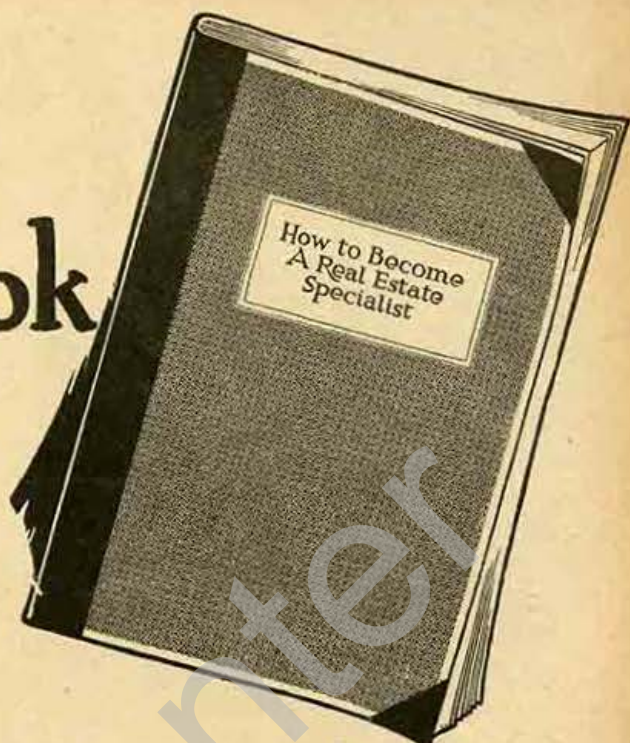


FREE This New Book

Tells how, with \$5 to start, I made more than \$100,000 as a Real Estate Specialist. Tells how I help other ambitious men and women make big money my way. Tells how you, yourself, can learn the secrets of my success—use my money-making system—build up a big-profit business of your own—right at home—in your spare time. Send at once for this intensely interesting book of fascinating facts and positive proof of amazing success.



WHEN I say that this new book tells you about a way to make *big* money—that's just what I mean—**BIG MONEY!** D. H. Garrett made \$630 his first week. F. W. Hovey made \$1,500 in one deal. H. G. Stewart made \$14,400 in less than a year. L. C. Clarke cleaned up \$4,500 in one transaction. And other wide-awake men and women are making more money in the Real Estate business than they ever dreamed possible.

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You will find this book one of the most amazing books of business opportunity you ever read. It tells just how you can get into Real Estate—the business of a million opportunities—where trained men often make as much in *one* deal as the average man

Proof!

"It may astound some to know that I have made between \$8,000 and \$10,000 over a three-month period, which may be directly attributed to your splendid Real Estate System."—A. W. Fosgreen, New York.

"I have been helped a great deal by your system. I have now a new car, two new typewriters, a stenographer and a dandy office, and money in the bank, all through my own efforts and without any capital to start with."—Alice Moore, Conn.

"I was a Ford salesman earning \$300 a month. Your Real Estate System increased my earning power 200%. I now own a Chrysler Sedan, up-to-date office equipment and have increased my bank account."—Alfred J. Bennett, Mich.

"Your System is wonderful. Without giving up my job as stationary engineer I made \$900 in three months in my spare time."—Matthew J. Stokes, Penna.

"Without your Real Estate System I would still be making \$35 a week instead of around \$200 as a starter."—E. K. McLendon, Ore.

"I have sold many thousand dollars' worth of Real Estate and have deals pending that will go beyond the \$300,000 mark. Owe all my success to your comprehensive System."—Carrie Marshall, Miss.

makes in a *whole year of hard work.*

Why be satisfied with small pay? Why be content with \$20, \$30, \$40 a week? Why struggle along, year after year, on an income too small to meet your needs? Why keep plodding along in a business that is limited in its opportunities

—a business that offers you no attractive future—no chance to make really big money?

There is no room here to tell about the money-making opportunities that Real Estate holds for you. So, get my free book—and get it now. It contains facts and proof of what I have done—what others are doing—and what you, yourself, can do.

Fill in the coupon at the foot of this page. Tear it out and mail it. Then you will receive—without charge—your copy of this book of business opportunity, which points a straight, sure path to a better business life and a bigger bank account.

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Strength



MAY, 1926

Vol. XI

No. 3

CONTENTS

Cover design by W. N. Clement

What Makes a Magazine Grow	Editorial	21
Youth and Beauty Synonymous	Ralph Hale	22
<i>Photographs</i>		
The Baseball Outlook for 1926	Charles MacMahon	26
<i>Photographs</i>		
Cheating Death by a Hair	Jack Russell	29
<i>Photographs</i>		
High Blood Pressure	Dr. A. N. Mittleman	31
Who Will Win the Davis Cup in 1926?	Casper Nannes	33
<i>Photographs</i>		
The Mission of the Physical Drill	Russell Viohl	34
<i>Photographs</i>		
What Price Better Legs?	George F. Jowett	36
<i>Photographs</i>		
Do Legs Make the Woman?	Margaret Sargent	40
<i>Photographs</i>		
Ask the Doctor—Department	Dr. A. N. Mittleman	43
Strength Posing Contest	Contest Editor	45
<i>Photographs</i>		
Sons of Hercules	George F. Jowett	47
<i>Photographs</i>		
The Health Digest	Department	49
American Continental Weight Lifters' Association Notes	John Bradford	51
<i>Photographs</i>		
Health—Strength—Beauty (Our Girls' Circle)	Marjorie Heathcote	54
<i>Photographs</i>		
"The Mat"—Analytical Comments on Body Building	George F. Jowett	56
<i>Photographs</i>		
Your Teeth—A Frequent Cause of Disease	Dr. I. Barg, Dental Surgeon	59
Can Wills Beat Dempsey?	Wm. Boone	61
<i>Photographs</i>		

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They Called Me a "Human Clam" But I Changed Almost Overnight

AS I passed the President's office I could not help hearing my name. Instinctively I paused to listen. "That human clam," he was saying, "can't represent us. He's a hard worker, but he seems to have no ability to express himself. I had hoped to make him a branch manager this fall, but he seems to withdraw farther and farther into his shell all the time. I've given up hopes of making anything out of him." So that was it! That was the reason why I had been passed over time and again when promotions were being made! That was why I was just a plodder—a truck horse for our firm, capable of doing a lot of heavy work, but of no use where brilliant performance was required. I was a failure unless I could do what seemed impossible—learn to use words forcefully, effectively and convincingly.

In 15 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, promo-

tion, 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 15 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 sales-manager'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 in a very interesting and informative booklet which is now being sent to everyone mailing the coupon below. This book is called, *How to Work*

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

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65 YEARS YOUNG

A Youth at 65—All Because He Keeps His Spine a Half Inch Longer Than It Would Ordinarily Measure

IMAGINE it—a man of 65 passing for a man of 40! Yet that is actually the case of Hobart Bradstreet, whose photograph, taken only last summer, you see here.

Look at the man! Would you ever guess him to be of grandfather age? Would you, indeed, put his age at 40? I, for one, guessed him to be *under* that mark.

Not only in appearance, but in every other way, Bradstreet is still in his thirties, even though his age is 65. In fact for "pep," activity and sparkle he would put most 30-year-olds to shame, I know, for I have seen Bradstreet in action, and I am only 35 and supposed to be a pretty fair physical specimen myself.

Almost three-score and ten, when most men are "through," Bradstreet, as he himself puts it, is "*just beginning to enjoy life.*"

His job requires him to work like a horse, yet it never seems to tell on him. After an eight or ten hour stretch at work, he can go out and play for hours like a youngster. His recreation and pleasures are those of an active youth.

How does he do it? By living the "simple life"? Not so you could notice it! Bradstreet follows no "how-to-live-to-be-100" rules. You could never tie him down to any health institute regime. He eats what and when he pleases. As a smoker he has no choice between cigar, cigarette or pipe. And rarely does he get over seven hours sleep a night. Bradstreet—as I happen to know—likes a "good time" even though it runs into the wee hours.

How does he do it? I'll tell you the whole secret. *Hobart Bradstreet keeps his spine a half inch longer than it would ordinarily measure!*

What does that mean? You'll understand when you know something of the wonderful story of the spine.

The spine, the foundation of the body, is a series of small bones (vertebrae) placed one above the other. Between each pair of bones is a pad of cartilage which acts as a cushion or shock-absorber, taking up the weight and shocks thrown on the spinal column as we stand or walk. Since nothing in the ordinary activities of us humans stretches the spine, these once soft and resilient pads are flattened down—become thin and hard as the felt pads under piano keys do. One's spine, then, doesn't absorb the shocks sustained, but transmits them straight to the

base of the brain. You know what happens then. The whole nervous system is affected. Then we begin to feel "out of sorts" as a general thing. We develop headaches and backaches. A day's work—completely fags us. We go home at night with nerves apounding, unable to rest or sleep. We become cross and cranky, moody and morose. We begin to *feel and look old and worn!*

The secret of keeping young and alert and vigorous, as Bradstreet learned years ago in his study of the spine, is to keep the spine from "settling down"—to keep it *normally long* by giving it the peculiar motion, the flexing, the laxation it would get if we lived as naturally as we should, as early man lived. No amount of violent exercise will do the trick. As for walking or golfing, the spine only settles down a bit firmer with each step.

Judging from the results obtained in his own case and in the case of hundreds of others, Bradstreet seems to have in his method of "laxating" the spine the answer to the problem.

Bradstreet's method for "elongating" and "laxating" the spine is so simple as to be almost ridiculous. Just five movements to the whole thing—the whole five gone through in five minutes: Taking only five minutes a day, it is hard to believe that there should be anything wonderful about the results. But I know the surprise *one session with Bradstreet's SPINE-MOTION gave me!* I thrilled with a feeling of exhilaration that was altogether new to me.

Several people to whom Bradstreet referred me told me they had never known what it was to be fully alive until they had taken up his SPINE-MOTION. Among them were some who had suffered for years from some such trouble as headache, nervousness, stomach trouble or constipation.

There is a surprise in store for everyone in Bradstreet's SPINE-MOTION. The young learn that they have not been as young as they thought they were. And those who have been aging in any sense under 60, will come to the conclusion that there is, after all, something to Bradstreet's statement that a man's powers in every sense should continue unabated up to 65.

Without any payment whatever, would you like to try this way of "coming back"? Or, if young and apparently normal in your action and feelings, do you want to see your energies just about doubled. It is easy. No "apparatus" is required. Just Bradstreet's few, simple instructions, made doubly clear by his photographic poses of the five positions. Results come amazingly quick. In less than a week you'll have new health, new appetite, new desire and new capacities; you'll feel years lifted off mind and body. This miracle man's method can be tested without any advance payment. If you feel enormously benefited, everything is yours to keep by mailing only \$3. Knowing something of the fees this man has been accustomed to receiving, I hope his naming \$3 to the general public will have full appreciation.



HOBART BRADSTREET

The \$3 which pays for everything is not sent in advance. nor do you make any payment or deposit on delivery. The trial is absolutely free. Requests will be answered in haste. Try how it feels to have a full length spine, and you'll know—worth pity men and women whose nerves are in a vise!

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630 S. Wabash Ave., Chicago, Ill.

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

Name
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Science Discovers the Secret of Caruso's Marvelous Voice

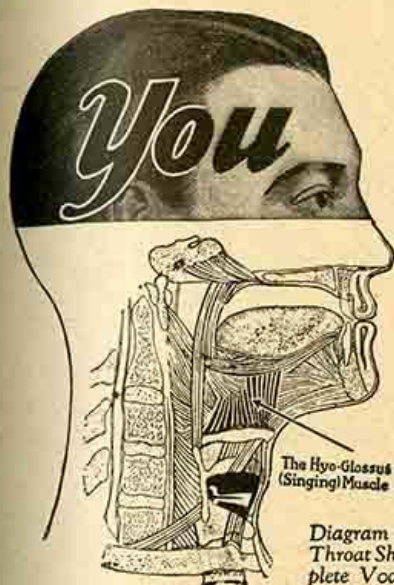


Diagram of the Normal Throat Showing the Complete Vocal Mechanism.

Caruso's Throat and Yours

Why is it that the humble peasant boy of Italy became the greatest singer of all time? This diagram of his throat will show you. Caruso's marvelous voice was due to a superb development of his Hyo-Glossus muscle. Your Hyo-Glossus muscle can be developed too! A good voice can be made better—a weak voice become strong—a lost voice restored—stammering and stuttering cured. Science will help you.

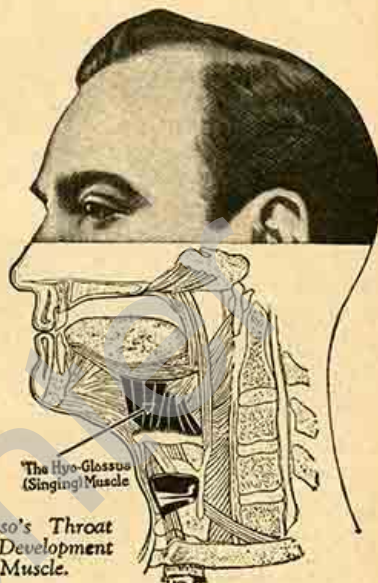


Diagram of Caruso's Throat Showing the Superb Development of his Hyo-Glossus Muscle.

We Guarantee— Your Voice Can Be Improved 100%

EVERY normal human being has a Hyo-Glossus muscle in his or her throat. A few very fortunate persons—like the late Caruso—are born with the ability to sing well. But even they must develop their natural gifts. Caruso had to work many years developing that muscle before his voice was perfect. Whether your voice is strong or weak, pleasant or unpleasant, melodious or harsh, depends upon the development of your Hyo-Glossus muscle. You can have a beautiful singing or speaking voice if that muscle is developed by correct training.

Prof. Feuchtinger's Great Discovery

Professor Feuchtinger, A. M.—descendant of a long line of musicians—famous in the music centers of Europe, Munich, Dresden, Berlin, Bayreuth, Vienna, Paris and Florence, for his success in training famous Opera Singers—discovered the secret of the Hyo-Glossus muscle. Dissatisfied with the methods used by the maestros of the Continent who went on year after year blindly following obsolete methods, Professor Feuchtinger devoted years of his life to scientific research. His reward was the discovery of the Hyo-Glossus, the "Singing Muscle".

Professor Feuchtinger went even farther into the Science of Singing.

He perfected a system of voice training that will develop your Hyo-Glossus muscle by simple, silent exercises right in your own home.

Grand Opera Stars Among His Students

Hundreds of famous singers have studied with Professor Feuchtinger. Over 10,000 happy pupils have received the benefits of his wonderful training.

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The Perfect Voice Institute guarantees that Professor Feuchtinger's method will improve your voice 100%. You are to be your own judge—take this training—if your voice is not improved 100% in your own opinion, we will refund your money.

A Beautiful Voice for YOU

You do not know the possibilities of your voice.

If you want to sing—if you have always felt that you could sing but lacked the proper training because you had not

the time nor the means to study—here is your chance. Professor Feuchtinger's course will improve your voice 100%. You can now learn to sing at a very small cost and in the privacy of your own home.

If you want to improve your speaking voice—if you stammer or stutter—Professor Feuchtinger will help you.

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BY LIONEL STRONGFORT

America's Foremost Physical and Health Specialist.

I have been conspicuous in the field of physical culture and muscular development for over 25 years. I am known on both hemispheres. I first made my impress on the public mind by developing myself to marvelous symmetrical proportions—my bodily perfection being the subject of wide comment wherever I exhibited—and performing, in Europe and America, incredible feats of strength. I had “the goods” and I delivered them.

I had no thought of becoming an instructor. But demands made upon me by letter for information and guidance by those who sought greater health and strength became so great that I was compelled to find means to keep up with my correspondence.

Out of this demand grew the Course in health and muscle building now known the world over as Strongfortism.

My system and methods were not trumped up, or guessed at, or taken from books. They grew out of my own knowledge of physical training and muscular development, experience in developing others and in eradicating annoying ailments and weaknesses. I studied cause and effect, action and reaction and I learned more about the human organism and the relation of the internal muscular system to health and strength than any man seems to have learned before. I learned how to build men from the ground up, using only Nature's methods.

There wasn't the slightest pretense or quackery or fakery in anything I ever did. And for over 25 years the institution I founded on this fundamental, legitimate basis has been owned exclusively by me and operated under my personal direction, as it is today. Ordinary muscle-builders and pretenders and fakirs come and go—a long procession of them. But Strongfortism has survived through all these years—because I

have made good in a big way and the world knows it. My Course is universally conceded to have been a *real benefit to humanity.*

Tens of thousands of pupils all over the world—from crowned heads down to the lowliest of workers—laud Strongfortism to the skies.

If you ask me to what Strongfortism owes its greatest reasons for permanency, I point out these indisputable facts:

—It accomplishes more in uplifting the mentally depressed—the hopelessly despondent—than any course of psychology possibly could.

—It does everything for the weak and ailing that any system of massage or muscle or bone manipulation might accomplish.

—It regulates the organs of the body, builds up or reduces bodily weight more certainly than any system of diet known.

—It does more than all the dangerous dope and poisonous drugs in eradicating disease and restoring robust health and vigorous manhood.

—It benefits and builds up the muscular system—internally as well as externally—without the use of apparatus, braces, belts, bands or electrical gee-gaws.

—It performs miracles with run-down men—whether victims of disease, physical excesses, overwork, worry, alcoholism or over-stimulation—in restoring them and revitalizing them.

—It positively helps everyone—it harms no one.

Lionel Strongfort

Strongfort Institute, Newark, N. J.

OH! YOU MISFIT

— Sailing Under the Name of Man.



LIONEL STRONGFORT

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STRONGFORTISM has lifted thousands of weak, ailing, discouraged men out of the bog of hopelessness and despair and placed them on the straight road to health, happiness and prosperity.

STRONGFORTISM has aided Nature in overcoming such ailments as Catarrh, Constipation, Indigestion, Rheumatism, Rupture, Nervousness, Bad Blood, and the results of neglecting and abusing the body.

STRONGFORTISM has restored the strength and vigor they thought lost forever and has given them renewed confidence, vitality, ambition, success and fitted them for the responsibilities of life. It can do the same for you. I GUARANTEE IT.

Send for My Book

It's a Revelation.

The experience and research of a lifetime are contained in my wonderfully instructive book, "PROMOTION AND CONSERVATION OF HEALTH, STRENGTH AND MENTAL ENERGY." It will tell you frankly how you can make yourself over into a vigorous specimen of vital manhood. It will show you how you can fit yourself to be a credit to your family. Just check the subject on the free consultation coupon on which you want special confidential information and send to me. I will do the rest. Send for my book Right Now—TODAY.

LIONEL STRONGFORT

Physical and Health Specialist for over 25 Years

Dept. 148,

Newark, N. J., U. S. A.

You know the truth if no one else does—you know what you lack—what you need. You may hide it from others, but you can't hide it from yourself. Are you a victim of any pernicious habit that you want to get rid of? Have you a spark of ambition left to be the man you once were, to be the man you ought to be? Are you an easy victim to every little ailment that comes along, going around without snap or ginger, losing ground when you ought to gain it? Then wake up and be a man, NOT A MISFIT!

LET'S GET TOGETHER

Don't stand by and see your body go on down to destruction and perdition. Stop right where you are and get your bearings. Let's get together—you and I—and see what we can save—see if we can't put you on your feet again and make a 100 per cent. man of you—I'll make you a human dynamo. I've done it with almost countless thousands—I can do it with you. Let's look facts right in the face. You tell me your story—then I'll tell you how I can and will help you.

YOU, YOUNG MAN

Think of your future—how about it—are you fit?—are you qualified?—do you feel it in your soul?—are others sliding by you doing more, getting more than you are? I know what is dragging you down, what is keeping you down. Come to me. I can help you physically, mentally, morally. I will make you the kind of young man that is admired and respected and whose company is craved by all. Just be frank and aboveboard—tell me your troubles. I will guide, direct and point the way; the natural way for you to achieve your greatest ambitions, to be a man with superior muscular strength, to attain and preserve robust health with every organ and muscle functioning as Nature intended.

PUT YOUR PAST BEHIND YOU

What if you have burned the candle at both ends and feel now like a human wreck, with your strength of body and mind dissipated and your vitality ebbing away? All the more reason why you should begin now, TODAY, to stop that steady loss, build up your strength again, regain your stamina and make a red-blooded man of yourself. It's the ONLY thing to do—the only way to have any more happiness in life—the only way to keep from slipping down into the scrap heap of the hopelessly down-and-out—and you can do it, if you go about it the right way and take up

STRONGFORTISM

Modern Science of Health and Strength

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Mr. Lionel Strongfort, Strongfort Institute, Dept. 148, Newark, N. J.—Please send me my copy of your book "PROMOTION AND CONSERVATION OF HEALTH, STRENGTH AND MENTAL ENERGY." I enclose a ten cent piece (a dime) to help cover mailing expense and have marked (x) before the subjects in which I am most interested.

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

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11 lbs. Pure Maple Syrup, \$3.75 per gal. Postpaid. Edgar Hunt, Barron, Wis.

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Be a Detective—Earn Big Money; fine work; great demand; local, traveling; we show you; particulars free; write National Headquarters, 188 East 79th Street, New York.

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Without a thorough understanding of your mind you do not know why you are happy or unhappy, contented or dissatisfied, pleasant or unbearable, lovable or despicable. You do not understand why you do or say or think this or that—you do not, in fact, *understand yourself*.

Why do you do certain things that you know you should NOT do? Why do you deliberately refuse to do other things you know you SHOULD do? Why do you make certain people unhappy when you really desire to see them happy? Why do you strive to please people you never saw before, and never expect to see again, yet displease others who are your daily companions? Why are you stubborn, at times, even though you know in your heart that you ought to give in? What makes you quarrelsome when you really want to be pleasant? Why do you say "No" when you really mean "Yes," and say "Yes" against your will? Why does your mind change so easily under certain conditions, and become inflexible under others?

These are but a few of the hundreds of questions you must answer, if you wish to cease bungling your way through life. It may seem to you that questions like these can never be answered. Your mind seems so complicated; it is the battleground of so many emotions and habits, and inherited tendencies all conflicting with each other, that it is difficult for you to realize how its workings can be revealed to you. Yet it is not at all difficult today to understand our minds. Research has made enormous strides in this direction. The only trouble is that, up to this time, no one has ever explained to us in simple, every-day language, why we are *many people in one*, why we have

good qualities and bad qualities, and why, by understanding our minds, we can select the personality we want to be, as easily as we can select the texture or color of clothes we wear.

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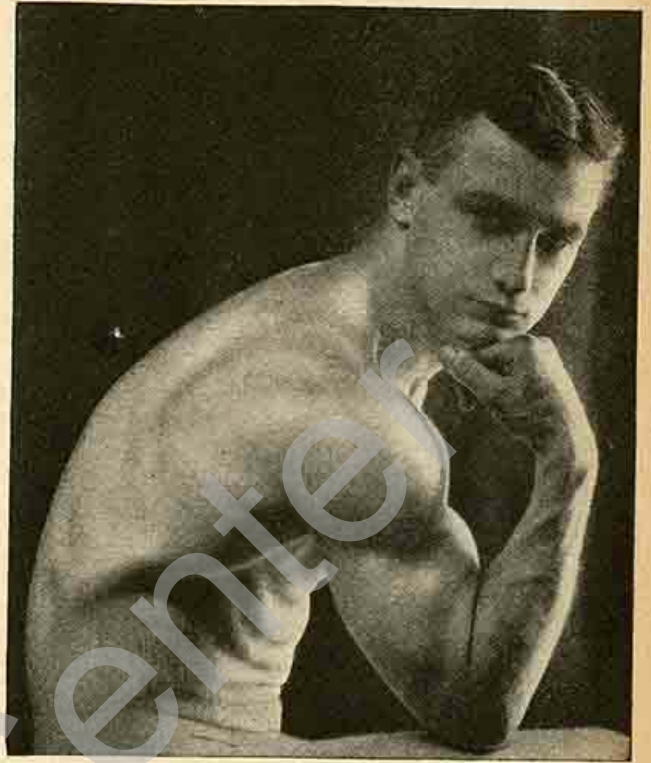
IS THE WAY YOU FEEL. Health means more than having just enough energy to get through your daily work. Real health means the possession of considerable muscular strength combined with great powers of endurance. It means that your internal organs are in first-class working order. It means that you are immune from temporary sickness and chronic disease which shortens life.

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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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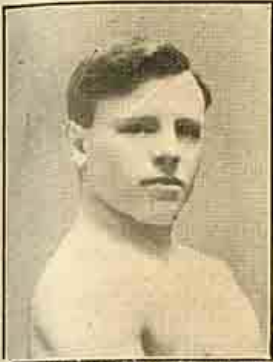
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UP FROM THE DEPTHS —STEP BY STEP



DR. BERNARD BERNARD
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Chief, Physical Culture Consultants

You can watch the progress made by our pupils. If you are in the habit of reading these monthly announcements, you will observe that out of the depths of weakness and despair our pupils emerge triumphant.

We have specialized in these cases, so that they are not difficult for us. Each one presents a problem, it is true, but our principles are so sound and scientific that they do not fail, they cannot fail.

First of all, we stop the waste. We make it physiologically easy for the victim to resist the habit. Then we build up the depleted nerve centers and thus give to the pupil that robust health and strength that give him such joy and gratefulness for what has been accomplished.

Observe the progress made from lesson to lesson by the pupil whose case we give below:

Case 503. Suffering from solitary habit, thinness, self-consciousness, depression, moroseness

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REPORT AFTER 10 DAYS.—"It is now about ten days since I have been under your care, and I am glad to say that I am feeling fine. I anxiously await your further instructions."

REPORT AFTER 6 WEEKS.—"I have to report that I am following your instructions carefully as to exercise, diet, etc. I am feeling stronger now, but I get tired after walking several miles. I have gained a pound in weight since my last report, and this is of the healthful tissue necessary for proper functioning. As to the habit, I am very glad to say that I have not suffered from it for the last month. I feel quite elated about it, and also I note that I do not think of bad sexual things as much as I used. In fact, I do very seldom now. I am keeping well to your instructions with consequent favorable improvement."

REPORT AFTER 8 WEEKS.—"I am certainly glad I took the course of instruction from you. I only wish I had known about it earlier. I am going to make up for what I have lost these last few years. I am glad to be able to report an increase in weight of another pound, and also that I am feeling and looking much better. As to the action of my bowels, they move at least twice a day, morning and evening, sometimes three times, and occasionally four times. Thanking you for your kind attention . . ."

REPORT AFTER 10 WEEKS.—"The three months' course of instruction under your care will expire with my next lesson, and I want to thank you for taking so much interest in me and helping me on as you have done. The greatest improvement I notice is in my mental condition; my thoughts are absolutely free from impure thoughts. I am beginning to feel full of pep and energy, and although my physical condition is not A-1, it is improving every day. I have ceased to think about the habit; it is a thing of the past, to be entirely forgotten. I think it would do me a great deal of good if I continued under your care for another month, giving me strengthening diet and exercises, etc. I am glad to say I gained another pound in weight this week. I hope that by the time the next month elapses I can say that I can do without your assistance. Again thanking you for your kind attention and care."

REPORT AFTER 12 WEEKS.—"I have the pleasure in enclosing payment for the last month's course. I am glad to be able to report that things are progressing favorably, and that I gained nearly two pounds in weight. My elimination has been going on fine, at least three or four times a day. I now weigh 146 pounds, dressed, so you see that this is quite an improvement. With kind regards, yours sincerely."

REPORT AFTER 14 WEEKS.—"I am glad to be able to report that everything is going on fine. My weight is still gradually increasing, and I know that if I keep on, everything will be fine. I think this is my last report to you, and I want to take this opportunity to thank you for what you have done. You have been a very great help to me, and I can hardly express my thoughts for what you have accomplished in me. I am on the road to great things, and by being in perfect physical condition, which is conducive to right mental condition, I feel that there is nothing that I cannot accomplish. I want to thank you again, and wishing you the compliments of the season, yours sincerely."

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CONTENTS

CHAPTER I.
Sex Weakness a Pathological Condition.
The Physical Basis of Sex Weakness.—
Barbaric Habits of Our Forefathers.—The
First Step to Perdition.

CHAPTER II.
Inheritance From a Remote Ancestry.
Heritages From Remote Days.—Sex Con-
trol.—Why Sex Excesses Degenerate.—
Human Life a Struggle Against Ancestral
Passions.

CHAPTER III.
Does Man Progress or Retrogress?
The Greatest Factors in Sex Knowledge.
—How Perversions May Be Eradicated.—
How Ignorance Leads to Sex Weakness.

CHAPTER IV.
Physical and Educational Neglect.
How Physical Neglect Induces Sex Weak-
ness.—How Cases Become Chronic.—Crim-
inal Neglect of an Important Subject.—
Drive Away Ignorance.

CHAPTER V.
The Nervous System and the Sex Impulse.
The Sexual Centers of the Brain and the
Spinal Cord.—The Nervous Workings of
the Sex Impulse.—Disturbing the Nervous
Structure Sexually.—How to Avert Un-
wanted Sex Passions.

