remained there for almost a hundred years.

The first game of bowling, as we know it today, was bowled at the old Knickerbocker Alleys in New York City in 1840. The alley was a crude affair, with many bumps and ruts, while there were nine pins instead of the present day ten used. From that time until thirty-five years later the game made little progress. It is true that more and more people took to it, but there was little effort to make definite rules or to have a central body to lay down standard laws. However, in 1875 the National Bowling Association was formed, and although it did not get under way strongly until twenty years after its formation it began to get order out of what had been chaos.

Five years before the Twentieth Century began the American Bowling Congress met, and the direct result of that meeting was the formation of rules that have come down to us with very little change. The width, the length, the weight and size of both the pins and the ball were fixed as well as the condition under which championship match games were to be played. Since that time the association has been the court of last appeal for all bowling followers, and the mark of the ABC has been the final seal of approval on all such events.

There are many variations of bowling, but the most popular of these variations is the so-called "duck pin" bowling. Both the balls and pins are far smaller, while the pins are in play whether they are knocked down or not. There has been much controversy concerning the relative merits of the two games, but I don't think there is any serious question as to which game demands the more skill; bowling in a competition is truly an art.

Among the many champions who have helped to build up the game, and whose performances have placed them among the best of the game is the popular star from the Mid-West, Glenn Riddell. Riddell was born in Hastings, Nebraska, back in 1891, but is now a resident of New York City. He received his early education in both Chicago and the eastern metropolis,

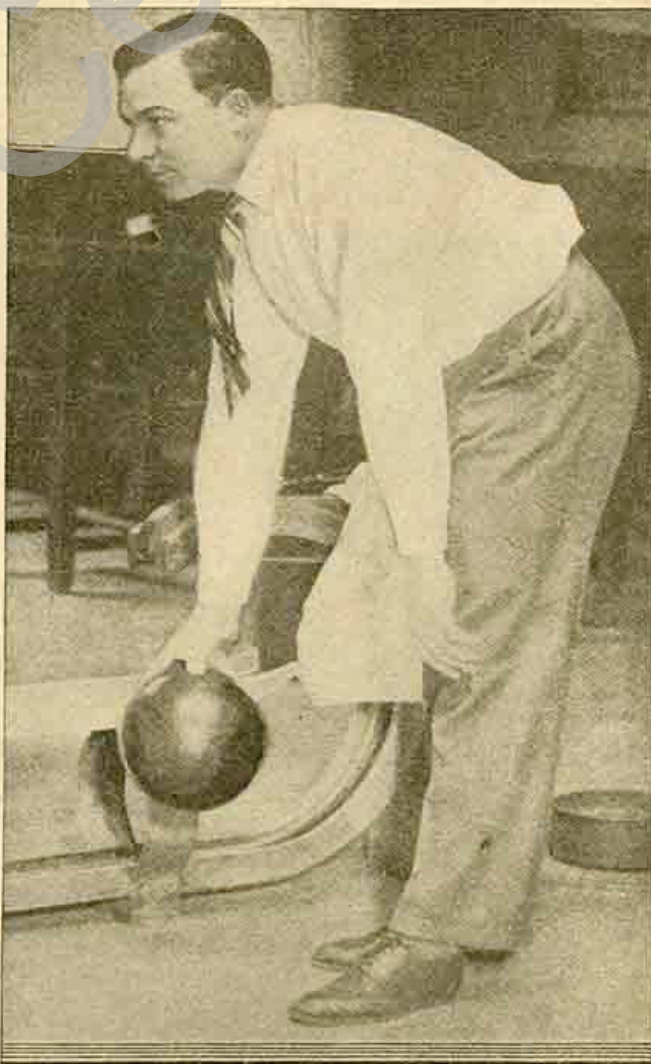
going through high school before entering the professional ranks of bowlers.

Glenn did not have much trouble in becoming affiliated with the ten pin game, as both his father and mother were expert bowlers. Riddell's dad was one of the best bowlers of the early twentieth century, and held the national title several times. The older Riddell not only played the game, but he helped to spread it throughout the country as a member of the Brunswick-Balke-Collender Company.

But the present day star's mother was indeed an interesting figure in the game. She not only could beat any of her sex at the sport, but frequently took on the men and gave them a bad licking. Mrs. Riddell once took on the famous baseball player, Captain Anson, and averaged 216 for four games to give the well known captain as pretty a licking as he would care to have. With her son, the bowling Mrs. held the mother and son championship twice.

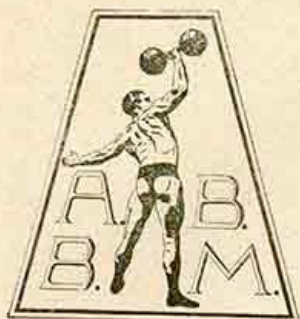
While talking about the women, the game has today a decided appeal to the gentler sex. It is no uncommon thing for the women members of such organizations as the Y. W. C. A. and fraternal orders to have bowling clubs. The idea of competition and of prize offerings, as well as the opportunities it gives for getting together socially, has made the alley a

*(Continued on Page 73)*



*Jimmy Dykes, of the Athletics, is one of the many bowling baseball stars.*





# Association Notes

*Podolak Creates Record at Rochester. Wm. Good, Harris, Levan, and Lilly Shine at Philadelphia. Dandurand Makes Record. How to Join A. A. U. Dandurand Defeats Manger.*

BY MIKE DRUMMOND

THE Annual A. B. B. M. championships had to be called off, we are sorry to report. We did not become properly affiliated with the A. A. U. until rather late. Then we found some of the prospective entrants had failed to join the latter association. Then sanctions were missing for the various shows. In some quarters, totals were made under A. A. U. sanction, in other quarters fellows lifted who were not registered; some of the latter type are still to be heard from, while the majority of A. A. U. members held back to be certain of their steps. We will have the thing properly straightened out from now on and next fall everything will be in proper order for A. B. B. M. titles.

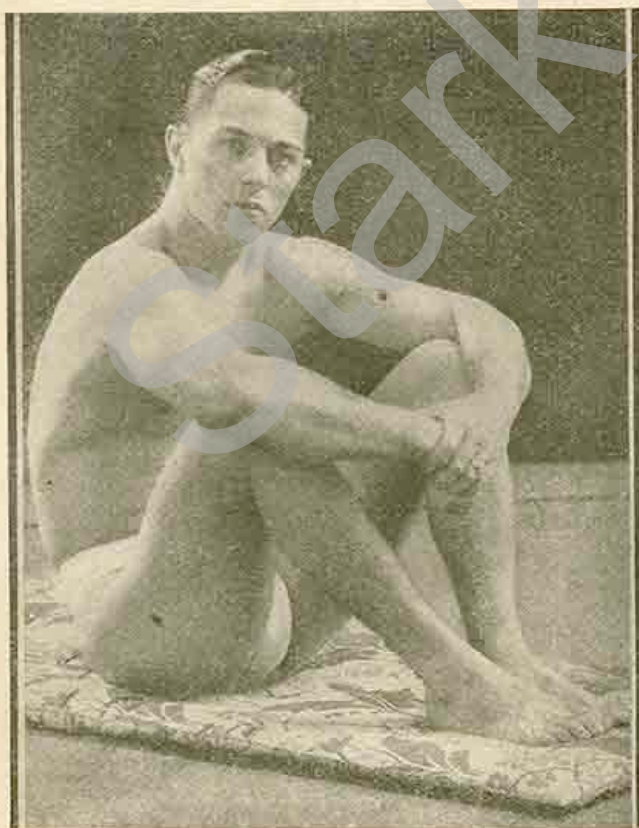
The National Amateur Athletic Union Championships will be held in the spring in New York

City. Notice of this will be given in a later issue.

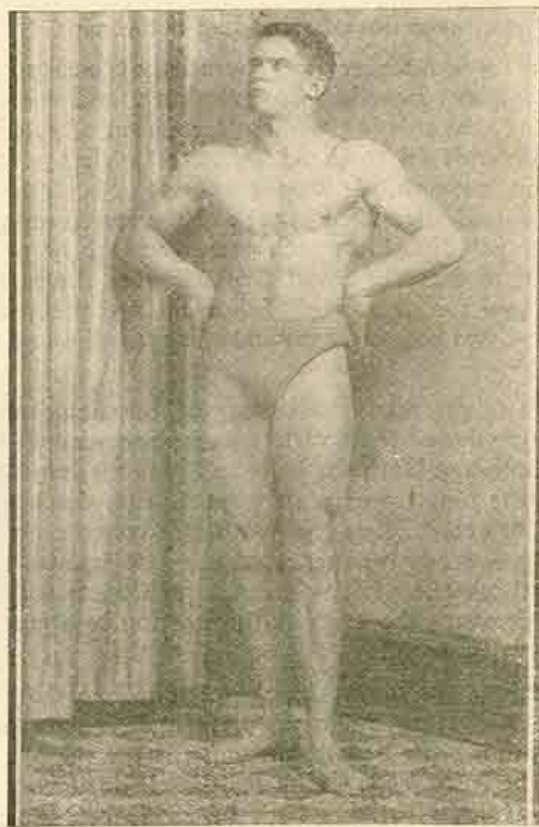
Two new sensations were uncovered this winter, anyway. Clifford Claycomb, of Detroit, scored within a few pounds of the total made by Arnie Sundberg in the middleweight class. William Good, of Reamstown, gives promise of winning the title in his class this Spring, providing he journeys to New York. Walter Podolak did not make any total on the title lifts, but shows plainly that he is the class of the country for all around strength.

Recently, Arthur Dandurand established a new record on the Rectangular Fix with a bar bell, when he raised  $177\frac{1}{2}$  pounds. The United States record is  $124\frac{1}{2}$ , credited to David P. Willoughby. The British record is  $120\frac{1}{2}$ .

Lifters in Seattle, Washington, and vicinity should



Geo. Groner, of St. Louis, Mo., Silver Medal Winner.



Russell Horency, Coatesville, Pa., Gold Medal Winner.



get in touch with E. J. Brearcliffe, 711—27th Avenue.

Lifters in Cleveland and vicinity should get in touch with James R. Bronstrup, Robins Athletic Club, 1764 E. 55th St., Cleveland, Ohio.

We, in Philadelphia, thought we saw some heavy lifting on Saturday, January 11th, but according to the report from Rochester, N. Y., we missed some real strength stuff. The youthful prodigy, Walter Podolak, twenty years of age, once more came close to busting the Dead Lift record of Gorner, who outweighs him more than fifty pounds. The rising generation of bar bell tossers is certainly showing the way in these United States.

William Good, nineteen, is undoubtedly the coming Light-Heavyweight champion, and Walter Podolak is beyond question the strongest man in the country regardless of what his competitors may weight. The blond New Yorker is tremendously powerful to say the least.

We didn't say "strongest man on the continent" because Caouette is probably his superior. This giant French-Canadian weighs only a mere 425 pounds! None of the pictures of him to be seen on these pages show him at his greatest weight, as he is gaining with the months and years.

Here is what our Rochester correspondent had to say:

Our January show was a knockout, scoring another success for Rochester, "The Flower City," which has long been the home of many enthusiastic bar bell men. It is unfortunate that our city has not regularly had an opportunity to witness the type of strength athlete who is native to the central and



Eugene Caouette, of Montreal, when he weighed 387 pounds; he now weighs 425.

Caouette holding out 100½ lbs. He held it but one second.



Caouette Military Pressing 245 pounds 4 times in succession.



western sections of the Empire State. Our congenial friend, Arthur F. Gay, is sure making a popular move in giving us these exhibitions.

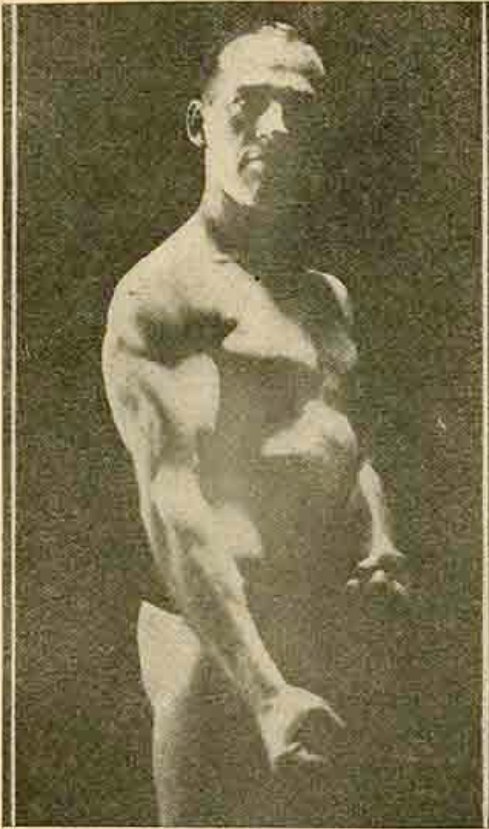
The first man on the program was William Sharples, local sit-up champion. At a bodyweight of 124 pounds, Sharples scored 424½ pounds on the Three Olympic Lifts. On the Two Hand Press, he did 127, 131¾, 134¾; Two Hands Snatch, 111¾, 122¾; Two Hands Clean and Jerk 161, 167.

Then the husky young blonde, Walter Podolak, was introduced as ready to set a new Two Hands Dead Lift record. Weighing 190 pounds, Walter started right out on 600½ pounds, then he did 640½.

You may recall what I said concerning the lift made last month—641¾, when Podolak failed to stand with heels together. This time each attempt was made in that style, heels together throughout. He endeavored to get up with 660 but did not quit straighten up. Had he taken this amount of weight on the second attempt, I am sure he would have been successful, which would only have meant the erasure of the name of Herman Gorner from the world's record list on this lift.

Mr. Gay told the crowd about the discrepancy in lifting rules and requested everyone to stand up and witness the lift to be sure there would be no slip this time. Owing to a big fire in the city at the time of our show there were no newspaper photographers on hand. This was a pity, as everyone there wanted the world to know what one of our boys could do. Walter comes from Syracuse which is only eighty-odd miles away, so we can claim him as much as any-





*Berrit Heytmayer, a professional of South Africa.*

one else. From reports we received, the picture of his previous lift was published all over the country and many friends in distant states wrote about the fact that his heels were not together.

The next performer was Frank Reeg, weighing 141 pounds. On the Three Olympic Lifts, he scored 494: Two Hands Slow Press  $151\frac{1}{2}$ ; Two Hands Snatch  $148\frac{3}{4}$ ; Two Hands Clean and Jerk  $193\frac{3}{4}$ .

Then we saw George Sym, weighing  $154\frac{1}{2}$  pounds, who scored 509 on the Three Olympic Lifts; Two Hands Slow Press  $159\frac{3}{4}$ ; Two Hands Snatch  $148\frac{3}{4}$ ; Two Hands Clean and Jerk  $200\frac{1}{2}$ .

Next Stoddard Lawyer, at 167 pounds stripped, performed on the Five Championship Lifts. He made a Two Hands Military Press of  $156\frac{3}{4}$ ,  $167\frac{3}{4}$  and  $173\frac{3}{4}$ ; Two Hands Clean and Jerk  $201\frac{1}{2}$ ,  $212\frac{1}{2}$ , failing on  $223\frac{1}{2}$ ; Two Hands Snatch  $150\frac{3}{4}$ ,  $161\frac{3}{4}$ ,  $167\frac{3}{4}$ ; One Hand Clean and Jerk  $136\frac{3}{4}$ ,  $147\frac{3}{4}$ ; One Hand Snatch  $133\frac{1}{2}$ ,  $137\frac{3}{4}$ , failing on  $143\frac{3}{4}$  for a total of  $839\frac{1}{2}$ .

Following this, Mr. Gay gave us a talk about how slow and muscle bound we weight lifters are. Of course, we all are very well aware of this fact, so it is no news to us. To prove his contentions, Mr. Gay brought out Podolak, who weighs 190 at a height of five feet, seven inches. Walter gave us a fine exhibition in tumbling, hand balancing, kips, flips and finally a splendid muscular display. To wind up the show, Walter gave us some more lifting, and just look at what kind of weights he can push up. Right Hand Military Press  $110\frac{1}{2}$ ; Two Hands Slow Press  $223\frac{1}{2}$ ; Two Hands Clean and Jerk  $272\frac{1}{2}$ ,  $283\frac{1}{2}$ , and  $294\frac{1}{2}$ .

Mr. Gay told me afterward that he was certain Podolak would have done 315 or more if he hadn't done any dead lifting or tumbling. He is thinking of coming to Rochester to train under Gay and should then put up some real poundages, as his Jerk was accomplished with brute strength alone.

Walter does not expect to be with us on February 8th but will train especially for the March show. At that time he expects to bust the One and Two Hand Dead Lift marks. More power to him.

The referee for this show was Arthur F. Gay; judges—W. E. Sloan, I. M. Olsan, J. B. Rawnsley, C. E. Drier, H. E. Antrobus, and C. Sym. Inspector of scales was E. Perry.