CHAPTER VI.
The Heredity Factor.
Shall We Sterilize the Unfit?—The Men-
delian Law.—Predispositions to Sexual Ex-
cesses May Follow Mendel's Law.—How
Sex Excesses Cause Degeneration.

CHAPTER VII.
The Psychology of Sex Weakness.
Mental Functions and the Mental Appa-
ratus.—The Importance of the Desire for
Knowledge.—Mental Influences on Sex and
Health.—Is the Sexual Instinct Due to
Chemical Action?—How to Control the
Mental Sexual Function.

CHAPTER VIII.
A Word of Sympathy.
Our Duty to Those in Distress.—Foot-
prints of Vice.—Hope and Encouragement.

CHAPTER IX.
Sex Weaknesses and Their Cure.
Solitary Vice.—Involuntary Losses.—
Promiscuity.—Sex Hallucinations.—Impot-
ence.—Mental Sexual Obsession.—Prostat-
itis.—Sexual Neurasthenia.

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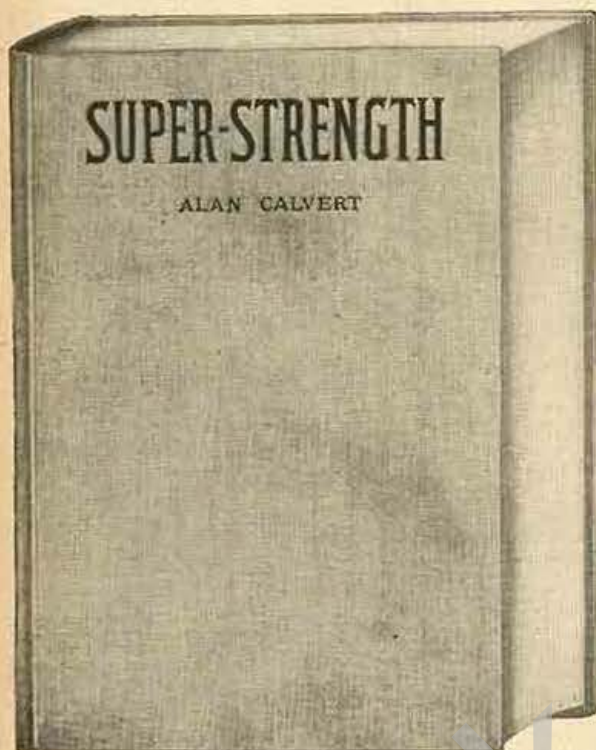
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"SUPER-STRENGTH" WILL SHOW YOU HOW TO BECOME A PHYSICAL SUPERMAN

In this book there are 95 plates—illustrated pages—bearing altogether 182 separate pictures. Each illustrated page is 5"x7½" in size. "Super-Strength" is attractively bound and printed throughout, and will be a magnificent addition to your library. It is positively the greatest book on the subject of body building.

While other teachers have been content to see their pupils gain 2 or 3 inches in chest measurement, and an inch or so in arm and leg-girth, the author has actually succeeded in making his pupils gain eight, ten and even twelve inches in chest measurement, and in making their arms and legs anywhere from three to five inches bigger, and all in a few months' training. In fact, there is one record case (described in this book) where a pupil gained seven inches around the chest in the first month's training.

Altho the book is called "Super-Strength," anyone reading it will quickly discover that its author is far more interested in the creation of perfectly proportioned and superbly built men, than even

in the development of great strength. He holds the theory that one's strength is largely dependent on one's shape and symmetry, and so a great portion of the book is devoted to a detailed teaching that will help anyone—no matter how weak and puny, or how fat and debilitated—to get a perfectly built body and the abounding health and incredible strength that go with it.

In "Super-Strength" the author gives most complete instruction for the remodeling—the making-over—of the entire body. The chapter which tells how to permanently increase the size of the true chest (the rib-box) with its accompanying gain in shoulder-breadth and lung-room, is matched in interest only by that other chapter in which he deals with the method of increasing one's vitality and bodily strength by developing the small of the back and the loins.

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

"The book, 'Super-Strength,' is undoubtedly the most marvelous work on the subject of body-building that I have ever read. It was the best \$5.00 I have ever spent on Physical Training knowledge." WALTER DONALD (Kent House, Greenwich, Conn.)
 "Congratulations! You've done it. I have just had the pleasure of reading a copy of your book, 'Super-Strength.' It is, in reality, an excellent course of training in itself, besides covering many features seldom found in any course or book."
 "I heartily recommend 'Super-Strength' to all who are interested in good health, and hope it may enjoy as many editions as it deserves." W. De ST. H. LE SUEUR (Wayne, Pa.)



WALTER DONALD

"Everything so true to that particular type of genius on the subject of body-building that has made the author's name synonymous with real strength. From the first word of the opening chapter to the final word in the last chapter there is nothing but interest; and after all, it is the quality of interest that stamps a work as being really worth while. Every word, every sentence, every paragraph is full of information, and all of them are convincingly proved by beautiful photographs of men whose sculptural-like physiques stand out as immortal witnesses to the power of intelligent physical exercise, such as taught by the author."
 B. H. B. LANGE, Litt. B., M. A. (University of Notre Dame, Notre Dame, Indiana)

"Having just read your book, 'Super-Strength,' I want to say that I consider it the very best that I have seen on this subject. It is interesting, comprehensive, and particularly well illustrated. Among the exercises described therein are the ones which you prescribed for me, and I attribute my present state of development to the following of your advice."
 A. P. HEDLUND (2618 N. Hamlin Ave., Chicago, Ill.)



A. P. HEDLUND



JOSEPH NORDQUEST

"I received your book, 'Super-Strength.' It is a fine volume, and I treasure it most highly.

"Of universal interest, 'Super-Strength' contains a rare collection of photographs of strong men from all parts of the world, with a fine description of their records.

"Your volume, so ably written, is the most interesting book I have seen on this subject, and I feel sure it will be a great incentive to those who strive for physical betterment."

ADOLPH E. NORDQUEST (7 Walnut St., Ashtabula, Ohio)

"You gave us a great book when you compiled 'Super-Strength.' It is all its well-chosen title implies.

"I have read with great interest your incomparable articles of Strong Men, which in your volume is supplemented by the finest array of pictures of men of Strength I have ever seen.

"The fine ideals for which 'Super-Strength' stands, and the movement in general that you have so nobly advanced are of untold benefit to mankind."

JOSEPH NORDQUEST (7 Walnut Street, Ashtabula, Ohio)

"'Super-Strength' is beyond a doubt the greatest book ever written in the English language on matters pertaining to physical power. The author is the greatest practical teacher in America—as is proven by this splendid book."

GEO. F. JOWETT (Pittsburgh, Pa.)

"Everything that the author writes is instructive and interesting. I recently received his new book, 'Super-Strength,' and I was certainly pleased with it. I have read so many books on weight lifting and kindred subjects that I am a rather exacting critic.

"The book is all the name implies. It tells what super-strength is, how to attain it, and gives a lot of interesting information pertaining to men that have attained it. The book is 'chock-full' of common sense pertaining to that greatest of body-building exercises, progressive weight lifting."

OTTLEY R. COULTER (Uniontown, Pa.)

"As a devotee of all that pertains to health-building exercises, it gives me great pleasure to recommend that magnificent book, 'Super-Strength.' Any man reading it will find within its pages the knowledge and information that will enable him to become as strong as any of the famous 'Strong Men' of the stage."

ROBERT B. SNYDER, JR. (126 Potomac St., Hagerstown, Md.)

"In my library of several hundred volumes there is none that I value more than the book, 'Super-Strength,' of which you are the author.

"After reading its contents I was fired with a new ambition to become stronger. So today I am ordering new and bigger bells from your factory, and you may expect to receive photos of myself (before and after) in the near future.

"I cannot express myself adequately in words how much I value your book."

CHARLES W. DURNER (304 Priscilla St., Allentown, Pa.)

"Permit me to extend to you my heartiest congratulations for the excellent manner in which you have not only outlined, but delved into, the possibilities of superman-building.

"'Super-Strength' is well named; only an expert, familiar with the many phases of bodily development and the attainment of muscular strength and efficiency, could ever hope to achieve the recognition that this invaluable work is bound to bring to you.

"Of all the books and articles I have read upon the subject, in furthering my own education along the same lines, I do not know of a single one that can in any way approximate the manner in which your subject is dealt with in 'Super-Strength,' both from the standpoint of the expert and the viewpoint of the ordinary layman.

"'Super-Strength' is a Superman Course in itself!"

EDWARD W. GOODMAN (514) Haas Bldg., Los Angeles, Calif.)

"'Super-Strength' is absolutely the best and most complete work on the subject that I have ever had the pleasure of reading.

"And because you wrote it, one naturally feels like hopping right out and working like the dickens at the various exercises, because, more than any other man, you have that wonderful faculty of imparting your own very apparent enthusiasm to others.

"By way of proof regarding the soundness of your theories, the development that you gave me nearly ten years ago has clung to me without any effort on my part to keep it. During the past month, by practicing the chest exercise mentioned in 'Super-Strength,' I have put 2 inches on my chest."

HARRY B. PASCHALL (400 Main St., Marion, Ohio)

"I have just finished reading your latest book, 'Super-Strength.' I find it a great help to me. It gives me the one thing I have been longing for in the cultivation of strength and development.

"The many wonderful photographs and illustrations are marvelous. The secrets and tips on training are worth many times the price of the book, and should be in the hands of every athlete that wants and appreciates health, symmetrical development and super-strength."

JOHN E. WOODROW (1213 N. Glendale Ave., Peoria, Ill.)



GEO. F. JOWETT



O. R. COULTER



R. B. SNYDER



J. E. WOODROW



E. W. GOODMAN

SIGNED to the foregoing letters, you will find the names of some of the strongest and best-built men of the present day.

It should be observed that most of them place a very high value on the author's book as a practical teacher of body-building and strength creating exercise.

Note how many of them comment on the extraordinary results obtained from practicing the author's special bar-bell exercise for enlarging the chest. Even in cases where the athletes had trained for years and thought they had reached the limit of their development they succeeded in adding considerably to the chest-girth by practicing for a couple of weeks after receiving the book.

"Super-Strength" is really the most complete course of instruction ever issued. Most "courses" which you buy contain only about 5000 words, and have 20 or 30 illustrations. This book, "Super-Strength," has 182 pictures and nearly 80,000 words of text; giving the author plenty of space to go into details and to give most complete instructions regarding each and every exercise.

He deals with each part of the body in turn. For instance, Chapter 2 is entirely devoted to exercises which strengthen the back; Chapter 4 to the legs; Chapter 6 to the sides, and so on. There are 26 chapters in the book and nearly half of them are given up entirely to the description of developing exercises—many of which have never been published before.

The remaining chapters are devoted to feats of strength, lifting records, and the analysis of bodily development for which the author is so famous.

It is our sincere belief that this volume will do more to help you perfect your own physique and enable you to get REAL strength than any other book ever written. It's yours for one dollar.

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Gentlemen: Send me a copy of Super-Strength immediately, for which I am enclosing \$1.00.

Name

Address

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

Rupture Cured

In This New, Safe, Clean, Comfortable Scientific Way,
You, Too, Can Make This FREE Test
(Just Mail the Coupon Today)



A Merchant for 39 years—J. L. Munson of Freeport, Ill., found complete freedom from rupture through this appliance. He says, "I sent for one of your appliances and wore it continually and now I feel sure that I will never need it again. I was cured of rupture by its support."



Even the active life on a ranch in Western Canada was not too much for this new appliance—Allan P. Stinson found relief and cure thru its use. In spite of long hunting trips thru the deep snow and wooded sections in the winter and taking care of his ranch in the summer, Mr. Stinson, who lives at Erickson, B. C., has had no recurrence of his rupture. "I was completely cured by your appliance and it was so light and comfortable that I didn't realize I was wearing it," he writes in his grateful letter.



In just seven months, H. A. Osborne, a steam fitter, living in Ames, Iowa, was freed of rupture. Mr. Osborne says, "I wore your appliance seven months and was completely cured. I can lift now just as hard as I ever could and it doesn't affect me in any way. I wore other makes of trusses for several years without any good effects."



THESE PEOPLE—good, substantial citizens—property owners, citizens of consequence in their communities—have been cured of rupture. Here are their letters and pictures. Medical examination or the daily grind of hard work has proved the effectiveness of the method they praise so highly. Thousands of other rupture sufferers in all sections of the world have written, telling of their complete freedom after a comparatively short time.

This new appliance, with its soft, light surface—soft as the skin itself, carefully and scientifically draws the separated sections together and allows free circulation; no gouging pads, no steel bands or heavy hoops—nothing enters into its construction that would injure the delicate flesh of the smallest child.

Try It Free

You can wear it, try it, experiment with it; a study of its construction will show you how it heals. This offer is made so that you can prove to your satisfaction that this is the most effective method of healing rupture known to medical science.

A Generous Offer

This is indeed a generous offer—an offer of a regular, scientific, carefully tested and proved rupture appliance on absolutely free trial. No strings to it in any way—it is open to every rupture sufferer everywhere. We hope that they will accept it. Because—we know that all who make this free test will prove to their satisfaction, the worth of this new invention, that—

Every free trial will mean a new booster for this appliance—

A real test—a chance to actually try it and its effect—in your particular case is better than all explanations. A real test is better even than the real testimonials which accompany this article—for you can actually see how it heals, how it feels in your case and how it has brought health to thousands.

This appliance was perfected by specialists who devoted a great amount of time to the study of

the cause, retention and cure of rupture. They experimented until they found an appliance which retained the rupture safely and surely, yet, at the same time, allowed the separated muscle fibers to be drawn closer—that they might grow together again.

Thousands Healed

Thousands of people have used this appliance—literally thousands have written, telling of their absolute freedom from rupture troubles after a few months.

So don't miss this opportunity to make the acquaintance of the most logical, scientific, comfortable and clean way to heal rupture.

Slowly and carefully it was developed—until today, we believe we have the best appliance, the most effective way to heal rupture known to medical science. Its success in the past has proved that it accomplishes its purpose.

Send Coupon Now

Don't lay this aside with the intention of writing tomorrow. It may be lost or destroyed.

It may slip your mind and with it will go an opportunity to test, absolutely free of charge or obligation, a rupture appliance declared by thousands to be the most effective and gratifying known to medical science.



Although over 70 years of age, Julius Rapp, Jr., continues to manage his machine shop in Chicago. "I wore the appliance continually and now all indications of the rupture are gone. In spite of hard work and heavy lifting, your appliance has healed my rupture."

Tear it
out now.

Sign it
now.

Mail it
today.

FREE TRIAL OFFER

Brooks Appliance Co., 189C State Street, Marshall, Mich.

Please send me by mail, in plain wrapper, information about your Appliance for the cure of rupture and your free trial offer.

Name

Address

R. F. D. City State

Big Muscles—Dominating Power

From My Famous Course and Renowned Cable Exerciser

And It Sets You Back Only \$3.00

At This Price You Have No Excuse For Not Being
a Powerfully Built Fellow

**Ten-Cable
Exercisers
With Complete
Course \$5.00**

You get a 12-weeks' course, too. The exercises are illustrated, as well as expertly explained. The five-cable exerciser is \$3.00 and the ten-cable set is \$5.00. If prices like these don't make it the easiest physical training system to obtain, then I want to be shown a better and cheaper system. It's the limit, any way you look at it—cheapest and best. The coupon below is waiting to be clipped. You be one of the hundreds who are grabbing the Sandow System.



Come on, now! Get your cable apparatus while the getting is good. They're great—strong rubber strands, nickel-plated metal work, strong wooden grips,—a beautiful apparatus to behold and an enjoyment to use. All this is aside from the undreamed-of physical improvements they will give you.

It's great fun to test your strength on this exerciser with your friends. After a little practice you will gain strength enough to pull out many more cables than your strongest friends.

**My Cable Exercisers Can Be Gradually Increased In Tension
Up to 200 Pounds Resistance**

Each cable you attach gives you a new feeling of satisfaction, for you know then that you are gaining muscle and strength swiftly. When you can pull out five cables, you are pulling against a resistance of 100 pounds. With the ten-cable exerciser, a 200 pound resistance is overcome by your strength when you have pushed or pulled them out. Just think of it—possessing the strength to handle 200 pounds resistance. It's great to be that strong.

When Ordering Get the 10-Cable Set—It's Worth the Difference

Post This Coupon With \$3.00 or \$5.00 Enclosed, For My
Course and Exerciser

JACK SANDOW

Room S-5, Federal Life Building

Michigan Ave. and Randolph St.,

Chicago, Illinois.

Jack Sandow
Room S-5
Federal Life Building
Michigan Ave. and Randolph St.
Chicago, Illinois

Please find enclosed } \$3.00 for your 5-cable Exerciser and 12-weeks' course
\$5.00 for your 10-cable Exerciser and 12-weeks' course

Name

Address

City

State

800,000 People Will Die This Year of Preventable Disease

BARRING accidents and suicides, only a small percentage of these 800,000 people should die. Every year more than ten thousand people die of bronchitis, sixty-four thousand die of pneumonia, seventy-five thousand die of kidney trouble, fifty thousand die of respiratory disease, one hundred and six thousand die of tuberculosis, approximately eighty-five thousand die of influenza, and more than ten thousand die of intestinal trouble.

It is a fact that only about one person out of three enjoys good health. And those who are physically a little "off" right now will more than likely be the ones to succumb to preventable diseases this year. And they are the ones who should not die.

That occasional headache, that tired, exhausted feeling, loss of appetite, the casual cold—all these are danger signals you should heed. Nature is warning you of impending sickness. Seemingly trivial symptoms tell of serious troubles taking root in your body. And yet, ninety-nine people out of every hundred will absolutely ignore these danger signals. As long as they are not flat on their backs, they will fool themselves into believing that they are all right.



BERNARR MACFADDEN

World famous Physical Culturist—guiding health seekers successfully for more than 30 years has qualified him for preparing the wonderful Encyclopedia of Physical Culture—the most comprehensive, valuable general treatise on health ever given to the world.

The Average Person Pays Thousands of Dollars in Doctor's Bills

Nature is merciless. If you do not understand her laws and her methods of preventing and curing sickness, you suffer. She knows no excuses—she accepts no apologies. Animals instinctively know what to eat and how to exercise to avoid sickness. And even if through close confinement or when wrongly fed they become ill, they quickly recover their health when allowed to eat and exercise as their intuition guides them.

How To—

possess exhilarating health every day in the year
know your own body
eat for health
diet for the cure of disease
know the art of food preparation
build a powerful physique
correct physical imperfections
become a physical director
avoid unhappy marriages
avoid disease
fast as a curative measure
cure by hydrotherapy (bath by the use of water)
apply all methods of drugless healing
give first aid in emergencies
apply home treatment for disease
recognize diseases by manifestations
build nervous energy
treat the common forms of disease
understand the process of reproduction
benefit by the laws of sex and marriage
treat diseases of women
diagnose diseases
have healthy and vigorous children
treat female disorders
treat male disorders
obtain virility and manhood
care for the complexion
manicure; care for the hair and feet
cultivate the mind
These are only a few of the matters explained in the Encyclopedia

You can rule your health as surely as you rule your actions. The person who does not understand Nature's method of preventing and curing sickness is ill an average of 21½ days each year. In fact, it is estimated that the average person in a lifetime spends \$4,100 on doctor and hospital bills, loss of time from business, medicine and other expenses due to illness. Thousands of people are living half-powered lives because they are ignorant of the laws of Nature. Many of these people will fill an early grave, when they might easily have lived to enjoy a ripe old age.

Nature's Methods and Secrets of Perfect Health Revealed

Bernarr Macfadden is the world's outstanding exponent of physical culture. He has had more than thirty years' experience in guiding thousands of physical wrecks to glorious health and vigor. Out of that experience he built his Encyclopedia of Physical Culture.

This marvelous work tells you how to build rugged health, vitality and strength. It is for every member of the family. No matter how young the person may be or how old, the great "natural methods" which this Encyclopedia teaches will be of inestimable benefit. It gives invaluable information on fasting, diet, exercise and hydrotherapy for health and beauty building. A thorough and extensive treatment is given of the laws of sex, the attainment of virile manhood and womanhood, and happy, successful parenthood, together with details for the diagnosis and treatment of all sexual diseases. Handsomely illustrated charts on anatomy and physiology are scattered throughout the book.

At 70 He Brought Himself Back to 50

Sanford Bennett was seventy years old before he learned Nature's secrets. Yet in spite of his advanced age, he was able by applying the principles laid down in Mr. Macfadden's great work to restore the energy, vitality and vigor of fifty. Recently he wrote, "For the first time in the history of the world, what I regard as a complete presentation of the true curative measures in relation to all kinds of disease is to be found in this set of five most remarkable books."

What would it be worth to you to be able to instantly identify in its earliest stages any sickness that might overtake you or any member of your family? What would it mean to you to have glorious health, almost complete freedom from sickness or disease, no doctor bills to meet, no hospital bills to pay, no days of suffering and worry, no lost salary? What would it mean to you to be able to give proper treatment while any illness is in its earliest and most easily controllable stage and so effect a prompt cure?

Neither Dull nor Technical

Macfadden's Encyclopedia of Physical Culture is neither dull nor technical. You can easily understand every page and every word. It is comprehensive and complete in every sense. It is the crowning effort of Mr. Macfadden's lifetime of experience and its worth cannot be overestimated. You haven't any idea how valuable it can be to you or how many dollars it will help you save each year. It may even be the means of saving your life. Be sure and read the complete contents of this wonderful set of books on the following page.

READ THE DETAILS OF OUR AMAZING OFFER ON NEXT PAGE

An Amazing 10 Days' Free Offer!

There is now no excuse for any man or woman to be ignorant of Nature's laws regarding health. Bernarr Macfadden has authorized us to send to anyone requesting it, on a 10 days' free examination, all of the five beautiful volumes of his Encyclopedia of Physical Culture. And the request does not in any way carry an obligation to buy.

Mr. Macfadden believes this work is the crowning achievement of his lifetime of experience in guiding thousands to renewed health. He believes there is a need for this tremendously helpful work in every home.

One man writes (name furnished upon request): "This will acknowledge receipt of the five volumes of Bernarr Macfadden's Encyclopedia of Physical Culture which I ordered from you. I cannot express the wonderful value of these great books and feel they will lead me to a successful married life; as I have recently married. They are a plain, sensible and priceless guide to a perfect physical life."

Calls the Encyclopedia His Best Doctor

Thousands of letters like this literally pour in on Mr. Macfadden from thankful owners of his marvelous work. The sick have been restored to health—the well have been able to retain their health—the mother has been able to protect her own health and the health of her children.

Another grateful owner has written: "Permit me to thank you for the great work by Mr. Macfadden—The Encyclopedia of Physical Culture—which I got from you some time last month. I have read much of it already, and consider it to be one of the best books on health ever published. I wish to thank Mr. Macfadden for his great work. The Encyclopedia is going to be my best doctor now and always." (Name furnished on request.)

If you are not enjoying the perfect health which is your birthright, you haven't employed the methods provided by Nature to keep you well. These methods and secrets of perfect health are now unfolded to you in these five marvelous books.

Send No Money—Not One Cent

You can have these five books for your own personal examination for ten full days FREE. We don't want you to send one cent now—we do not want one single penny from you unless you feel positive that these five books will be of wonderful help to you in building and sustaining your health.

After you have made the ten days' free examination, if you decide that you want the Encyclopedia, just send us \$2.00 and then \$3.00 a month until you have paid the total cost of \$35. for the entire five volumes.

If you care to pay cash, then remit only \$31.50.

It is not necessary, however, to pay all cash—we gladly accept orders on the \$3.00 per month payment plan.

But, remember, the ten days' examination is free and if after your careful examination of the volumes you decide that you do not want the Encyclopedia, if you feel that you can afford to be without them, simply return the volumes and you will not owe us one cent nor be under any obligation.

To all who decide to purchase the Encyclopedia, we will include a full year's subscription to PHYSICAL CULTURE—whether the cash or deferred payment plan of purchase is chosen.

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The general contents of each of the five volumes are:

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Vol. II—Physical training, gymnastics, corrective exercises, physical culture exercises for women, sports, athletics, beauty culture.

Vol. III—Fasting, hydrotherapy, first aid, spinal manipulation, mechanical diet and regimens.

Vol. IV—Diagnosis and detailed treatment for individual diseases alphabetically listed.

Vol. V—Sex hygiene, physiology, motherhood, pregnancy, maternity, baby care, disorders of men and women.

We will send you the entire set for ten days' free examination. All you need to do is to fill in and mail the coupon to us—or a letter will do—and we will immediately send the books to you. Remember this examination carries no obligation—if you are not entirely satisfied, you simply return the volumes.

This offer, however, is restricted to persons residing in the United States and Canada.

If you want to enjoy glorious health—if you want to drop years from your age—if you want to radiate joy and happiness—if you want to have greater success-winning energy, power and vitality than ever before, you must live according to Nature's laws—which are clearly shown you in this wonderful work—The Encyclopedia of Physical Culture.

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Send me for inspection the five volumes of the Encyclopedia of Physical Culture. I agree to return the set in ten days or pay \$31.50 cash for the entire Encyclopedia or \$35 on the easy terms mentioned in this offer. My acceptance of this offer includes a year's subscription to Physical Culture Magazine.

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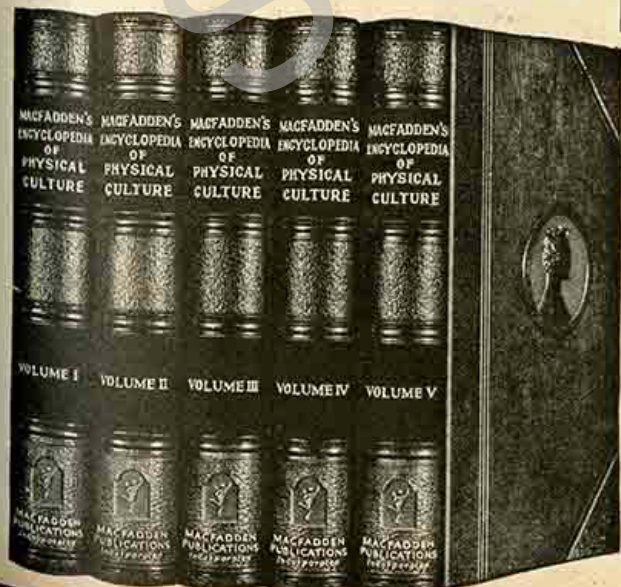
A Complete Education in Physical Culture

This set of five volumes contains a complete education in Physical Culture and Natural Curative Methods—the equivalent of twenty comprehensive books on the following phases of health and vitality building.

- (1) A complete work on Anatomy fully illustrated.
- (2) A Physiology in plain language, and embracing many illustrations.
- (3) A reliable and comprehensive handbook on Diet.
- (4) A complete Cook Book.
- (5) A book on Exercise in Its Relation to Health.
- (6) A handbook on Gymnastics, with full instructions on drills and apparatus work of every sort, with hundreds of illustrations.
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- (8) Handsome colored charts and instructions for Developing a Powerful Physique.
- (9) A complete handbook on Beauty-Culture.
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- (16) An Anatomy of the Sexual Organs.
- (17) Sexual Weakness and Disease, Their Cause and Cure.
- (18) Rules for Happy Marriage and Parenthood.
- (19) A complete work on Child-birth—how to make it safe and comfortable.
- (20) A practical work on the Training of Children.

5 Beautiful Volumes Bound in Art Fabricoid

Send No Money --- Just this Coupon ---



Scatter-brained!

No wonder he never accomplishes
anything worthwhile!

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

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

He is **SCATTER-BRAINED**.

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

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

He pities himself, excuses himself, sympathizes with himself.

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

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

His mental make-up needs an overhauling.

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

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

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

What can be done about it?

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

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

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

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

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

What **WAS** the matter with you?

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

Among those who advocate Pelmanism are:

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



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Baroness Orczy, Author.
Prince Charles of Sweden.

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

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Editorial

Why Does a Magazine Grow?

RECENTLY a man very favorably inclined to STRENGTH told us that he thought the growth of the magazine, which has never really satisfied us, was quite remarkable. We did not altogether agree with him, and he told us he thought that to all practical purposes our magazine was only two and a half years old. His idea was that we should not count the period from November, 1919, until October, 1923, as anything in the life of STRENGTH, although our magazine had been appearing steadily and gaining steadily in size and circulation all of that time. Neither did he think that we should consider the occasional issues of the original pamphlet STRENGTH, which appeared at irregular intervals during a period of a year or two before the United States entered the World War.

Certainly there is very little ostensible connection between STRENGTH of today and STRENGTH of 1920, let alone between STRENGTH of today and its even more remote predecessor.

At any rate, it seems to us to be a question of little importance as to when STRENGTH was started. What is of importance is the question of where STRENGTH is today and where we hope it will be in the future.

As we see it STRENGTH is a better magazine today than it ever was, and it is also a broader magazine. Originally, the magazine was devoted solely to weight lifting, and although weight lifting and bar bell work still claim a large part of our space, we know that the magazine has gradually built for itself a health department, a sports' department, a woman's department, an exercise department—in which bar bells play no part—and a certain interest in everything that may help to build a better and stronger race.

It is true that we have never given a great deal of space to eugenics for instance, but this is more because we feel that STRENGTH must be written for the present rather than for future generations, than because we have willfully and deliberately neglected what is, in appearance, so important a field.

Of course, we are aware of the results that have been achieved in more easily controlled fields than in the field of men. No one who has ever been to a country fair can altogether throw

over eugenics, but it is hard to grant everything to even this science.

Also we have given very little attention to psychology in so far as it affects our particular field, and this is largely because we are not quite sure where and in how definite a way it can affect us. Perhaps our reluctance to devote much space to either eugenics or psychology is because we do not feel that the application of either science to our immediate problems has yet been taken from the theoretical field to the field of practical every day use.

One thing we must all admit for exercise is that its practical usefulness has been demonstrated time after time. In a recent issue of the *Saturday Evening Post* we noticed an article in which the writer stated that the usefulness and the necessity of fifteen minutes a day of physical exercise was pretty generally admitted. He was regretting the fact that no one had ever made a similar case for regular mental exercise.

We are, unfortunately, so situated that we know many people who recognize both the need for and the benefit to be received from regular exercise, do not exercise. Furthermore, we are in a position where we know most of the people who do exercise are constantly checking their actual results against their hopes and their ideas. Certainly we are all for putting the theories which this magazine preaches, or which any man may evolve for himself, to the test of their actual working out.

Beautiful theories which do not work have no place in our plans or in yours. Beautiful theories which partially work are the things on which a magazine like STRENGTH must build.

We believe that more readers of STRENGTH find actually helpful material in the magazine today than ever before in its history, and we are not trying to belittle our own past. As surely as STRENGTH will appear on the newsstands next May it will be a better magazine than it is today and it will be a better magazine in every way.

Mechanically, which is after all a small matter from the viewpoint of the reader, we know that the May issue of 1926 is better than the May issue of 1925, and we know that the May issue of 1927 will be still better. We feel that all of our departments are (Continued on Page 87)

Youth and Bea

What are the Important


By Ralph

I WAS sitting in the casting office of a movie company one day. The waiting room was crowded with a menagerie of women, all hopeful of getting a part in the films. From the inner office the casting director came out to select some types of feminine pulchritude for a picture. The mob of women perceived him and then swarmed around him. Surrounded by these she-devils, he stood white, shaking and swearing. Finally, with a tremendous effort, he shook them off, and then ordered them to be seated, so that he could pick out the various types he wanted. It amused me a little to see how furious the rest got when he selected some types, for like most women, they were very jealous of one another.

As I surveyed the crowd my eyes rested upon a horrible edition of woman. Big and ponderous, she pushed the others about, as she edged towards the casting director. Very indignant at her absurd rudeness, I cried, "That fat lady there! Will you kindly move over and give some one else room! Yes, I'm talking to you, lady. Called you fat? Good Lord, you certainly are, it's sticking out all over you, I can see it. Insult you? No, lady, I'm trying to tell you facts. An outrage? Well it certainly is, I'd be ashamed to wobble around with it on me. No! You needn't get mad about it, there are a good many other fat people in the world besides you. They seem to bear it gracefully, so I wouldn't cry about it. Crying won't do any good, *get busy and do your duty*, others have done it, surely you can, too. I don't want to be cruel, lady, I want to help you if you'll let me. Come, I want to talk to you privately."

Lady! There is no excuse for you being fat, when you could just as well be normal. I know of dozens and dozens of women who have faced the facts, appraised themselves and then have striven to attain the lines of normalcy. You can do the same thing, lady, if you have the gumption to exert a little effort. For it is surprising the little amount of effort that is required in order to reduce and gain that slyph-like figure. And, furthermore, you will succeed only in proportion to the amount of effort that you do expend. For the woman who is incapable of effort is dead. Do you get that?

So what are you going to do? Perhaps the reply will come indignantly from your lips, "None of your business!" Be it so, and admitted, for just what you are doing is of small, if any, consequence to me, and your personal reply to this question is therefore not solicited. But—you will find it worth while



Katherine Gallimore is all pep, effervescent, lithe. She is youth personified.

Beauty—Synonymous

Factors Fostering Beauty?

Hale

to reply to yourself. To answer these questions mentally, and see how you come out:

"Do I desire to be healthy? Have I ever desired beauty in any form since it embraces so much? Why don't I try to make myself attractive? Probably that is why so many people dislike me. Surely I could. But, how can I? Am I working to attain the thing I want to do and want to get? Why, oh, why can't I be beautiful? Why can't I be successful like other women who keep their shape and seem to have the world at their feet?"

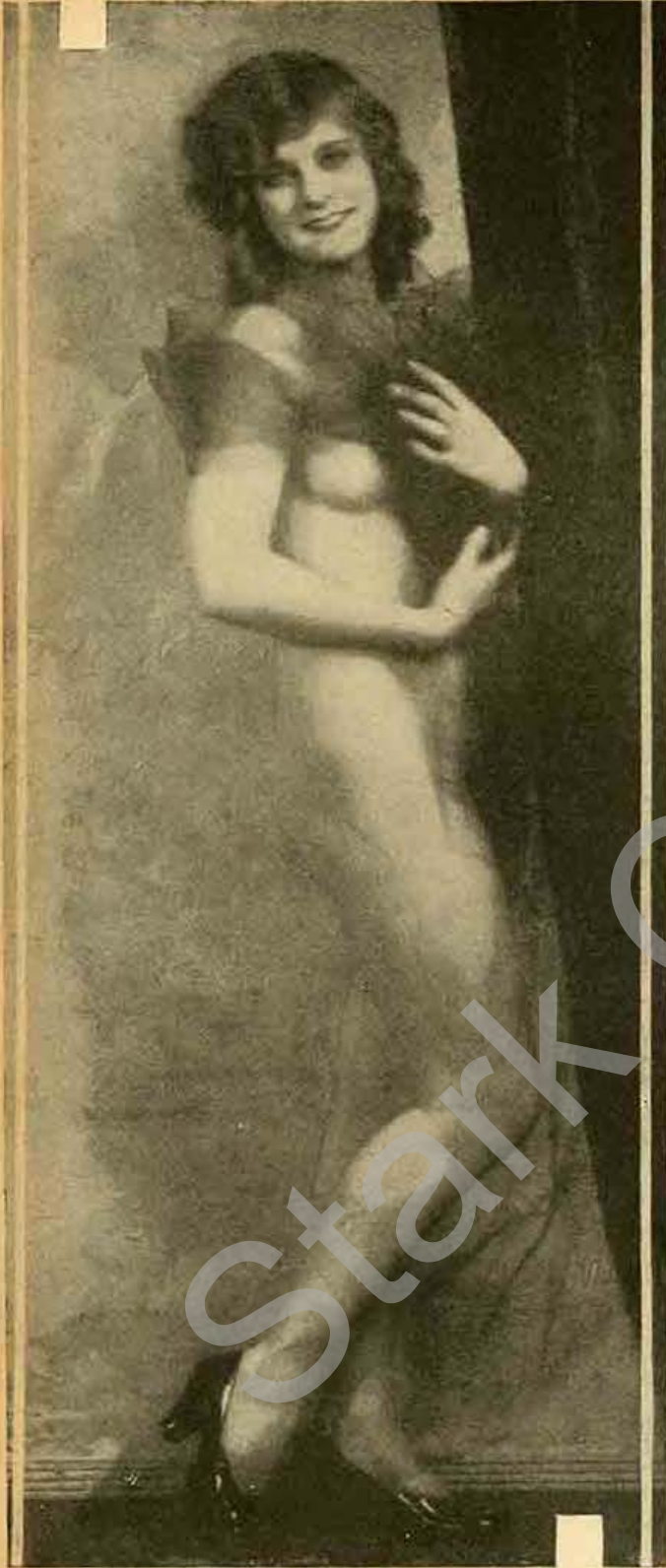
Now answer these questions truthfully, because after all, I do care a continental about you, and want to help you, else I wouldn't bother to talk to you this way. I want to be frank with you, and you be likewise. And then I'm sure that I shall be of service to you. *Service!* What a magnificent word. It is my motto. I am going to be of service to you. I shall show you the path that leads to everlasting beauty and tell you the prime factors that foster it.

Lady, *youth*, in my opinion is the synonym of beauty. I don't care one iota how old you are or how *fat*. You *can* revive the spirit of adolescence. If you are willing to exert effort to attain it. No kiddin', I mean it. All you have to do is take up a reducing course (it doesn't cost much), and I'm willing to bet my meagre earnings as a scrivener, that if you stick to it, you will, in a remarkably short time, regain much of what you lost by your own negligence. Also, my dear lady, I will guarantee that if you take up a course in reducing, you will live to be 100 years old, and even then be going strong. If you don't, you know what to do? Ask for your money back and it will be refunded as soon as the proper location, to which the money is to be sent, is discovered and suitable asbestos wrapping procured. Joking aside—I mean it, lady, when I say that you owe it to yourself, as a lady's birthright, to be healthy and have a decent looking body with which to parade around. A body encumbered by layers of *fat* never was and never will be healthy nor nice to look at. And, believe me! you can't sit there and tell me that it is. For if you do, then you certainly have a colossal nerve. A moment ago when I told you you were fat you were insulted. This gives me every reason to believe that you are sensitive about it, and you secretly wish that you were otherwise. Am I right? At one time or another you have desired beauty? I thought so. All right, I will try and help you if you'll let me.

The first thing that I recommend for you, lady, is a dose of—*exercise*. And the kind of exercise you



Personality is difficult to define, but this young lady exhibits much of it.



Muriel Greer's body is accentuated by the dark drapery which lends it contrast. The pose itself gives a splendid side view of her exquisite roundness.

should do can be found in the splendid articles further back in this month's issue, and every month at that, written by Marjorie Heathcote and Margaret Sargent. Swimming and ballet or classic dancing are, in my opinion, the best forms of exercise for building up the body and giving it graceful contours. Swimming is an athletic pastime which exercises every cubic inch of the body, developing or rather balancing every muscle, as well as the heart, lungs, abdomen, shoulder, arms and

legs. Swimming is an athletic exercise which the oldest woman, the feeblest woman, the *fattest* woman, can immediately take up without any previous preparation whatever, as swimming is the art of relaxation, deep breathing and rhythmic motion. One never, never, never, need be afraid of swimming as an exercise for a means of reducing and you will never discover a swimmer with varicose veins, pendant abdomen, small lungs, and numerous other things. The practice swimmer, especially the women swimmers, have a straight spine, graceful carriage and a symmetrical body. Therefore my corpulent one, it will pay you to follow Miss Heathcote's articles, and try your hand at a little swimming in order to tone down the lines of your shape into that of beauty.

Having traveled extensively, I feel that I am in a position to give my viewpoints concerning *beauty*, inasmuch as I have made comparisons between our own American girl and her foreign sisters, and have been privileged to see many types of beauty in the course of my travels, that took me over the major portion of the globe. However, it would be a hazardous undertaking for anyone to attempt to designate the best all-round beautiful girl in the country. One might easily have a personal choice, but here is a case where beauty authorities differ and probably no two people with a right to make such a selection, if anyone has, would agree on the conglomeration of types of beauty prevailing today. One would select some movie heroine, another a stage beauty, another a school girl, and the fourth would probably have some personal opinion, differing entirely from the others, in making the correct choice of feminine pulchritude. There are such variegated opinions and standards for the selection of the real, or true beautiful, that it is largely a matter of chance rather than scientific accuracy in naming one girl as the foremost beauty from so large a field of contestants for the title in this country. And this varied opinion calls to mind just what Deacon Jones said about his wife. He was thankful that all men did not see things the same way, for if they did every one would want his wife; to which Deacon Smith added, under his breath, "if they all saw things as I do no one would want her."

The American girl is a distinct type. It is silly to compare her to the French or any other nationality. She is the more modern type—the type towards which the ideals of the future are veering. Her lines, her shape, the way she walks and moves are more in the mode of our modern life. She belongs distinctly to this age. The French, 'tis true, have a more feminine form, but they belong more to the Medieval modes.

The pictures of the beautiful ladies illustrated here in this article, express more my conceptions about the much discussed subject of beauty. Katherine Gallimore, of the Century Roof, in the show "A Night in Paris"—to use the vernacular—is all pep, effervescent, lithe—she seems to belong to the outdoors. That merry twinkle in her eyes, her slender but gracefully curved figure—bespeak a challenge to a race over the hills, a game of tennis or golf, or a frolic on the surf. Up and away youth is her cry. For youth in my opinion is the synonym of beauty. I think beauty is also contingent upon brains. The most fallacious phrase in the world is—beautiful but dumb. Stupidity has never been beautiful and never will be. Miss Gallimore qualifies as a

beauty, not only because of her physical perfections but chiefly because of the intelligence which shows in her and enhances her charm.

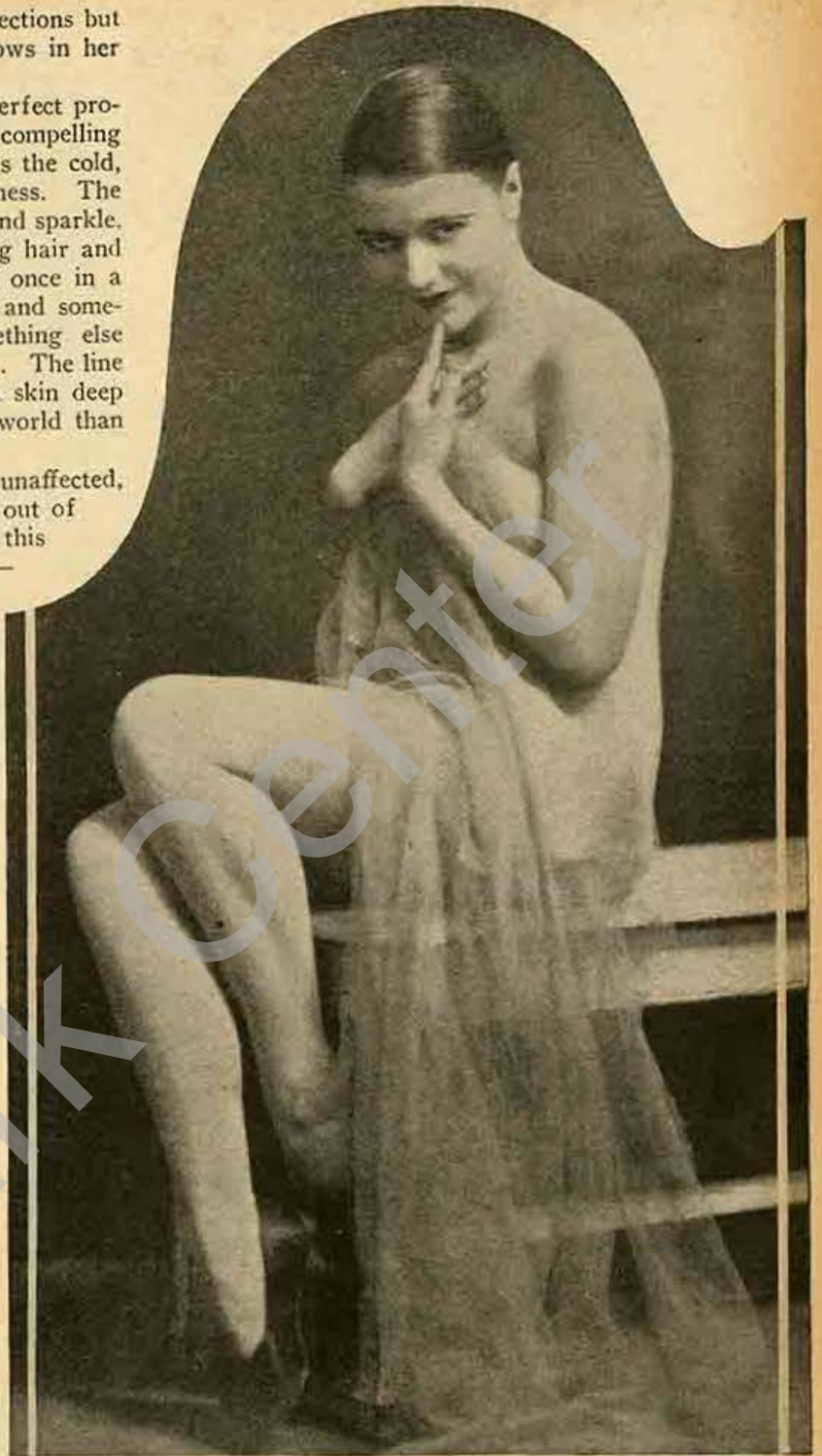
I have seen girls with faultless features, perfect proportions and coloring, yet lacking in the compelling power that we couple with beauty. There is the cold, statuesque type, whose beauty is her coldness. The Ingenue, whose chief attraction is her youth and sparkle. There is the beauty of color, and contrasting hair and eyes—all these types have their appeal, but once in a while a girl comes along who has them all and something else besides. It is just this "something else besides" that has so poignant an appeal to me. The line about beauty being only skin deep is only a skin deep saying. There is no stronger force in the world than beauty.

It is an interesting fact that when a girl is unaffected, has good health and intelligence, nine times out of ten she is beautiful. It doesn't seem that this should be such a hard combination to find—but it is. After all is said and done, "that something else besides" I often search for in girls, is that rare and elusive quality called *charm*. And this quality I find most abundantly in Miss Muriel Greer, of Earl Carroll's "Vanities."

Personality is a most difficult thing to define. It is not necessarily beauty, although the girl posed with her body turned sidewise in the illustration has beauty to an unusual degree. Her character is radiant and she has the quality of being real, of ringing true. She has innate breeding and no one who has seen her personally on the stage can doubt it for a moment.

Naturalness—that is where Miss Bonna O'Dean, of the "Vanities," scores over many of her contemporaries for the title of queen of love and beauty of the stage. Her great charm is in her lack of artificiality, in the sweet graciousness of her manner, in the deference she shows to every one. Miss O'Dean is physically beautiful, of course. She has all the assets of which the bards sing—eyes of brown, lips that part in a wistful, shy smile; teeth like pearls, straight velvety hair, very boyishly trimmed. Whether she is entirely unconscious of her beauty, or whether she has a wise little head on that fair column of her throat, I do not know. It may be due to her old world rearing. It may be an innate quality that is hers alone, but whatever it is, her greatest beauty is her charm of *naturalness*, and her quaint, pretty foreign mannerism.

The teeth, to me, are one of the greatest assets of personality in woman. One day I met a beautiful girl. I grinned sheepishly at her, for she had completely awed me and very stupidly I attempted to say something endearing to her. She smiled a big, shiny, broad smile, at my comical behavior. Ye gods and fishes! her teeth. They were the nastiest bunch I ever did look at. They were so grimy looking that I stared at her in horror and amazement. Suffice to say, it dampened my enthusiasm



Winsome Bonna O'Dean, very boyish and shy, radiates much charm of naturalness.

for her, even though she had an exceedingly beautiful form and features. Exit that young lady.

It is very hard for any one man to select the one beauty to reign as the queen of all the beauties, and, as for the humble author of these lines, if he were to sum his conclusions in a few words, he would without hesitation reply, "The one I was out with the other night, who had such beautiful, oh, so marvelous, dazzling eyes—so wonderful that they looked at one another."

Anyhow, all joking aside, the young ladies mentioned above keep their figure by exercising. They cannot afford to allow themselves to (Continued on Page 66)



The Washington Senators—it is almost a surety this team will not repeat in 1926.

The Baseball Outlook for 1926

Can Anyone Pick the Winner In Both Leagues and in the World's Series? Save this Article.

By *Charles MacMahon*

PREDICTING the winners of the 1926 Big League Races, and the victor of the World Series are very hard chances to handle without an error. My guesses are likely to turn out like Casey did, while at the bat, when he bade the game "Go wan" and then proceeded to "knock the cover off the air."

But it is the uncertainties that makes the game what it is today. Not only the uncertainty of who will win, but of each and every ball the pitcher flings plateward.

Before trying to dope the winners of the 1926 season, it may be interesting to point out how the uncertainty of the game affects players, as well as making it the leading pastime in this country, especially to those youngsters trying to break into fast company.

I have had considerable baseball experience myself, having played with fast semi-professional teams and in a few leagues.

I played with the best of amateur and semi-professional teams at the age of



The author when he was pitching ball for a livelihood.

seventeen, and not a few fans predicted I would hit the big leagues in time. But I didn't. And as I look back, I have no one to blame but myself for not, at least, going further up than I did.

Then, again, I have no regrets, for the words of Hughie Jennings, recently published, verse my own viewpoint on baseball as a career. Mr. Jennings says that any young ball player who is not called to the Big Leagues for a try-out, after two or three years in the minors, had better quit and get into some business. I have found a lot of truth in those words of Mr. Jennings. In fact, I realized it years ago.

Well, as I was saying, I was playing with a first-class semi-professional team at seventeen. A scout for the Lynn, New England League Team signed up two of our players who were older than I, and, consequently, had more experience.

But I and our short-stop decided we were good enough to go to some better league also. The main things that lured us, as I remember, were the desire to do

nothing but play ball every day and the wanderlust or travel connected with leaving town.

So one night I mentioned my desires to our manager, who in turn told me to wait a year or two until some scout saw fit to send me away. Of course, he may as well have been gagged, for all the good it did.

We would go, that was all there was to it. And on Saturday evening after the game, my team mate and I drew our few dollars and boarded a train for New York within a few hours.

We weren't so dumb as to not know where we were going, for we had written to our team mates in Lynn about our desires and got a reply saying a new league was starting around Boston, Mass., and they thought we could land a job in it.

We went, as I said before, but we were at a disadvantage from the start, as we had not been recommended by a scout as were our friends. But nothing mattered. Ignorance was bliss, and we had lots to learn.

We got to New York City very late at night, and not having any too much money, decided to spend the rest of the night (and not our money) in Union Square. I wondered among other things through the night why they named it as they did, for it was evident that none of our bed fellows all around on the benches were union men. One of the cops that kept us awake must have suggested the name when in a sarcastic mood.

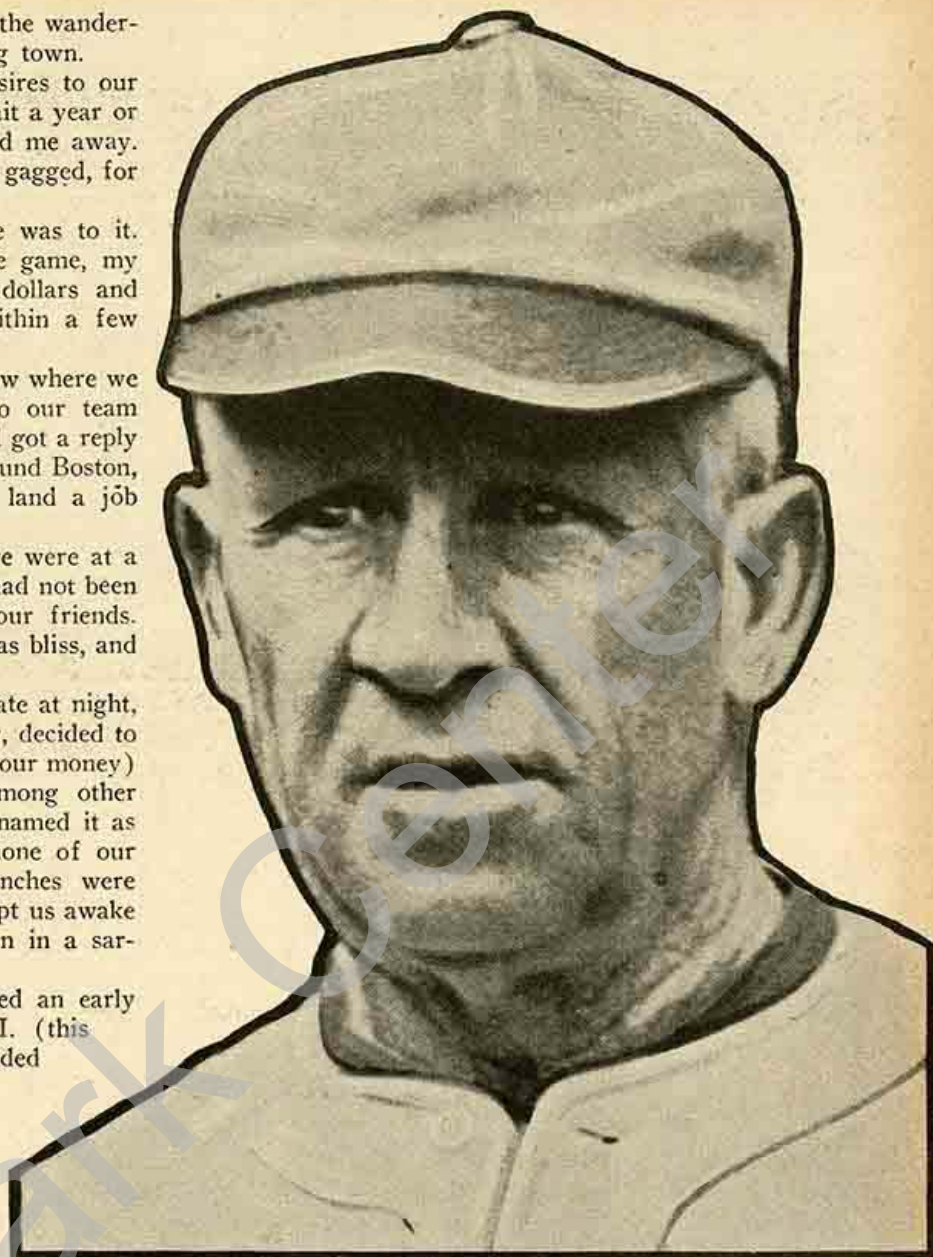
After a sleepless night we boarded an early morning boat for Providence, R. I. (this being a cheap way to travel) and landed in that city safely enough, but mighty hungry. The rest of the journey to Boston was finished on a train; in fact on the cushions which, by the way, was a great contrast to the way we came home again.

It was raining and very miserable when we left the depot at South Boston. And after slopping around with our suitcases for a while, we located the ball ground and our future manager, we thought.

He was an old ball player and more or less hardboiled. He didn't have much to say, however, which was a bitter pill for us, having been somewhat idolized at home by the followers of our team.

The team had been practicing for a week before we got there, with only a week to go for the opening game. We got in the practice games, but realized we would have to go like a house afire to oust those fellows who were practically picked to make up the team. We didn't, however, feel that we were out of our class, and we weren't. But then we didn't figure on the uncertainties—the breaks of the game.

All managers look for hits, and ours was no exception. My pal and I were good hitters back home, but from the start he slumped badly in this branch of the game, although he played a great game at third, regardless of the fact he was out of his position. I hit good all week



Kid Gleason—now with the Athletics—who may help them greatly.

and got everything that went into left field that wasn't a clean blow.

Came the last practice game. We felt pretty good at that for we at least had a chance, although we were both a little worried about my pal's hitting even though the boss said nothing.

Our joy was still greater when we were sent to our positions on this last practice day. It looked very much as though night would see our names on the payroll. We had gone broke long ago, but thanks to my pal's borrowing ability we still managed to eat.