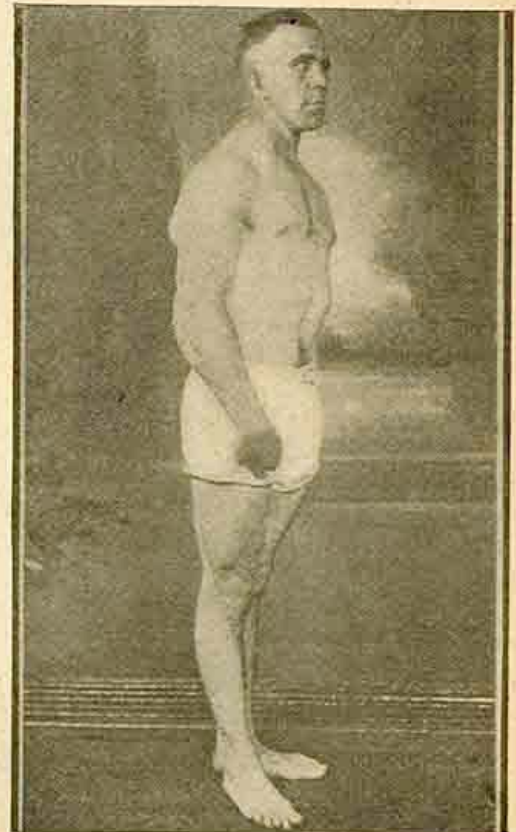
We'll say that was some show. We are glad to note that the rules were lived up to on the Dead Lift as many fellows clipped the photo of the lift out of papers around the country and called it to our attention. Such a little slip as that causes doubt to arise concerning lifts performed "out in the sticks" as the boys from the bigger cities like to put it, and you can believe us, it takes some watching on our part to be sure of things.

However, of one thing we may be certain; after a start of this kind, the referee becomes wise to all discrep-

*(Continued on Page 83)*



*Don Athaldo, professional record holder of Australia.*



*Vernon Hicks, a professional strong man of Lucerne, Calif.*



# Sports Served Short

BY LEE SIMPSON

OF recent developments in the sporting world we feel that much more than passing interest is due the announcement made a short time ago that the breach of promise suit against Gene Tunney, retired heavyweight champion, had been settled entirely in favor of the champion. No need to go into details—the public press has already aired them—but we do feel that this incident should receive the smile of approval from everyone, even those who may not care for Tunney personally, because it marks one palpable attempt at extortion directed at a famous athlete which didn't click as per expectations.

The time has come when the public must consider its star professional athletes as entirely human and entitled to consideration as such. Scarcely a prominent figure in sports today can say that he has not at some time or other been made the goat of just such a stunt as that directed at Tunney, and we feel that the time is finally at hand when such attempts will be dealt with as they deserve—with a kick where it will do the most good.

\* \* \* \*

The hockey situation, after pre-season changes and early season revisions, is still in the middle of a muddle, as far as the new rules are concerned. The teams seem unable to tell where they are "at" regarding observing some of the new items, especially that governing getting into the attacking zone ahead of the puck, and the recent amendments which were intended to help matters served only to make the referees polish up their whistles and become about as busy as of yore in their "fife and drum corps" interpretative recital, as one player termed it.

But regardless of the difficulties encountered by the rules authorities the game itself seems to be in the rising class. New cities are going in for it right along, and public interest in the "fastest game" is increasing rapidly.

\* \* \* \*

Basket ball has been coming in for its share of attention, too. The various professional and collegiate circuits have been enjoying good business and that is that.



Of considerable interest in this game is the news dispatch from the Mid-West relative to the geography of the players out there. It seems that no mere six-foot dwarf has any business on the court—they go in for tall timber in that part of these, our United States. For instance, Purdue has the prize beanstalk of the country in a Mr. "Stretch" Murphy, a lad whose altitude (before yawning) is six feet and almost seven inches. He is quoted as saying that we may think we have had cold weather this past winter, but we should see the temperature up where he sees it!

Chicago has a six-four, 200-pounder who is said to be a carbon copy of Pavlowa on his feet, while Illinois boasts a center of like specifications. A number of the other outfits in that section have six-three or six-two men, but nobody knows they are even playing when the previously mentioned gentlemen are in the game.

\* \* \* \*

Horton Smith, we notice, captured the Pasadena, Calif., open golf event as his recent contribution to the game. The 21-year-old youngster looks the goods, and already there is plenty of talk that his brilliance may cause the one and only Bobby Jones to do a bit of blinking. The Joplin, Mo., pro lacks only a little experience, then, zowie! Watch him go!

\* \* \* \*

Want to improve your golf, Mr. Reader? Well, if we believe the Pennsy Railroad, the proper thing to do is to get a job firing a locomotive during your off season. The road is advertising that one of its firemen recently pounded out a 385-yard drive, and that another reached a green 530 yards from the tee with a wood and an iron.

\* \* \* \*

Perhaps, if enough golfers take to this suggestion, competition for firing jobs may be so keen the R. R. can get it all done free, in which case maybe we could look for a reduction in rates. Maybe, yes, maybe.

\* \* \* \*

All kidding aside, folks, if you want to step higher, wider and handsomer as a golfer you who have



a few pounds of excess baggage around the equator would do well to get rid of it. Who says so? Well, Bobby Cruickshank does, and how do you like that?

Bobby gives as reasons for his opinion that the gent with the bay window is inclined to hit from the outside in (like going around a mountain instead of climbing over it) that the added weight hinders free movement of the torso and arms, and all in all that it throws a man's "stuff" with the little white ball all out of kelter.

Sounds reasonable, doesn't it? And right in this magazine you'll find help if you wish to reduce.

\* \* \* \*

Bob McAllister, New York "Flying Cop," announced recently that he has definitely retired from racing. Three times before Bob has made this announcement, only to make sensational come-backs, but this time he says he means it.

Harry Chauca, of the Los Angeles A. C., won the pre-Olympic national marathon recently over a 26.2 mile course from Fairfield to Vallejo, Calif., in the fast time of 2:41:25, eight minutes better than the world record hung up by Stenroos, the Finn, in the Paris Olympics several years back. This is good news, all right, with the next Olympiad staring us in the face.

\* \* \* \*

Speaking of running, we are reminded that an eminent authority, Dr. Albert Bronson, says that in 500 years the human toe will disappear, to which the *Philadelphia Inquirer* adds that "then the foot may be one solid piece, like the head."

\* \* \* \*

Well, circumstances alter cases.

\* \* \* \*

The younger generation craves knowledge, it seems, and seeks it most eagerly. We notice that a young physical culturist-physicist of ten mature years touched his tongue to a steel rail one cold morning down in Booneville, Ark., to see whether, as he had heard, it would stick. It did. Plenty of steam via a hose from a nearby engine solved the problem, and the seeker of facts went on his way wiser indeed.

\* \* \* \*

Football has finally "went." New Year's Day and the following Saturday saw the last of the large number of post-season games, perhaps the most noteworthy of which were Southern California's route of Pittsburgh, 47-14, and Stanford's shallacking of the Army, 34-13. The principal result of these games was that Notre Dame was left with a better claim than ever on the national title this year, for all many and wise critics have other opinions. It might also be added that the West showed its clear superiority over Eastern football, and that the Mid-West came in still more gloriously.

The season was marked by more and better football in Hawaii, and by the introduction of the sport in Mexico. And, say, maybe those dark lads "down there" don't like the game and give the old pigskin a beating. In one game (with Mississippi) they completed 23 of 28 passes, and if that isn't playing the game, well, now you tell one.

\* \* \* \*

After having led Purdue to the conference title

this season, Coach Jimmy Phelan has resigned to go with the University of Washington, at Seattle. His place has been taken by Noble Kizer, for five years his first assistant.

Lud Wray has been named head coach at Penn, succeeding Lou Young. And that isn't half the story—there were plenty of resultant changes on the coaching staff and allied committees.

Major Ralph Saase has succeeded Captain "Biff" Jones at West Point. He has been line coach there for the past four years.

\* \* \* \*

For once, the Football Code seems about good enough. At least, at a recent meeting of the coaches it was decided, without much opposition, to let the rules stay "as is" for the next season.

\* \* \* \*

Officially, the pro football season ended with the Green Bay Packers in full power. Well, they journeyed down to Memphis for a post-season game with the Clarence Saunders Tigers, and what the Tigers did to them was printed in small letters in the Wisconsin papers. The sad news was 20-6. Only the Chi Bears trimmed the Memphians this season, 39-19, and they were reversed later 16-6, so the Southerners' claims to glory are not ill-founded.

There is much talk of the Tigers entering a pro league next season.

\* \* \* \*

We notice that W. T. Waggoner, multi-millionaire oil and cattleman of Texas, recently offered a cool million bucks for Reigh Count, who, if you do not know it, happens to be not royalty, but a capable race horse. The present owner of the animal, John D. Hertz, refused the offer, whereupon, in the general excitement, some sage remarked that "a fellow who would pay a million for a boss ought to have his knob examined, and a guy that 'ud refuse it—well, it's too late to help him at all." Which remark, as the Chinese philosopher, Ah Gwan, said, should be carved in jade.

\* \* \* \*

Ethiopia, we notice, has placed a tax of \$250 on the killing of each elephant within her domains. A buffalo clicks at \$120, lions and leopards \$30 each, and so on. Well, maybe more of our mighty nimrods will remain at home and spend their time shooting a certain well-known two-horned quadruped with a four letter name, said "animal" being peculiar to the genus *Americanus*.

\* \* \* \*

Baseball is just around the corner, again—in fact, it is with us now, Dr. Walter Cariss, of Penn, having already called for the candidates to report for pre-season skull practice. He uses motion pictures to great advantage, he reports.

\* \* \* \*

Among the big time end of the game there have been just plenty of shifts all the way from managers down, and if some clubs do not do better this season than last it certainly will not be because of lack of new talent.

Charles "Heine" Wagner has taken over

(Continued on Page 75)



# The POWER of TRUTH

Truth is often stranger than fiction. That is a fact. Sometimes the truth is unbelievable, nevertheless strange as truth may seem, there is a mighty convincing unseen power behind it, from which you cannot flee. Sometimes we dread to face the truth, but why blindfold ourselves? Let us face facts—truthful facts—right now.

#### THE TRUTH ABOUT DEVELOPMENT

You may imagine that a thin sickly individual cannot develop himself to massive muscular proportions, but the truth of the matter is HE CAN. He should, during the first month, easily add one inch to his upper arms and two inches to his chest and every month thereafter, increase those parts of his body in proportion to nature's laws—and it is a law of nature to progress through activity. And while the arms and chest are gaining, each and every muscle throughout the entire body will respond in similar proportions. That is the truth about development.

#### THE TRUTH ABOUT STRENGTH

Your strength can be doubled in a very short time. That is an actual fact. If you, for example, are only capable of lifting 75 lbs. overhead today, in a month or two you should very easily be able to lift twice that weight, or 150 lbs. If today you become exhausted running up a few flights of stairs, it won't be long before you can double that distance and still not become exhausted. You will be amazed at how rapidly your strength will increase under proper attention and guidance. In some cases the strength can be doubled in a few weeks' time. That is the actual truth about strength.

#### THE TRUTH ABOUT HEALTH AND VITALITY

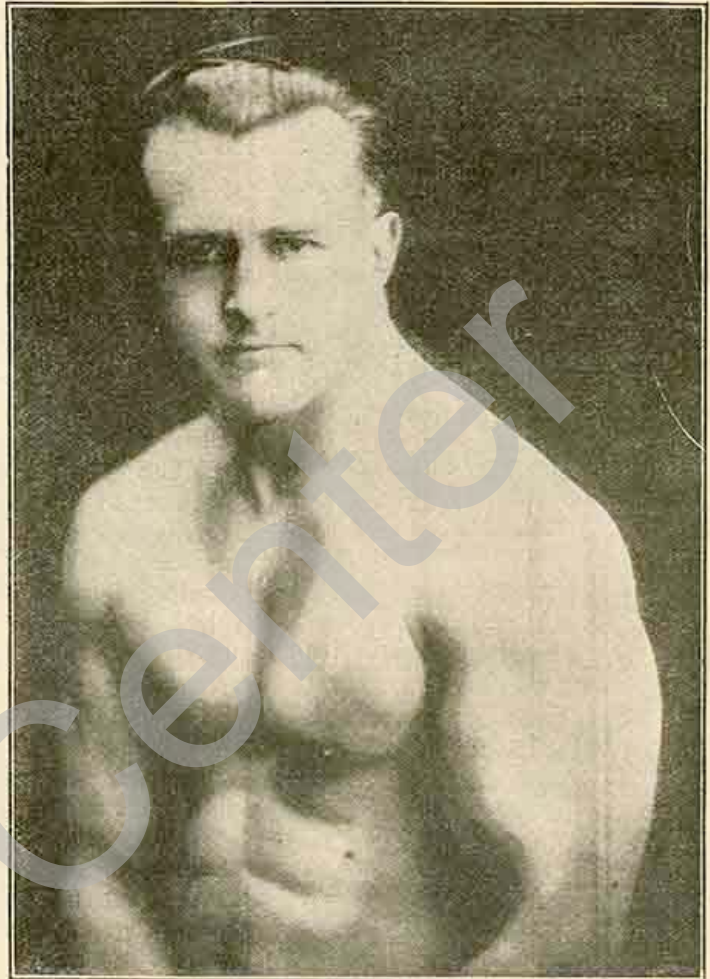
Some have an erroneous idea that exercise exhausts and takes away from the stamina and energy. On the contrary. Exercise is nature's way of stimulating the internal organs and, remember, for every action there is a reaction. Each time you affect the respiratory system you are benefiting your lungs. Each time you perform proper abdominal movements you are stimulating most of your internal organs and when the lumbar region, which is the seat of the central nervous system, receives systematic and scientific work, you positively stimulate your vital energy, which in turn fills you with that mysterious power—that force called "vitality," and arriving with this—and it just has to come—is perfect robust health. That is the truth about health and vitality.

#### THE TRUTH ABOUT ABILITY

By obtaining a well developed, strong, vigorous, healthy body, you will be able to accomplish much more in life than you ever have done previously. Do you realize what this means? Not only forging ahead financially but increasing your personal magnetism by changing your appearance into a well-formed person who will command the respect of those who are physically inferior. You will find it a pleasing situation to stand out among your fellow men like a bright star in the evening sky or like your favorite baseball or football hero. Your accomplishments will be recognized and things that seem so difficult now will in time become easy. What an alluring prospect for the weakling! That is the truth about ability.

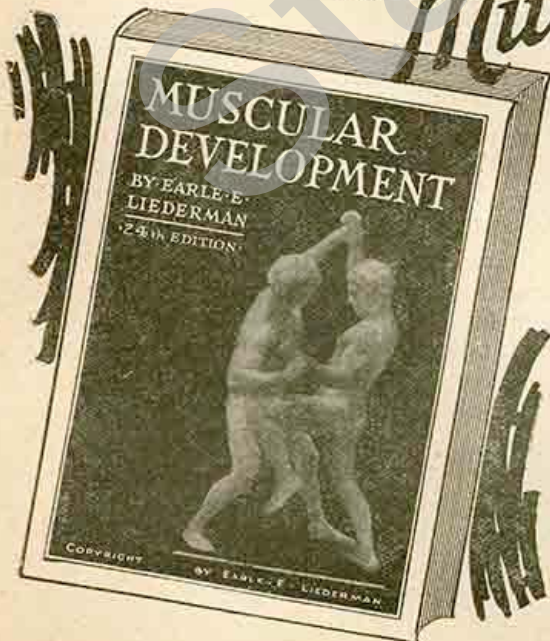
#### THE TRUTH ABOUT EARLE LIEDERMAN

In conclusion, you should make sure that your instructor is one who is qualified in every respect to guide you. You should have a man who is a full-fledged teacher with sufficient experience behind him to know the ins and outs of all the minor perplexities that confront the beginner. He should be one whom you can respect and like and one who will take a personal interest in your individual welfare. He should be a college man of wide experience in travel, so he will know the conditions in various parts of the world for, remember, the exercises performed by tropical students should not correspond with the diet and hygiene of those in the far north. He should have at least 20 or more years of experience and have at least a hundred thousand or more students to enlarge his practical knowledge. Such a man is Earle Liederman. He tells you things straight from the shoulder and he has a system of muscle building that has become almost a household word throughout the entire world. He guarantees every promise and will refund all money if he cannot live up to his word. That is the truth about your future instructor, Earle Liederman. Send for his book "Muscular Development." It is FREE.



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## "I Challenge the World"

(Continued from Page 41)

might care to post on the side. That is business talk, so if there are any forty-five-year-old business athletes in ear-shot, let 'em speak.

"As for the actual details of such a competition, they would be worked out to mutual satisfaction, but it must be an all-round affair. The nature of the tests in each sport would be graded to suit the training of the competitors; for instance, if a man were not a scientific lifter, then scientific lifts like jerks and snatches would be passed by in favor of pure strength tests, like military presses, dead lifts, etc. In rowing, again, I would not insist on using any particular kind of craft which might be unfamiliar to my opponent or opponents, nor would I agree to any on which he might be an expert if same were 'new' to me. Otherwise, anything from a log raft to the top of the list would be satisfactory to me."

So comes a challenge from a man who speaks in no misunderstandable terms and who has the stuff to back his words. An athlete of wide training and experience—he fought in the ring such men as Chas. McEver, Cyclone Jack O'Brien, Bob Kearns, and Isidor Straus; he wrestled some of the best men in the game around twenty years ago, including a number of exhibition matches with Frank Gotch, and he spent years in vaudeville as the star of Nelson Hall and Brother, featuring the heaviest top-mounter (hand to hand balancing) in the game, with "Nels" as bottom man—Nelson Hall is today a credit to professional athletics and a qualified instructor in things pertaining to the subject. Above all else he ranks health and efficiency and the pursuit of them. He says he would rather see a lot of healthy business men and fewer champions than a business world full of human lemon-drops and a few more champion athletes over in their own little sphere. The business man and the specialized athlete are far different, and the former reasons along his own lines, according to "Nels."