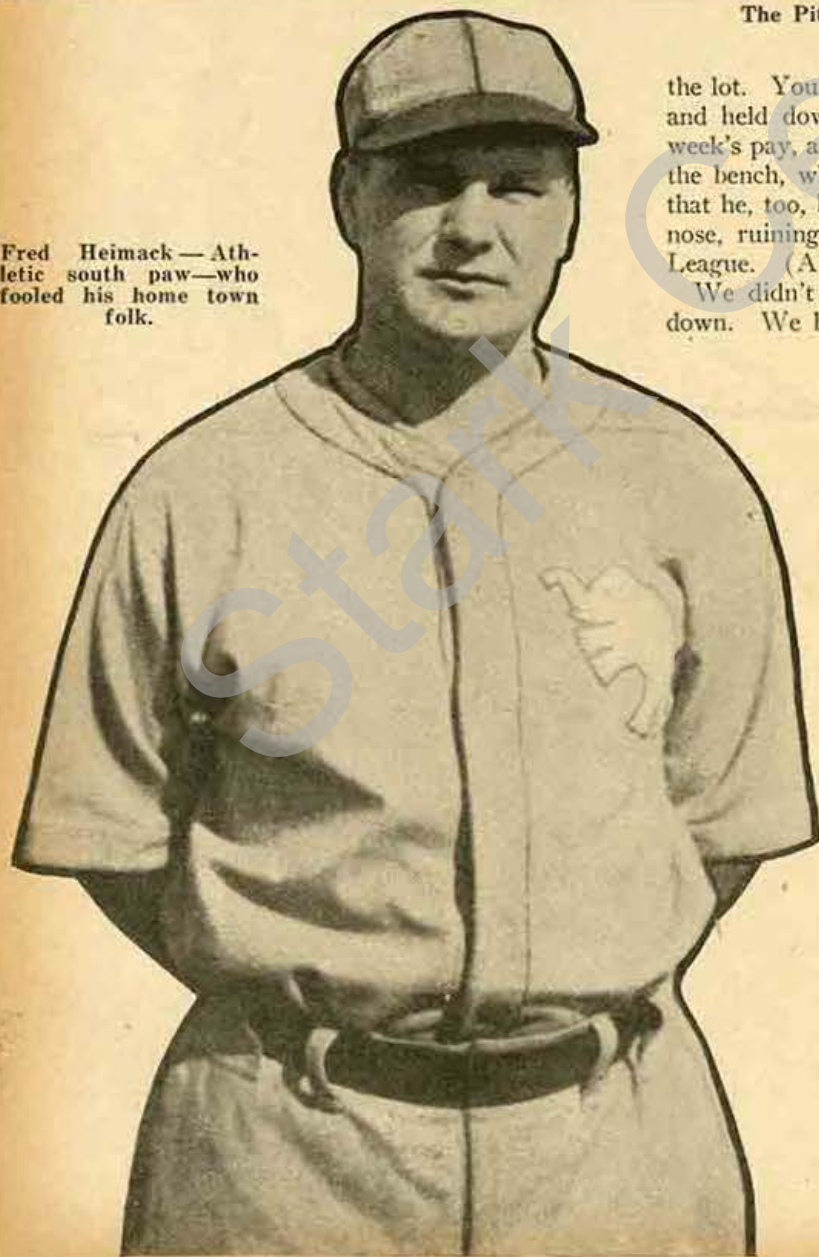
Everything went well in the fielding end for both of us and then I came to bat, and after all my hitting in the previous games I struck out. The third inning did not see me in my position. The boss had put some dub out there, you know how it is. That was the break I got, not that I blamed the boss.

Meanwhile, as I sat on the bench thanking my stars for the practice I had in this line back in Union Square, my team mate was slamming that pill to all corners of



The Pittsburgh Pirates—will they repeat this season?

Fred Heimack—Athletic south paw—who fooled his home town folk.



the lot. You know the result. He played the opening game, and held down the job long enough to get a much-needed week's pay, and then went into another batting slump and on the bench, while I hunted up my friend in Lynn. I found that he, too, had been hit by an uncertainty and it broke his nose, ruining his chances of sticking in the New England League. (A bad bounce at short busted his beak.)

We didn't like our manager at all after my pal was let down. We both agreed that he didn't know baseball from tennis, much less a ball player when he saw one. The fact still remains that he didn't know one ball player, anyway, and that one was my friend. For he allowed him to take care of the supply of balls while he sat on the bench. You know—throwing out a new one when the umpire rejects one, and so forth. Before my friend was let go entirely, we had enough balls to start a league of our own. There was nothing wrong about it, my pal pointed out to me. Any manager who was as dumb as that guy, deserved to be taught. I didn't exactly agree with him, but I didn't argue for each ball was good for the price of a meal.

Well, my friend at Lynn, who had also met with one of the uncertainties of baseball, said, "Do you think you can play first base? There's a team over here in the same league that needs a first baseman, and I'm acquainted with the manager."

"Sure I can," I said, although I had never played first in my life, outside of a little in practice. So he gave me a note for the new manager. I delivered it and my friend's signature did the trick, for he had been considered a find before he got hurt. So all this manager said was, "Are you fast?" I replied, "Sure," and I got the job.

After a few days' play I knew I wasn't starring at the (Continued on Page 70)

Cheating Death by a Hair

How the Sport of Medicine Ball Playing,
Frustrated the Intentions of a Bandit.

By Jack Russell

“HANDS UP!”

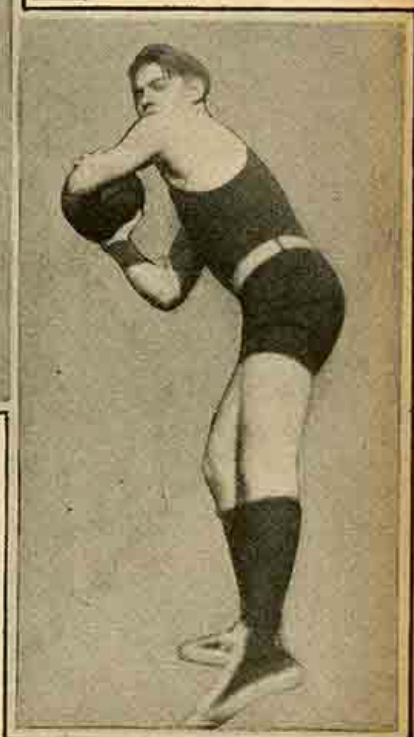
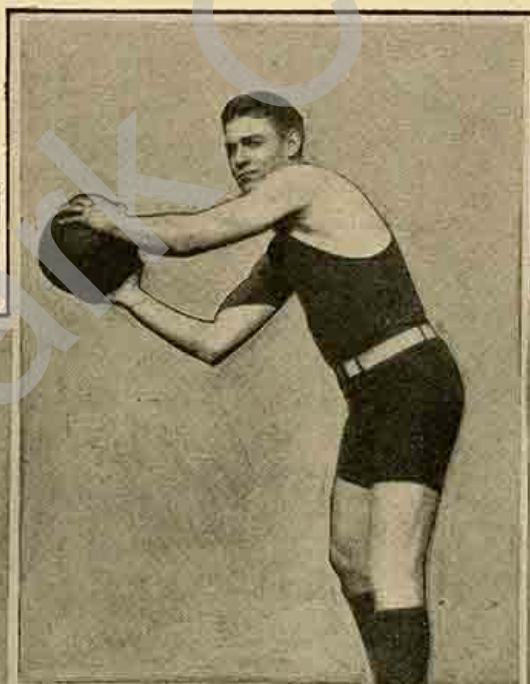
The terse command came from the inky blackness of the night. 'Neath a dimly-lighted lamp on a deserted path the figure of a man halted, as if petrified. His arms automatically reached skyward. The misty light pronounced the grotesque proportions of the man's frame. Beyond, where the scant light pierced the darkness, lay blackness, enveloping miles and miles, unendingly.

Suddenly, a sinister form shaped itself in the ill-illuminated circle, terrorizing for a moment the already affrighted man. The ugly muzzle of a gun assured him that clutched around its trigger were the claw-like fingers of a half-monster. A cold sweat beaded his forehead and his heart literally pounded his chest. Pounded with force enough, so he thought, to be audible to his antagonist. Stupefaction for the briefest moment seized him, but just

as quickly his befogged brain commenced to clear, and intuitively he summoned his mental processes for a means of escape.

He became strangely cool and collected. He was now able to think! The valuable papers in his possession must, at the very risk of his life, be safeguarded and fall into no other hands. But the case seemed hopeless. The mouth of the gun looked more ominous.

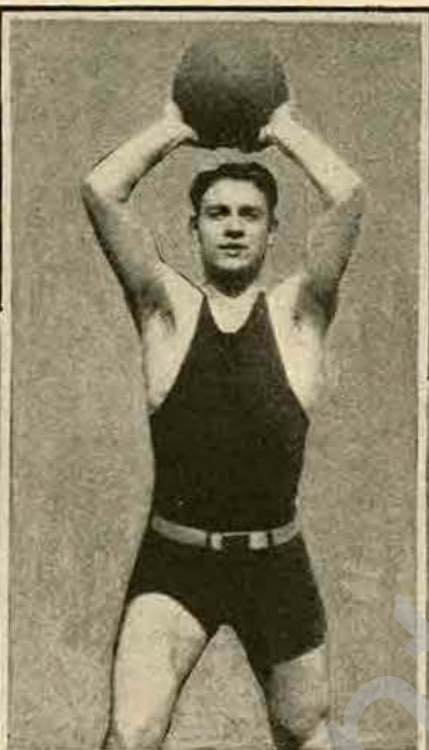
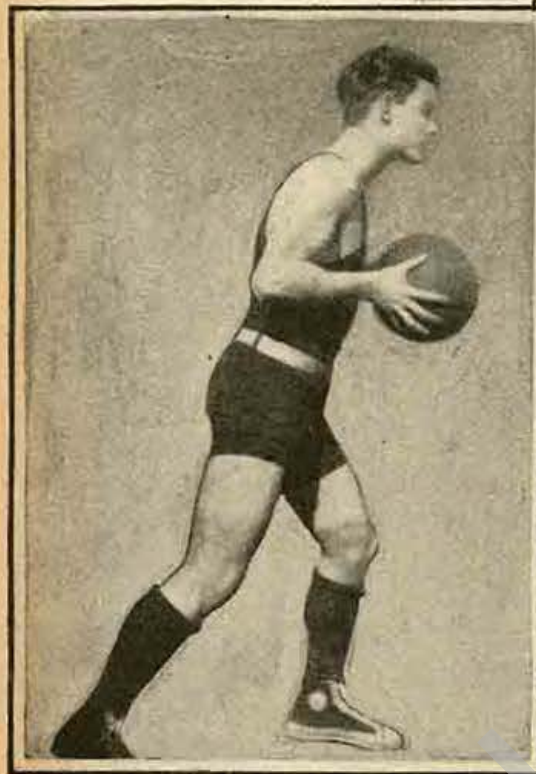
The captive was an elderly man, prematurely gray, and somewhat lined; but well-preserved. Clean-shaven, broad-shouldered, and nattily-attired, he formed the very antithesis of the one who covered him with the revolver, and who began to shuffle nearer and nearer. His steely eyes sparkled and gleamed in their bony pits, which accentuated a broken and puffed nose that dominated his face. His complexion was pasty — the



There is no finer sport for conditioning oneself. "Big Ed" Prizer, former champion all-round athlete of Girard College, realizes the importance of it.

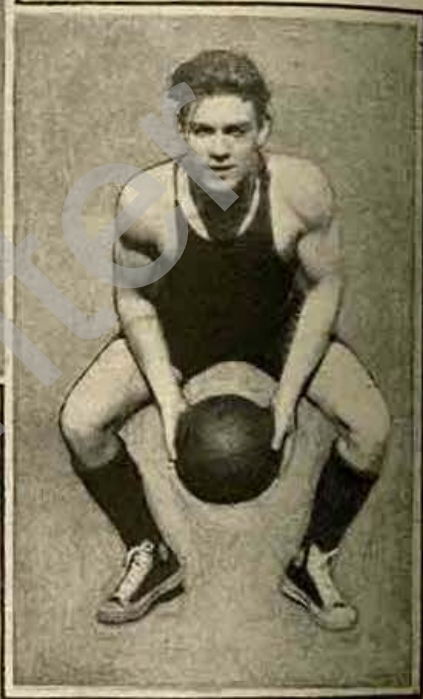
tell-tale of perpetual dissipation—but a huge pair of shoulders obviated all indications of physical weakness. In this slouching and sinister mold, there was a latent tigerish grace.

The rogue's methods were systematized as he began a search through the elderly man's person. The latter regarded him with half-indif-



The various positions in throwing the medicine ball are illustrated quite well by Ed Prizer, Girard's former star athlete. Note how the various positions bring the muscles into play and the tendency to invigorate the vital organs.

still apparently dead to the world. The rogue now gloated over his first victory, but braced himself with a nip of liquor, which he conveniently carried with him, for his next conquest. He was satisfied that this "old duck" was out of the picture and proceeded once more to search his person.



ference, the while an idea lighting his brain. Here: the thief was fingering the lining of his coat! Why his very nails had ripped the lining and his huge hand was now reaching its way to the inside, where lay the valuable papers. But the gun's muzzle bored deeper in his stomach as the gunman sensed his prize. Yet, this could not go on. He would rather face death than betray the confidence with which he had been entrusted with the documents.

Like lightning he dropped his hands, his finger simultaneously closing the yawning space between the cocked hammer and gun. At the same time, the bandit fired—or pulled the trigger. The hammer jammed against the man's finger. Desperated with the hope of escape the man wrenched the gun from the hands of his oppressor with such violence as to break his trigger finger. He followed this up with a terrific kick in the rogue's groin, which sent the latter howling to the ground. His shrieks were half-yells, fitfully terminating in deep, agonizing groans.

The gunman arose with an oath to squelch the older man, who now was facing him coolly, seemingly prepared for whatever tactics the other was bent upon. But, the tigerlike propensities of this vagabond were not to be denied. Half-kneeling, he sprang upon his adversary and cracked him a savage blow on the jaw. With a great thud the elderly man struck the ground and remained

He snarled something as he fumbled around the torn lining. He worked more hurriedly. Now he began to spread his lips in a misshapen smile as his nervous fingers fell on the documents. Clutching them with one hand and tearing the lining of the coat still more, with the other, he wrenched the papers from their place and started to rise.

The elderly man, sheepishly aware of his predicament, shook his head to arouse his senses fully, which responded duly. The thug, wary of any trickery, saw him commence to move. But before he could stop the action the two collided with a resounding smash! Fists flew, and the hammer and thump of blows was audible for some little distance. For a time, the pugnacious and toughened gunman seemed to have the better of things, but as time went on, it was plain that he could last but a short while longer. He was now bent upon delivering one last effective blow, and to this end he resolved to set himself. Both were bleeding profusely. Their forms would intermittently blot out the faint light that filtered through the weather-beaten lamp, throwing the little circle into blacker darkness. The gunman now rolled in a clinch, straining every effort to put the deciding punch over. Success, in a measure, was with him. His snakey fingers found the old man's throat and with deadly might, he began to squeeze. The former gasped in gurgling breaths—he was (Continued on Page 91)

High Blood Pressure

How High Blood Pressure can Cause a Cerebral Hemorrhage.
The Causes, Symptoms, and Treatment
of High Blood Pressure.

By Dr. A. N. Mittleman

SINCE I have been receiving many letters from the different health seekers all over the country, I have come to the conclusion that, at the present time, the subject of high blood pressure, its causes, symptoms, and treatment, would be of some value to the readers of *STRENGTH*. It is my intention to write articles each month on certain diseases which might be of importance to your own health. I think it is my duty, as a physician, to explain all the diseases about which I will write, as briefly and clearly as possible, in order to aid every one to profit by them.

Every idea we have in our own mind, good or bad, has a tendency to become a reality for us within the domain of possibility. Whenever there is a conflict between will power and imagination, it is always imagination that has the best of it. Every time we say or think, "I will do such and such a thing, but I cannot do it now," not only do we not do what we desire to do, but we do exactly the contrary. We have proof of it in a case of insomnia, or inability to recall a name; and the same applies in the case of high blood pressure which results from complications or other forms of diseases.

Blood Pressure: Blood pressure is the tension or the pressure of the blood in the circulatory system, the force of the heart beat, the elasticity and tonicity of the blood vessels, and the resistance offered by the capillaries (the small blood vessels that are between the arteries and veins) and to some extent the amount of blood in the circulatory system determines what the blood pressure will be.

The blood pressure is taken by an instrument called the sphygmomanometer, and this instrument consists of a mercury column that rises up in a glass tube which is marked in millimeters of distance. The blood pressure is taken as systolic and diastolic readings. When the blood pressure reads 120, we mean that the mercury goes up the mercury column from zero mark to the point marked 120 millimeters. There are other types of instruments used. The Faught instrument is also used. It contains a dial and a hand, but the markings on the dial are made to correspond with that of the mercury type. The readings and expressions are about the same, but the mercury type of instrument is more accurate than any other instrument, and it is, therefore, used more often to determine the blood pressure.

A normal young adult, with a systolic pressure of 120, should have a diastolic pressure of 80 and, therefore, a pulse pressure of 40. If these relationships become markedly abnormal, a disease is developing, and an imperfect circulation is in evidence with the danger of broken compensation occurring some time in the

future. It should be remembered that the diastolic blood pressure represents the pressure which the left ventricle in the heart must overcome before the blood will begin to circulate; that is, before the aortic valve opens, since the pulse pressure represents the power of the left ventricle in excess of the diastolic pressure. A high diastolic pressure is of serious importance to the heart; therefore, a diastolic pressure over 100 is significant of trouble, and over 110 is a menace.

The normal blood pressure of an individual should be about as follows: The systolic pressure should be 120 to 130 before the age of thirty, and in the 30th year the systolic pressure should be from 130 to 140 millimeters. The diastolic pressure should be 90 millimeters. Abnormal high blood pressure is above 145 before middle life and 170 after that age. The abnormal low blood pressure for men is 105, and for women 95.

The Causes of High Blood Pressure: One of the most common causes of high blood pressure is the excess of eating and drinking. The toxins or poisons from excess food are irritating, and one of the first steps toward improving and lowering blood pressure in such cases is to diminish the amount of ~~repeat eat~~ to remove it entirely from the diet. Drinking ~~at~~ ~~the~~ ~~holes~~ by affecting the appetite and increasing the amount of food taken, interfering with the activity of the digestive tract, can indirectly disturb metabolism and thus affect the blood pressure. It should always be eliminated. Drugs or other substances that raise the blood pressure by stimulating the vasomotor center or the arterioles, when constantly repeated, cause a high blood pressure. This seems to be particularly true of caffeine and nicotine which is taken in the form of coffee and tobacco. Hard work or over-exercise is also a cause. Neurotic conditions show a higher blood pressure than normal. Lead poisoning may be a cause of high blood pressure, and the disease known as diabetes occasionally causes a high pressure. Frequently, however, there is a lowering of the blood pressure in diabetes. Syphilis is a very common cause, as is also arterio-sclerosis or hardening of the arteries. When arterio-sclerosis and kidney conditions are combined, the highest systolic readings occur. Increased heart action or high resistance to the blood circulation is also a cause.

Prevention of High Blood Pressure: The individual should be cautioned against severe athletic competition, recreation excesses, excessive use of tobacco, alcohol and caffeine, and overeating. The pregnant woman should be carefully watched for changes in the urine and also in the blood pressure. The patients with infectious diseases should have a slow convalescence, during which

they should be carefully watched in order to prevent throwing too great a strain on the weakened organs.

The symptoms of high blood pressure may be those of heart disturbances, kidney conditions, or of cerebral or brain irregularities. There are irritability, excitability, emotional outbreaks, insomnia or drowsiness, memory affections, visual disturbances, such as in eye conditions, headaches, head noises, the extremities may pain, or the patient may feel numb or go to sleep. Nosebleed is quite common and may be frequent and profuse. The individual may complain of a stomach disorder with the various symptoms of indigestion, and the lungs and heart may become affected. Full blooded people are most commonly affected with a high blood pressure, but some thin people are also affected.

When the arteries of the individual become hardened, there is a tendency to lose weight. There is also a great tendency to a kidney condition in high blood pressure, and as a result nephritis occurs, which causes a complicated condition.

Treatment of High Blood Pressure: The active treatment in high blood pressure should begin with a thorough cleansing of the gastro-intestinal tract by purgation. Following this the most important measure in the management of high blood pressure is the proper regulation of personal habits and diet. The constipation which exists in high blood pressure should be kept under control by feeding fruits and vegetables, and avoiding those that produce flatulency. The embargo of meat foods should be absolute at first, and these things added to the diet according to the responses of the patient to them. Alcohol, tea, and coffee should, by all means, be forbidden. The individual should be encouraged to drink a sufficient amount of milk. As a purgative and also to aid in getting rid of the fluids, the drug calomel, probably holds first place.

A patient with but a simple type of high blood pressure otherwise well, should have recreation periods once a week and also vacations, but not too infrequently. He should take a brisk purgative perhaps once in a fortnight or once in a week. Sweat baths, electric light baths, and similar measures may be utilized as occasion demands. In the dangerously high cases, an absolute fast or a diet of fruit juices, or vegetable broth alone, should be taken, and such a diet is advisable in the initial treatment of any case. If such a limited diet is followed or not, every protein, starch, and unnatural sweet food should be eliminated until the pressure has been reduced to safety, when other foods will be advisable. After a considerable reduction of the blood pressure the diet may be enlarged somewhat, but very gradually, and if meats and starches are resumed, they must be taken very sparingly and not more often than twice a week. Natural sweets may be used in small amounts. If there is a pronounced hardening of the arteries, the reduced milk diet will be of great benefit, and in the milder cases, the full milk diet will prove of great value. A considerable amount of water should be drunk every day, unless the full milk diet is followed. The skin should be kept active; its activities must be increased so as to reduce toxemia, and especially to reduce the resistance to the circulation in the skin vessels, and therefore through these, in the entire body, and also through bathing the body in water at a degree of 90 to 100. If there is a tendency to headache or any other cerebral symptom, a cool cloth may be placed on the

forehead or about the region of the head to relieve.

Exercise is an important factor in the treatment of beginning high blood pressure, and is also advisable later in the severe cases of high blood pressure after the tension has been brought down to a safe point. Exercise has some effect upon the skin because it increases perspiration which is valuable in these cases. Exercise also dilates the arteries, the minute arteries, and the capillaries. It also has an effect upon the brain that largely governs the tone of the vessels, relaxing this tone when too high and, therefore, lowering the resistance. The types of exercises most valuable are: walking, resistive movements, and slow, active movements of various muscle groups. Much time should be spent in the fresh air to receive the beneficial effects of the air and sun upon the skin, and of the oxygen in the lungs. The treatments also received by a competent osteopathic physician will greatly assist in curing the condition, as in such cases there are also nerve irritations which may be due to some spinal lesion, and when such a lesion is corrected by a skillful osteopath, a cure results. According to Dr. Leonard Williams' statements in the *A. M. A. Journal* of 1918, he states that in the way of drugs, there is nothing upon which we can, in the present state of our knowledge, depend for a definite and sustained action of a specific nature, without incurring risks which it does not seem to me we are justified in taking. And this is, perhaps, all to the good; for if we had such a drug we might be tempted to use it to the exclusion of those general principles of diet and hygiene on which the successful management of this diathesis is known to depend.

High blood pressure is known to cause cerebral hemorrhages, and this condition results where there is a hardening of the arteries in the brain; although alcoholism, syphilis, gout and mental excitement may also be causes of a brain hemorrhage. The actual cause of a hemorrhage, in most cases, is the rupture of a small tumor-like mass, which is a tiny dilatation upon a small blood vessel. Many of these can usually be seen on the degenerated vessels of a brain in which such a rupture has occurred. The vessels otherwise present the changes of arterio-sclerosis or the hardening of the arteries in the brain.

The Symptoms of Cerebral Hemorrhage: In this condition the majority of cases involve the motor tract, the nerves of the spinal cord, and as a result it is damaged. The patient is seized without any warning and there are headaches and depression, the blood pressure is very high and the breathing is stertorous, the pupils of the eyes vary, but are usually contracted, the temperature is high and also a rapid pulse results, the face becomes flushed and sometimes rigidity occurs in the affected limbs. When the case is first detected the patient complains of difficulty in swallowing and thickness and indistinctness of speech, due to the muscular paralysis.

Cerebral hemorrhage can easily be avoided in individuals who are subject to high blood pressure if they will only resort to the proper treatments.

The following case is interesting because the patient has developed a cerebral hemorrhage due to high blood pressure:

A woman, of fifty to fifty-five years, had a persistent high blood pressure, with nothing in particular to account for it, further than (Continued on Page 68)

Who Will Win the Davis Cup in 1926?

Judging from the Close Match Held this Winter, France has a Better Chance than ever before to Win.

By Casper H. Nannes

WITH the tennis season already under way for two weeks, the questions which have been allowed to lay more or less dormant during the winter once again become imbued with life, and are once again debated and speculated upon vigorously. Leaving Helen Wills' attack on Suzanne Lenglen at Wimbledon in June aside, the foremost of these are: will the United States win the Davis Cup for the seventh consecutive time and can William T. Tilden capture the world's title, also, for the seventh consecutive time?

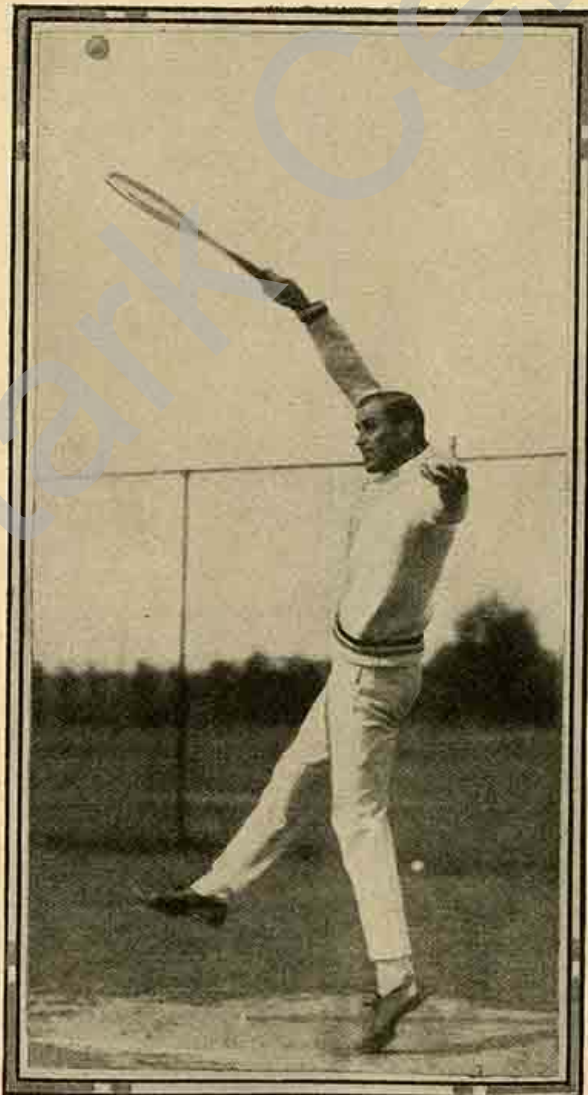
In the case of the Davis Cup this is the first year since the United States won the cup from Australia back in 1920 that there seems to be more than a remote possibility of the trophy changing hands. This bit of uncertainty is reflected in the attitude of the general public; they no longer look upon the international matches with a passive interest and secure feeling. There is the chance of defeat and their imaginations are aroused. The credit for this revival of interest, for such it is, must go to France, for it is due to her unexpectedly fine showing at Forest Hills and Germantown last September that these speculations possess the interest they now hold. Though the close match between the United States and France this winter was indoors, which is an altogether different game than the outdoor one, the defeat of Tilden and Richards by Lacoste, and the close escape of the champion from

losing to Borotra as well, will have the effect of inculcating further confidence in both Frenchmen regarding their ability to win from our players.

The chances of France being the 1926 challenger at the present writing appear to be very strong. This probability is further strengthened by the fact that Australia

expects to stay out of the competition for a year, thus removing the Frenchmen's most formidable rival. The Antipodean's decision not to challenge is rather disappointing, for it was generally felt she would seek the first opportunity that presented itself to revenge her defeat and win back her place as this country's closest competitor. However, there are other things to make her decision a wise one; the tremendous distance to be traveled, the great amount of time and the huge expense involved are far larger than most of us realize. All these things have to be considered; they undoubtedly were and Australia's choice will, after a period of time, be allowed to have been the best one under the circumstances.

The two nations most likely to give France trouble in the European Zone cup trials are England and Spain. The case of England is a rather tragic one. At one time the home of champions and the premier nation, she now is far "down the ladder," and is not even considered a menace to her traditional rival across the channel. Outside of the veteran Kingscote, who unfortunately is not always available, (Continued on Page 88)



The Mission of the Physical Drill

How Resistance May Be Obtained.

By Russell Viohl

“**Y**OU damnable coward! I'll wipe up the place with you.”

This bandinage the gentleman took with stoical good grace. In fact, he laughed right in the Bruiser's face. The big Bruiser became grossly indignant at this, and very promptly prepared to administer a sound thrashing to the smiling gentleman.

It happened in Kelly's saloon and a goodly crowd was there. Somehow the Bruiser, who had a reputation as a

bully, did not like the gentility and refinement of the young man who sauntered up to the bar next to him and nonchalantly ordered a whisky and soda. The gentleman resented the remarks the bully made in reference to him and very promptly demanded an explanation of him. An argument followed and the crowd, endued with devilish spite, egged the bully on and urged him to lick the handsome looking molly-coddle. Anticipating a fight the bartender intervened, and demanded the angry mob to be fair and give the smiling and intrepid gentleman a chance. They agreed. So the two men prepared to fight, whilst the half-drunken crowd gathered around the two like a human thicket.

The gentleman threw off his blouse and stood in fighting kit. His skin was a dazzling whiteness, and under it the muscles rippled. It was fascinating to see how they quivered, swelled and rolled like live things under that covering of satin. His neck was long and sinewy, while his sloping shoulders had a superb spread. His abdominal muscles were deeply defined. From ear to arms there was a splendid sweep, then a fine tapering to the feet. Every inch he looked like a modern gladiator, the scientifically trained man, more beautiful than the lump-limbed heroes of Greece and Rome. Aye! more beautiful than any woman. And when the crowd beheld him thusly, they cheered him to a man. The bully's eyes opened in sheer amazement, he thought he had picked on an easy one, but he was sadly mistaken, when he thus viewed the splendid body of his adversary.