"They tell me," says the business man, "that following this or that sport will keep me in good shape, yet here is an old time star

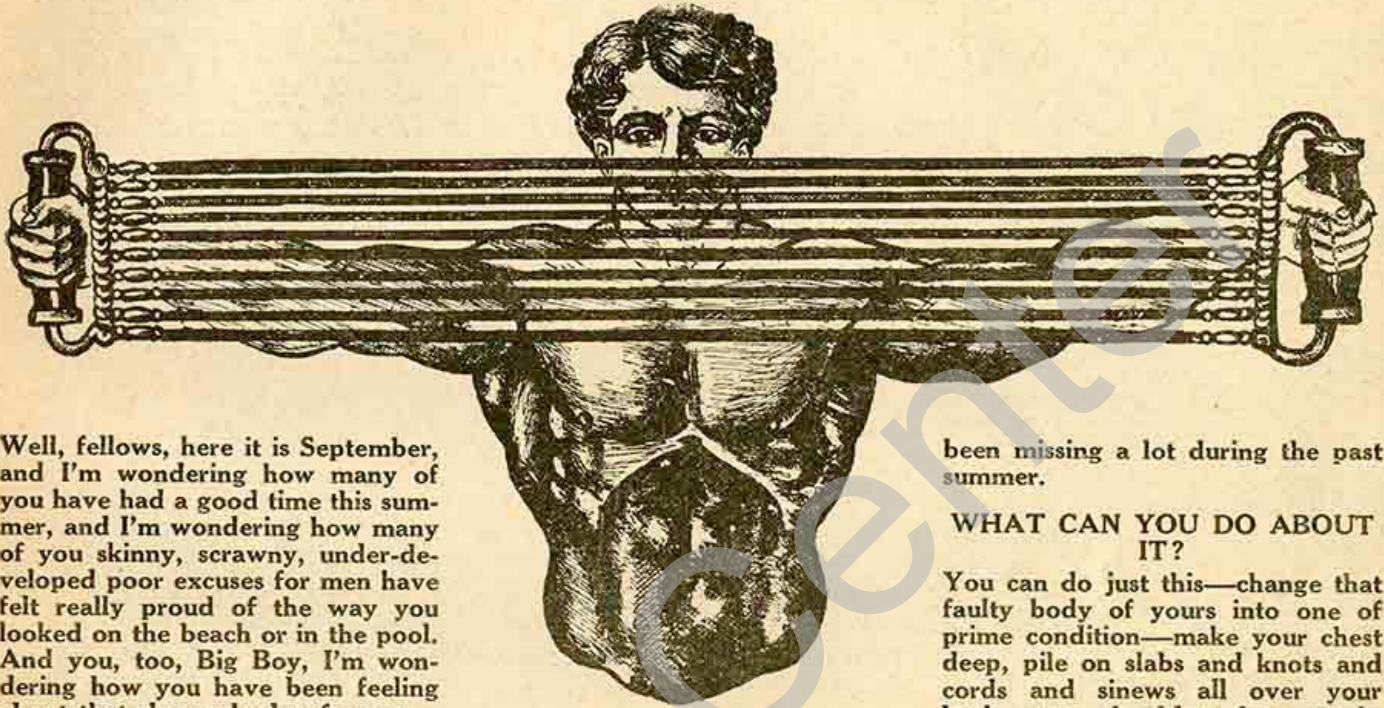
in one sport, and there is one in another sport, men who have been at their lines for all their lives, and while they are stronger than I and may, possibly, possess more resistance to disease than I, surely they can say nothing to me regarding appearance—they are, in spite of their years of activity in an 'ideal sport,' about as pudgy and bulky around the middle as is the average fellow of their age who has given little time to exercise. How is that?"

A logical opinion, agrees "Nels," and continuing, he elaborated upon it to some extent, delving into his own personal experiences and relations with other athletes for his answer. "In the first place," he stated, "one must consider that the man who would be champion and the man who would be thoroughly healthy and vitally alive work with different goals in view. The former must sacrifice everything to specialize in one particular line, often to the actual detriment of his body in other departments, and when he attains an age near the forty line he finds himself 'shot.' That is the price most specialists pay, especially when they make the mistake of suddenly terminating their activity at some time in their earlier years. People talk of this or that being the great secret of health—I say that just plain, common sense is the real key to physical well-being and the preservation of it, common sense in mapping out one's program of life to fit one's individual requirements. This means avoiding too much specialization and favoring more variety in the types of exercise favored, and above all it means that moderation must govern one's life in its every phase. The average business inclined person does not need even to consider severe exertions such as an aspirant for a world's title might favor, but he should plan his exercise program to include a sufficient variety of sports to afford his entire physical make-up a thorough limbering up and work-out at regular intervals. Particular attention must be given the waist-line, because authorities agree that it is here the keystone of a man's vitality and health is located. The less exercise one takes



# Are You Ashamed of Your Body?

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Well, fellows, here it is September, and I'm wondering how many of you have had a good time this summer, and I'm wondering how many of you skinny, scrawny, under-developed poor excuses for men have felt really proud of the way you looked on the beach or in the pool. And you, too, Big Boy, I'm wondering how you have been feeling about that sloppy body of yours—have you been trying to kid yourself that all the girls and fellows who turned to look a second time at you were admiring you? Well, take it from me, they were—not. Do you get what I mean? I'll say you do—here, you have loafed all summer long when you could have put in a few minutes daily with one of my exercisers and literally re-

made that freakish physique of yours over into a real he-man's body. You may say you don't care, and all that, and you may fool some people, but you can't fool me and you can't fool yourselves—you do care, you are ashamed of your "ugly duckling" body, and because of it you have

been missing a lot during the past summer.

### WHAT CAN YOU DO ABOUT IT?

You can do just this—change that faulty body of yours into one of prime condition—make your chest deep, pile on slabs and knots and cords and sinews all over your back, arms, shoulders, legs, trunk; make yourself a real he-man. YOU can make yourself attractive to the opposite sex and admired in the eyes of men.

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## Old at 23

OLD AGE depends on OSSIFICATION or hardening of the arteries. An excess of starchy foods such as oats, wheat, rice, potatoes, etc., is one cause of the encrusting of the inner walls of blood vessels, producing malnutrition, HIGH BLOOD PRESSURE, homeliness, OLD AGE and DEATH.



DOMESTIC animals, horses, cattle, sheep, etc., eating grains (herbivora) are SHORT lived. WILD animals, eating mostly animal food (carnivora) are frequently LONG lived, (100 years).

Observe the deposits inside old water pipes and kettles. Similarly an excess of calcareous substances from starchy foods with earthy matter from water, clog the arteries.



Watch the people who consume large quantities of starchy foods, bread and water! They look HOME-LY and prematurely old, are STIFF and AWKWARD in their movements, and their skins are often rough and scurfy. Suitable animal food, fruit and vegetables produce an appearance of youthfulness, grace, and refinement in coarse-looking starch-eaters.

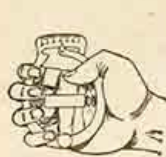
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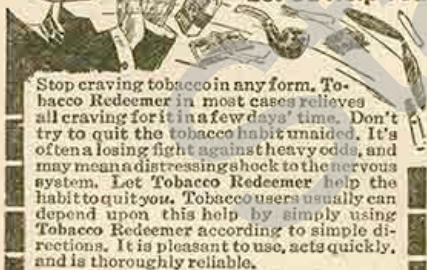
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the greater the percentage of it should be directed at this region. Furthermore, and this is of utmost importance, one must use moderation in all the everyday things of life. Diets? 'Fads'? A lot of exercise? 'Trick' medicines? Funny psychology? Of course I do not recommend any such foolishness. But you must let your requirements govern what and how much you eat, and you should relax at the table, eat slowly and masticate your food thoroughly if you would derive the most benefit from it. Another thing about eating is that too many people go at it like dropping a hot potato, and the fastest way down with the food is the best for them. They bolt their food and depend upon huge draughts of water or some other liquid to wash it down their throats, then wonder why they have stomach trouble and other like afflictions. Water or other liquids should not be used in this way during a meal, for such usage can result only in harmful consequences to the individual concerned.

"Sleep is really more important than many people seem to realize, judging by their attempts to cheat Nature down to a few hours. At least eight hours of sound sleep are needed if one is to gain and hold good health, and above all it is necessary to learn to relax thorough-

ly while sleeping. By this I mean one should learn to relax both mentally and physically—too many people retire only to fight over again and again the problems of the day, exhausting their mental powers and likewise hindering their full physical relaxation. And another angle on the physical relaxation matter is this: far too many people arise after a night's 'rest' thoroughly tired and cramped, solely because they persist in sleeping in cramped positions, as if they were vaudeville contortionists on 24-hour duty. Bear in mind that the body must be placed in a comfortable position during sleep if full rest and recuperation are to be gained.

"This is the plan I have followed throughout my life, and I have found it good. It is the plan I have recommended to others many times in the past, and they, too, invariably found it good when they gave it a fair trial. Of course, in my case, I went in strong for athletics and therefore did things the average individual would find unnecessary, but regardless of whether you wish to be an all-round athlete at my age or merely a healthy, fully alive business man I can safely recommend this formula of retaining youthfulness and health to you, knowing well that if you will but give it a chance it will serve you equally as well as it has served me and many of my friends."

### How Will You Feel a Year from Now?

(Continued from Page 47)

with finely developed muscles, strength and health through exercise enjoy.

Don't misunderstand all this. You do not have to be a "goody-goody" when you start training in order to derive the greatest benefits. All you have to do is be moderate, or in other words, sensible.

It may seem to you that I am panning the young fellows in particular. I am because, as a rule, the older beginner is more liable to put health before great strength and development when he thinks of results from exercise. That is because he either is beginning to feel rotten or has learned there is nothing more important than his health.

Everyone man not need or want

exercise for the purpose of getting big and powerful muscles, but everybody needs health. If everybody needs perfect health they need exercise for that is the only way to get it.

If every man and woman thought of proper exercise in terms of health instead of in terms of big muscles and unusual strength there would be more exercise done than there is, for in thinking of exercise in terms of health they would realize what it would mean to them and they would be glad to exercise.

I know of several cases personally in which the parties ignored exercise because they were feeling all right. After some years, however, these fellows began to feel bad



# Why You Must Use a Milo

We are assuming that you would like very much to possess a fine, strong body. Without that desire even MILO BAR BELLS cannot help you. With that desire you are far better off using a Milo for the following reasons: MILO BAR BELLS build your muscular system more rapidly; they build it more thoroughly, strengthening your internal organs at the same time; they build real muscles and strength instead of improving you just a little; they are used and approved by all strong men the world over; who say Bar Bells are the only apparatus worth bothering with if you want great strength and fine quality muscles; they exercise your entire body more freely—your movements are not hindered in any way by MILO BAR BELLS; no apparatus equals the MILO BAR BELLS for progression—the plates range from 1 1/4 lbs. in

weight on up to 25 lbs., giving you the right amount of weight at all times; the three courses that are given you with a MILO SET are the best you can get anywhere and possess that double-progressive element that is largely responsible for the phenomenal success of our pupils; with a MILO you can always test your growing strength and practice actual lifting just like real strong men do—you also get expert instructions on lifting without extra charge.

We could continue indefinitely with reasons why you must use a MILO BAR BELL if you want the best of everything from your training. Of course, if you don't want the best apparatus made, the best development and greatest strength possible in the shortest time when you go after physical improvements you can waste your time with inferior methods.

## But the Wise Fellows Get a Milo

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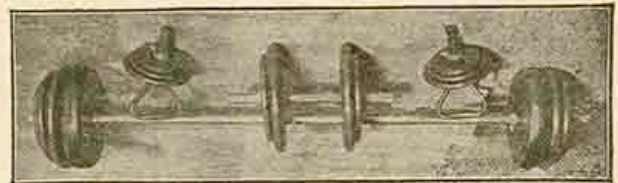
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and became so scared about their health and future they sought exercise. But the change of heart came only after doctors had failed to help them, and in one case it came after it was too late for even exercise and proper living to help the victim.

Don't wait until it is too late. Don't wait until you have one foot in the grave before turning to exercise to give you back your health.

Perfect health means more to you than just feeling fine every minute of the day and every day of your life. It means happiness, an amiable disposition, personal magnetism, and ability to outstrip in business the other fellow who is not so healthy and energetic as you. It often is the difference between success and failure. Weak or strong, healthy or not healthy, everybody needs exercise. But how comparatively few there are who actually do exercise anywhere near seriously and persistently! I guess practically everyone at sometime in his life says to himself, "I need exercise and I'm going to start." But many never do start, and many of those who do start quit after the first or second period. But let any of these men or women get scared about their health and then they may go to it in earnest.

Probably there are none of my readers who have had the opportunity of watching as many beginners as I have make a start at exercising. The way the majority of them go about it is really funny to me. Even after they are shown how to perform a certain exercise they will persist in doing it wrong. They will do it listlessly, allowing the arms to be bent and limp when they should be straight and rigid. They may hold their breath too long and consequently be out of breath before several movements have been completed, and so on with all those little details that make exercises really result producing.

Now if you fellows will really make a start that is a start and kept it up I'll stop panning you long enough to describe the following exercises.

In Fig. 1 we have another neck exercise. Stand a few feet from a wall and bend over at the waist until your head rests against the wall as shown. You can use a pad

of some kind between the wall and your head and also use your hands to regulate the pressure against your head.

Now roll the head in every possible direction, bending the neck as much as you can.

The next, Fig. 2 and 3, is fairly difficult. First lie on the back and raise the shoulders and legs from the floor so that you are resting on the buttocks and small of the back. Now try to roll over to the abdomen keeping the legs and shoulders off the floor as you go.

At first you may not be able to keep the upper part of the body, arms and legs entirely clear of the floor but practice makes perfect. Do this first toward the right and then toward the left. It is fine for the abdomen, back and nearly the entire body. Be careful, at first, on this one. Don't jerk the body over too sharply until you become accustomed to it.

Fig. 4 shows a fine exercise for limbering up the entire muscular system. It is especially good in the mornings. Take the position shown, which is squatting and putting some of the body weight on the arms. That is, don't set back too much on the legs.

Now leap or kick up and backward to a straight leg position in mid air and before you land again bring the feet and legs to the original spot and position. While your legs are in the air your weight is supported by your arms. Repeat this movement fairly rapidly until tired. Breathe deeply while performing it.

The stationary run is the next best exercise to actual outdoor running. This exercise shakes up the liver and all internal organs and consequently is a great health exercise. If performed for lengthy periods it also improves one's endurance. The stationary run is done by a motion that might best be termed running in one spot. It is best to raise the knees as high as possible as they come up at each step.

Figs. 5 and 6 illustrate an all-round exercise that is fairly strenuous. If you cannot do it as shown then try it with the feet on the floor. You can use two chairs or a chair and a box that are both about the same height. Put your back toward one chair and place your



hands on the front edge of the seat. Next place both feet on the other chair or box, as the case may be, and straighten both arms, both legs and the body. It will be impossible to straighten the body fully but do the best you can.

Now lower the upper body by bending the arms. As you go down you will have to bend at the waist or in other words let the hips sink. When you are down as far as you can get push the body up again and gradually straighten the body.

You will find this one great for

the triceps of the upper arms in particular.

In closing I want to leave this impression with you. Think of the other valuable results to be obtained from proper exercise as well as of large muscles and exceptional strength. Remember also that you are not going to be young forever and the time to begin putting off old age in both appearance and vitality is while you have youth—not after it has left you and the time is too late.

## The Mat

(Continued from Page 51)

It is not wholly practical to discuss herein. Relative to our friend who wrote the above letter, we can say that we know he was married within the past year or so. I have an interesting theory to advance, and which you will find propounded in my book "Physical Training Simplified." Please understand, this is no attempt to advertise the book, but as I know many of you will be interested in the subject and it would be impossible to write each of you a personal letter, there is only one way in which to put my message across; call your attention to where the discussion is to be found.

**Athlete's Foot?** If you had not seen these magic words on advertisements in leading magazines, what would you think it meant? At first sight, we might be inclined to believe the term applied to some peculiar formation of the foot which would enable the lucky possessor to excel at athletic pastimes. Maybe you have heard of people with webbed feet who are supposed to be naturally endowed with exceptional swimming ability; at least, such is the common belief in some quarters of the world.

But, alas, athlete's foot means something entirely different.

The term is relatively new, but the condition to which it refers is about as old as the hills. In years bygone people have had sweaty, ill smelling feet and never suspected that it had any connection with athletics. Nor, in fact, is there any reason the condition should be pecu-

liar to athletes. This condition is identified by excessive itchiness between the toes, and by a raw, cracked and scalded condition of the skin of the toes.

As the idea occurred to me that some of my readers might be interested in the subject, I am offering the following suggestions.

It is my contention that so-called athlete's foot is brought on by unhygienic conditions. Your hands may perspire and still you are not stricken with any sort of disease which might be called "athlete's hand." When your feet perspire, though, the shoes and socks you wear keep the perspiration from evaporating as it should; thus an unhealthy damp and soggy condition of the skin between the toes is brought about. It is quite possible that some sort of germ does find a seat in such unhealthy tissue which could easily serve as a breeding ground for a skin disease.

Ordinarily, I always used to believe that a person with badly perspiring feet could remedy the matter by daily foot baths; moreover, if such daily ablutions of the feet had been the rule the uncomfortable and unsociable condition could not have been brought about. In the face of this argument, however, we find a similar unhealthy foot condition among men who dabble in athletics of various sorts, and bathe rather regularly. Especially does the trouble seem to be prevalent among those who play outdoor games and bathe under the clubhouse shower. The greatest fault to be found, from

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a hygienic viewpoint, about bathing in the public shower room and dressing around the locker rooms, is that the skin between the toes does not have a proper chance to dry. The floor is either damp or positively wet, and the socks are put on without having properly dried the feet. There you have the whole chain leading up to the undesirable condition. The athletic shoes and socks prohibit proper exaporation of perspiration, which is bound to be rather excessive during the stress of your exertions; the feet remain wet and soggy around shower and locker; and the street shoes and socks are put on damp feet.