Briskly they came together. The smiling gentleman, had his arms outstretched for the usual handshake, but the bully did not touch the extended palms. Instead he looked at them with a sour grimace. Then before the gentleman could recover from his amazement, before he could even get his guard up, the burly bully pivoted and swung a savage right to his jaw. It was a brutal blow, treacherously terrific. In the stillness the thud of it was heard with sickening distinctness—with all the bully's great weight behind it, it caught the gentleman squarely and down he went.

Then the bully snarled something, but the gentleman did not hear. He had fallen on his face, his arms outstretched. It seemed to him that he was lying at the

Figure 2. Count 2. Forearms to vertical raise. Return to position figure 1 on count 3, lower arms on count 4.



Figure 1. Count 1. Hands on hips, place fingers along seam of trousers, elbows well back, body inclined forward.

bottom of a dull gray sea whose waters weighed him down. He could hear the rumble as of waves, but could not reach the surface. There were silver lights there. He must break through the shadowy waters and reach the light or he would perish.

The crowd seemed petrified with surprise and indignation. Over the sprawling white body the bartender solemnly bent. As if satisfied that his job was done the big bully leaned on his mates, with a virtuous sneer on his face.

Lights like stars, seemed to swoop down on the fallen man. They swirled about him, they danced around him. He struggled to all fours. The crowd gasped, the bully straightened up. The bully had turned and was looking at him somewhat derisively. He swayed helplessly, his hands at his sides. His eyes were closed, his mouth open. The bully had only to go in and topple him over again. Do it for good this time. But somehow he hesitated. He sensed the growing hostility of the crowd. And he dared not venture forth. He had seen, and was afraid. The gentleman now wore a terrible, ferocious look. His features seemed to change. A red rage was consuming him.

Groggily he advanced upon the bully who stood as if petrified by some hypnotic force. He could use his legs now. Those fine, shapely legs, with their bands of steely muscle. Suddenly like a thunder bolt, he struck the big bully a tremendous blow right below the knees with his body. It was a football tackle which he learned in college. The bully went down in a heap, the college man sprawled on top.

Each time that the huge bully tried to get up, a fist like a sledge hammer pounded into his face, and down he went again and again. The crowd was duly appreciating the turn of affairs. Blow after blow was snapped in, still the bully kept getting up. The man was a glutton for punishment and his heroic efforts were being cheered by the crazed mob.

Finally he swayed to his feet and rolled into a clinch and grimly hung on. Through a crimson mist glared the bully's face and it was that of a man sore beset. With a cry of joy the gentleman drew back, very calm and collected. The bully was fighting blindly, desperately, his sole hope to whip over a lucky blow. Both eyes as well as nose were streaming blood now. Always he tried for that whizzing uppercut to the chin and that vicious right arm swing to the jaw. But the bully's furious welts were wasted on the air and his strength was failing. His face was a hideous, tumefied mass, while the blood streamed down his chest. His tufted hair hung in weird locks over his haggard face. His lips were split open, his flanks a mass of weals and bruises. He knew that he was beaten. Beaten by the cunning of the man before him. Yet with dogged stamina he stood up and took his medicine.

The gentleman was ripping in, chopping his antagonist to pieces. And the bully still snarling defiance, was

Fig. 3

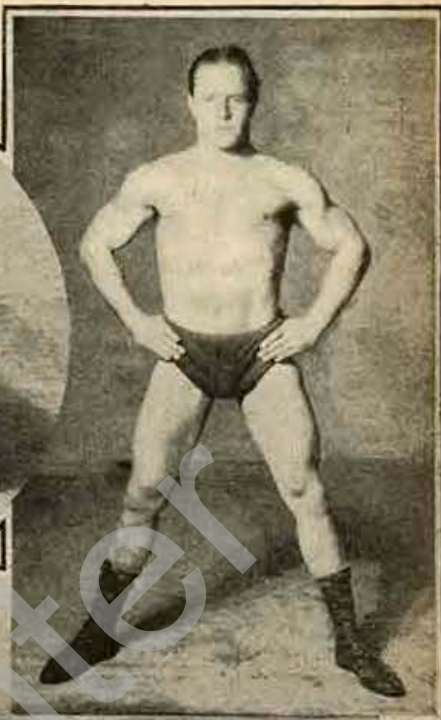


Fig. 4

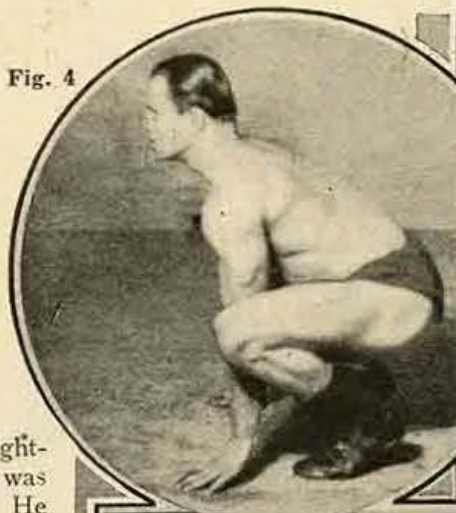


Fig. 5

Figure 3. Upper right—count 1 hands on hips. Count 2 hips to side straddle position. Return to figure 1 on count 3; lower arms on 4.

Fig. 4. Upper left. Count 1 hand on hips (Fig. 1). Count 2 bend to the squatting position (Fig. 4). Count 3 extend legs backward to leaning rest position (Fig. 5). Then proceed to dip until comfortably tired. Return same as before.

reeling, lashing out blind futile blows. The blood was now bubbling from his lips and nostrils. A pitiable sight, but in a way magnificent. The bully was game to the core.

Then the bully reeled back. His arms hung down. He was unguarded, but his face was distorted by a grimace such as one might picture in a fiend. For a moment he stood there, for a moment only. Almost solemnly the gentleman flung back his right arm, and deliberately taking aim, with all his weight and power of muscle behind it, swung it crashing to the point of the bully's jaw. The bully fell as though dead, the fight gone out of him. In a little pool of blood, he lay on the grimy saloon floor, seemingly dead to the world.

Very quickly the gentleman put on his clothes and beat a hasty retreat, while the crowd stood by dumbly looking on in amazement. However, this is not the end of my story. In reality it is only the beginning of the end. So hold fast to your seat.

The bully was assisted to his feet and was half carried to a room in an upper story of the saloon, where he was administered to. He was very weak and tried to get up, but could not. His limbs seemed paralyzed. Days passed and he grew the worse. (Continued on Page 74)

What Price Better Legs?

How Superb Thighs Create Supreme Vitality.

By George F. Jowett

IF I were to be asked to what part of their bodies muscle builders pay the least attention, I would say, *the legs*. For one physical culturist that I see with a pair of well-built legs, I see fifty without. It is also a fact that the majority of people I meet who possess good legs were aided by nature in the first place. Naturally, development was not very hard for them to

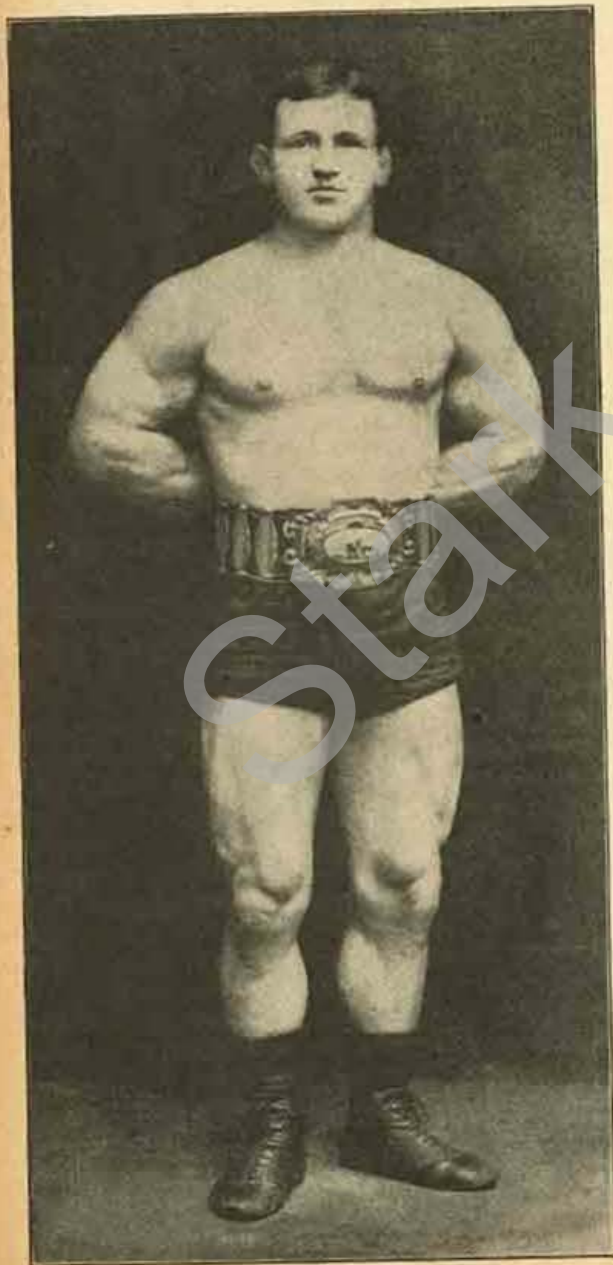
acquire. Honestly, I admire a man who has earned his leg development. I know just what he has gone through. The knowledge that the average exercise fan has at his command for promoting the growth of these various muscles is very meagre, which means that he has had to go

through a lot of torturous work in order to succeed, as well as having to call upon all the reserves of his mental strength.

It is very common to see a splendid upper body development spoiled by a pair of spindly legs, and the trouble is that the average exercise fan does not wake up until he is made to feel very conscious of the fact.

You will always hear the same old worn-out alibi when you ask them why they did not spend an

No finer legs ever graced a human form than those of John Lemm, famous wrestler and Alpine guide. The muscle separation is marvelous and perfectly balanced. Notice how clearly the internus and externus vastus muscles separate and show up the rectus femoris on the left thigh, while the shadow effect on the right thigh displays the quadriceps femoris in all their glory. Ruggedness is intensified in this pair of powerful legs.



Staff Sgt. Moss, whose beautifully shaped legs are just another link in his perfect muscular make-up, that equally compare with those wonderful legs of Urlacher.

equal amount of time upon developing their legs: "I do exercise them, but they just *won't* grow." Well, let us agree on the point that they all do a certain amount of training according to their knowledge, and let us see just about how much they are likely to do. Ninety percent are limited to just practicing the squat, or the deep knee bend. Another five percent add the exercise which is a variation of the Kennedy Lift. In this movement a position is taken up astride a bar bell, and the bar is grasped with one hand in front of the body and the other hand behind. Standing erect in that position, a slight bend of the knees is made a number of times. The remaining five per cent have either developed some exercise movements of their own, or have received some expert coaching. It is among this last quota that you will find the few who have actually earned their leg muscles. Consequently, we find the majority of body culturists using only two exercises, at the most. Compare these two with the number of movements employed for arm development. There is no comparison at all. If as much time was spent on proportioning the legs as is spent upon the biceps, we would certainly see better legs. It is actually the craze for big biceps and chest muscles causing their development to absorb most of a student's exercise period, which has brought about the spindle leg condition.

It is my intention to devote this article entirely to the thighs, including the hips by reason of their mutual inter-relation. To a certain extent, the calf muscles are brought into action by these same movements, but not sufficiently to guarantee any amount of muscular growth. The question of calf development merits a complete article of its own.

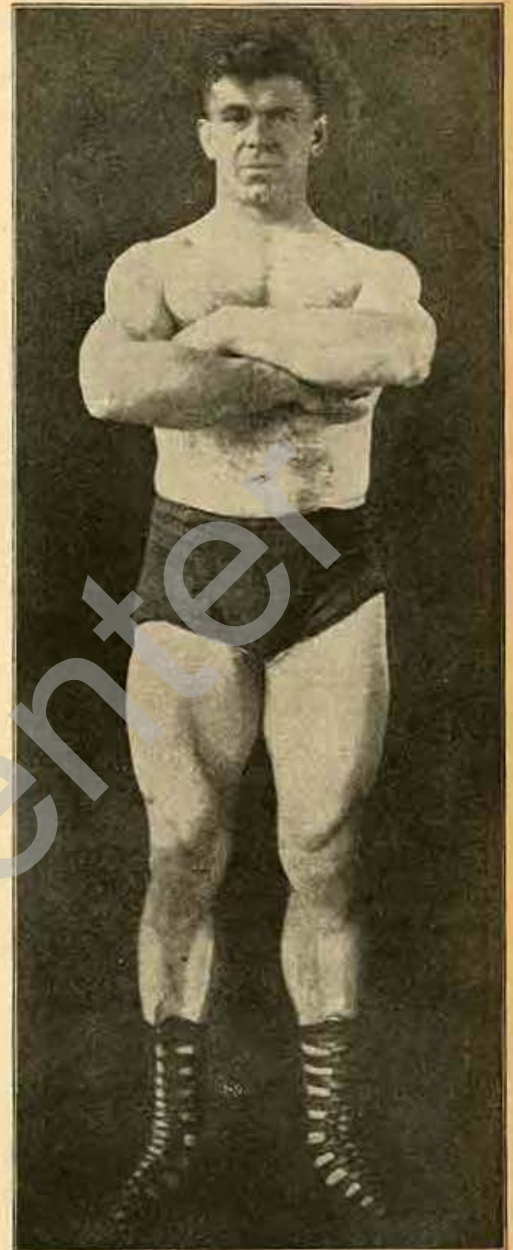
Now I have a very firm belief deeply rooted in my system, so as to speak, with which I believe all of my constant readers are familiar, because I have often expressed it: Know *why* you do an exercise *before* you do it. The mere recommendation of an exercise without an explanation, is like putting a ship to sea without a rudder. It sails, but gets nowhere. Just like so many who practice bodily exercise.

To name the muscles is not sufficient. We have to go much deeper. We have to find out just why that muscle is there, how it operates, or whether it operates best alone or in conjunction with another muscle. Then we have something

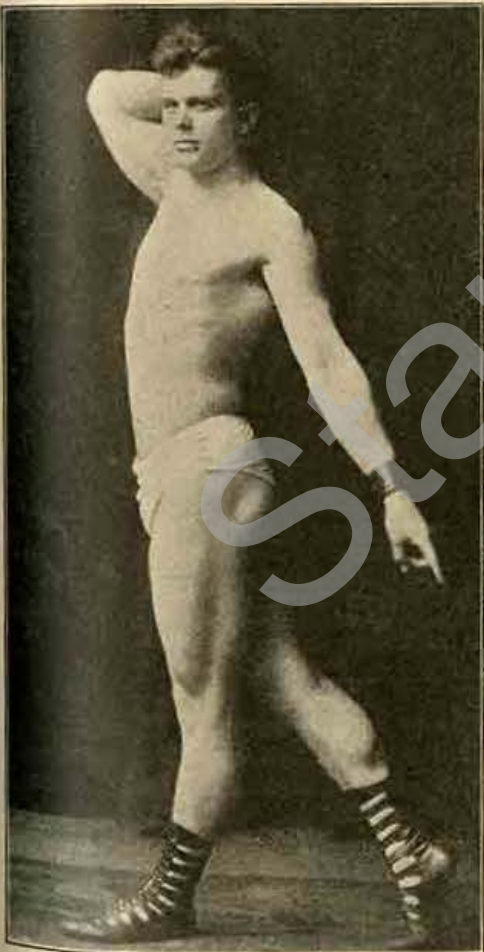
on which to work. The knowledge enables us to find out the best means of control, in order to make the muscles more subject to growth. Boiled down, we become acquainted with the cause, effect and determination of the muscles and their growth.

I believe you will all agree with me in this respect, so let us move on and tackle the muscles under discussion.

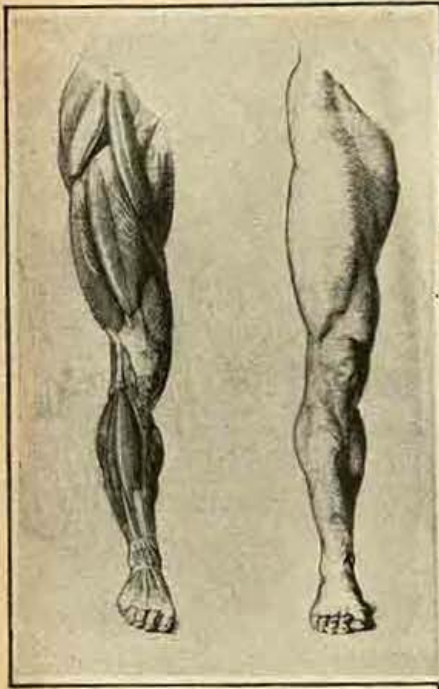
Commencing with the front part of the thigh, which is properly known as the anterior aspect, we find that the Quadriceps Femoris is the chief muscle, and covers the major frontal portion. As the first part of the name implies, this muscle is fourfold. The name is significant of another fact, which testifies that these muscles work in one group. Of course, many muscles work in groups, but nature adapted these particular four for actual co-ordination. They are capable of greater



Joseph Urlacher is one of the finest examples of the perfectly moulded thigh ever seen. Their beautiful fullness would make any artist or sculptor rave—the result of balanced thigh exercise. The right thigh affords an unusual example of sartorius development, where the shadow creeps across the thigh or cuts, I should say, as its name means "cutting" or "tailor's" muscles.

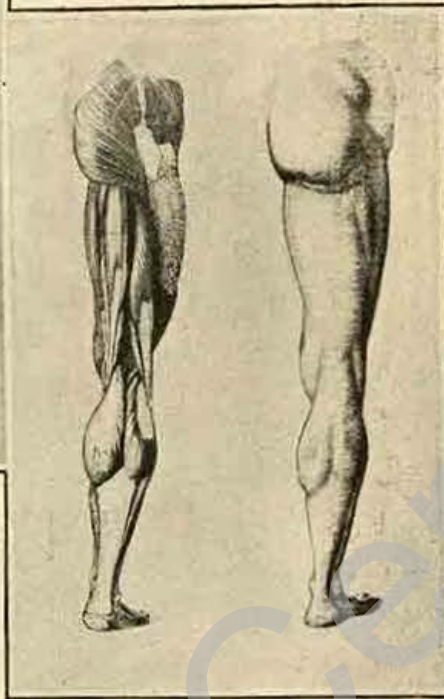


Arthur Gay is a perfect example of the shapely thigh. The outline of his thigh shows the uninterrupted curve from knee to hip in the semi-repose position. He built his legs. They were not just there in the first place. Diligence and proper exercise won.



An anatomical lesson showing the quadriceps femorus or "four-fold" muscles as they are, with the sartorius running strap-like from below the knee up across the front of the thigh to be attached at the hip.

resistance because of their four-fold nature. Consequently, any exercise that involves the Quadriceps, as a group, can



Back view of the biceps or double headed muscle, the "hoodoo" muscles of the average leg builder. Compare the anatomical photos with the natural legs alongside of them; then realize the superb leg development of all the athletes who illustrate this article.

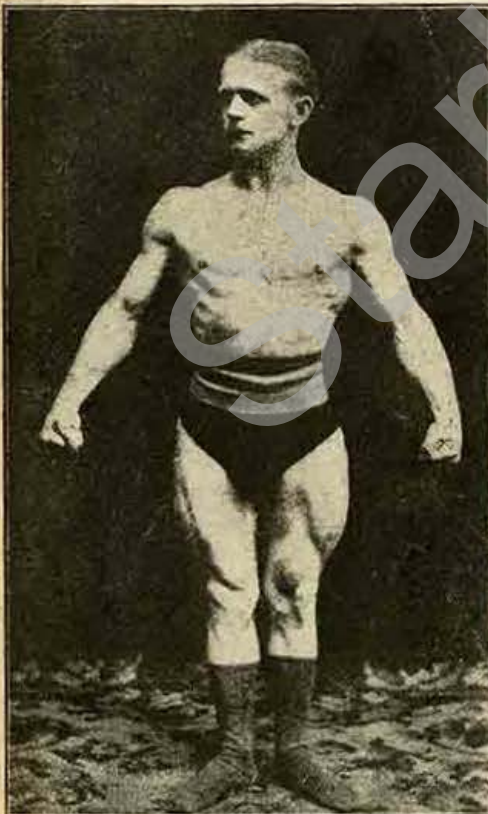
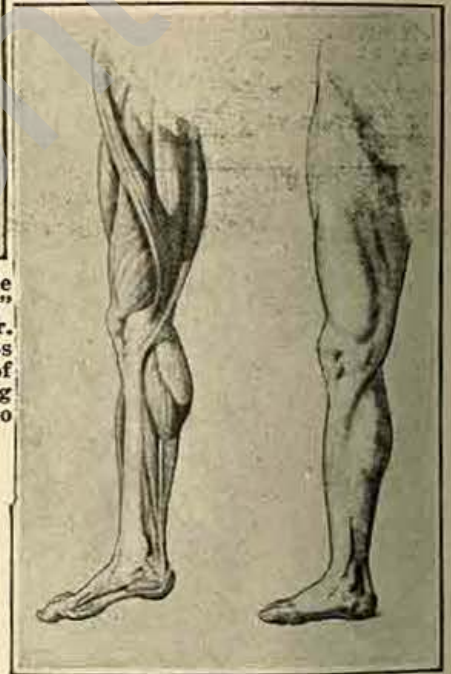
head is tightened when the thigh becomes bent.

The parts of the Quadriceps extensor receive nourishment by separate branches of the Femoral nerve, which is the reason why the thigh muscles can operate so powerfully in terrific movements of propulsion, where great nervous energy is required.

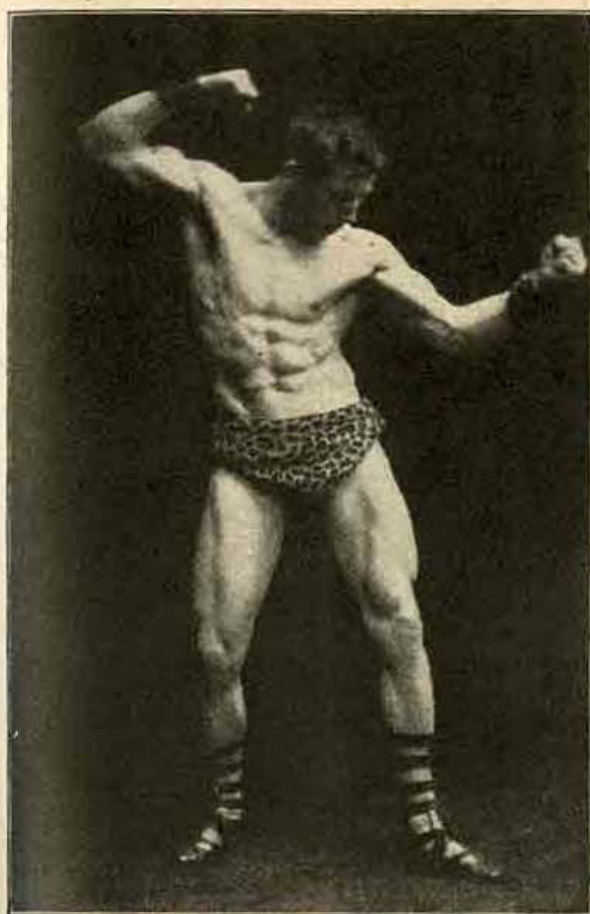
Such as sprinting and lifting heavy weights overhead, quickly.

The External Vastus muscle, the muscle on the extreme outside of the thigh, is always the most noticeable on an athlete. In it the hump of muscle is easily discernible, about one-third of the distance up the thigh, and it arches outwards in one sweeping curve toward the hip. Just tense your thigh by locking the knee tightly backwards, and you will see how it shapes itself. But this muscle is not entirely surfacial as the outward contour makes it appear. If you raise the leg to right angles with the body, you will notice a little hump of muscle about two inches long lying along the outside, at the extreme end of the thigh near the hip. This muscle is attached by a very long tendon that runs down the side of the thigh to the knee. It is under this muscle that the Externus Vastus finally loses itself. Raise your leg again and you will learn something more. Aside from the appearance

By a careful survey of the anatomical study, the sartorius muscle, which rotates the leg, can be followed on the natural leg from its seat of adhesion on the shin bone and along its spiral curve over the thigh.



Here is an example of an athlete who acquired abnormal thigh development in his effort to make good in his particular line of heavy athletics. Henri Graf, famous Swiss athlete.



Eric Trengrove shows remarkable muscular separation of all the thigh muscles for such a young boy.

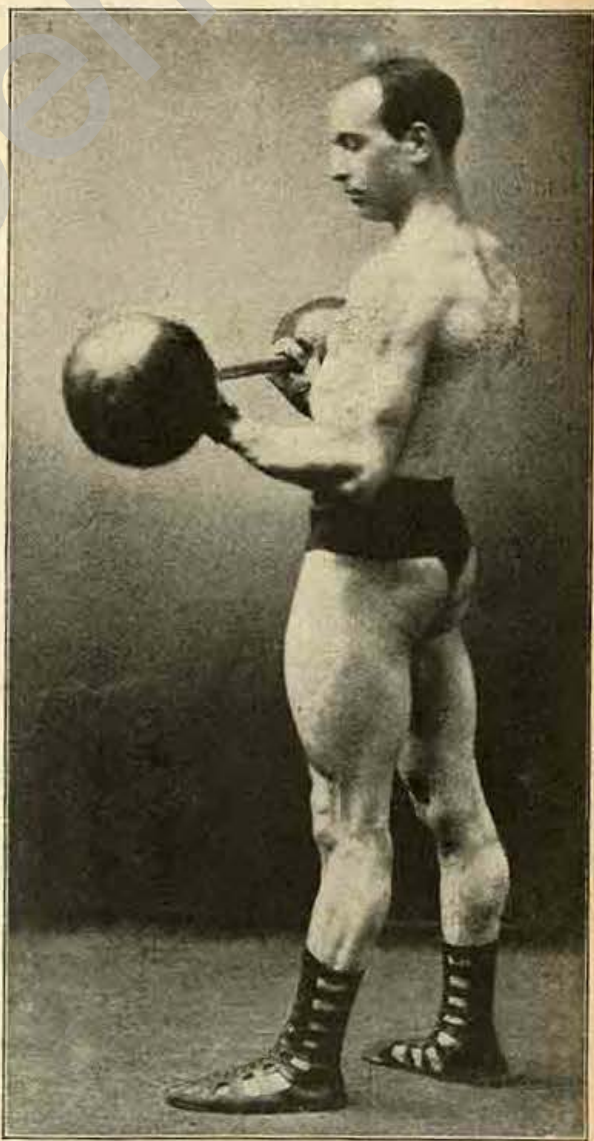
However, we have more muscles to consider. For one) the little hump on the top outside of the thigh.

In most cases, the External Vastus starts off with a sweeping arc, but instead of completing the curve, it becomes a straight line. Why? Well now, did you not learn something when you raised your leg to right angles with the body? Remember how this little muscle tensed, and you felt such a powerful contraction of the entire Externus Vastus? Perhaps you also noticed how insignificant the little mound of tissue was. Proof that you have not exercised the muscle to promote any growth, but if you do, you will create an appearance, when the thigh is tensed, that will form a beautiful curve where the Externus Vastus commences, all the way up to the groin. This muscle is always highly developed in football players, because its action has a lot to do with raising the leg forward.

Just hitch your toes in the handle of a light kettle bell and raise the leg forward to right angles with the body. Keep the leg perfectly straight and don't lean backward too far or bend the other knee too deeply. You will probably find it necessary to place one hand lightly on the back of a chair in order to control your balance. This is a fine (Continued on Page 75)

of the little hump of muscle, you will notice that the Externus Vastus becomes so vigorously tensed that you can see it taper to its tendon.

Now let us get back to exercise. The squat or deep knee bend, whichever you want to call it, is generally practiced balanced upon the toes with the heels close together. I once read a statement that, of the Quadriceps group, this exercise developed the Internus Vastus the most. But I disagree, and I will tell you why. I have noticed that this particular muscle is lacking in development with most of the indoor exercise fans. Even the majority of weight lifters do not show the pronounced development we would expect. It is the Rectus Femoris and the Externus Vastus that are the more prominent; *but*, if you practice the deep knee bend with the feet flat on the floor, pointed forward, you will soon find that this bunch of muscle just above the knee cap, on the inside of the thigh, will grow rapidly, for this reason: With the heels together and the bodyweight balanced upon the ball of the feet, you cannot make as deep a squat, which is necessary to bring this muscle vigorously into action. It is always noticeable that strong men who finish their feats with a deep knee bend, have well-formed Internus Vastus muscles. The Germans call it the Shenkel muscle. That is why I prefer a flat foot squat, because it brings the entire group of Quadriceps muscles into play at once, and does away with the necessity of a number of exercises that are not required. This again proves the fact that when you find the right exercise, where a natural group of muscles co-ordinate so powerfully, as in this case, you can secure considerably more efficient results.