My remarks are intended for bar bell users more than for any one else. If you are troubled with "athlete's feet," try doing all your exercising and training minus shoes or socks, preferably on a concrete or rough board floor, and not on a carpet or mat of any kind.

Then after taking your bath or shower, be certain to get the toes dried. On top of all this, I am positive such a formula as Absorbine, Jr., or, in fact, any other solution or preparation which will dry the skin and curtail the perspiration, will prove of benefit in overcoming the unhygienic condition.

QUESTION: I am bothered with blackheads on my face, mostly around the mouth and above the chin, also a few at the sides of my nose. What can I do for them? Have tried various things with no results. Can this be due to any impurities in the blood? I exercise regularly, am particular about my diet, get plenty of sleep and don't use tobacco or alcohol, nor do I drink tea or coffee.

A. V., Indiana.

ANSWER: In the first place, you will find that the strictest sort of cleanliness will help eradicate these small sources of worry, but possibly not altogether.

The skin of many young fellows is very oily and even inclined to be greasy. The pores of the skin on some parts of the face just simply seem to ooze with a thin, watery grease. Dust and grime settle and collect in the oily pores. Then this combination of dust and grease hardens, clogging up the pores, the oil keeps flowing from underneath but as the way is blocked the oil



hardens. You then have a blackhead on top of a long thin core of white matter. Washing with cold water is sometimes advocated to close the pores, but this has no effect on the accumulated greasy matter. You should wash at least twice daily with hot water and a strong soap, afterwards applying alcohol or witchhazel to the skin. Lotions might be purchased at your local or "neighborhood" drug store for this same drying purpose.

Here is something else. When I was in my mid-teens, blackheads were likewise a source of worry to me. A wise bit of advice was given me by a mature friend. It seems that he, when a young lad even as you and I, was troubled with the same small matter. A druggist told him that when he started to shave regularly the blackheads would disappear. His experience was—they did; likewise mine. If you are of shaving age and troubled with more than an occasional one, then possibly you are not shaving very often. Try shaving a little more frequently.

Maybe the blackheads really don't disappear with shaving; perhaps they are mistaken for whiskers. It is also possible, in some cases at least, that the hot water and shaving cream softens them up and the razor cuts off the black top. This of course, wouldn't account for their disappearance from your nose. Is it not possible that the regular application of shaving soap to the face, some of it getting on the nose, has something to do with a cleaner skin?

A little farther on, I mentioned strong soap. For those who are troubled with pimples, either on the face, limbs, or body, I would suggest using laundry soap for the bath or even for ordinary washing.

It will hardly prove harmful when the skin is oily, and even if the skin should become slightly dry, such dryness is preferable to the pimples. Please understand that laundry soap isn't recommended as a positive cure for pimples; it takes even more than laundry soap to wash dirty clothes, but if you happen to be troubled with a stubborn case of acne eruption on any part of your body, try strong soap as one of the remedies.

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### More About Lifting Positions

In this issue I am including three photographs of Leo Gaudreau (pronounced Good-roe, if I am not mistaken) of Salem, Mass. Leo is responsible for starting the recent discussion of correct lifting positions for the man who handles heavy things during the course of earning his living around mill, shop or foundry. Posters are distributed by The National Safety Council to manufacturing plants all over the country, showing right and wrong lifting positions. Some of these were reproduced in the last issue of STRENGTH. As we pointed out, there was some fault to be found with the position they gave as correct. When these posters appeared at the plant where Gaudreau is employed, he called to the attention of those in authority that the so-called correct position could be improved to the advantage of those employees who are apt to suffer strain. He then posed for photos showing the proper method of handling heavy material in every day use in that plant. The photos were pasted on large sheets of cardboard and posted in prominent places for the information of employees. He found it rather difficult to obtain copies for my use, so while awaiting them the photographs used last month were taken. Leo is, so you may notice, of the lanky or rangy type of build. For this reason, it is hard for him to keep his back as flat as would be advisable for greatest safety.

Of course, there is freedom from stiffness in his poses and he has adapted the positions to the attitude of the average mechanic or workman who might lift one of the loaded trays of material. This is not intended as a criticism of his positions, but for the average man we would recommend a more exaggerated flatness of the back.

We know the attitude of the average man relative to the flat back position; especially when the legs are bent. It looks funny to him and nearly every man is sensitive about getting into the position. At first, the flat back position seems unusually awkward to every one, but after a little practice, the ease with which the body can be moved makes it the most practical and adaptable of any position. Let Mr. Gaud-

reau now tell you about the posters.

"I posed for six different pictures for safety posters—two as enclosed—two with heavy iron castings and two with a 350-lb. bar bell—the poses and wording for the 6 posters were suggested by myself. The original pictures as you see were stuck on the posters, because they are only for the private use of the 'United Shoe Machinery Corporation.'

"Forty copies of these posters were made and placed on the safety bulletins in the plant, once every week they were shifted and were on view about seven weeks—the pictures with the bar bells especially caused much comment.

"A mistake on these is the wheels on the bench which is far from safe, but this is all they had in the factory studio and no one gave it a thought at the time.

"The method of lifting a work pan is an original one of my own which I have found very effective and quick—the principle of the one hand swing enters into it to some extent. As you can see in the poster where I am stooping over—I am stooped just enough to allow full use of all muscles involved when I snap up, the right hand and arm fully extended and way back for a long swing, the left hand raises the end of the box at a slight angle, then with the combined strength of the arms—mostly the right arm, the heave of the body and the momentum gained by sudden straightening of the body, the box is gracefully (in a way) quickly lifted to the work bench.

"Any box we are required to lift, (we always use pans similar to the one on the poster) can be lifted this way—of course if a box were extremely heavy—enough to tax my lifting powers I would 'dog' it up by tugging and riding it on my body—but we are not expected to lift such heavy stuff without help—as one of the posters explained.

"I was posed with a 350 pound weight at the conclusion of a two hands dead lift, the poster read something to the effect that "this man is an instructor of weight lifting—he gets paid for giving exhibitions of strength—you do not—why take a chance—if the object you are lifting is too heavy—get some one to help you."



The executives at this plant are to be congratulated on their acceptance of lifting hints from a weight lifter, in other words a man who understands the mechanics and principles of handling heavy objects. If more establishments were to follow this example, we feel sure many injuries and strains would be averted—with a resulting saving to all concerned.

### A Few Words About Knockers

Ever so often, some one finds occasion to take a slam at the poor weight lifter.

Generally it is some sports writer or cartoonist. Immediately, I receive clippings of the terrible offense with requests from readers to "Pick it to pieces in the Mat."

When it is a syndicated feature, appearing in papers the country over, clippings arrive from all corners of the map.

So far as I can figure out, there is nothing to be gained by entering into a controversy with some newspaper contributor who derides the hobby of thousands of sensible individuals. Knowing nothing of the benefits of heavy exercise or lifting as a sport, they speak from prejudice alone, so their words amount to nothing.

The latest "rise" we have succeeded in getting out of the journalistic fraternity is from the editorial department of the Hearst newspapers. Simultaneously all over the continent there appeared an editorial "Earth's Strongest Man; And What of It?" And, with action just as simultaneous, there flocked to my desk clippings from everywhere.

The aforementioned editorial told of some of the exploits of Charles Rigoulot, with comments to the effect that an automobile truck or a crane could handle far greater poundages. Under a photo of Rigoulot there appeared a caption, "If he had less muscle, he might have more brains."

Certainly we understand the thought behind the pen of the editorial writer. The idea in mind was to emphasize the great importance of thorough mental training, an effort to stress the value of mastering technical knowledge which would assure the individual of a chance to get near the top in the work of the

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world in these days of highly specialized competition.

While we recognize and preach the value of physical training, we acknowledge that so far as the average young man is concerned, the thought of becoming a professional athlete of any kind is rather foolish and hardly worth while when compared to his chances in professional, technical, or commercial pursuits. Undoubtedly the highly trained mental worker has a bigger field in which to succeed than the professional athlete.

However, ambition is a great thing and no few young men are seriously ambitious to become famous athletes. We would advise any young man who has a chance to go through school and college to get as thorough an education as possible and follow athletics or physical culture as a hobby only. Nevertheless, we must consider the truth that a goodly percentage of our young men are denied the opportunity of a complete school education, the reasons for which we need not discuss here. We believe that most successful athletes come from this class and that many men who might have risen to prominence in athletics submerge their physical ambitions and abilities under the desire to make good in the business or professional world.

If the young man has educational advantages, he should make the most of this opportunity. Then if he still prefers athletics—that is his business.

The other side of the story is that if our young man is evidently doomed to a life of commonplace work at a meagre wage, he is to be commended upon making an effort to succeed as an athlete; in other words, that is not only his business but the world owes him something in return for all he can accomplish. We know nothing of the education of Charles Rigoulot.

Neither have we any idea of his annual income. If he is satisfied one way or the other, that is his business. We do believe, however, that some debt of gratitude is owed Mr. Rigoulot as an inspirational example in inducing thousands of men and boys to pay better attention to their health and physical condition. For, after all, mankind is more physical in aspect than mental, say what you will. Man may be superior to animals due to his brain power, but this old world of ours would be farther advanced if physical weakness and decay were less prevalent and if more mental giants and prodigies not only enjoyed a higher degree of physical strength and perfect health, but also survived to a greater age.

Further considering the editorial in question, it is true that each of us has just so much energy, varying of course with the individual. The man who expends excessive mental and nervous energy has little to spare for athletic feats; just so the specialist in athletics has little to spare for great mental feats.

But, why speak of mental giants when the majority of us humans are no more mental giants than we are physical giants. The great majority can only hope for a healthy balance between the two. Speaking of energy, the regular STRENGTH reader knows that energy can be increased, which is one reason for practicing certain exercises. If the brain worker exercises enough to keep in perfect health, he may increase his quantity of energy and accomplish more in the day with less signs of fatigue. Which, by the way, is one important reason for the majority of STRENGTH readers being at all interested in this magazine. We know that a large percentage of bar bell users and STRENGTH fans belong in the ranks of the white collar or brain worker. You may

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never hear of those men establishing records or winning championships, but they lend moral support to the game of lifting. A careful check of our records has shown that only about two per cent of bar bell men belong in the competitive or exhibiting class. The other 98 per

cent make up the bulk who are interested in every sensible means of physical improvement and health maintainance. Why anyone should attempt to discourage them in their efforts is beyond us.

But, after all, what of it?

## Lets See Your Muscles

(Continued from Page 36)

for the friend to recognize them, and for the critic to do wonders with remarks about them. The camera, therefore, is the most critical judge and, accordingly, requires the most careful posing.

Can I "learn" you to pose? No, indeed. One who knows something of the art can tell you something of the details, but you, yourself, must do the learning through careful thought, concentration and actual practice. Euclid—or was it he—said there is no royal road to mathematics, and he might well have included posing along with the rest of the figure business.

He who strives to pose well must take close stock of his physique, he must realize his shortcomings and his best points; the former he must endeavor to keep in the background and the latter in the fore, yet he must exercise care lest by his attempt he call attention to the very things he wishes to conceal. This is true especially when one is posing in a cabinet before an audience of size.

As for general additional remarks, it is well to advise you to avoid hunching the shoulders forward or shrugging them upward except in specific instances—keep them well back, but not in a strained position. The chest is deep and well curved—do not allow it to fall into a flat-chested position. The stomach is prone to sag like an over-inflated inner tube—avoid this; keep the stomach "under control" and retracted at all times, save in special abdominal muscle control feats.

Perhaps the best way to indicate errors is to point them out in the accompanying illustrations. First of all, the man who possess good legs and hips in conjunction with an upper body development of lighter quality, and especially if he is inclined to be a bit narrow

through the shoulders, must be careful about striking full front or back poses. Figure 1 shows a husky policeman, a man of rugged physique, but because of his position, legs apart and hands together in the back, pulling his shoulders well back and *together*, he would be taken for anything but the strong man he really is. The position of the arms is most excellent for displaying a depth of chest and the upper arm development, but the view must be from the side rather than from the rear. Figure 2 is a very similar pose, made from the correct angle, but because of certain defects in the posing the physique of the athlete fails to show to advantage, save only the depth of his chest. This particular chap is five feet ten and weighs 172 pounds, but he hardly shows it in his pose. To begin with, the right arm is in a bad position which prevents its 15½ inches from showing well. It takes an "awful" upper arm to look well in this position. Had this man held his hands in back as is the case in Figure 1 the appearance of his entire upper body would have been considerably improved. Another criticism of this pose is in the position of the head: one whose head is large, and especially long, in proportion to the size of the body should avoid profile poses. This is still more evident in the case of the chap with a small neck. See also Figure 4 for another illustration of this error. The neck in each pose is 15½ inches in size.

The proportionate large size of the head in Figure 4 tends to dwarf the physique by comparison. To get my point, try placing your thumb over the head—you get an entirely different view of the torso and arms from that afforded by the entire pose.

The leg position, also, is bad in

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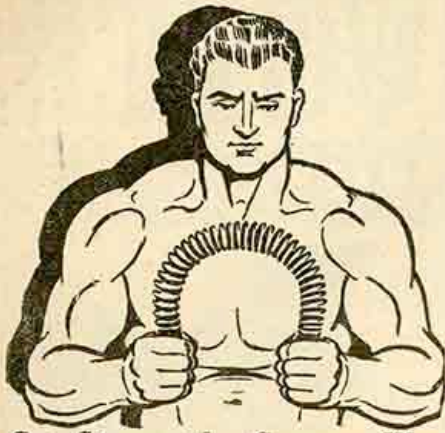
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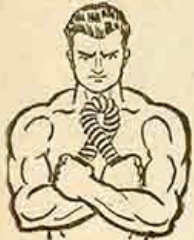
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Figure 2. It would be better with the weight on the straight right leg and with the left foot turned slightly outward, the left knee bend toward the right a bit. Unless the feet are very close together, it is rarely advantageous to distribute the weight equally between them, as in Figures 2 and 5. This latter pose would be greatly improved by placing most of the weight on the forward foot and showing a bit of relaxation or ease in the other. This is a general rule when the feet are separated, as in only rare cases does one encounter a pose which is improved by carrying the weight on the rear foot.

Figure 3 emphasizes a statement made previously, that one must exercise care in posing full front or back to the camera. It also calls attention to the fact that in placing the hands behind the back one is strongly inclined to narrow the shoulders. In this pose the arms would not have suffered, and the shoulders and chest would have been considerably improved, had the hands been turned palms down, the fists clinched, and the back of the hands from the back of the wrist to the knuckles—not just the knuckles—placed against the sides. The same remarks about placing the hand behind the back apply to Figure 10. Turning the palm up invariably narrows the shoulder, and in this pose the appearance of the left shoulder would have been improved simply by turning the palm downward, even without holding the arm farther from the side.

Figures 4, 5, 7, 8, and 10, are all of the same essential pose, one which can be employed to show a physique to good advantage, but at the same time one which has plenty of room for mistakes. Figure 8 I consider the best of the five. In it Lynwood Lilly is showing his splendid physique to good advantage, the only great criticism being of the lighting rather than of the pose. Figure 5 has many faults aside from those already mentioned, the worst being in the sagging abdomen and the forward and downward position of the near shoulder. The right arm would be improved by flexing the wrist well inward. Lastly, the pose is viewed too much from the side.

Figure 7 is of a young man of 20 years and 155 pounds. He is Mr. E. Rosaly, of Ponce, Porto Rico, and he sent in the photograph requesting a criticism. As for his strength, he puts up 225 pounds with two hands, so that indicates he has plenty of it. He has a 15½-inch arm and 42 inch chest.

From the posing standpoint our criticism is kind. Mr. Rosaly is of the smooth type, showing but little separation, however I believe that he has failed to show his left arm to anything like its best advantage. It seems relaxed and accordingly suffers by comparison with its mate. Had he tensed it, or, better still, had he placed it in position as in Figures 4 or 8, it would have improved the pose considerably. You will note that his head is not large in proportion to his body, therefore the profile pose of the head is entirely proper in this instance.

In discussing this pose it is well to remark on the tendency of many experts to twist the body at the waist ever so slightly. This serves to show the hips more from the side than the chest, thereby emphasizing the trimness of the former and the breadth of the latter, as well as increasing the "V" appearance of the masculine physique. But never, never, never, twist the opposite way and so show the hips more flatly than the chest.

The arms are somewhat flat, and in showing them it is wise to do so from their widest aspect. In Figure 6 the shoulders are well shown, but the arms look stringy. This would not have been the case had they been held palms forward, biceps up, and the elbows slightly bent. As for posing the shoulders, remember the remarks about Figure 1, then bear in mind that the individual in that pose is almost as heavily built as is the chap in Figure 6. Posing accounts for the apparent difference.

Figure 9 is a pose which has its place, especially in a cabinet posing routine, but for a photograph it is generally frowned upon because it tends to give a very distorted and unbalanced appearance to the physique. In this particular photograph, however, I wish to call your attention to the good development of the external oblique muscles which are visible even through the trunks.



The relaxed or "at ease" pose is very difficult for most enthusiasts because few of them have the necessary development to "get away with it." Sandow could, and men of the Hercules type can, but the average chap of more or less Apollo-like proportions seems to lose most of his development in relaxation. Look at Figure 11—a man of good proportions, but only one trained in the subject of development would recognize offhand the real development of this man. A slender man is at a great disadvantage in this class of posing as well as in the orthodox variety, however one of the nicest relaxed poses I have seen in some time is that of a slender man, Robert Knodle, Figure 12. But where he has succeeded many others have failed.

Last but not least, we have an occasional effort like that in Figure 13. The best comment is "Don't."

Only a most expert poseur can do this kind of stuff nicely; in a case like that illustrated in which the individual has heavy legs and hips with an average chest and upper body the effect is best spoken of in subdued tones. In a cabinet the result is sufficiently unsatisfactory, while in photography, with a short-focus lens and its consequent harsh fore-shortening and violent perspective, the product is very undesirable.