This profile pose of Harry Hall is a splendid interpretation of the balanced thigh. The biceps displays a contour that conforms harmoniously with the sweep of the front thigh muscles.

Do Legs Make the Woman?

How an Embarrassing Situation
Made One Woman.

As told to Margaret A. Sargent

YES, I do owe my success to something—and that something was a stupid accident that happened in one of our most exclusive gown shops in town.

"I had been unable to get employment for a long time,

and, desperate, I responded to the urging of my friends. I answered an advertisement for a dress model, but I did not think for a minute that I could ever be any kind of a model, but my friends insisted that I had beauty, personality and form. How little they knew!

"Anyway my friends, who were models themselves, coached me a little on how a model should carry herself, her actions, and other what-nots, and were greatly surprised at my grace and beautiful carriage. So I tucked luck under my arm (and nerve, too) and answered the advertisement.

"Madam, the proprietor of the shop—a very harassed and worried-looking individual, looked me over critically, and turning to the gentleman at her side (who, I found out later, was her much hen-pecked manager) remarked, 'She will have to do, Francois. I must have some one with auburn hair when Mrs. — comes. (I was stunned when I recognized the name of the leading society lady in town.) She is built like her, too. What has come over these models—Marie is the girl who should have been here and she had to get sick—headaches, colds, sick mothers—too many parties, that is really what is the matter with them. Show her to the dressing room.'

"I was led into the dressing room. Here four or five other girls were hurriedly dressing and undressing. I stood awed at their beauty and turned hot and cold, for I knew that I should never have come here.

"At last I was told to come out. I was more confident of myself than I had been at first, wrapped, it seemed, in soft shimmering silk from head to foot—the latest creation from Paris—behind me trailed what looked like a dozen yards of the same soft, shimmering silk. Indeed, I thought, as I surveyed myself in the long mirror, I did not cut such a bad figure at that.

"How I ever got out on that revolving pedestal I do not remember, but I must have made no blunders for no one was paying any attention to me, but to the silk thing I had wrapped around my body. Gradually my confidence returned, especially when I beheld Madam looking at me approvingly, perhaps thinking, 'This novice is not so bad'—then I thought of something else and my heart sank.

Fig. 1



Fig. 2

"According to instructions, I descended from the revolving pedestal to the floor, where the most important society folk of the town were seated.

"All at once I heard a rip and felt a sudden pull, and before I realized it I sprawled heels over head on the floor, rolling over and over like a bouncing ball. I vaguely remember being assisted to my feet, and then gales of laughter resounded through the entire shop. I stared around me—the whole audience was in convulsions, and their eyes were riveted upon my legs. I looked down and beheld myself, standing in the midst of the most fashionable set, in the most fashionable shop, wearing the most beautiful dress. How perfectly ridiculous I looked. The dress torn from me above the knees and my secret exposed, for alas, I was knock-kneed and my scrawny legs had the appearance of being bowed, and that was the reason for their mirth and laughter. My legs! I felt as though I was in some museum, an exhibit of a freak of nature. Before I dashed for the dressing room, I caught Madam's eye. She was pale and a horrified expression dominated her features.

"Running hurriedly to the dressing room, I tore off the remains of the dress, got into my street clothes, and without stopping to put on hat and coat, dashed for the door, but Madam overtook me, and she flung this bitter reproach at me, 'See what you have done. You have ruined me. They are laughing at me. I will lose all my good trade. Think of it! I, who have the reputation of having the most beautiful models in the country, fooled by you, a clumsy, bow-legged specimen of . . . I heard no more as I raced out of the shop, my one thought to get away and hide myself so that no human eye could spy on me.

"It was days, even weeks, before I got over that dreadful episode, but thanks to it and the torturous days that followed I realized that beauty, personality and grace are not the only essential elements of success. One must have beautiful legs, also. So then and there I decided that I would do something to make my legs shapely and beautiful. I obtained numerous magazines in which I found exercises for the development of the legs, and began practicing them immediately. I worked an hour each day until I began to notice an improvement. Then I worked a half hour each day afterward and oh! how I did work.

"Always a lover of dancing and being told that dancing was the best means of developing the legs, I promptly took up a course in dancing. I liked it so much that I took up a higher system of training. One day an opportunity came when I was given a place in a well-known revue in town. It was due entirely to my dancing ability and perfect form. That I had a perfect form was evidenced by my rapid rise to success. It was a hard road, but I persevered. Today I am glad that the unfortunate

accident occurred, for now I am enjoying success, where otherwise I might have remained the same drab person with hideous legs."

Now you girls who desire beautiful legs, it will pay you to heed the moral of the above story, which was told to me personally by one of the foremost dancers of this country. You may not all aspire to the role of a dancer, but you can at least heed her advice.

Remember she started with a great handicap,

Fig. 3



Fig. 4

overcame the obstacles in her path and virtually attained success by her perseverance.

Legs were not only made to carry you around, they were given to you with the understanding that you would take the best care of them you could, just as you would any other part of your body.

So do not think you are beautiful if your face is pretty, or if your upper body is well developed, you MUST have SHAPELY LEGS, too. How many times have you seen a very pretty girl and when you looked her over you found that she had terrible scrawny legs? You immediately thought to yourself that she would be nice if it were not for her legs!

You will find that where your legs lack development most will be on the inside of the calves. If you will stand with both feet together, then draw one leg up against the resistance of your arm, as shown in Fig. 1, and repeat the movement about ten times, you will develop the inside of your calves in a very short time. Pull up as hard as you can with your arm and push down

as hard as you can with your leg. You will find this a splendid exercise. Another exercise, which is a variation of this, is to pull the leg up in back of you, keeping the thighs together. This will add depth to your calves. Supply plenty of resistance.

Take the position with your weight on your right foot and throw your left leg back, as shown in Fig. 2. Now quickly change your position so that your right leg is stretched backward and your left leg is bent under you. This is another splendid exercise for developing the calves.

You may not think the following exercise has any effect on the calves, but try it for a few weeks and see the results you will get. As well as being a good leg exercise it will help to beautify your chest. With feet together rise high on toes, locking the knees. See Fig. 3. Now take a deep breath, hold it and take ten steps across the room. Exhale and again inhale and take ten more steps, keeping high up on the toes all the time. Repeat

this from eight to ten times. Be sure to keep the knees stiff or the exercise will be of no benefit to you.



Fig. 5

The one leg squat is good for the calves and the knees as well. See Fig. 4. If you find the exercise difficult to perform, you can help support yourself by placing your fingers lightly on some object. Repeat this exercise from six to eight times with each leg.



Fig. 6

I have known girls to get results in two or three weeks from practicing the following movements. Take one or two books, place them on the floor, then place the heels on the edge of the books, as shown in Fig. 5. Now raise high up on the heels. You will feel a distinct pull on the muscles of your leg. Repeat the movement ten times if you can. Fig. 6 shows the young lady with her toes on the edge of the book. Raise yourself up slowly as in the preceding exercise. Repeat this ten times, also. As the movements become easy to perform you can add another book, and decrease your repetitions.

Another variation of this exercise is to place the insides of the feet on the edge of the books, and raise yourself up. After you have repeated these movements several times you will find that the muscles will be very sore. That alone will give you an idea of how effective the exercise is.

Massage the muscles well—this will relieve you of some soreness and will also aid in developing the muscles. At some future date I will write more on this subject, and its value in developing the body.

An admirable exercise in equilibrium, and one which gives suppleness to the body and strengthens the legs, is to slowly rise on the balls of the feet, then keeping the body from the hips upward erect, throw the arms backward about eighteen inches, relax the leg muscles, bend the knees and drop quickly, as low as possible. As the body descends let the arms swing downwards, and forwards. This will help to maintain your balance, and with the elasticity of the body will assist in recovering the position. It will take a good deal of practice to execute the movement perfectly and should not be attempted till considerable body and muscle control is gained, but the reward you will receive will pay for your efforts many times.

Development must be harmonious, therefore the aim for every woman is perfect balance and equilibrium of all parts, not mere muscular development of any one part of the body. So if you will add the above exercises to your regular schedule, you will not only build your legs to beautiful proportions, but your whole body will become symmetrical, your health and beauty will be enhanced. Those are the secrets of the beneficent results which every girl and woman will reap from physical exercise.

I cannot say enough for dancing as a means of beautifying the legs, as well as the whole body. Note all dancers' legs—do you not always gasp and say, "Oh! if I could only have legs like that." Little do you realize how near within your reach that wish is. Besides, dancing cultivates happiness and lightness of spirit. Happiness is the only natural tonic we can give our nerves—and our nerves control our health. Dancing produces grace. Grace of motion and the bearing of the body give the impression of reserve strength, the repose of perfect poise based upon inward vitality.

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

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

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

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



Dr. A. N. Mittleman

Ask the Doctor

Department for Solving Your Health Problems

By Dr. A. N. Mittleman

QUESTION: Being a reader of **STRENGTH** MAGAZINE, I am writing you regarding my health problems. I have a good deal of distress, aching and burning high up in what seems to be the stomach region along with trouble in the Intestinal region. It seems to be moving up and can be noticed in more severe form. The trouble began in November, 1921, with aching condition in lower abdomen. Aching was not constant during the first three years and would leave entirely for short intervals of a day to a couple of weeks. Associated with the low abdominal distress I would have at times full rheumatic aches in various parts of the body, arms, hands, knees, etc. Almost from the start there was considerable soreness to the touch in the abdominal region, the soreness increasing if Cathartics were employed or if the bowels moved too freely naturally.

The symptoms catalogued in the preceding paragraph prevailed during the first three years without much change either for better or worse; but there has been some change in the past year, the aching moving higher up in the region of the transverse colon with more soreness and more severe aching coupled with a burning sensation. The soreness is felt clear up into the stomach cavity and feels much like a sore throat. Of course the aching and burning condition is more severe at times, and the soreness never leaves entirely. A hot water bottle placed on the abdomen after retiring helps some, but the most effective thing I have found for temporary relief is a warm water enema, which I find it necessary to resort to three or four times weekly as an

average, sometimes a couple of times a day during the more severe attacks. Quite a bit of mucus is expelled from the bowels and also some stringy shreds, more at times than others.

The general health continues pretty good. Appetite is excellent and no kind of food appears to disturb my digestion. Weight varies only slightly. I gain about three pounds in the winter and lose a few in the summer when I take more exercises. At present the weight is about normal for my height. I have experienced some trouble in sleeping—I do not sleep so soundly as I used to.

During the first two years of illness I had poor luck in having my trouble diagnosed, although I consulted numerous physicians and underwent many physical examinations. The tonsils were removed, several teeth that were supposed to be abscessed at the roots were extracted. But the only satisfaction I got was that which comes from such indefinite diagnosis as chronic constipation, toxic poison, acute intoxication and the like.

During the past two years I have the diagnosis of Doctors Soper and Mills of a catarrhal condition of the colon confirmed by other specialists, including the Mayo clinic by slightly different medical names such as "colitis" and "endamoeba coli." They all contend that the condition is curable, but so far I have made no progress under the treatment described, which treatment has consisted principally of modified diet, vegetables, fruits, little meat and no pastries or fried foods.

H. B. E., East St. Louis, Ill.

ANSWER: After reading the history of your case carefully I have come to conclusions that the diagnosis of "colitis" is correct and that this condition can easily be overcome if the proper method of diet and exercises are prescribed.

However, I would also advise that you have an X-ray examination made of the stomach and intestines as probably you might also be suffering with an ulcer of the colon. The diet should principally consist of the vegetable foods and I also might advise that you seek the services of a competent stomach specialist. With this information in view I am sure you will derive some benefit.

QUESTION: I am writing you in reference to a condition that has troubled me for some time, and which I have been unable so far to correct, although it may not come under the head of medical advice. For the past four or five years I have been in the habit of making a slight twist or a nervous shake of the head, continuously throughout the day. I don't know how I got started doing it, and while it is so small a twist that it is hardly noticeable by other people, at least I am not aware that very many people observe me doing it, I want to correct it before it becomes more serious.

It apparently is just a habit, so far as I know, and may have been caused or rather started by wearing high, stiff collars, thereby causing me to twist or shake my head. However, this has long been changed, and for the past couple of years I have worn nothing but the soft Van Heusen collars, now so universally worn, in a size large enough to feel perfectly free around the neck.

It would seem that the correct way to stop this would be to use enough will power to overcome it, but I have tried this numerous times and it is not so easy as it would seem. That is to say, I can, of course, stop the habit while I am consciously thinking about it, but the moment I become absorbed in something else, I notice that I unconsciously get back into the habit. Have made it a point for a week at a time to absolutely keep my mind on it to the extent that I practically overcame it, but later got back into the same habit. So now I am afraid if I do not stop it in some way, eventually I will become like some old men I have seen who had a nervous habit and twisted or shook their heads so much as to be painfully noticeable to everyone.

The following personal information may be helpful to you in considering the matter; I am 34 years old, married and I have no children, have no particular worries, enjoy life, getting along reasonably well financially, good health, don't use tobacco or drink liquor, and my height is five feet seven inches, my weight is 152 pounds, I have followed the Milo Course and secured fairly good results. Anything you may suggest will be very much appreciated.

W. C. L., Tulsa, Okla.

ANSWER: The condition of your neck is no doubt that of a nervous twitch which was caused by the wearing of high collars, and as a result of this habit your nerves became impaired and to a certain extent deranged.

Your own will power will no doubt greatly aid you in treating the condition and I also would advise that you wear a more comfortable type of collar. The treatments given by a reputable osteopathic physician will also help you to overcome this habitual condition. Your history does not show any hereditary tendencies and therefore the proper treatment and exercises should very easily correct the condition.

QUESTION: Please answer the following questions:

1. What is high blood pressure?
2. When the blood pressure rises does the sexual instinct or power recede?
3. If so, why?
4. Does heavy exercise such as exercising with bar bells produce high blood pressure?
5. Does gymnastic or ordinary light exercise produce high blood pressure?

F. J., Cripple Creek, Colo.

ANSWER: 1. High Blood Pressure is merely the tension or pressure of the blood in the circulatory system and the following conditions determine what the blood pressure will be: the force of the heart beat, the elasticity and tone of the blood vessels and the resistance offered by the small vessels between the arteries and veins, and to some extent the amount of blood in the circulatory system.

The blood pressure is usually taken by a special apparatus known as the sphygmomanometer and the normal pressure in an individual should be about 120 to 130 before the age of thirty and after the age of thirty it should be 130 to 140. From the age of fifty to sixty it should be normally 160. If the blood pressure is much higher than 160, it is then considered abnormal and dangerous.

2. When the blood pressure rises the sexual instinct may or may not recede and to my knowledge I do not know as yet that sexual power was completely lost due to high blood pressure. If on the other hand a paralysis resulted from the high blood pressure, then there is a loss of power of the sexual instinct.

3. As in a case of paralysis due to high blood pressure, there is an improper nerve and blood supply to the parts affected, therefore causing an improper functioning of the sexual glands which as a rule causes the loss of power.

4. Exercises of the proper type are not injurious to high blood pressure and if resorted to in the proper way will greatly aid in reducing the high blood pressure.

5. Gymnastic exercises are also very beneficial in reducing high blood pressure, but the exercises should not be taken too strenuously.

QUESTION: I have been reading your questions and answers in the STRENGTH MAGAZINE and will ask you to send me your candid opinion of my trouble. I am 41 years of age, married 22 years, have four children, the oldest 18, youngest 2 years. I am 5 feet 8 inches tall and weigh 154 pounds.

I have had constipation all of my life, getting worse as I grow older. Until now my bowels seem nearly paralyzed. I have had prolapsus of the uterus since the birth of my first child. No two doctors tell me the same thing. Six and a half years ago I gave birth to a baby girl and at that time two noted physicians told me I could never live through another birth without first having an operation to stitch up the uterus and the lower bowel. I did not undergo an operation and two years ago I gave birth to a fine healthy boy. I seemed to be better after this last birth, until recently I took sick with inflammation of the bladder. I also took influenza and an abscess in the ear and was very yellow. The doctor, an ear specialist, said I had a mild case of jaundice. My ear is practically normal and my general condition is a little better, but am not very strong, and I still feel that there is something wrong with my bladder. My bowels are very constipated. I also suffer with backache and have a general tired feeling and feel blue and discouraged at times. All doctors agree that I need an opera-

(Continued on Page 78)

Strength Posing Contest

By the Contest Editor

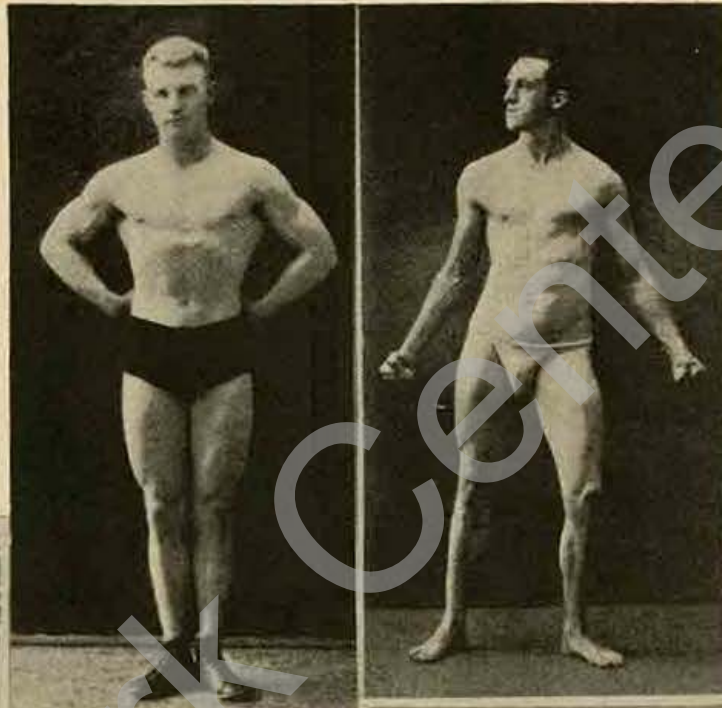
UP to the present time the posing contest has been productive of a better understanding of what "body posing" really is. Each pose explains itself, whether it be in a display of muscular development, or an interpretation of one of the classic studies. Each cast holds a message to every pair of eyes that looks upon them. They contain the most precious gift in life, which millions want, and for which only thousand are willing to strive. **Health**, the glor-

ious gift of a clean life. **Strength**, the essence of a vigorous healthy capable body. **Vitality**, the quintessence of both, that radiates manhood in sparkling energy. Every new day, is a day filled with joy, which palpitating manhood rejoices to face, knowing in his own omnipotence, that physical exercise has made him wonderfully efficient.

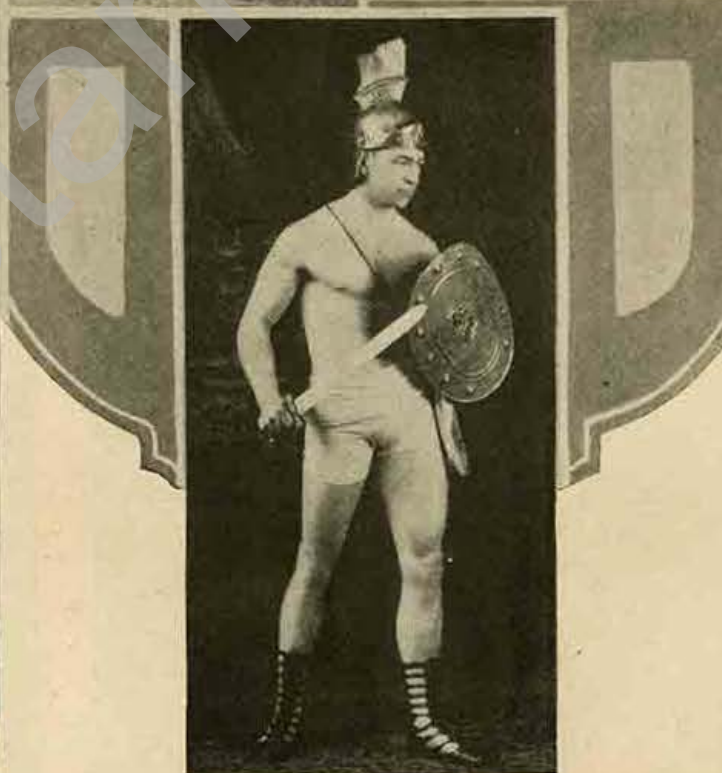
The ten poseurs, whose magnificent forms adorn these two pages, are the embodiment of our great teach-

Geo. Meikle

Who Is He?



Chas. Shaffer



W. L. Cooley



A. I. Rubin

ings. The candle of youth will burn more brightly within them because of those few minutes devoted each day to exercise. The fountain of life is only sustained by bodily preservation. Old Father Time smiles when he sees these perfect images of mind and muscle, for he delights in the knowledge that they are going to remain longer with him. One great poet wrote "Footsteps in the sands of time, oft remind us of the great lives left behind," but I would rather quote, "Forms that are with us, breathe the health that God gives us." There is tragedy in the first quotation, but inspiration in the latter. We don't want people to die in order to become an example, we want the pulsating, true personification of life's ideals, which is never better shown than in the perfect form, which we have exemplified

before us. Millions follow Christ as their example because of His spiritual purity, but they seem to overlook the fact that He was equally physically perfect. He could have never endured the physical trials that He did, if He had not been possessed of a perfect body. A healthy body creates a healthy mind, which brings to my mind the words of St. Paul, which were fraught with Godliness, when he extolled his followers to "keep the body as sacred as the soul."

If you are one of those who fall by the way, look often on these pages and remember that these noble specimens of manhood too, had their battles to fight. You see only here the results, but believe me they did not receive their cloak of muscle

like the cloak of Elijah. It is given to us all to suc-
(Continued on page 66)

J. B. Bon



Archie Anton



A. M. Bausch



Frank Keefe



M. R. Brown

Sons of Hercules

The True Story of How a Famous Strongman Lifted
the Supposed "Unliftable" Weight.

By George F. Jowett

"WINE, woman and song." The three temptations that await the unsuspecting feet of mere man. That's the old slogan that the old-time stump parsons used to love to spout about. Now personally, I don't believe it. As far as the first two evils are concerned, I've had blamed little to do with them. Maybe I have missed a lot, but in order to keep peace with everybody, I'll say, "Thank the Lord for that." As for a song—now what honest to John L. son of Eve doesn't love a good song? There's always something about a real tune that gets you. Why, if it had not been for a song, this story would never have been written, and I would have lost the opportunity of becoming a spectator of a remarkable feat of strength.

It just happened that on this memorable night, I had been badly stung. A sweet little blonde, with a beguiling, but false smile, had gyped me for a guy with a red tie and bowler hat. I stood propped up against a lamp-post on Broadway, dismally watching the Johnnies and Janes pass by. However, the girls were not half as interesting in those days as they are today. They had not wised up to short skirts and Paris garters, to vamp the last nickel out of a poor guy's safety vault.

To ease my mind, I decided to take a walk and accordingly sauntered down one of the many side streets that run off the white light district. I hadn't wandered far when I heard the most uproarious noise imaginable. The nearer I got, the more interested I became, as the voices were more distinguishable. Finally I stood across the street from where the voices were singing in unadulterated German. The clink of glasses and the stamping of feet kept time to the martial singing, in a manner that led one to be suspicious as to the sobriety of the songsters.

Suddenly the doors were thrown open and out pushed half a dozen men. One of the six impressed me immediately by his sturdy stature. He seemed to completely dwarf the other five who surrounded him, and they were not slim Jims either.

I could not quite get the gist of their conversation, as I did not understand very much German. However, whatever it was all about, it was connected with strength. My curiosity fully aroused, I decided to trail them. Back to Broadway I followed them as these burly huskies jostled through the crowd. As we con-

tinued on our way, a suspicion began to dawn upon me. Was it possible they were going to the hang-out of the unliftable bar bell? Perhaps many of you are not familiar with the facts of this particular bar bell. A number of years ago a retired strongman kept a saloon on Broadway, and in the window, on display, he had a huge iron bar bell that looked more like a grotesque dumb-bell. Thick handled, and badly balanced, it weighed a little over three hundred pounds, and the owner boasted that not a living man could raise it overhead with two hands. I do not know whether he claimed he ever lifted it, but if he said he could, he was a liar. I knew many who were credited with trying to lift it, only to fail; men who could raise well over three hundred pounds overhead; but so ill constructed was this piece of pig iron, that it had defied all their efforts.

My suspicions proved correct. Their destination was the home of the unliftable bar bell. They all went in the saloon, and I followed. Calling for drinks, one of the six, who appeared to be a German-American, roared out in a stentorian voice to the proprietor, "Hey there, Mike, I gotta guy here who's goin' to lift ya dumb-bell." A chorus of laughter followed this statement, and the proprietor sensing more business, gave orders to his bartenders to drag out the "baby," while a broad smile creased his face, "Who's the human derrick that's goin' to lift, boy?" Mike asked. For an answer the man addressed as "boy" pointed to the burly man with the moustache who had first attracted my attention. "Bigger men than him have failed," the saloonkeeper said, scratching his head as he looked the prospective lifter over from tip to toe. "Ya, but not as goot" one of the six, a fair haired, good looking boy quickly retorted.

Laboriously the bartenders dragged out the monstrous weapon, puffing like steam engines and finally deposited the bell in the center of the floor, while the crowd pushed around in amused attention. Meanwhile, the powerful German stood looking on, taking long, deep draughts of his native beer.

Personally, I thought he was either drunk or crazy, and I fully expected to see him fail. But my main curiosity was to see just how high he could raise the weight. Despite his effective appearance, I figured he was not big enough to lift it. His weight could not have been over two hundred and twenty pounds at the most, fully clothed.



Slowly and surely the marvelous Hercules pushed the ponderous weight to arms' length overhead.

"The drinks are on you, Mike, if he makes the lift," one grinning individual remarked. "You'll die thirsty, old timer," came back the reply in a convincing tone.

Ah! the dance was on. The man of might stepped up to the weight, divesting his coat as he approached. He grasped the clumsy thick handle with both hands as he sought the balance. He then made a movement as though he were going to make the lift, but checked himself, and calmly asked for another drink. Without a pause he drained the mug, and in silence he proceeded to stand the bar on end. I gazed on in perplexion. I could not understand how he was going to raise it overhead, that way, with two hands. Before I knew what had happened, the bell was rocked to the shoulder and remained supported at the hip with one hand. An amazed gasp passed through the throng, and every smile faded away.

The man who had led the party there, spluttered, "Man, you're crazy!" He had expected to see a two-arm lift, but here he was witnessing a one-arm attempt. He rubbed his eyes to clear his vision, but it was one hand only that held the weight, and up it was going. Slowly and surely, the ponderous weight was shoved to arms' length, and the extraordinary Hercules straightened beneath it. The enormity of the feat silenced us.

However, we were to receive another shock, more staggering than the first. Holding the big bell at arms' length, without any noticeable strain, he stabilized his balance, and before any of us realized it, the weight was tossed to the other hand and caught. Supported for a few seconds it was then lowered to the floor with a gentleness that showed consideration for the floor boards.

No one said a word. The magnitude of the feat seemed to have bereft us all of speech.

The lifter stepped up to the bar and called for the drinks. His work finished, he was not interested in the task performed. One after the other, he drained four huge glasses of beer. Thirst seemed to be the only indication of the amount of strength expended in the feat. He was actually breathing as regularly as though nothing had happened. Replacing his coat, he covered up his tremendously powerful arms, and with a friendly "Goot night" he and his friends passed out into the night—gone as suddenly as they had appeared.

As the door closed on the last receding form, the question uppermost in every mind was asked at once, "Who is he?" For an answer I picked up the card that had been left on the bar by one of the six, and which is now one of my treasured souvenirs, and read aloud the name it bore—"Arthur Saxon—The Strongest Man on Earth."

The Health Digest

A Brief Outline of Health Conservation and Health Building Methods.

The Association Between Diabetes Mellitus and Chronic Rheumatism

THIS subject of Diabetes and Chronic Rheumatism is taken from the division of medicine at the Mayo Clinic at Rochester, Minn. Dr. Ralph Pemberton while treating many patients for these diseases noted that those with a chronic condition of rheumatism improved when they were given a diet which was low in carbohydrates, and these patients were made worse if the diets were high in carbohydrate foods. From this point of view, Dr. Pemberton concluded that patients with diabetes should be comparatively free from chronic rheumatism, because of the fact that their disturbed metabolism of sugar demanded prolonged diets which are low in carbohydrates.