All in all, posing is an art in itself, just as is lifting, or wrestling. A good knowledge of muscle control is the primary essential, and the beginner should confine himself to the standard muscle display poses and avoid the "artistic" and aesthetic business until he masters the first principles well and can apply them properly. Avoid, as you would a plague, poses of the effeminate or "mercy, me" type.

## Bowling, Present and Past

(Continued from Page 53)

worthy competitor of the bridge table in their eyes.

Riddell won his first championship as far back as 1910; it was the Greater New York title. Although he has won numerous titles since then there has never been one to give him the thrill of that first win. In 1915 he registered his first win of the national crown. His bowling during this tournament was of a sensational nature and immediately placed him among the top-notchers of the game. Six years later he annexed his second national title; since then he has not won the title but has always been among the first five to place in the event.

Perhaps Glenn's best feat was the winning of the Evening Telegram and Mail tournament for two years in a row, 1925 and 1926. He was the only man ever to perform this feat, and that is saying a lot when it is realized that the best bowlers in the game make it a habit to compete. It was in the first Telegram championship that he made his best average in competition, a grand total average of 228 for 91 games played. That, to quote an ancient poet, is some bowling.

While Riddell has been third both in last year's event and the one

of the previous year he expects to make a real bid for first honors this winter when the national championships are held at Joe Thums during the month of January. Among the men who he will have to compete with to gain the title are Joe Falcaro, the recently crowned world's champion, Morty Lindsey, and some new men from the west. Although Riddell is not boastful, he rightly feels that his chances are good against any of those against whom he will have to compete.

I was curious to learn what he considers are the chief qualifications of a bowling star, and his answer of form somewhat astonished me. But he quickly explained that form is as important in the alley game as it is in almost every other sport. "A man who bowls in the proper form has an immense advantage over the one who disregards this important essential. Form in bowling means the proper coordination of mind and muscle, with the view of expending your energy as little as possible. Although most people do not realize it, stamina is as important a factor in competitive bowling as it is in any other game. Unless a man can stand up under a steady season of



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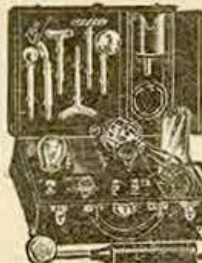
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hard play he will soon drop from the top ranks; the only way to do this is by taking good care of oneself."

"What is the future of the game?" was my next question.

"Very good. More and more people are taking to it. Not only that, but a higher type of man, and woman too, is attracted to the different places where the game is played. Not so long ago bowling and billiards were looked down upon by the better type of man; today all classes follow and play the game with enthusiasm."

To amplify Riddell's statement the figures of the 20th ABC championship are interesting. In that event, held in 1925, there were 2,200 five man teams competing for the team title; 3,441 two man teams entered for the doubles cham-

pionship; and 6,817 men playing for the individual crown. All in all there was a grand total of 24,699 men who were gathered to compete. That this is in itself astounding no one can deny, but when the fact is further added that every state in the union was represented some idea of the universal appeal of the game can be obtained.

Bowling, to wind up, is on the upgrade. The appeal that it makes to the middle aged sportsman has become greater each year, and the competitive lure that it provides for huge numbers gives ample evidence that that appeal is not merely a passing one. The game is truly the business man's sport, and as such we hope that it continues to gain more and more in popular favor.

## Hoot Gibson--Athlete of the Rodeo

(Continued from Page 33)

"These many rules make the riding of bucking horses the precarious business it is. It is inevitable that there are many times in which the rider is in a ticklish situation—when the temptation is strong to save himself at the expense of breaking one or more of the regulations. Often he takes a chance rather than disqualify himself. And often he gets badly banged up as a result of caring more for victory than for safety. But that's all part of the game. These regulations have made the riding of bucking horses a matter of style instead of a straight knockdown and drag-out contest between man and beast. And if the rider takes pride in his riding skill, he'll welcome the rules, rather than kick about them.

"Bulldogging a steer is, in my opinion, second to nothing when it comes to ranking rodeo stunts according to the danger involved. It is considerably more hazardous than Roman riding. On the whole, it is a worse risk than riding bucking horses. The perils of bulldogging must be apparent to every person who has ever witnessed the event at a rodeo. In the first place, you're dealing with an unruly steer in addition to handling your horse. Everything is going at top speed—the steer, you and your horse.

You've got to time your attack on the steer—otherwise you're out of luck, and it may be badly out of luck.

"The chief dangers in bulldogging are being caught by the horns of the steer, and having the steer roll over on top of you. I don't need any description to tell you that neither of these disasters is anything to be sneezed at. There is plenty of opportunity to get dangerously hurt. Speed, skill and luck are the main elements in bulldogging. I might also add nerve—but there is something to be taken for granted in a rodeo rider. If he didn't have that, his association with horses might as well be confined to the plough.

"Despite its great dangers, there will be bulldogging contests as long as there are rodeos. It is one of the most thrilling events from the standpoint of the spectator—and that is the person whom the contestants are out to please. The steer and the rider may not get much fun out of it—in fact, it's a debatable question as to which gets leats."

"Mr. Gibson," I asked, "you mentioned your opinion that Americans are the best all-round riders. Does this apply to every branch of riding, as for instance,



the Russians are considered by some people to be good at some peculiar kind of riding? And then, I presume the army of every nation in the world considers its cavalry as the best trained and most skillful."

"As trick riders I put the Cosacks second to the Americans," he continued. "They are spectacular riders and they are totally devoid of fear. Their technique is ragged as far as our ideas of technique are concerned. But those boys certainly can ride.

"When it comes to cavalry, I put the American cavalryman second to none in the world. He is a daring rider and he is beautifully trained. For sheer dare-deviltry on horseback you've got to give credit to Italian cavalry. Those boys don't seem to care any more about their necks than they would for a busted shoe lace. I've seen them plunge over the edge of a cliff by scores—and if something happens to some of them, why it's just too bad. Of course, that is due, like everything else, to a natural condition. They have to adapt themselves to rocky country, learning to risk their necks in peace time as they would have to risk them in war. But they certainly have all the nerve in the world."

"Do you have any particular advice to give anyone who might take an interest in learning trick riding?"

"Well," observed the capable Westerner, "I don't know any recipe for becoming a trick rider except love of the game, the required nerve, and practice, practice, practice, all the time. You can't be afraid of accidents. If you are, you might as well quit. And besides, falling off a horse looks serious only until you have fallen off a horse."

### Sports Served Short

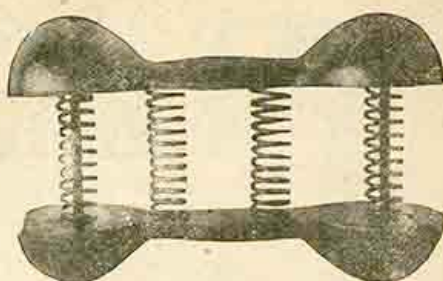
(Continued from Page 58)

the reins of the Boston Red Sox, succeeding "Wild Bill" Carrigan, resigned. No stranger to Boston fans, Wagner was for ten years (1906-16) a mighty figure on the Red Sox line-up. He returned in '27 as a coach, and now he has succeeded to the mighty bludgeon of full power.

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cient pitching machine and hero of the world series in the past, was traded to the Phillies by the St. Louis Cards. So it is that Alex has returned to his first allegiance after an absence of twelve years, he having started in the big time with the Phils.

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The Athletics, World's Champions for 1929, report that they will enter the race this year with their victorious line-up intact. That's that, and if the statement applies also to their never-say-die spirit and their fighting hearts, well, it's gonna be hard on some teams this race, and how.

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(Continued from Page 48)

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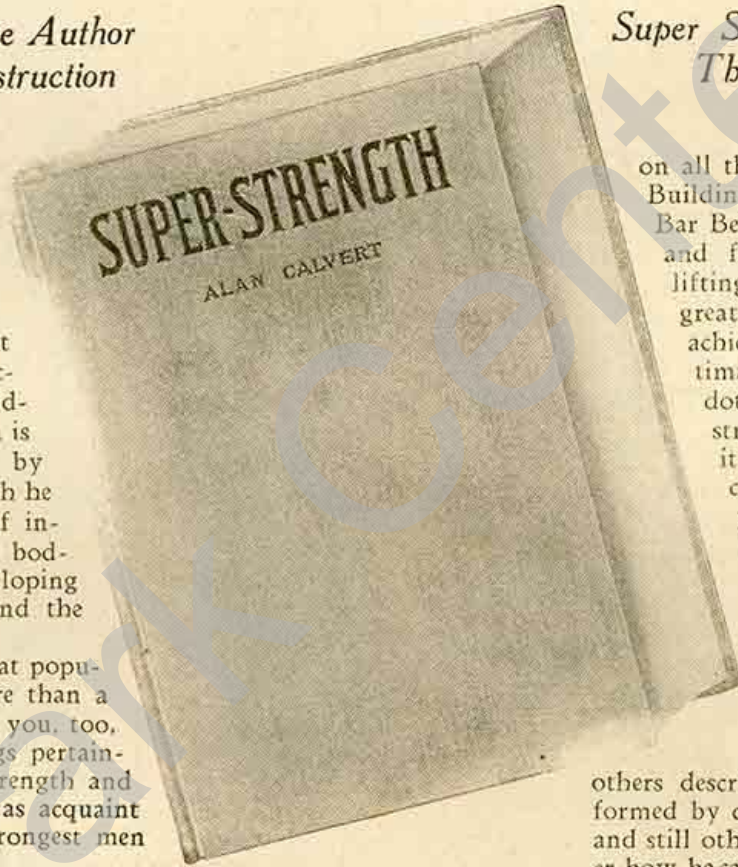
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(Continued from Page 37)

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they settled down in earnest to hang up a mark that would discourage all thoughts of future competition. 500 hours they were shooting at, and only the sudden accidental death of a close friend, George Lea Lambert, who was the victim of an airplane crash, influenced them to come down to earth before reaching their announced goal. As it was, they lacked but eighty hours of making it, and thorough examinations of the men, motor and plane immediately they landed revealed that all could easily have carried on much longer than that, had the pilots so desired.

Their mark of 420:21:30 still stands, and is likely to stand for some considerable time to come. Almost eighteen days—more than half a month—that motor was in continuous operation at around 1,300 revolutions per minute. Compare that with the war-time motor which was considered "good" if it went fifty hours without a complete overhauling. And the two men—consider their feat in such a long performance. They handled the plane in short shifts, but both had to be on duty at re-fueling time and for the periodic inspections of the motor, a narrow cat-walk having been built around the forward part of the plane to allow Jackson to examine the motor while O'Brine held the old bus on a steady course. In the re-fueling operations it was O'Brine who handled the hose while Jackson manipulated the controls. They kept in touch with the affairs of the world below through messages passed along with other items by the re-fueling ship, messages which some times cheered and some times saddened.

There was the word brought them of the threat being made on their performance by the "Billion Dollar City", of Houston, Texas, which came to an end when the Texans had to land after ten days in the air, with the "Robin" pilots still far in the lead. And a few days later came the news that the "Minnesota" which had been up 155

hours had crashed and taken the lives of two contestants for the endurance record. Later, as the flight neared its epochal end, the Lindberghs visited St. Louis and expressed their greetings by message and by flying alongside the "Robin" to salute her gallant crew. Finally came the word of the tragic death of their pal, and the request of the backers of the flight that it terminate, so finally, after having set a record which will doubtless stand for a long time, the two intrepid fliers came down. Like Lindbergh, they had taken to the air as unknowns, only to land as national and world known figures.

But they say that they did nothing to merit the great acclaim given them. To them their feat was merely a duty—they had gone aloft to test a motor and a plane, and, having tested the two to satisfaction, they returned to earth. They claim no glory for having performed a super-human task, nor does the Curtiss Company seek to place a halo about them or the record performance of their craft: the two pilots were merely testing a machine, and that they broke a world's record was an incidental matter. "When they landed," said a company official, "as certified by a physician of the U. S. Department of Commerce, Aeronautics Division, Jackson and O'Brine were in perfect health and showed no evidence of having been subjected to unusual conditions."

So ended one of the crowning achievements of aviation, demonstrating the high point of efficiency attained by modern engineering skill in the building of planes and engines, and it proved the practicability of long distance, re-fueled flight. The great drawback of present transportation via aircraft is the compromise of fuel load and pay load, and there are many experts who point to the re-fueling process as the only logical means of adjusting the relation between the two to a financially sound basis.

## Track and Field Training

(Continued from Page 43)

tire muscular system completely.

It is important that you know that in the case of indoor training

wooden floors are hard on the tendons of the legs, especially those of the calf and ankle. The reason for



## Strength

this is that there is no give to a wooden floor as there is in a cinder track when you push off for a sprint or jump. This puts additional strain on the tendons and may put you on the damaged list for some time or even give you trouble for life.

If a starting block is used on a wooden floor the chances of pulled tendons are lessened considerably. The block prevents the foot from being bent up toward the shin too far, keeping it more at a right angle with the foreleg. When starting on a cinder track or on dirt the runners usually dig small holes for the toes which gives the same angle as a starting block. No matter how much preliminary exercise you have done before actually starting indoor running you should take it very easy for a while. This is especially important in the push off for a sprint or jump. It is not so important in long distance running because the start is not so fast consequently the tendons are not subjected to as great a strain.

The athlete's shoes should be carefully selected for size and length of spike. The runner's shoes should fit snugly and the proper length of spike for short distance runners up to and including the quarter mile has been found to be between one-half and nine-sixteenths of an inch. Half-inch spikes or a little less are best for the milers and a slightly shorter spike has been found best for the cross-country and marathon.

There is another feature that is important in the matter of footwear to the long distance runner and that is rubber (sponge rubber) heels. Without such heels the leg muscles are subjected to a severe jar at the landing from each step. You need not be told what this jar does to the runner and his leg muscles.

Sponge rubber heels absorb these countless shocks and prevent the muscles from becoming tired before they really should.

You, no doubt, realize the importance of diet to the athlete but the average beginner and some more advanced athletes pay little attention to this important matter. Here again we have the happy medium as to the best course to follow as far as quantity of food is concerned. Don't undereat because, as you know, it will weaken you. Don't overeat because it will make you sluggish, short of wind and heavy.

It isn't possible to give a single diet for every athlete to follow because every athlete is constitutionally different. Most coaches say that it isn't so much what you eat as how much you eat and how you eat it that is important.

The foods you have been used to are usually the best for you if your meals are well balanced. Chew your food well that is a point the athlete should remember. When you "bolt" your food you throw extra work upon your digestive organs. Do not eat immediately after exercising and do not eat within two or three hours of a strenuous workout or competition.

Drink water at all times except with your meals. When in serious training do not overdrink but at the same time do not deny yourself the amount of water you really need. If you will hold a mouthful of water in your mouth a few seconds before swallowing it you will find that your thirst will be more readily satisfied.

In summing up these general rules we find that a prospective athlete should start early with an all-round exercising program, then begin running, jumping, etc., in a modified way and finally put all he has into his selected event.

## Baker to Play Tonight

(Continued from Page 45)

Baker left the Allied lines in midday, and climbing high into the clouds soon saw the enemy balloon. There were no planes nearby at the time, fortunately for him, as the Germans had no idea that any Allied aviator would be so foolhardy

as to attempt to cross the lines at that hour. Baker hid behind the clouds as long as he could, and got fairly close to the balloon before his presence was discovered by the observer. Then things began to happen. It was the work of a

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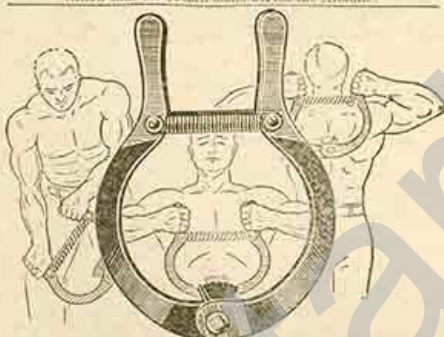
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moment for the observer to notify the ground station that an enemy plane was behind the lines. Before one could say "Jack Robinson" the anti-aircraft were popping away at him, while planes from a short distance away were hurrying at top speed to get the interloper. But Baker was not to be turned from his purpose when he was so near the goal: instead of turning tail and heading back to the Allied lines he kept right on for the balloon. His machine gun quickly put holes into the big bag of the huge ship, and the blimp soon folded up and began to fall to the earth. The observer had taken no chances, and with the first signs of a successful hit he had jumped from the balloon and floated down to the earth. Hobey tried hard to get him, but could not; Hobey had a lot of admiration for the spunk of the fellow. Baker now had the difficult task of getting away from the planes that came up; however, despite the fact that he was pursued almost to the Allied lines he managed to out-distance his followers.

Another exciting adventure to befall Baker occurred not very long after the above one. Baker was put on what is known as the "morning patrol;" this patrol acted as a sort of observation patrol for the day. While riding through the skies alone he saw a group of planes in the distance. The planes looked to him like some English ones out for a foray, so he decided to join them to see what they were doing. Not until he was almost in their midst did he realize that he had bumped into a morning patrol of the enemy. He was now in a tight fix and endeavored to make off before they found him out. But the Boches were not caught napping; they saw their foe and came after him at top speed. Now began a race for life. All the tricks Hobey had ever learned were now put to good use: he dashed through dense clouds, spiraled suddenly down and as suddenly shot up to dizzy heights; swung in and out with startling speed but still could not shake the Boches. Just when Hobey thought that he was finished an Allied patrol saw him and came to his aid. The Germans took a few more shots at him and then turned back toward their

own lines, leaving Hobey a tired but happy young man.

In June, 1918, Hobey received the first of his rewards for daring service in the air, the French Croix de Guerre. The reward was given for a particularly thrilling victory he had achieved over a German plane in May of that year. Although Baker is only credited with bringing down five planes those who were in the service with him claim that his list of conquests extends to at least double that amount, even though they were not listed in the records. At any rate, Hobey's plane was feared by the enemy at all times and he was considered by them to be one of the best aviators the Allies possessed.

A month after the former Princeton hockey star had received the Croix de Guerre he was promoted to the commandship of the 13th Aero Pursuit Group, and a few weeks after that was put in command of the 141st Pursuit Group. Although he had risen high in the service Hobey still kept going higher. In the early part of October he became commanding captain of the Air Service and was sent to the St. Mihiel Front as a part of the 4th Pursuit Group at Toul where he stayed until the end of the war.

Baker's description of his whereabouts the day of the Armistice is particularly beautiful. The morning that the paper was to be signed Baker took his beloved plane and rode into the air. Below the two armies kept up their firing, but in a deultory and half hearted way. Around him the clear blue sky of the morning looked brightly upon the brown earth, and the usual hostile plane specks scampering like little flies across the sky were conspicuous by their absence. As he rode his solitary way across the heavens he suddenly heard the guns cease their firing, and saw the fields that were usually filled with rolling smoke clear. A silent peace settled over the whole scene, and the fields lay quietly beneath the steady droning of the plane. That was the way in which the Armistice came to Hobey Baker.

Baker had come through the war without a scratch, and it seemed once more that the "Baker luck" was to carry him safely home. His



last letter home was full of optimism and plans for the future. His thoughts left the horrors of war and returned to the joys of peace. Hockey once again assumed an important role in his life, and he looked forward like a little kid to skating on the ice again. But that was not to be. The day before Hobey was to sail for home he went up on a little spin; "his last one" he put it, but did not realize how truly he spoke. No sooner did he leave the ground than the engine began to miss and sputter; he had reached the height of a second story building when the machine failed altogether and crashed to the ground, pinning Baker beneath it weight. Thus, on December 21st, 1918, the Prince of Athletes ended his career, loved, honored, and wept for by the entire athletic and general world.

The death of Baker shocked the sporting world as few athletic deaths have ever shocked it. Princeton set a Sunday service aside to honor its famous son, while sporting organizations throughout the country honored him with fitting tributes. But Baker was honored more by the feeling of the average man in the street than by the feelings of those who had come in contact with him; even those men who had never seen the incomparable Hobey in action felt a pang of sorrow that such a thorough going sportsman should be cut down in the prime of his life. Baker to them symbolized the best ideals in sport, and the loss of this living personification was a hard one.

In March, 1919, the United States Government awarded Baker a United States Army Citation for distinguished gallantry at Armentieres in France on May 21st, 1918, Commander-in-chief John J. Persh-

ing later wrote down of Baker, "He bravely laid down his life for the cause of his country. His name will ever remain framed in the hearts of his friends and comrades. The record of his honorable service will be preserved in the archives of the American Expeditionary Forces forever."

The place that Baker occupied in the hearts of his friends was shown when Princeton asked for contributions for a Baker memorial. The memorial to Baker was the most fitting one that the university could think of, it was an indoor skating rink to be used by everybody in or out of the college. Perhaps the most powerful tribute was that the money was raised by a spontaneous subscription to the cause, and not a studied effort.

In closing an article dealing with a man so beloved, honored, and admired throughout the sporting world there is nothing that can be said about him that expresses everybody's feelings better than the short and expressive tribute paid to him in the year book of St. Paul's School of 1926, which was dedicated to the heroes of that institution who paid the supreme sacrifice in the World War: "An athlete, a scholar, trained in spirit and body to meet grim trials and to show the world what American character can do. Brave, simple, human, true—a perfect Christian gentleman—such a man was Hobart Amory Hare Baker."

\* \* \*

EDITOR'S NOTE:—This concludes the series of articles on Hobey Baker. Due to an error, a portion of the first article of the series was omitted; this will be found on page 93 of this issue.

## Association Notes

(Continued from Page 56)

ancies and after that nothing gets by him.

The Philadelphia Strength show of January 11th was more like a return to the old order of things. The attendance was of sufficient size to give promise of a substantial turn-out at future shows on the second Saturday of each month.

It seems as though some of the fans had some reason for complaint concerning the three most recent shows immediately preceding this one. We take this occasion to assure you that the wishes of those fans have been acceded to and suggest that you support the shows with your attendance and thus en-

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"You bet I had a big raise," I answered. "In fact I gave myself one! I'm a professional TENOR BANJOIST three nights a week—playing in Harry Smith's Dance Orchestra, at \$10 a night!" "You, a paid musician!" exclaimed Ed. "Why, I didn't know you ever touched a string!"



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their Free Book, anyway. Guess you can't tell from my face and my ask book that I'm mighty glad I did. Ed! That Course sure taught me quick. Then Harry Smith heard me play one night and offered me a spare-time job with his Orchestra. And he'll soon be able to use me steady, six nights a week—at \$10 a week. I can't really call playing the TENOR BANJO 'work.' It's FUN!—every minute of it. And it's better than having a rich uncle."



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# To Mate or Not to Mate?

The mating instinct in men and women cannot be denied. It is useless and extremely dangerous to suppress it and equally harmful to seek gratification reckless of results. Far better to direct this erotic craving and to prevent physical penalties and social stigma through a thorough understanding of both sexes, anatomy, instincts, emotions, sex functions, etc.

So far this vital information has not been available. Schools give no instruction, libraries have no books—parents themselves are ignorant, perhaps through fear of its use for immoral purposes. It has remained for the eminent Dr. Walter M. Gallichan, author of "The Great Unmarried," to put on paper the frank facts so necessary to young and old, married and unmarried, under the title of

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Curiosity Concerning Reproductive Processes. Dangers of Evasiveness and Deception. The Precocious Arousing of Sex. Auto-erotic Manifestations. Automatic Habits. Effects of Masturbation. Prevention. Ignorance in Manhood. The Internal Secreting Glands. The Conservation of Chastity. Dangers of Pornography. Girls and the Sex Instinct. The Phenomenon of Menstruation. Its Meaning and Importance. Hygiene for Women. Continence. The Struggle for Chastity. Counsels.

#### CHAPTER III (CHOICE IN LOVE)

The Bodily Appeal. Feminine Choice. Appreciation for Strength. Aberrations of Sex Instinct. Hereditary Diseases. Courtship. The Psychic State in Wooing. Disadvantages of Long Betrothal.

#### CHAPTER IV (PROBLEMS OF CONJUGAL LOVE)

Ignorance of Civilized Men and Women. Psychic Love. Conjugal Intercourse Periodicity in Desire. Mental Attitude to Sexual Processes. The Bride. Duties of the Husband. Women Not Wholly Passive in Love. Sexual Frigidity. Neurosis. Psychic Indifference. Perversion as a Disability for Marriage. The Hygiene of Conjugal Life. The Importance of the Tactile Sense. Knowledge for Husbands. Preparation for Marriage.

#### CHAPTER V (THE WIFE)

Distorted Views of Sex Function. Secondary Sexual Character. The Reproductive Systems. Periodicity. Idealism in Love. Woman's Part in Wooing. Capacity for Love. Sex Impulse in Woman. Marital Relations. Morbid Recollections. Sex Antagonism. Feminine Attractions. The Lure of Clothing. Indifference Shown by Wives. Matrimonial Mistakes. The Unpreparedness of Brides. Importance of a Healthy Sex Life. Natural Handicaps of Women. Abortion. Premature Birth. Sterility. Emotional State of Pregnancy. Change in Life. Psychic and Physical Signs. Hygiene at the Menopause. Need for Woman's Knowledge of Man. The Tactile Appeal.

#### CHAPTER VI (THE HUSBAND)

The Husband as Initiator. Differences in Sexual Temperament. Pre-conjugal Continence. Chastity in Adolescence. Early Marriage. Benefits of the Conjugal Life. Uses of the Erotic Energy. Age of Marriage. Impregnation. Psychic Effects of Marital Relations. Affectability of Women. Menstruation and Its Manifestations. Moderation and Excess in Marriage. Pregnancy and Lactation. Women's Yearning for Love. Season for Fecundation. Mistakes and Disabilities of Husbands. Impotence. Alcohol and Reproduction. Healthy Parentage.

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#### CHAPTER IX (SEX AND THE COMMUNITY)

Life's Beginning. Conjugation. Primitive Marriage. Promiscuity and the Matriarchate. Marriage Among Existing Races. Savage Continence. Love and Labor. The Freeing of Women and the Re-Birth of Love. Early Marriage. Schemes of Facilitation. Anomalies of the Sexual Life of Our Times. Sex and Society. The Right Direction and Use of the Erotic Impulse.

courage bigger and better exhibitions in Philadelphia.

Let you should too hastily conclude that American lifters are getting nowhere, we want you to read carefully the lifting news which follows and note the promise of something important in future American lifting.

The show opened with a posing and muscle control act by Rudolph Ganbacorti, of Riverside, N. J. Immediately following him two other Jerseyites stepped up, Wilbert McKishen and Carlton Harris. They started to lift at this stage, but meeting with little success, continued to return to the platform (strictly speaking it was a mat) between the efforts of other performers. McKishen, weighing 147 pounds, warmed up with a bell of 122 pounds in the Right Hand Bent Press with Dumb-Bell. Subsequently, he attempted 150 and 170 with no success. Harris weighed in at 131 pounds and after warming up on the Press on Back with 210 pounds, started after a record on the Right Hand Snatch.

Mingled good and bad luck was his dish during the evening. First, 125 pounds was too much, then after a rest he took 122, then 132 pounds. It took him three trials to get 138½ pounds through to the finish. It is worth mentioning that just recently, Art Levan established a new Featherweight record at a like poundage, but of course Harris is three pounds overweight.

Next, Harris got safely through with 143, or twelve pounds over his bodyweight. A subsequent trial with 151½ proved a failure. This little colored fellow is a wonder at his weight and has to be reckoned with by Bachtell and others. He is slow to get warmed up but once he gets going, the iron flies. Careful training should make him a close bet for National lightweight or featherweight honors.

The next attraction on the bill was something worth going a long way to see, that is if you like to see good lifting. Two of the famous three Good Brothers of Reamstown, Pa., Harry and William, came forward to show their stuff. Harry weighed 169 and William 176. The latter was out to make a total on the five lifts, but Harry

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wanted to see what he could do on several feats. In William the audience saw the youth who is without doubt the best of his weight on the continent at standard lifts. We feel almost certain he would defeat Manger, providing he had good luck with his attempts on every lift. Manger may be a better or stronger lifter, but we doubt if he is better under the light-heavyweight limit.

William scored as follows:—

Two Hands Slow Press, 180, 191, 198.

One Hand Snatch, 152, 161.

One Hand Clean and Jerk, 161, 174½, 180.

Two Hand Snatch, 179, 190, failing on 191.

Two Hands Clean and Jerk, 244½, 260, 272½—making a total of 1002½ pounds.

It is to be remembered that William Good is only nineteen years of age. Harry, the elder of the brothers is twenty-six or older. Harry stepped up at various times during the show and performed at the following: first, a Two Hands Snatch of 180, and a number of attempts on 191 and 194, all without success. Harry showed good ability on the One Hand Clean and Jerk, tossing up successively 161, 169 and 180; yet, the lifts did not count, due to the bar touching the left side of his chest; then, he cleaned 195 in correct style but couldn't get it to arms length. On the Two Hands Clean and Jerk, he succeeded with 244½, but failed in cleaning 248½, and 258. Later on, Harry performed a Shoulder Stand, balancing a bar bell on his feet and then having William sit on the bar; starting with a total of 238, he progressed with 257 and 277 (William weighing 179 in clothes, and a 98 pound bar bell); the feat is accomplished by starting in a low position on the back and pushing up to a high stand on the shoulders and back of the neck. Harry finished up with a Teeth Lift of 248: raising the bell from the floor while bent over with arm and knee supports.

William attempted a Two Hands Clean and Jerk of 281, but failed on the clean; then he tried a Continental Jerk, but failed on the overhead part of the lift. He did a Left Hand Bent Press with bar bell of

202 pounds, and failed to get up with 217 pounds.

The Good Brothers were well received and William got a big hand when he walked toward the dressing room.

Arthur Levan, weighing 128 stripped, was out to show us his ability on the Two Hands Continental Jerk. Starting with 213, he progressed through 227, 236½ and finally 242½, which is a new record for the new Featherweight Class.

Furthermore, it is some lift for a man of his pounds. Art hopes to do a double-bodyweight later on. Art's next trial was on the Wrestler's Bridge. He first did 175 and then 201 pounds, which classified as a record in the following bodyweight classes; 128, 136, 140 and 148.

Professor P. H. Paulinetti, the perpetual King of Balancers, gave us a talk on the intricacies of his art and then demonstrated how easily such things could be done. Those who have had the pleasure of witnessing the venerable professor go through his routine should remember that excellent as he is at a practical demonstration, his forte during recent years is in the instructing of others. We have seen so many of his pupils demonstrate exceedingly difficult work after placing themselves in his hands that we should not hesitate to state that anyone may master difficult balancing, acrobatics and acrobatic dancing through his method of tuition. Which is saying something, when we consider the great number of individuals who try and fail. The chief reason for this talk on the merits of instruction under Paulinetti is for the benefit of our many correspondents who are repeatedly asking advice of this office as to the best thing to do when they wish to become expert acrobats and balancers.

Bill Lilly came out for the first time, stepping on the scales and registering 167 pounds. Bill started right out for a new record on the Right Hand Bent Press with Dumb-Bell. Warming up with 128 and 159, he jumped right up to 195 successfully.

Five more pounds were added and the first attempt was a failure.

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You can't make a mistake. The guarantee of the strongest armed man in the world stands behind this course. I give you all the secrets of strength illustrated and explained as you like it. 30 days will give you an unbreakable grip of steel and a Herculean arm. Mail your order now while you can still get this course at my introductory price of only 25c.

#### RUSH THE COUPON TODAY

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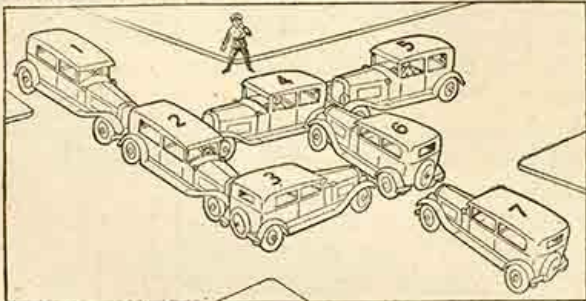


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In the picture there are 7 cars in a bad traffic jam. None of them can move forward, for each car is blocked by the one in front of it. One of these cars will have to be backed out. Which one? The traffic policeman seems to be stumped. Can you straighten up this tangle for him? Only one car may be moved backward, and if you pick out the right one, you will see that it is not necessary to back up any of the others. Send the number of the car which when backed out will relieve this traffic tie-up, and if your answer is correct you will be qualified for this opportunity.

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Dear Sir: Please send me the size mat I have checked off below, for which find enclosed \$.....

3x 6 ft., \$11.00	6x 6 ft., \$23.00
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(I can supply you with any other size mat you desire.)

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A subsequent attempt saw him fight it out to the finish and a new record was made at 200 pounds. After a slight rest, Lilly took 241 pounds on the Two Dumb-Bells Anyhow and made it O. K. (171 and 70); another new record. Bill expects to tackle the bar bell Bent Press at the next show.

Lilly introduced a pupil, Frank Carson, a professional who tore a deck and a half of cards and wound a ¼ inch flat iron bar around one arm.

Frank Dennis tore a Philadelphia phone book, gripping one corner of the book in his teeth and using one hand.

The officials for the lifting were Mark Berry, referee; Frank Dennis and Robert Hoffman, judges. Nor must we forget the loaders—Joe Dettor and Henry Hammer; between the two they must have lifted the weight of the building.

*Don't Believe Everything You  
Read in the Papers!*

Should any of our friends be addicted to the habit of believing all they read in the daily press, they should harken to what appears below.

Particularly should you be skeptical concerning lifting "news" and claims in newsprint.

The following letter and clipping were received recently. We rushed word to the individual in question for an explanation. It seems that someone had been "kidding" him regarding his lifting, so he jokingly spun a yarn, not supposing it would go any farther. But, as it happened someone saw that it got into the local newspaper. We do not wish to cause any annoyance to this gentleman concerning the incident as he has a position of high rank in his community, and states that he now realizes it does not pay to joke. This lifter is a real husky in build, 38 or so years of age, and has been tossing iron around for rather a long time. If we recall correctly, his photo appeared in STRENGTH some years ago when it was hardly more than a pamphlet.

We feel sure he will not resent this use of the incident just to show how lifting news travels at the present date (he lives in another



part of the country) and to show that STRENGTH MAGAZINE must be consulted for official news on lifting. Here is adequate proof of the rapid-fire interest of lifters throughout the land. Some years ago, an incident of this sort might have passed unnoticed, just one little proof of the effectiveness of the work STRENGTH is doing. Mike Drummond, Editor Association Notes.

Dear Sir:

Enclosed you will find a clipping that was handed to me this morning by friend. Now I have never heard of Mr. X. Y. Z. and very little of the International Weight Lifters Association. I want to state that I live in Georgia (not Missouri) but if we have men like X. Y. Z. who can play with weights like those mentioned in the clipping, lets give him some deserved publicity. Every weight lifter in the world will want to know about our new champion; Rigoulot and Gorner will have to take up some sport less strenuous such as croquet or pitching horse-shoes, and when feeling especially fit they could always play tag or handball. Let's have some pictures of X. Y. Z. and a list of his measurements so we can admire and pay due homage to our new champion. A few articles such as "How I Became Champion of Champions!" would also be good. It may be that in this tournament the boys extended themselves and forgot to talk about automobiles or their income tax. Or maybe X. Y. Z. started to think about the fried chicken, pie and apple sauce he would get back home if he busted one or two world's records.