In Dr. Pemberton's experience, and in that of Drs. Allen and Joslin, diabetes and chronic rheumatism were very rarely associated. But according to Drs. Earl O. G. Schmitt and S. Franklin Adams of the Mayo Clinic, their experience was of a different nature. During the last year at the Mayo Clinic they have had the experience of seeing and treating 474 patients with diabetes, and as a result they have found that in fifty-one (10.8 percent) of these patients there was well-defined, but, as a rule, comparatively mild, diabetes associated with chronic rheumatism. All of these patients were given a diet in which sugar did not exceed 140 grams and were kept in the hospital under careful supervision for at least two weeks on their first visit to the clinic. During these two weeks they were given instruction in regards to their diets, to which most of them were able to adhere. There was no absolute certainty that the restrictions in their diets were adhered to when the patients were at home, but at the time of their yearly or half yearly examinations there was no indication of serious indiscretion.

After consideration, solely from the standpoint of the changes of the joints in the body, this group of patients had shown the lesions of a chronic rheumatism. The co-existing diabetes could not be said to have produced changes peculiarly characteristic in type. Most of these patients complained of pains in the region of the spine, and as a result chronic rheumatism had formed.

The infections of the joints of these patients were treated by the usual measures, and all seats of infection, including those in the cervix of the female and the prostate of the male, were treated surgically or medically. The treatment of these patients consisted of exercises of the affected joints, massage, baking and diathermy methods.

Dr. Bertram, a noted German specialist, believes in the beneficial effects of foreign protein reaction in case of

diabetes and chronic rheumatism, but Drs. Schmitt and Adams of the Mayo Clinic do not feel justified in subjecting diabetic patients to the procedure. It is very often the case that the disease diabetes and arthritis or rheumatism are associated. There is no noticeable improvement in the rheumatic symptoms in consequence of the low carbohydrate regimen necessary in the presence of diabetes.

Journal American Medical Association, Feb. 20, 1926.

Prognosis in Cancer, or the Prediction of the Course and End of Cancer

Cancerous growths are mass-like tumors which grow out of themselves, as a result of an increase of their own cells. Such an independent growth is also observed in many mild tumors which formerly were sharply differentiated from the cancerous growths. Of late this differentiation has become less sharp, not only because of the degree of fatality that might result in a change in the same tumor, but because independent growths may become more virulent. At the present time pathological anatomists refuse to set up definite criteria for the independent and fatal group of tumors. Only the clinics, for practical reasons, still hold to the older conceptions and embrace among cancerous growths all tumors whenever they show a tendency to infiltrate the growth.

In general, one may say that the new growths are richer in cells and are more fatal to those which are poor in cells; therefore, those tumors which are rich in connective tissue foundation are the less fatal. This has become especially clear to us since we have observed in our radium and X-ray success that the connective tissue reaction represents a curative process on the part of the organism. Judging from different clinical reports, we have gained the impression that cancer in youthful persons takes a more fatal course than it does in the older type of person.

A cancer occurring past the seventieth year frequently shows a diminished rate of growth, and often times it seems to remain stationary. Such a standstill, however, is not limited to the advanced age, for it also shows itself at the beginning of the disease. The cause for this behavior must be sought in the fact that the organism possesses protective forces with which it can bring the cancerous growth to a standstill and sometimes even to a complete disappearance.

In certain forms of breast cancer we often see an astonishingly slow growth, occasionally for over ten years. This is not exclusively found in the aged either, but the opposite of this; namely, a very rapid develop-

ment occurs. At the time when we make a diagnosis of a cancerous growth of an internal organ, it is usually in the advanced stage of the disease. The cases that are seen early give a better prognosis, because the different methods of treatments can be applied, and as a result of this the cancer is removed.

It has been observed that the rate of the growth of the cancer is greater in fat than in thin individuals, and the growths are more frequently met with in women than in men, as cancer of the uterus found so common in women before the age of thirty-five is infrequent; and the frequency of the breast cancer is found among women who are butchers' wives, and that of the intestinal cancer is found among the individuals who are on a vegetable diet. The prognosis of cancer is dependent upon the manner in which the protective forces of the organism are functioning.

Cancer of the Skin

Skin cancers are, as a rule, less virulent. Next follows the uterine cancers, cancer of the breast and stomach, and also cancers of the glandular organs, which are more fatal, for they involve the vital parts of the organism. The skin cancer is favorable material for both radiation and operations. Since skin cancer appears almost exclusively at an advanced age, it also has the benefit of the better prognosis of growths, occurring during the weakness of old age. The improved prognosis in cancer of the skin is due to its slow growth and the slight tendency to the change in the seat of the disease. Of course, there are exceptions. When we speak of malignancy, we mean the behavior after radiation or after an operation.

Cancer of the Breast

One of the most important localizations sought out by this treacherous disease is found in the breast of the female. There it occurs very frequently, so that many cancer institutions report that fifty percent of all their patients are cases of breast cancer.

The diagnosis in these cases is not always easy. Not rarely is a chronic inflammation of the breast wrongly diagnosed as a cancer of the breast. Very often is a tubercular condition of the breast diagnosed as a cancer, because it stimulates cancer. These errors have occurred in the best institutions and also in the hands of the most experienced and skilled men. All growths in the breast of a woman above thirty-five years of age are to be regarded as suspicious.

Breast cancer is the best example of the fact that surgical technic, which at the present seems to have developed to its greatest

height, does not sufficiently take into consideration the danger of the inflammation of the cancer cells into the lymph vessels within the operative area. If within eight weeks or even less time after a radical breast operation, it is possible to determine the presence of the disease in the axilla region (or above and below the clavicle which had not been there before the operation) then it is not difficult to suspect that they are due to implantation into the lymph vessels which had occurred during the time of the operation.

The prognosis of cancer is also dependent on the age of the cancer patient. The malignant tumors have their favorite ages. Statistics show that sarcoma or tumors of the embryonic connective tissue appear before the fortieth year, mostly between the ages of twenty and thirty. Cancers of the digestive tract and the stomach are found after the fortieth year and principally between the ages of fifty and sixty. If one has no cancer up to the age of the seventieth year, he or she is as good as safe from cancer.

Cancer of the Uterus

In cancer of the uterus we find that its lesser grade of malignancy is due to the fact that this form of cancer metastasizes rarely and, if at all, late in the disease. Also as bleeding is an early symptom in the disease, the patient, as a rule, consults a physician, and in this way receives the benefit of early treatment. Instruction of the public regarding cancer by physicians, popular lecturers, cancer weeks, magazine and newspaper propaganda is bearing good fruit.

For cancer of the uterus, there are now two methods of radium therapy and that of a surgical operation.

In sarcoma of the uterus, the prognosis is not so good, as this condition is more of a serious nature, and we are dealing with a rapid growth process.

N. Y. Medical Journal, Nov., 1925.

Diet for Obesity or Fatness

Obesity or fatness is a condition accompanied by the accumulation of extraordinary, therefore, pathologic quantities of fat. Unless it is caused by a definite functional disturbance, no treatment of any type is necessary.

The treatment of obesity must include primarily a regulation of the diet so as to prevent the feeding of the excessive amount of foods above the amount that the body can utilize, and a regulation of body work to produce a demand for energy giving constituents.

Diet

The number of diets which have been offered for fat persons are almost legion. Certain general
(Continued on Page 72)

THE HEALTH DIGEST

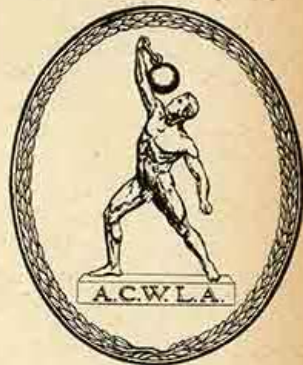
EACH month in the Strength Magazine we will print a brief summary of interesting and important Health articles which have appeared in the different Medical Text Books and Medical Journals.

Of course the author and the publication will be given full credit and any reader interested in any particular topic or subject will be able to get the complete article by going to the files of the Health Publication in which the article appears at any Public Library.

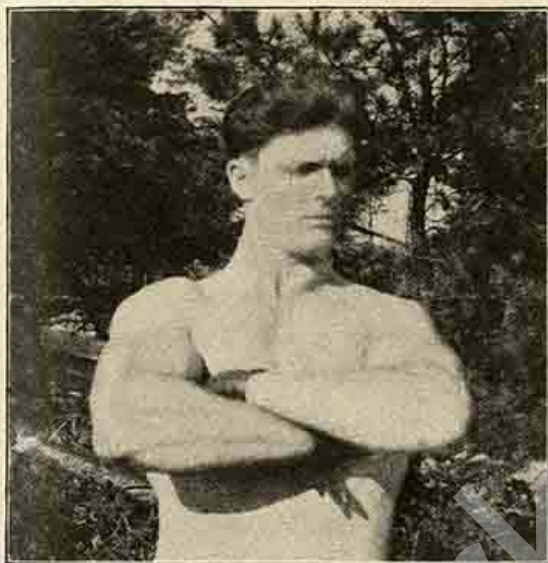
We hope that in this way the many readers of the Strength Magazine will be kept aware of the later developments in the health field and we also hope that many readers will in this way be introduced to the very valuable information given in the different Medical Journals, and apply the information to their own individual cases.

Very few people in this up-to-date, last minute day, with facilities for keeping in touch with all of the conditions of public welfare, realize the prevalence of ill-health and the enormous inroads it is making upon the vitality of our great civilization, and most people do not know the easiest and best ways of maintaining their own health. This department hopes to show them these methods.

American Continental Weight Lifters' Association Notes



By John Bradford



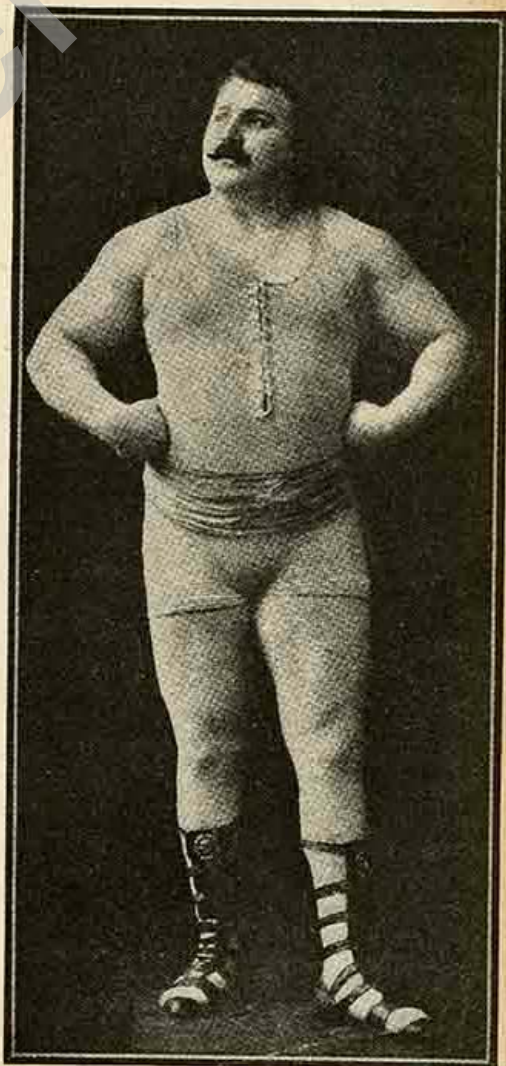
Davis, a sturdy member, who finds a bent press with 200 pounds fairly easy.

ENTHUSIASM seems to be as contagious as measles, but considerably more pleasant. Its great value lies in creating an incentive that spurs us on to higher levels. The wave of enthusiasm that has swept over the followers of the weight lifting game has resulted in greater performances by the iron athletes. Particularly is this so in Philadelphia. In the city of brotherly love a closer relationship between the lifter and the lifting fan seems to exist than in most places. They hang together better and encourage the athlete in his performance, which, in turn, has increased the ambitions of the athlete, besides encouraging others to step in and try

their luck and strive to achieve greatness in physical efficiency.

The Philadelphia show on February sixth was a great success, especially in its attendance. As a matter of fact, each show seems to draw a larger audience. Some good deeds were done with the chunks of pig iron. Dennis, at a bodyweight of 157 pounds, made a Left Hand Military Press with 82 pounds, and scored a new record in both the Back Press without Bridge and the Wrestlers' Bridge by raising 265 pounds and 255 pounds respectively. Harry Hall, in the heavy middleweight class, helped to establish a new record in the Left Hand Clean and Bent Press, by performing 174½ pounds. Don Pitts, of Hanover, Pennsylvania, contributed his quota with a little exhibition work on three lifts, using 67 pounds in the One Hand Military Press, 200 pounds in the Two Hands Clean and Jerk, and 345 pounds in the Two Hands Dead Lift. Don weighs 130 pounds and can do considerably more on these lifts in contest. Al Manger, of Baltimore, gave an exhibition on the three Olympic lifts, totaling 665½ pounds. We are hoping to see the Baltimore boy improve continually, for what performances he does make are accomplished by pure strength only. His bodyweight was 180 pounds on this occasion.

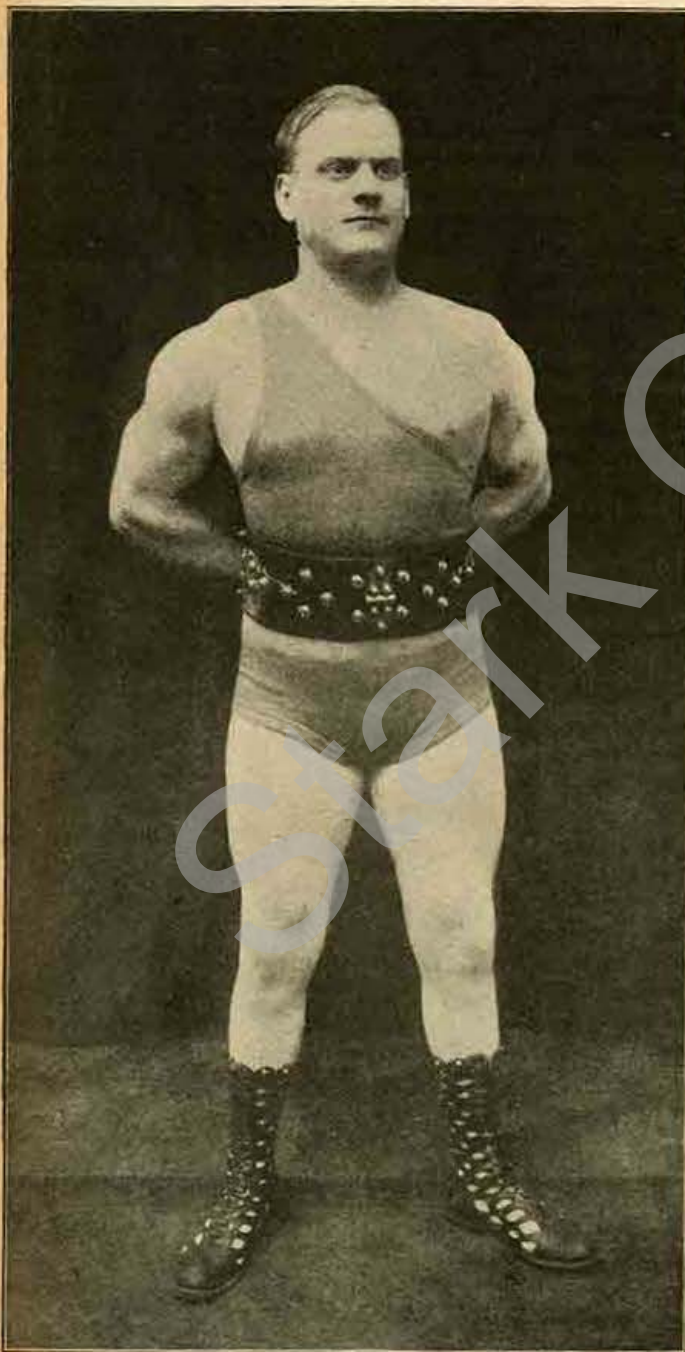
The enthusiastic gray-haired George Blymire, of Harrisburg, Pennsylvania, with his partner, gave us a snappy little treat in some five novelty stunts, and Jack Russell gave a novelty Charleston dance on his hands to the strains of music. Both these numbers were very well received, as also was the number following, by Jack Russell's musical



An interesting study of Fred Winters, the first American official amateur heavyweight champion, who reigned 'way back in the nineties.

athletes, in a series of slow motion acrobatic stunts.

Our president supplied the main attraction for the night in an exhibition of scientific lifting, covering every lift. The weight he used was considerably more than the majority of our best lifters can handle as a record in many lifts, but he juggled it around like a mere plaything. As he made the various lifts, Mark Berry, featherweight champion, explained the many scientific points. His quick pull-ins, dips and squats, were a revelation. Every movement was as smooth and clean as the movement in a perfect motor. His interpretation of the leg movement in the one and two arm Continental Press seemed like the realization of an impossible dream. Like a perfect human lifting machine, every feat was received with admiration. His speed was incredible, but he proved to everyone who witnessed his performance that



Warren Lincoln Travis, whose remarkable lifting on February 6th, the anniversary of his fiftieth birthday, will live forever in the history of weight lifting.

he undoubtedly stands as the master lifter, and as many great lifters have said before, the most scientific lifter in the world.

New York gave the next exhibition on February twenty-six in honor of the fiftieth anniversary of one of its greatest sons, Warren Lincoln Travis. The marvelous Brooklyn boy exceeded himself on this occasion and covered himself with glory in the latest chapter of his great career. This was to be his last public exhibition, and he trained hard for it, giving a combined display of strength and endurance never seen before. We will remember his fiftieth birthday, not so much for what he did, great as it was, but for what *he was*. It was Travis' request that everything he performed should be under the strictest surveillance. Within a time limit of four minutes he performed the following feats: tore a telephone book of 1440 pages in half; cleaned to the shoulder two dumb-bells, with extraordinarily thick handles, and raised them overhead; made a teeth lift of 348 pounds, and followed this with an astounding Two Finger Lift of 881¼ pounds. His final feat was the hardest; a Back Lift of 2500 pounds, which he raised fifty times in twenty-five seconds. Truly a terrific performance for any man; and Travis was fifty years of age that week. He was given a royal ovation—the crowd giving vent to their enthusiasm with three rousing cheers.

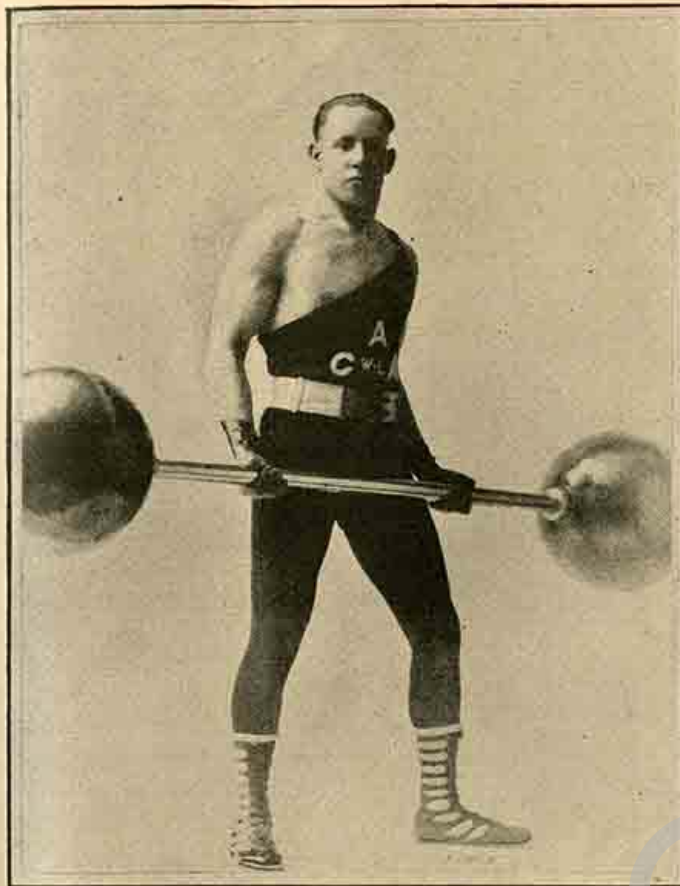
John McGill, an artists' model with a pleasing form, gave a few studies in classic poses that were very clever. Then came young Charles Laskey, of New York, who beat the world's record in the Abdominal Raise in the lightweight class. He sat up easily with 85 pounds, so easily that it seemed tough luck that he should fail with 90 pounds. He next made an American record in the Lateral Raise, lying with 76½ pounds; but the same evening Steve Levani beat it by doing 80 pounds. Levani weighed 138 pounds and Laskey 134 pounds.

Isaac Kaplan, another Brooklyn boy of 140 pounds, entertained by setting up a new world's record in the Wrestlers' Bridge. He succeeded with 185 pounds, and after a brave struggle failed with 189½ pounds.

John Pagano, of Coney Island, a fine finger lifter, gave a little iron bending display a la Breitbart. It was very cleverly done and well received. The next time we want to see John lift because we know he is good.

Harry Lefkowitz, a huskily built young chap of 153 pounds, proceeded to create two new American records by making a Two Hands Curl of 140 pounds, and a Two Hands Continental Press with 195 pounds. Lefkowitz was followed by another newcomer, Frank Olender, of Coney Island, who established a world's record in the Hands and Thigh lift, with 1123¼ pounds, at a bodyweight of 154 pounds. His teammate, Charles Phelan, also of Coney Island, gave a fine demonstration of a One Finger Lift. Without any great effort he raised 411¼ pounds, which gives us another world's record in the Lightweight class. Phelan's bodyweight was 139 pounds.

Herbert Holcombe, of Jersey City, gave a display of muscle control. He is quite an adept at bending spikes with his hands and was kept busy bending spikes for the boys who wanted souvenirs.



Corporal Turner, of Halifax, N. S., a proud, earnest member from Canada.

Our old friend Sieg Klein, middleweight champion, made a terrific onslaught in the Three Olympic Lifts. He scaled well within the middleweight limit, weighing 147 pounds. The result of each lift was as follows: 195 pounds, Two Hands Slow Press; 190 pounds, Two Hands Snatch; 242 pounds, Two Hands Clean and Jerk; total, 627 pounds. On his third attempt on the last lift, he jerked to arms' length the fine poundage of 254½ pounds, but failed to control his balance. He asked to have a separate attempt on the same poundage in order to make a new record in his class. At the first attempt he succeeded. The bell was pulled in as clean as a whip, tossed to arms' length perfectly, and held there with arms locked and feet together, amidst tumultuous applause. It's a pity he did not try more weight, for Mr. Jowett says he is sure Klein could have lifted 260 pounds that night. No doubt he will yet, as Klein is always improving.

The final number was supplied by that one-time famous Keith Vaudeville headliner, Sam Kramer. His act consisted of an interesting talk, while he displayed his marvelous body. His mighty chest and arms have to be seen to be appreciated. They are massively constructed, and have beautiful separation and shapeliness.

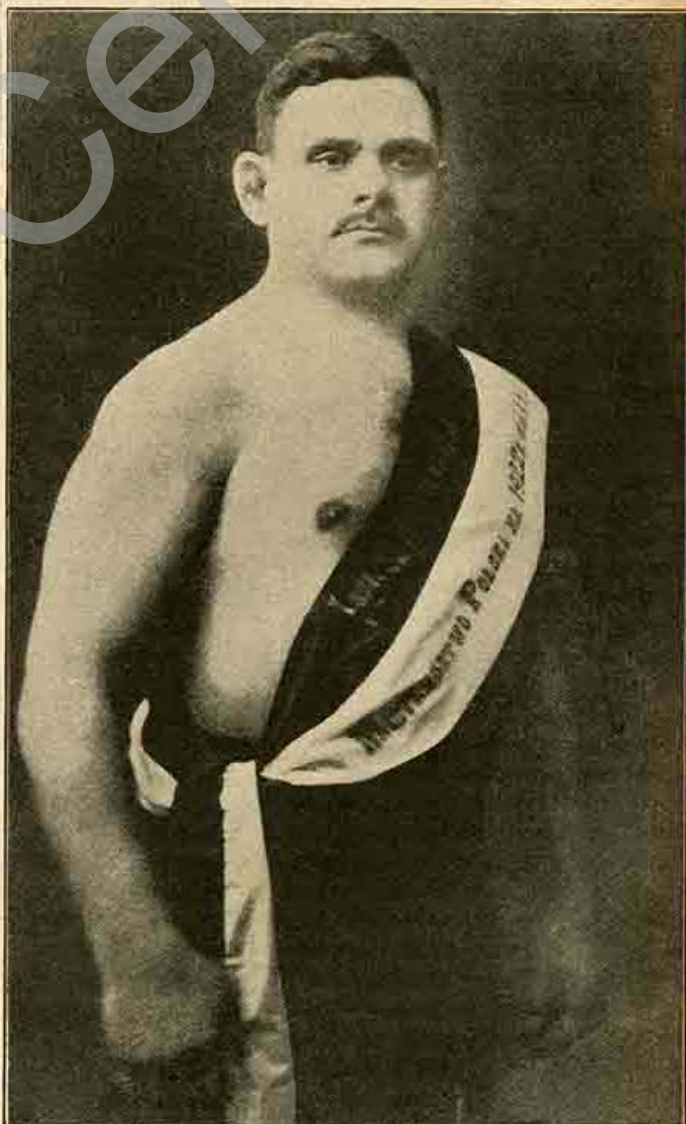
Mr. Kramer is a member of the A. C. W. L. A. and is proud of his association with his many other famous colleagues who belong. He had a hard row to hoe in order to arrive at the stage of physical perfection which he now possesses. As a young boy he was much below the average. Today his remarkable body

is hard to equal and is an inspiration to many.

The officers of this meet were as follows: President George F. Jowett, M. C. and Referee, with Mark Berry, Inspector of Scales; Judges, Sam Kramer, Harry Glick and Louis Schwartz.

Philadelphia came in the limelight again, on Saturday evening, March sixth. Sam Kramer was to have been the feature attraction, but business held him in Buffalo and he was unable to make the date. Tough luck, for Sam loves to be with the boys.

This exhibition was opened with muscle control by Mr. Lilly. His poses were interesting and well received. Next came a four cornered contest on the Three Olympic Lifts. The contestants were Ed. and Wm. De Carro and A. Parrotto, all of Philadelphia, with A. Levan, of Reading, Pennsylvania. The contest was well fought, the first and second places being divided by only fifteen pounds. The Reading boy won with a total of 471 pounds; A. Parrotto 456 pounds, W. DeCaro 411 pounds, and Ed. DeCaro 259 pounds. The last named withdrew from the contest after the first two lifts. His younger brother, William, gave the prettiest interpretation of the evening on how to squat in a "pull in." (Continued on Page 66)



Wladek Maximaick, champion of Poland in 1922, now in U. S. A. An enthusiastic member of the A. C. W. L. A.

Health—Strength—Beauty

(Our Girls' Circle)

Conducted by Marjorie Heathcote

MAKING THE MOST OF OURSELVES THIS SUMMER!

SUMMER—those deliciously, dreamy, lazy days will soon be here! The time of the year when we throw all cares and worries to the wind, and are inclined to become dreamy and lazy ourselves, and allow ourselves to drift onward without any definite goal in view—content to be alive and enjoy all the splendors offered by the most beautiful season of the year.

Here is how to enjoy your summer and prepare yourself for the hardships of the future—*how to make the most of yourself*. Awaken early, with the aid of an alarm clock if necessary, and before arising stretch yourself to your full length in bed. Just an easy, lazy, stretch that will straighten out the muscles that have been lying in a cramped position during the night. Then hop out of bed quickly; stand before your open window, rise on tiptoes, throw back your head and take a deep breath, at the same time stretching your arms straight up, above your head, pulling yourself up so that you can feel the stretch throughout your whole body. Repeat this stretching movement several times.

After you have become thoroughly awakened, next try a cold shower. If this is not possible, dash cold water on the face, neck and arms, and drink one or two glasses of cool, fresh water. You are then ready to dress, and in ten more minutes you are ready for your breakfast. This should consist of a glass of milk, some bran or whole wheat cereal, stewed fruits or prunes, and whole wheat bread and butter.

Remember you have gotten up early so you have plenty of time to walk to your place of employment, or at least part of the way, if the distance is too great.

That is what I call an early morning bracer—the way to start the day right—the way to make the most of yourself.

You will enjoy your daily work, and you will even look forward to it and will not be tired at night. After your duties are completed you will not feel “just about all in” you will want to go out and take a plunge in the nearest swimming pool, or play tennis for an hour or two, or go for a hike somewhere. In time you will notice that you have become rather well formed, that your health is at its best, and that your disposition has changed a great deal—that you are happy and every one who comes in contact with you will seem happy too—in other words, *you will have made the most of yourself*.

* * * *

I think most of my readers have contracted “spring fever” for I have not received as many pictures and letters from them as I would like to. Send in your pictures, girls, and tell us how you got your development,

or, in other words, help your less fortunate sisters along. Girls who are working for development or who want to reduce are, naturally, interested in knowing how other girls got their development.