Who were the other 50 men, holding world's records, that he defeated for the World's Championship? One of them must have riled him by saying, "My man, you all sure does look strong. Yes sub." Or maybe its the state; if it is, all you men around Philly will have to move.

I am sorry for S. Klien, Travis, Steinborn, Inch, Mark Berry, etc., etc., as they will all have to find some other kind of work to do when X. Y. Z. publishes his secrets.

Now I am not trying to be funny, but I have seen so many

men who by exaggerating (for their own gain) have done more harm to the weight lifting game, than the greatest efforts on the part of the men who have given their all to put weight lifting where it belongs as a sport and a means of developing the body, can undo.

I wish and ask that you publish this letter in the STRENGTH MAGAZINE as an open letter and give X. Y. Z. a chance to reply. If his claims are true let's hear that, and if they are false, let's hear that. The STRENGTH MAGAZINE is the only official mouthpiece of the weight lifters, and for our own interest I ask that you look into these claims and give us some information relative to Mr. X. Y. Z., the World's Champion Weight Lifter.

Respectfully submitted,

AN ATLANTA,  
A. B. B. M.

The following is the newspaper clipping:

"WORLD'S CHAMPION  
WEIGHT LIFTER  
Wins Title in Great Contest In  
New York

"X. Y. Z. returned home recently from New York bearing the title of the Champion Weight Lifter of the World. He gained the honor in New York, when he carried off the highest general score in the International Weight Lifting Tournament in which participated 50 strong men from various parts of the United States and Europe.

"Lifts accomplished by him in the meet were:

"Dead weight, 1,501 pounds; two-hand overhead, 354½ pounds; one-hand overhead, 301½ pounds; hip lift, 2,240 pounds; one finger, 560 pounds; one-hand snatch, 201½ pounds; two-hand snatch, 227½ pounds; two hands pull-over, 451½ pounds; harness, 3,785 pounds.

"For several years he has been one of the ranking weight lifters of the country in both amateur and open field. He is a member of the International Weight Lifters Association, in which only record-breakers of some event of the sport can be members."

To us, it is hard to understand why some of the old guard, who read every issue of Strength (as they say) should find it necessary to

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Patented  
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is of durable tubular metal construction, attractively finished. Hundreds have been purchased for homes, clubs, offices, hospitals, hotels, etc. Reasonably priced—and obtainable on easy payments.

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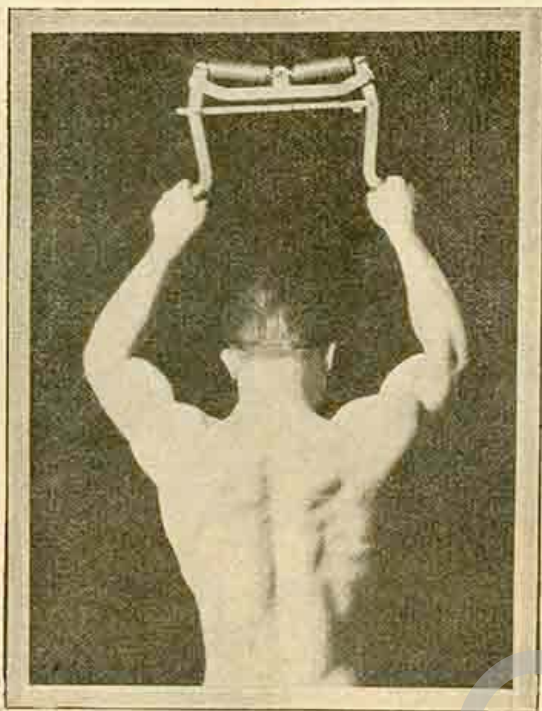
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**Y**OU want to win the admiration of your friends and acquaintances—you want to be popular with both sexes—but somehow you can't put it across. WHY? Because you are skinny, you have no muscles, you are as weak as a fish or you might be fat and soft? These days the world bends its knee to the strong, muscled man—a man who can pit himself against any obstacle and will come out a WINNER. The fair sex demands that the male be a real strong he-man, who can take care of himself and her without any effort—and who can make himself popular and well liked no matter where he goes.

So you must wake up man! Do something—don't sit there idle while all around you others are developing their bodies to shapely proportions. There is now available a device of German origin, THE MUSCLE BUILDER, a perfect, improved muscle builder, designed along scientific lines for the purpose of developing the maximum amount of strength and muscle in a minimum amount of time and with the least possible expenditure of energy. This exercise is a wonder and sells for only \$4.95 postpaid—and a chart of exercises goes with it!

Just think of the muscles you can develop—of the wonderful physique you can build up for yourself—no one can afford to be without this new, scientifically made muscle builder.

## What Is The Muscle Builder?

—it is a progressive exerciser, composed of two arms affixed near their outer ends to the opposite ends of a supporting member. Between the outer end of each arm and connected to an anchor at the center of the supporting bar is a powerful coil spring which furnishes the resistance of the exerciser. There is a built-in scale for gauging and recording the degree of strength exerted in a given movement, and the use of the exerciser is made perfectly safe by automatic spring clips which guarantee that the resistance springs do not become unfastened.

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In use the handles of the exerciser are forced toward each other while the apparatus is held in various positions, thereby bringing into play the various muscles of the arms, shoulders, chest, upper body and the entire body in general.

Don't forget you get a chart of exercises with the muscle builder and the price of the apparatus and course is only \$4.95! You can't afford to be without it! Truly a remarkable offer.

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for which kindly rush my Muscle Builder to  
me at once, along with my chart of exercises.  
I am anxious to develop my muscles and im-  
prove my health and appearance.  
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STATE .....  
(Canadian order \$5.20—Foreign Orders \$5.45)

write us for information on joining the A. A. U. In the July issue of last year, we devoted almost the entire Association Notes to this subject. We cannot spare the space to repeat but herewith list the district names and addresses where you may send your application. Merely accompany your application with the small fee of twenty-five (25) cents.

### Secretaries of District Associations of A. A. U.

Adirondack—Daniel J. Duval, Sporting Editor Union Star, Schenectady, N. Y.  
Allegheny Mountain—John T. Taylor, Pittsburgh Press, Pittsburgh, Pa.  
Central—Fred L. Steers, 1666-38 South Dearborn St., Chicago, Ill.  
Connecticut—Paul Barnett, Yale Athletic Assn., New Haven, Conn.  
Florida—R. W. Greens, Hamilton Hotel Bldg., Winter Park, Fla.  
Hawaiian—Jos. R. Farrington, Star Bulletin, Honolulu, T. H.  
Indiana-Kentucky—J. Edward Clemens, 631 South Delaware St., Indianapolis, Ind.  
Inter-Mountain—William E. Day, 1377 Princeton Ave., Salt Lake City, Utah.  
Metropolitan—Charles A. Elbert, 233 Broadway, New York City.  
Michigan—R. J. Horton, Cadillac A. C. Bldg., Lafayette and First, Detroit, Mich.  
Middle Atlantic—George V. Mitchell, 4319 Wyalusing Avenue, Phila., Pa.  
Midwestern—C. P. Wendell, Nicholas Senn Hospital, Omaha, Neb.  
New England—J. Frank Facey, 36 Prospect St., Cambridge, Mass.  
Niagara—Henry P. Nachbar, Jr., 56 Niagara Falls Blvd., Buffalo, N. Y.  
Ohio—L. Edelmann, Box 906, Cincinnati, Ohio.  
Pacific—Frank R. Geis, 835 Phelan Bldg., San Francisco, Calif.  
Pacific Northwest—T. Morris Dunne, Multnomah A. A. C., Portland, Ore.  
Rocky Mountain—W. N. Greim, 414 14th St., Denver, Colo.  
South Atlantic—Charles L. Ornstein, Lee House, 15th and L Sts., Washington, D. C.  
Southeastern—Frank A. Kopf, 2020 Ridgewood Drive, Atlanta, Ga.  
Southern—L. Di Benedetto, 535 St. Charles St., New Orleans, La.  
Southern Pacific—Wm. A. Eddy, Univ. of Southern Calif., Los Angeles, Calif.  
Western—H. A. Riddock, 2649 Locust St., St. Louis, Mo.  
Canal Zone—S. B. Bubbs, Pedro Miguel, C. Z.

We shall mention that inasmuch as the Philadelphia Strength show of January 11th was properly sanctioned by the A. A. U., some of the lifts performed by William Good may be regarded as A. A. U. records, pending approval. The Two Hands Clean and Jerk 272½; One Hand Snatch 161; and One Hand Clean and Jerk 180.

Up at Montreal, Arthur Dandurand defeated Albert Manger by 414 pounds. Details will appear in the next issue.

Attach your remittance to the coupon and mail it at once so as to be sure to get your exerciser.



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## The Rising Generation Indebted to Attila

(Continued from Page 31)

sandals, all highly colored and surrounded by thirty-six diamonds.

The Prince, later to become King Edward, engaged the Professor as private physical instructor and a class of royalty was immediately formed; included therein were the six children of King Christian of Denmark, Crown Prince Frederick; the future King Haakon of Norway; King George of Greece; the Duchess of Cumberland; The Queen Mother Alexandra of England; and Princess Dagmar, later Empress of Russia and mother of the late Czar Nicholas.

This distinguished clientele brought him other pupils from among the elite; some of whom were Rajah of Haidarabad; Rajah of Baroda of British East India; the Earl of Winchester, who considered it an honor for Attila to wear the skin which he presented him for a leotard and which his photographs show him wearing; Count d'Oultremont, Grand Marshall of the Court of Belgium; Count Bielandt, General Aid de Camp of Her Majesty Queen Wilhemina of Holland.

Just previous to this time, an ambitious youth of eighteen or so, Frederick Mueller, appeared at Attila's gymnasium in Brussels, Belgium, where the Professor had been established for some time. This youth requested employment as well as instruction and after about three years of instruction was prepared for a professional career. Attila suggested the name under which the young man was later to become famous—Eugene Sandow.

Sandow probably became a little too ambitious, for he started out on his own and landed in Italy. So we see, even the immortal Eugene was no different from the youths of today who jump out on a career by themselves just a little too soon with a resulting failure to achieve the successes they consider awaiting them on every corner. For Frederick Mueller didn't fare well at all by himself, and as we find he posed and wrestled in Italy and could not raise the fare to England sometime later when Attila

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This newer, better way to prosperity, to success in money and in life—is EASY. Requires no study; no routine drudging, no memorizing—no knowledge of psychology. It virtually Brings You the Things You Want—while you sleep! For three years, this new achievement has secured RESULTS for users in every walk of life. It is liberally GUARANTEED. You must be satisfied.

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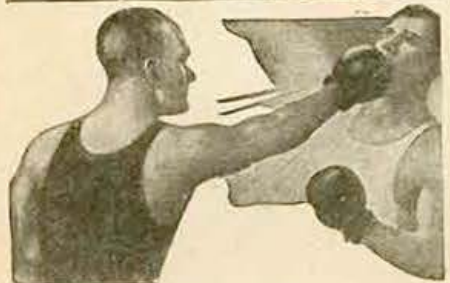
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advised him of a splendid opportunity to earn fame and fortune. Attila gladly paid the necessary expenses, for at that time Charles Sampson and Cyclops Bienkowski were appearing in London and meeting with unparalleled success. Attila instructed Sandow in the essential procedure to defeat these two strong men who were issuing challenges right and left. Sandow defeated each in turn and from that day his name has been indelibly written in the lore of great athletes. Meeting with tremendous popularity in England, Sandow journeyed to America for the Chicago World's Fair and was soon followed to these shores by Attila. The latter established a gymnasium in New York City around 1894 and remained there to the day of his death.

Just as prominent people had flocked to him for instruction in Europe, Attila met with immediate success over here. Youths who placed themselves in his care seemed destined to glory as strength athletes. To name a few—Lionel Strongfort, Warren Lincoln Travis, G. W. Rolandow, Bobby Pandour, H. W. Titus, Anthony Barker, and James J. Corbett were among his pupils. Others who were trained by him for a time were Louis Cyr, Horace Barre, Arthur Dandurand, and Prof. Edmond Desbonnet. Among those who were not interested in a professional career but who trained under him were Lord Lonsdale of England, Baron Rothschild of France, J. P. Morgan, Jr., Alfred Vanderbilt, Gimbel, Sacks, John Philip Sousa, Florenz Ziegfeld, Hammerstein, Klaw, and Erlanger.

When any famous European athlete visited America he immediately visited the Attila gymnasium for a work-out and the counsel of the man whom everyone regarded as The Master. The famous Saxon brothers always made his gym their headquarters when in New York. The last world famous athlete to come to Attila for advice was Ernest Cadine, but the Professor was then near his end and was unable to give the Frenchman the type of training he needed; so Cadine went to Montreal and later returned to France.

Attila preferred to handle bells

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with thick handle bars, and Klein tells of an incident after he began conducting the gym, when a man famous for his gripping power and size of forearm was unable to lift from the floor a huge bell which had been the property of Louis Cyr who had presented it to Attila. The bell weighs 190 pounds or more, and at the age of seventy-five the great Louis Attila could lift it from the floor with one hand.

While appearing at the Bijou Theater in 1897, Jim Corbett invited Attila to witness his act from a box seat, and during the performance presented him with a medal. The late Richard K. Fox, founder of The New York Police Gazette, admired Attila very much and presented him with numerous trophies for the good work the Professor was doing to build up the youth of the country.

After living more than half his life with no thought of marriage he finally was married in New York City in 1896 to Rosa Sanders, whom he had trained to become the female Sandow. Some such headlines as this appeared on the New York daily papers: "Strong man marries strong girl, married by Mayor Strong," the latter was then Mayor of New York. The Attilas had a son and two daughters; the younger daughter, Grace, is now the wife of Siegmund Klein.

Two amusing incidents are told concerning the Professor. He would walk into a restaurant and after the waiter had taken his hat and coat, he would hand him his cane, much to the consternation of the waiter who would find it made of metal and weighing 25 pounds.

While dining in a New York restaurant with his wife, a party of young fellows at a nearby table began to use ungentlemanly language and attempt to flirt with the Madame. The Professor became infuriated and had not several men interfered some drastic damage might have been done. In court directly afterwards, the Professor remarked to the Judge: "And if I could have laid my hands on this culprit I would have broken him in two." The Judge replied, "And do you really think you could break him in two?" This caused the Professor to become so angry



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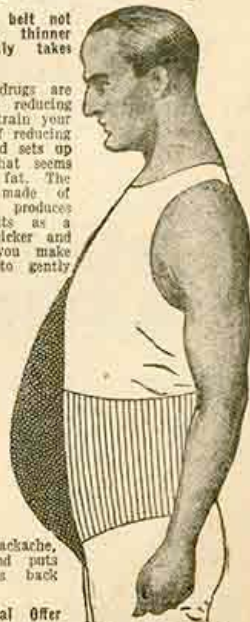
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that he flexed his right arm with coat on, and with his left hand grabbed hold of the sleeve at the shoulder and ripped both coat sleeve and shirt sleeve off, exclaiming, "And don't you think this arm could do it?" It was hard to tell whether the Judge or the young fool was most surprised at the size of his arm.

And so we have the principle parts of the story of Prof. Louis Attila, who never claimed to be "the strongest man on earth", but who was almost in a class by himself at showmanship and the juggling of heavy weights. Attila preferred to be looked upon as a great athlete rather than as a great strong man. He could speak six languages fluently and understood considerable of several other tongues.

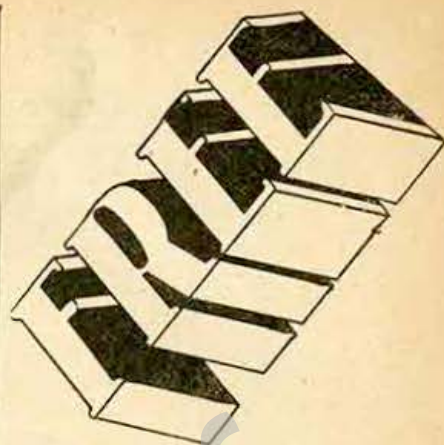
Besides being an accomplished pianist he was a keen student of history. The band leader of the Queens Guards in England wrote and presented Attila with two musical pieces "The Attila March" and "The Attila Waltz".

The Professor took his name from Attila the Hun who conquered most of Europe some centuries past. He also wanted to be a conqueror, and although his calling brought him fame in a peaceful way, he conquered weakness by showing manhood the way to great physical strength.

He passed on in the year 1924 at the age of eighty and we know his name will live forever in the hearts of those who owe something to the bar bell game and the men responsible for putting it over.

At his best, Attila's measurements were:—Height 5 feet 4 inches; weight 175 pounds; neck 17½; biceps 17; calf 16½; chest, normal 46; waist 36; thigh 25.

Siegmund Klein wishes to be quoted as saying, "Attila always wanted to be remembered; that was one of his last wishes and I feel it my duty to do everything possible to perpetuate his name, not only because he was the father of my wife, but because I believe that he was without a doubt the greatest bar bell athlete who has lived up to the present time. Remember, had it not been for Attila Sandow would not have been known, and had it not been for Sandow the



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present group of physical culture teachers would not have been your teachers and you would probably not be reading articles in STRENGTH; for the founder of STRENGTH magazine wrote some years ago that if it had not been for Sandow he would not have been inspired to use, make, or preach bar bells."

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## Hobey Baker

(An error in our January issue caused the omission of a part of the article which appeared at that time. It follows below).

As all who are acquainted with Baker's career know, much of his brilliance in various endeavors was dependent greatly upon his performance as a hockey player, and his ability in this line of effort was the culmination of years spent upon the narrow steel blades of a pair of skates. First as a boy, later as a youth, then as a young man and finally as a full-grown, powerful athlete, Hobey Baker was always greatly attached to the sport of skating.

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Sign name and address to coupon and rush to us. We send everything by return mail. Pay postman \$3.00 plus postage. If you desire, send money order now and we pay postage.



CRUSADER APPARATUS CO., Dept. 203, 44 Parker Ave., Maplewood, N. J.

I accept your offer. Send me everything described in your advertisement by return mail. I will pay postman \$3.00 plus postage on arrival. It is understood if I am not entirely satisfied after examination, I can return the goods and you will refund my money.

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Note—No C. O. D. orders to Foreign Countries or Canada.

## CULTURED SPEECH

### AT LAST! Something New!

Learn Cultured Speech and Correct Pronunciation quickly from phonograph records. Also increase your vocabulary this new easy way. Be a fluent talker—cultivated speech is a social and business asset of the first importance. This new "learn by listening" method highly recommended by leading educators. Record sent on free trial. Write for information and free Self Test. No obligation.

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and it was Hobey's joy to become a member of it. From the very beginning he was looked upon by the team members as their star, and it was only a question of time when his fame was to broaden to include the whole East. The opportunity to do this was not long in coming.

Although St. Paul's was a prep school they managed to get games with Yale, Harvard, and Princeton as well as other colleges. Competition in this sport was scarce in the United States, and the institutions of higher learning were not too proud then to take on prep schools in regular games. The first time Baker went on the ice in New York he made a hit with the crowd. The game was against Yale, and the New Yorkers had come to the St. Nicholas Rink to watch a slaughter of the innocents. They received a terrific surprise.

The start of the game found the light haired wizard from St. Paul skating in and out of the Eli team, darting here and there like a ghost. Yale's best skaters were left far in the van whenever Baker set off on a dash toward the goal, while their sticks were always a fraction too late when a scuffle for the puck ensued. Through necessity Baker became the individual star of the team.

One of the interesting stories concerning Baker's exploits while a member of this team has to do with giving his teammates a breathing spell during a hard game. His favorite trick when playing against one of the Big Three was to grab the puck and skate around the rink with the opposing team in hot pursuit. While this went on his teammates would rest. Baker was so clever in getting around the rink that he could hold the puck by himself for as long as four or five minutes at a stretch. By this time his comrades had recovered their breath and could pitch in to help him.

On the offense Baker would often get the puck away from one of the opposing team and zig-zag through the whole team to get in position for a shot at the goal. His attempts were rarely unsuccessful, so keen an eye did he have for the slightest opening. I think there has never been a man who has had the various angles down to greater perfection than Baker.

## Have You These Symptoms of NERVE Exhaustion?

Do you get excited easily?  
Do you become fatigued after slight exertion?  
Are your hands and feet cold?  
Do you suffer from constipation or stomach trouble?  
Is your sleep disturbed by troubled dreams?  
Have you spells of irritability?  
Are you often gloomy and pessimistic?  
Do you suffer from heart palpitation, cold sweats, ringing in the ears, dizzy spells?



These are only a few of the signs of weak, unhealthy nerves that are steadily robbing thousands of people of their youth and health.

### What Causes Sick Nerves?

**WOMEN** In women this is largely due to over-active emotions, and to the constant turmoil in their domestic and marital relations.

**MEN** In men, these signs of nerve exhaustion are produced as a result of worries, intense concentration, excesses and vices. The mad pace at which we are traveling is wrecking the entire Nervous Organization.

### How to Strengthen Your Nerves

No tonic or magic system of exercise can ever restore the health and vigor to weak, sick, unbalanced nerves. To regenerate lost nerve force, to build up strong, sound nerves, requires an understanding of the action and abuses of nerves. It needs a knowledge of the natural laws of nerve fatigue, of mental and physical relaxation and nerve metabolism. And it is only through the application of these laws that stubborn cases of Nerve Exhaustion can be overcome.

### Read This Wonder Book

Based upon many years of intensive experience and study, the famous author, Richard Blackstone, has written a remarkable book, entitled "New Nerves for Old." In plain language he gives certain easy-to-follow rules that have enabled thousands of men and women to regain their lost nervous energy and to acquire glowing health and youthful vitality. It enables you to correctly diagnose your own case and shows you how to bring back your lost nervous vitality.

"New Nerves for Old" is worth its weight in gold—and yet its cost is only 25c. stamps or coin. The book will prove a revelation to you. It will help you throughout your entire life; it will help you to build for yourself a solid foundation for your future success and happiness. Mail coupon for your copy today. Address, RICHARD BLACKSTONE, N-23, Flatiron Building, New York.

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Please send me a copy of your book "New Nerves for Old." I am enclosing 25c in coin or stamps.

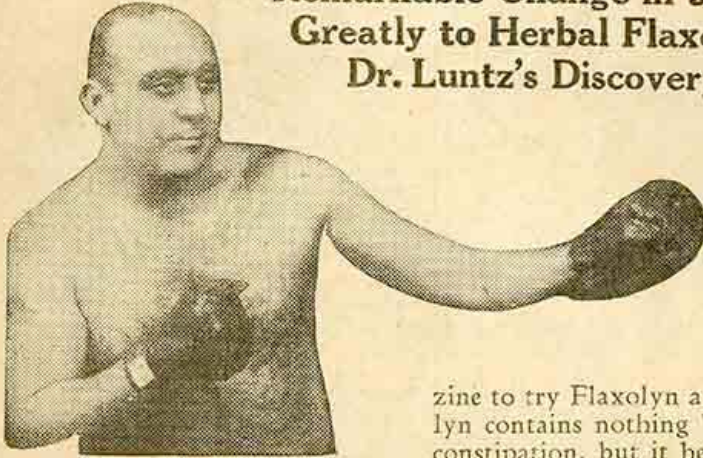
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## Philadelphia Fighter's Amazing Story:

# My Stomach Is Like Iron Since I Made This Health Discovery

Remarkable Change in Johnny Shannon's Fighting Power Due Greatly to Herbal Flaxolyn, States His Doctor! Who Praises Dr. Luntz's Discovery for Constipation. "Brings Keen Appetite, Sound Sleep", He Says.



Johnny Shannon, fighter, with fight-blood in his veins, is *enthusiastic* about Herbal Flaxolyn, the discovery of a noted stomach specialist. It has changed failure to success for him. And Dr. Shelley, his personal health adviser, is even more enthusiastic about this marvelous compound of Nature's own medicines. He advises every man and woman who reads this maga-

zine to try Flaxolyn at once for its remarkable tonic effects. He says: Flaxolyn contains nothing but Nature's own health aids. It not only drives out constipation, but it helps to tone the entire body as well.

Shannon's case is but one of thousands who have been benefited greatly by Flaxolyn and Natural healing.

It is proven daily by athletes and strong men that their health and success depends upon the condition of their digestive and eliminative systems. Strength and good health radiate about healthy appetite and sound sleep. As "Babe" Ruth told a reporter recently correct eating (which of course includes correct elimination) is the most important part of an athlete's training.

The Formula Below Is the One Which Dr. Shelley Prescribed For Johnny Shannon and to Which He Gives Credit For His New Successes.

### Battle Creek Sanitarium Physician Lauds Flaxolyn

Dr. A. W. Herr, former physician at the famous Battle Creek Sanitarium and now engaged in health activities in Cleveland, Ohio, says: "Thousands of Cleveland people have personally thanked me for the splendid improvement in their health, due to Flaxolyn. Flaxolyn so cleanses the colon that sound sleep results. And following sound sleep comes a new day of energy, activity and cheerfulness.

Thousands of other physicians from one end of the country to the other have publicly praised Flaxolyn. It is used in the noted Lindlahr Sanitarium in Chicago, in the London (England) Health Centre, in the Los Angeles Academy of Physical Reconstruction and in many other health institutions.

Dr. Frederick J. Cook, Director of Los Angeles Academy of Physical Reconstruction, who says: "I heartily recommend Flaxolyn as a natural aid to stomach and colon."

Don't wait. Start taking Flaxolyn today. Get a new grip on life. Walk with a firm "peppy" step. Flaxolyn is as natural as any food you eat. It does not gripe. It does not bind.

### FREE DIET ADVICE

#### PERSONAL HEALTH ADVICE

Health and diet advice given free with all Flaxolyn purchases.

Each and every letter from *Strength* readers given the personal attention of Dr. Luntz.

Make your questions as plain and as brief as possible.

Read every word of this famous Flaxolyn formula. Flaxolyn contains only these derivatives of nature. What Flaxolyn has done for Shannon and thousands upon thousands of others throughout this country, it will do for you.

### FLAXOLYN "OPEN FORMULA"

Not a secret—Nothing to hide says Dr. Harris W. Luntz (M.D., D.O.)

**Baked Flaxseed**—Relaxes congestion and acts as an astringent.

**Vegetable Charcoal**—Aids digestion, sweetens the stomach, overcomes acid and gas, purifies undigested, fermenting food.

**Juniper Berries**—Cleanse, purify and stimulate the kidneys and bladder.

**African Ginger Roots**—Quicken the flow of the vital digestive juices.

**Dandelion Roots**—Purify the liver and blood.

**Cardamon Seeds**—Act on the stomach lining as an aromatic cleansing tonic.

**Chinese Rhubarb**—Invigorates the stomach and the liver.

**Spanish Licorice Roots**—Removes any foreign mucus that may be clogging and poisoning the digestive organs.

**Calver's Roots**—Stimulate the natural flow of bile and so purify the liver.

**Gentian Roots**—Create a healthy, normal appetite.

**Creek Valerian Roots**—Tone the nerves and induce the restful sleep of health.

**California Bark**—Cleanses the colon and removes foreign matter from the intestines.

### Send Coupon NOW—Become Your Normal Self

Dr. HARRIS H. LUNTZ (M.D., D.O.),  
Drawer 837, Dept. S.M., Newburgh, N. Y.

Please send me ..... cartons of Flaxolyn, postage prepaid. I am enclosing \$..... (\$1 per carton) to cover all costs. Also include FREE—"14 RULES OF HEALTH."

Address .....

Name .....

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

### REMEMBER

Dr. Luntz will try to help you with your diet and health problems WITHOUT CHARGE. Write questions plainly. Mention "Strength."



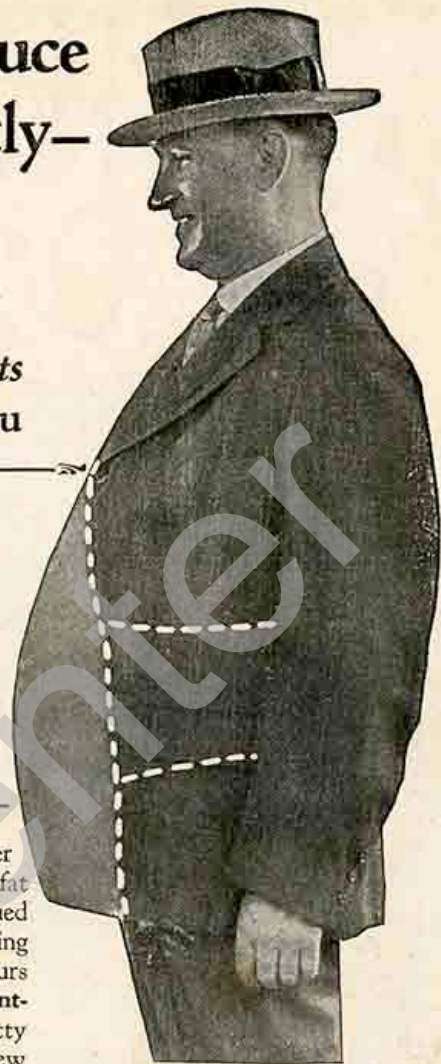
# A Sure, Simple, Easy Way to Reduce Your Girth 4 to 6 Inches Instantly—

and Then Acquire a

## PERMANENT REDUCTION

No Dieting—No Exercise—No Drugs. Results Guaranteed—or Not a Penny's Cost to You

If you are sincere in your desire to take inches off your waist measurement and pounds off your weight you won't hesitate to accept the opportunity we now offer you. If excess fat meant only an unattractive appearance one could perhaps afford to take the matter lightly. But every thinking man knows that excess fat is an **actual menace to health**. Constipation, lassitude, that "fagged-out" feeling after the slightest exertion, shortness of breath, sluggish circulation and many kindred ills—are all too often directly traceable to **overweight**. To close your eyes to the seriousness of such a condition is bad enough. To ignore a sure and simple means of correcting it is worse.



Gone—that ugly bulge and you feel and look so much younger

### Make This Test

We want an opportunity to prove to you that Director will accomplish wonders in reducing your weight and waist measurement. So we ask permission to send you a Director for one week's free trial. Note how this remarkable belt produces an instant **improvement in your appearance** the moment you put it on. Note how much better your clothes fit and look without a heavy waistline to pull them out of shape. See how naturally and comfortably you attain a more erect carriage and enjoy a new feeling of ease and comfort and lightness when the overworked abdominal muscles are properly supported.



Don't continue to look this way

### Fat Disappears

You'll enjoy the big improvement in your appearance that Director gives you. You'll enjoy the new feeling of renewed life and vitality it brings. But best of all you'll enjoy the knowledge that **excess fat is surely disappearing** every moment your Director is on. Temporary relief is one thing. A **permanent reduction** of fat and waist measurement is another. Director gives you both. For Director actually **dissolves excess fat away**.

### How Director Works

With every movement of your body, Director applies a firm but gentle pressure on the abdominal fat. Every time you take a step—every time you stand or sit down—

every time you bend or twist or lean over



The "Director" will give you a waistline like this

—Director massages fat away. This continued kneading motion during all your waking hours **quickly and permanently** dissolves excess fatty deposits. Within a few weeks or months—(the time required depending on the extent to which you are now overburdened with fat)—Director has accomplished a permanent reduction in a **natural way** without the slightest effort on your part. The strain and tension of excess fat on abdominal muscles is gone.

Compare this delightful simple method—this guaranteed method—with any other you have ever tried or heard about. Compare it with drugs—with starvation dieting—with violent enervating exercise—with expensive bath and massage treatments. Director is not only by far the most **sure** and **satisfactory** method of weight reduction, but the cost is so small as to be negligible in comparison with the benefits it brings.

### No Laces, Hooks or Buttons

Director is woven on especially designed looms—from the finest mercerized web-elastic—all in one piece. There are **no buckles, straps, laces, hooks or buttons** to bother with. Each Director is made to individual measure. NO CO

adjustment is necessary except an occasional taking in as the waistline grows smaller. It slips on easily and quickly and is delightfully comfortable to wear as thousands of business and professional men testify. It never puckers or gathers and always lies flat and smooth.

### TRIAL OFFER

We have tried to give you some idea of what Director is and how it is guaranteed to reduce excess fat. But nothing we can say will be half so convincing as an **actual test**. So we invite a test on this basis. Use the coupon and send today for trial offer and directions for measuring. Wear Director for one week. Then, if you don't agree with each and every statement we have made herein, simply return the belt and we will refund your money promptly and the trial won't cost you a penny. We can think of no more fair or liberal offer than this. In fairness to yourself please make this test. Fill in and mail the coupon now.

LONDON & WARNER

332 So. La Salle St., Chicago, Ill.

Dept. C-83

Gentlemen: Without cost or obligation on my part please send me details of your trial offer, instructions for measuring, doctors' endorsements and letters from users.

Name.....

Street.....

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



# \$3750.00 REWARD

Find the key to unlock this PRIZE Bag of Gold



THERE are 19 keys pictured here. To be sure, they all look alike, but, examine them closely. 18 of them are exactly alike, but, "ONE," and only one is DIFFERENT FROM ALL THE OTHERS. It is the key to OPEN THE PADLOCK on this \$3,750.00 FREE "Bag of Gold."

**SEE IF YOU CAN FIND IT?**

© 1930 by J. L. Decker

**Clues** The difference may be in the size, the shape, or even in the notches. So, STUDY EACH KEY CAREFULLY and if you can find the "ONE" key that is different from all the others SEND THE NUMBER OF IT TO ME AT ONCE. You may become the winner of a Special Buick Sedan or \$3,750.00 cash money.—without one cent of cost to you. I will give away ABSOLUTELY FREE,—5 new six-cylinder 4-door Sedans and the winners can have CASH MONEY INSTEAD of the automobiles if they prefer it. 15 BIG PRIZES TO BE GIVEN FREE—totaling \$7,500.00 cash.

**Win a Special Buick or \$3750.00**

Choice of this beautiful Special Buick Sedan or \$3,750.00 cash. We pay all the freight and tax in full on all the prizes and deliver them anywhere in the U. S. A. This is an AMAZING OPPORTUNITY. No more puzzles to solve. ACT QUICK, and here is why—

**\$1,750.00 Cash—Extra for Promptness**

I will pay \$1,750.00 cash money extra JUST FOR PROMPTNESS. In the event of a tie for any of the prizes offered, the full amount of the prize tied for will be awarded to each tying contestant. YOU CAN WIN the Special Buick or—\$3,750.00 cash. ANSWER QUICK!

**You Cannot Lose** Absolutely everyone who takes full advantage of this opportunity will be rewarded. But, hurry.—find the "ONE" key that is different from all the others and RUSH THE NUMBER OF IT and your name and address to me TODAY on a postal card or in a letter. And, just say:—"Key number \_\_\_\_\_ is different from all the others",—please tell me how I can get this magnificent Special Buick Sedan—or—\$3,750.00 CASH MONEY without obligation or one penny of cost to me." Absolutely no more puzzles to solve.

**G. FORD, Dept. 253, 537 S. Dearborn St., Chicago, Ill.**