* * * *

Reducing the Bust

Dear Miss Heathcote:

I have been taking the *STRENGTH MAGAZINE* every month, for one year and a half, and I have taken special interest in your page. I am enclosing my measurements. You will note that I am too big around the waist and that my bust is too big. Will you please, Miss Heathcote, give me some exercises that will reduce my bust, especially.

Thanking you for any advice or information you can give me, I remain

H. M., Oregon.

I will give you a few exercises which I know will help you to reduce your bust, but you must work hard. Before any one begins reducing or developing they must realize that to get any results at all it will be necessary for them to *work, work, work*. You must follow the exercises I will give you faithfully and continuously and in the end you will get satisfactory results.

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

Another is to cross one arm in front of the other, and continue upward until the arms are high overhead. Then continue the circular motion out and down, repeating about ten times.

Lie flat on your back across a bed (your neck and head to extend beyond the edge of the bed). Raise the arms straight up in front of your body, then bring them down to your sides. Raise the arms up again and then bring them down back of the head instead of the sides. Again raise the arms straight up and bring them down in a crucifix position, or horizontal with the shoulders. While performing this exercise keep the elbows stiff and tense the muscles. After you have gotten used to it you will find it more beneficial to hold a pair of five pound dumb-bells in your hands. Repeat the exercise about six or eight times.

To reduce the waist line I would suggest the following movements:

Stand with body straight and feet together, hands on hips. Then slowly and deliberately roll the upper body in the form of a circle—back as far as you can, to the sides, and to the front as far as you possibly can without

moving or bending the lower body. Five or six repetitions will be sufficient, but they can be increased to ten or fifteen after you become limbered up.

Lie flat on back. Now raise the legs, knees stiff, in a circular motion towards the head. Lower the legs, but instead of resting them on the floor again, let them come to within an inch or two of the floor and repeat the movement. At first this exercise will be difficult to repeat more than three times, but after you begin to see the results it brings you will increase the repetitions to about ten.

Tone down your diet, cutting out rich pastries, candies, ice creams and starchy foods.

Treatment for Pimples and Boils

Dear Miss Heathcote:

Will you please tell me how I can rid myself of pimples. My face is covered with them and I feel embarrassed wherever I go.

At times I also get boils. I am constipated nearly all the time. Do you think this could be the cause? Please help me and I will be forever grateful to you.

B. H. G., Penna.

First of all a correction of your diet is necessary in order to rid yourself of your constipated condition. Go on a diet of whole wheat cereals, whole wheat bread, bran, fresh fruits and vegetables, lean meats and all kinds of green salads. Eliminate pies, pastries, fried foods and fat meats, candy and ice cream, starchy foods and white bread entirely. See that the food you take is properly digested.

I would advise you to take Fleischman's yeast cakes, about a half a cake in water, twice daily.

For external use try Upjohn's Acne Lotion and apply this to the affected parts twice daily.

For the boils try the drug known as Ichtyol Ointment and apply this to the affected parts. If yours is a chronic case of boils I would advise excision by surgical procedure. Serum treatments are also beneficial in cases of pimples and boils. I would advise that you consult a physician.

Treatment for Dandruff

Dear Miss Heathcote:

I am a reader of Our Girls' Circle and as I am in trouble I am coming to you for help.

I have blonde hair, which is naturally straight. I usually curl it myself with gas irons for it will not stay curled when I use electric irons.

As my hair is very oily I wash it every week. It gets so oily that it will stand out stiff and oftentimes hangs in strings. My hair is oily, but my scalp is dry, and my head is just loaded with dandruff. My parents told me to rub alcohol on my head to kill the dandruff, but a friend told me it would make my hair break. My hair keeps falling out now the way it is.

Do the irons really hurt the hair? Is it necessary to wash the hair once every week, or is it harmful? Is there any way to make the hair stay in curl for more than one day?

Edna M.

Alcohol is very good for your scalp. It will strengthen and make healthy the hair roots and will help to eliminate the oil. I would suggest that you rub alcohol into your hair once or twice a week and also after shampooing the hair.

I would suggest that you shampoo the hair once a week using a shampoo which you yourself make from a



This interesting silhouette study of Aileen Riggan, champion mermaid, exemplifies her enchanting gracefulness and symmetrically perfect figure.

half cake of pure castile soap dissolved in water. Rinse the hair three or four times, gradually cooling the water until your last rinse is cold. Then dry the hair in the sun (do not use artificial drying methods) rubbing it well with a turkish towel. This will have a tendency to make the hair fluffy.

Then rub alcohol into the scalp, massaging it well into the scalp until you can feel it tingle. Have the following made up and rub it into the scalp every night before retiring. Resorcin, 1 dram; powdered quinine sulphate, ½ dram; alcohol, 4 ozs.; glycerine, 3 drams, and enough rose water to make 8 ozs.

Curling irons in my estimation are the ruination of woman's crowning glory. There are other means of curling besides with the irons (*Continued on Page 87*)

The Mat

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

Conducted by George F. Jowett

The Effect of Massage on Muscles

EDITOR OF THE MAT:

I have heard you advise massage quite often. A number of enthusiastic Mat fans and I were talking it over, and we feel we would be helped by information from you on this subject.

ERNEST TRENT, New York.

This young man and his friends are evidently a group of exercise enthusiasts who believe in never overlooking a bet. That is a very good belief to foster, as no one can ever know too much about a subject in which they are vitally interested. The person who is broadminded



Classic is the word for this neat pose by
Jack Marshall, England.

has vision and knows that life is a process of continuous education. He never fails to inquire. Each day brings a question, an answer, or perhaps an idea. We never know too much. The greatest difficulty is to apply our knowledge wisely. Body culture has developed into a very profound science that involves many subjects, and if we wish to give our body the best standard of fitness, we must become acquainted with the facts that will assure the best results. It is not the single object of securing large muscles or being able to move a heavy object that counts for everything in body culture. What counts is a form of exercise that groups all the fundamentals into one composite and makes the body a veritable storehouse of reserve forces.

Getting the most out of ourselves, can only be done by putting the most into ourselves. So we exercise to fill our body with health, strength, and lots of pep, in other words to attain the highest physical fitness. Then we do not care what the daily exigencies are because we have the pep to stand the pace.

Massage is one of the subjects embraced in the curriculum of body culture. I advise it quite frequently. It has a subtle effect on muscular growth, apart from the manner in which the nerves are invigorated by this practice. Of course, there are many things to observe in correct massage, but I do not propose to go deeply into the subject here, as I do not have the space at my disposal. Anyhow, part of massage treatment that chiefly interests us is the effect it has upon muscle growth and toning.

My experience has taught me that muscular growth is retarded by one of two causes. Either the muscles are too soft and flabby, or else they are too hard. The tissue is lifeless because of non-use. All the energy seems to have gone out of the muscles. They have very little resistance to speak of, and become very easily fatigued. The nervous system is also very low with a general lack of vitality.

The only trouble with the hard muscle is that the muscle fibres become so closely knit, that it is very hard to break down the old tissue. Now do not get this wrong. Forget that muscle binding bogey. As I have so often written, there is no such condition as actual muscle binding. Abnormal growth of one muscle at the expense of another is the cause of that belief, which, as I have explained, can always be corrected.

The muscle fibres of some people are very finely woven, for the same reason that others have very coarse structure. Both are conditions of nature. It is harder for the latter type to increase their muscular growth than it is for the person with flabby muscles to acquire firm tissue.

It is upon the hard tissue that massage is most beneficial. Now,

I am going to give you a little illustration of what I have in mind to explain better my views. You do not have to know anything about botany or horticulture to get the idea. It works out something like this. It takes a hardy plant to exist in hard soil, but by skilful cultivation the plant can be made to flourish considerably above its ordinary appearance. The skilful gardener will loosen up the soil by various methods, so that the moisture is retained in the earth and the roots are better able to spread and so greater strength and quality is given to the plant life. Proper exercise will invigorate the muscles and keep the blood circulating as a feeder to nerve and muscle alike, but massage will loosen the fibres, and in time cultivate a better quality of muscle that is better able to respond to growth.

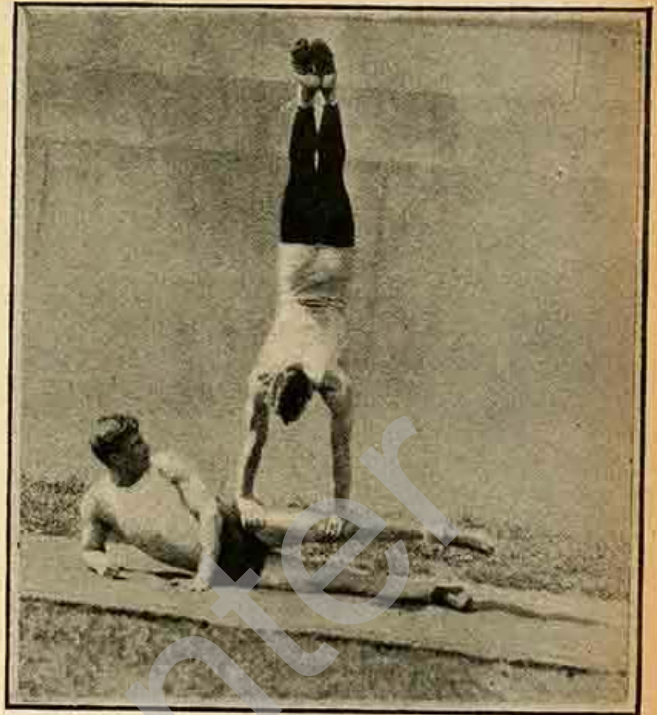
Massage consists of muscle rolling, kneading, stroking, slapping and rubbing. Many people have the idea that as long as they maul the muscle around, they are massaging. That is an entirely false idea. Different conditions call for separate treatment. In the case just under discussion, muscle rolling and kneading is necessary. However, not much is required. Too much is harmful as it tires the muscle. And remember, it is always better to massage the muscles after each exercise period rather than before.

Flabby muscles cannot stand this treatment. Stroking and rubbing are more suitable for them. This causes the blood to be brought to the surface and nourishes the living cells of the muscles at the same time that it puts more life into the nerves. Exercise will do the rest of the work required to make a firm, strong muscle.

I remember a case that was brought to my attention a

few years ago. A young fellow who had great ambitions was quite troubled by the fact that he was unable to make success of his exercise and training. He told me that he did lots of exercising, but without asking him a question, I knew he was a curling fiend; that is, I recognized certain traits in his physical make-up that proved to me that all his training was spent on curling exercises. Consequently, his development was terribly unbalanced. I explained to him his trouble, and unfortunately the texture of his muscles was very hard. However, I commenced to work on

him, and I had a double job ahead of me. With so much curling, he had not only developed an abnormal biceps, but he had caused such a contraction of the ligaments that his biceps had become



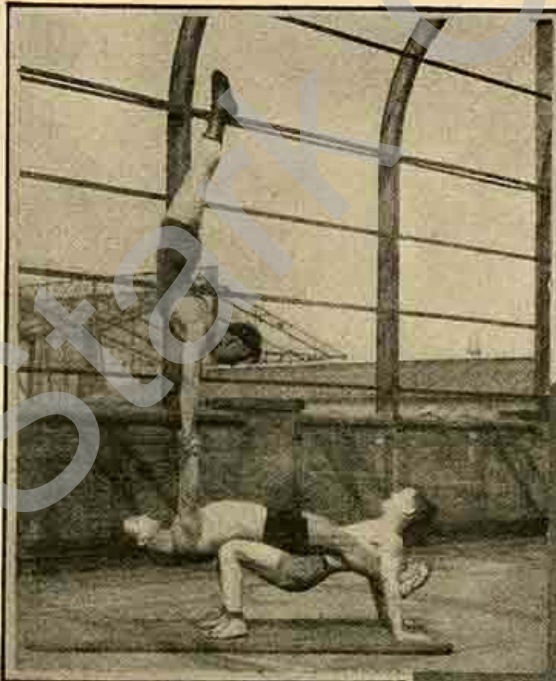
Two mat enthusiasts in an unusual balancing stunt that looks very effective.

shortened. You will realize that this meant all of his biceps control was in flexion with very little extension.

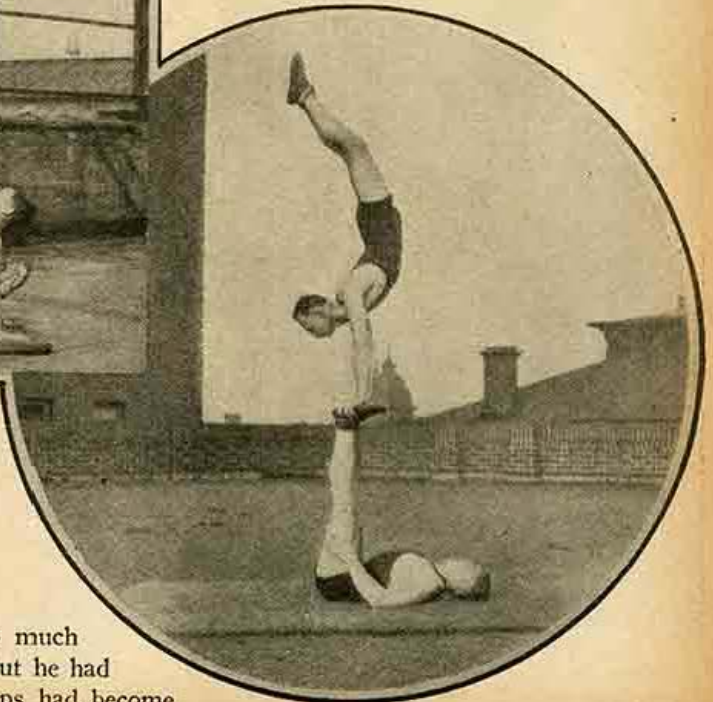
Massage and triceps exercise did the trick, and soon placed him on the way to accomplish things.

Editor of "Mat":

As "Mat" fans, my friends have requested that I write to you and ask if you would give some exercises in the "Mat" columns that would test our respective strength and be of use as a developer, but would not need the use of any apparatus. We like to get together,



A group of mat fans from New York and Cleveland in a series of novelty stunts that equal any of those of the professional performers.



but find it impossible to take our outfits with us. I'm sure there must be many more who would be glad to profit by your advice.

"A Bunch of Mat Fans."

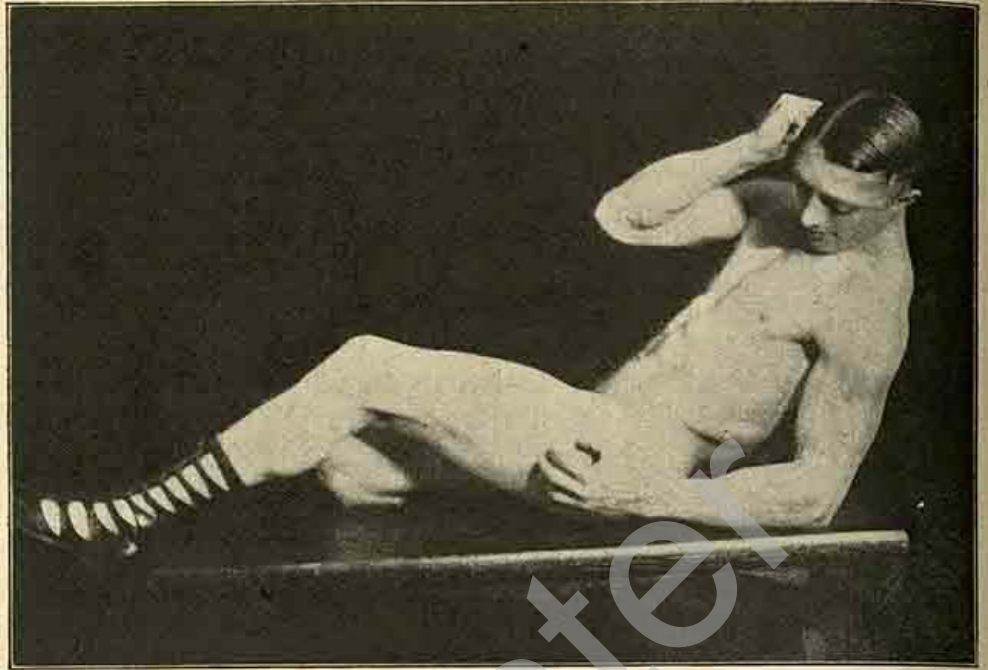
This letter from "A bunch of Mat fans" catches me just right. I am very glad that they thought of the idea, as I would far rather write answers to my "Mat" friends than advance some ideas of my own. I know then that I am giving "Mat" fans what they want. As a matter of fact, I have had several letters lately, covering the same thought, and I can readily see the value of the idea. No matter with what kind of apparatus you train, you cannot take it with you everywhere you go, and a fellow likes to feel able to do something that is both beneficial and entertaining when visiting other enthusiasts. But, when we begin to talk about exercises and stunts that can be performed without apparatus we tackle a rather extensive field. I could write a large book on such feats, but I will just explain a few now which I believe you will find very interesting, and which will, at the same time, give you a real work-out with pleasure and great benefit.

To commence with, I'll give you a variation of the well known floor dip. This exercise is generally used to stimulate the development of the chest muscles and the triceps of the arm. But, the following variation calls for tremendous action from the entire arm. As a matter of fact, if it is performed correctly

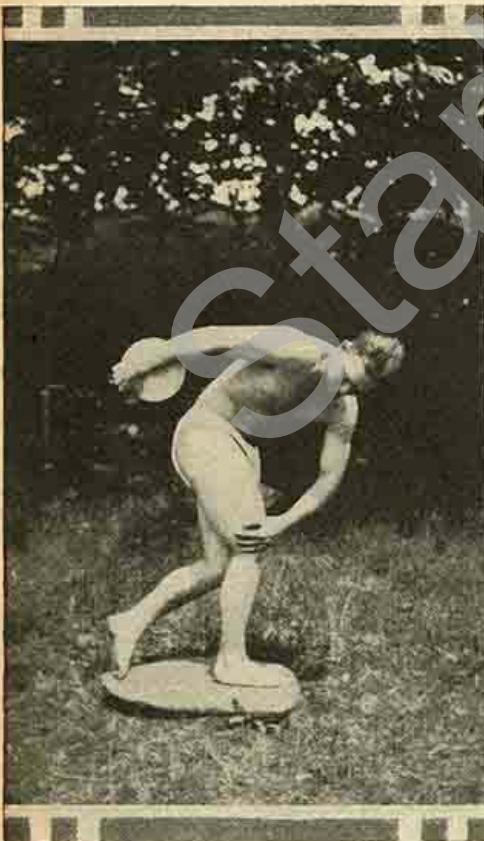
the whole body feels it. Take your position on the floor in the regular floor dip position facing an ordinary chair; but instead of allowing the hands to rest upon the floor, grasp the chair legs and from this position perform the dip. Keep the legs and body straight and slowly lower the entire body towards the floor. You will be able to touch the floor with your chest, providing you do not grasp too far up on the chair legs. However, it is a good idea to grasp the legs high up and give the arms as little bend at the elbow, as possible. You might govern your scale of progression in this manner. You will get lots of fun out of this stunt. The performer does not begin to dip very far before his grip on the chair legs becomes very tense, for he seems to sense his nose is going to bump the floor.

Here is another exercise stunt that will make you feel that you have no strength at all. It does not look like much, but if you do not know whether you have a weak spot in the small of the back or not, this exercise will show you once and for all. The lightest person will be more apt to do it, as he has less weight to resist, but every person should be able to do it with very little practice. Lie full length upon the floor face downwards with the arms stretched at full length in a straight line with the body. The hands should be apart about the width of the shoulders. Do not bend the body, legs or arms at all, and do not try to raise with a spring. By pressing hard with the palms on the floor and stiffening the legs so that pressure is brought upon the toes, endeavor to raise the body off the floor and hold it up for a few seconds. If you can keep the small of the back from bending, you will succeed. Some try to come up by raising the buttocks and pressing on the floor with the forearms, but this is not legitimate. Neither should the hands be drawn towards the body as the raise is made. Strong spinal columns will do the trick, and weak columns will be made stronger by practicing it.

Fine neck development can be obtained from practicing this simple movement which I (Continued on Page 81)



Bowen, a Canadian mat enthusiast, in a study that fittingly shows off his splendid physique.



A beautiful portrayal of Discobolus in which the graceful contours and symmetrical proportions of G. Eitel are perfect.

Your Teeth—A Frequent Cause of Ill Health

In this Article Dr. Barg Deals at Considerable Length with the Cause, Symptoms and Treatment of Pyorrhea.

By Dr. I. Barg, Dental Surgeon

HAVE you ever realized that bad teeth are often the cause of disease? Well, it certainly is true that bad teeth have caused many diseases, and such conditions as rheumatism, auto-intoxication, and indigestion among others, are frequently the result of diseased teeth. There are always living in the mouth several kinds of bacteria, some of which, when present in large numbers, cause the teeth to decay. Therefore, the teeth should be brushed at least twice daily with a brush dipped in warm water, and you should also use a good antiseptic tooth paste. The removal of the particles of food clinging to the teeth by means of a strong thread or wooden toothpick after eating will help much in preventing decay of the teeth. A metal pick should never be used, as it is likely to break or scratch the enamel of the teeth, and it is this hard covering of the teeth which prevents the bacteria from entering the dentine portion of the tooth, which results in decay. The enamel of the tooth is often broken by cracking nuts or biting other hard substances.

The whitish material found, as a rule, between the teeth, is called the tartar, and this tartar is a limy deposit which originates from the saliva. It should be removed once or twice a year by a dentist who can, at the time of removal of the tartar, discover any cavities that may be present and at once fill them, thus stopping further decay of the teeth. The milk teeth as well as the permanent set frequently decay and as a result need to be filled. Poor teeth lead to ill health in many persons and are responsible for many diseases found in the body, as decayed teeth have a tendency to cause toxins, which when absorbed in the blood stream cause other diseases.

The most important organs in the mouth are the tongue and teeth. The tongue is composed of several muscles covered with mucous membrane, and is used in speaking and in moving the food about in masticating. In the adult there are 32 teeth, eight being in either half of each jaw. Because of their chisel shape, the two front ones in the half of each jaw are called the incisors. The next are the canines, and the two following are the premolars or bicuspsids, and the three farthest back are called the molars. The incisors cut the food, while the molars, with their large, flat, grinding surfaces, serve to crush the foods. The teeth are set firmly in sockets about a half an inch deep in the jaw bones. The thick-

ened mucous membrane in the region of the teeth forms the gums.

While there are many of the elements of nutrition that are needed for the teeth to remain healthy, neglect of the mouth and teeth is probably the larger factor in their degeneration. Tartar forms, inflammation begins, and pus pockets develop around the teeth when they are not properly cared for. If a patient is so ill of some disease that he cannot allow brushing of the teeth, he then should have the teeth and gums cleansed by an antiseptic spray. A great source of cleanliness for the teeth is chewing, which is, more or less, in abeyance during serious sickness; but we are learning that in most of the prolonged diseases, the patient is able and willing to chew such a simple food as dry toast. This alone tends to cleanse the teeth, starts the saliva, and a normal mucous flow, and frequently offers a better food than the constant swallowing of even nutritious liquids.

Many patients' teeth are so close together that the particles of food remain lodged between them and cannot be removed, and, therefore, dental floss should certainly be used occasionally, or frequently if possible. If inflammation actually occurs in the gums or around the tooth, the advice and care of a dentist is needed.

Milk Teeth

An individual living to maturity has two sets of teeth. The first set, called milk or temporary teeth, are twenty in number. The two middle incisors of the lower jaw usually appear at the age of from four to eight months. A few weeks later the two middle incisors of the upper jaw break through. At the end of the first year, the child should have all the eight incisors. The first four molars, the four canines or eye teeth, and the last four molars, appear in the order named during the second year. About the seventh year the permanent teeth begin to grow beneath the milk teeth. By pressure against the blood vessels, they cut off their nourishment of the milk teeth, causing the roots to be absorbed, so that the milk teeth drop out between the seventh and twelfth year, or may be easily pulled, as they are held fast only by mucous membrane.

Sometimes the second set of teeth do not press in such a way as to cut off the nourishment of the first set but appear at the inner or outer side of them. Unless

the milk teeth are then extracted, the permanent teeth will project and disfigure the face and will also be in the wrong position for the proper masticating of foods. The twelve permanent molar teeth are not preceded by any temporary teeth. The first pair of these in each jaw appear at the age of six years, the second pair during the twelfth or thirteenth year, and the last pair, called the wisdom teeth, break through between the seventeenth and twenty-fifth year.

Structure of a Tooth

The part of a tooth set in the gum is known as the root, the part of the tooth visible is the crown, and the part below the gum is the root or fang. The constricted region between these two parts is called the neck. The hard interior part of a tooth is the dentine, which is a bonelike substance. The crown is covered with a very hard, glistening substance known as enamel, while the surface layer of the fang is the cement. The small cavity within the tooth is filled with pulp, which is a soft mass of fatty material, together with blood vessels and nerves entering at the tip of the root.

Most of the areas of infection exist about the roots of dead teeth from which the nerve has been removed, or which have died from some other cause. If the tooth is infected, the infection may show in the film of an X-ray as a dark area over the root end of the tooth, and in pyorrhoeal conditions the infection is higher up in the root of the tooth and near where the gum attaches to the tooth. These teeth will usually show that the bony structure, in which the tooth is held, has been partly destroyed. I mean by that, that the tooth will appear to have a pocket about it, and an examination of the mouth will show that the gum no longer meets the enamel of the tooth, but has receded more or less. Pressure on the gums produces a pus discharge very readily, while in the other type of infection existing at the root end usually there is no discharge of pus on pressure.

Infected teeth are a menace to the health of the patient. There are some infections about the teeth that are amenable to treatment, and the nerves should be kept alive in every tooth to prevent infection at the apex of the root of the tooth. If the nerve of the tooth has to be removed for any cause whatsoever, the root canals should be carefully and thoroughly cleansed of all dead matter and sterilized and sealed as completely as possible.

Pyorrhoea Alveolaris

The occurrence of pyorrhoea varies among the different classes of people. At present, the care of the teeth has an important place in the daily routine of the better educated people; and although cases do exist among them, they are less frequent than among those who are strangers to the tooth brush and to mouth cleanliness. It is known that pyorrhoea is commonly found in individuals in middle adult life, but really its origin of infection usually begins in the younger stage of life. If mothers and fathers of children would lay more stress on the condition of their children's teeth, they would then tend to dissolve all diseases that might appear, as the proper method of cleansing the mouth and teeth tends to eradicate the conditions that might come forth in bad teeth. Drs. Gaso and Johns state that in their experience they have found pyorrhoea in 95 per cent of the cases examined by them, and it might be possible

that these cases were collated from the poorer classes of people, and from those individuals who were suffering with tooth affections for some time, as is usually seen in the young type of men and women.

By pyorrhoea alveolaris is meant a condition in which pus, to a greater or less degree, is present at the gum margin, affecting the peridental membrane and ultimately exposing the bone. As a result of this, pus pockets form and the predisposing factors of this condition are bad crowns, careless fillings, improper bridging, and in all classes, neglect of the care of the teeth. Bacteria finds a lodging place in the tartar deposited on the teeth or under a cap, and sets up an inflammation. The gums become painful and tender, and there is a tendency to bleed easily from a slightest touch.

Pyorrhoea alveolaris seems directly responsible for a large number of body ailments produced by the entry into the lymph (small blood vessels) or blood stream of the bacteria from the infected gums. Their poisons also produce systemic disturbances. Removal of the pus may cure the associated condition, and it is also probable that the pyorrhoea, through its poisonous effect, reduces the physical resistance of the body to such an extent that it is readily susceptible to other invasions.

Pyorrhoea alveolaris, or pus found in the mouth, is a chronic progressive disease, commencing usually in inflammation of the gums and advancing along the roots of the tooth into the alveolis or into the bony socket of the tooth, with destruction of the tissues of the membranes of the teeth, and the formation of an abscess cavity as well as an inflammatory absorption, which, as a rule, results in a progressive loss of the tooth.

Pyorrhoea is caused by infected organisms which circulate in the blood stream and lodge in the region of the gums, thereby causing an inflammation which in time causes pus. Acid foods are also known to be a cause.

Symptoms of Pyorrhoea

The onset of the disease is without striking local features. At first the gums become abnormally reddened and slightly swollen and spongy, and bleeding may occur when the teeth are brushed. With the progress of the condition, these symptoms gradually become more pronounced. They are followed by susceptibility to pressure and pain, and on inspection a purulent material may be seen exuding either spontaneously or on slight pressure from the gums. In well marked cases the peridental ligament is more or less extensively involved, and retraction of the gum with exposure of the tooth root is quite common, and as a result of this the tooth or teeth affected become loosened.

In all cases of pyorrhoea that fall under the care of a physician, he should associate with himself a skillful dentist, so as to receive the correct diagnosis and history of the case. An X-ray examination should not be omitted from consideration. This condition may begin early in life, at fifteen or twenty years, and we see it usually well established after the age of thirty. The poisons first attack the gum and later on the bony structure of the tooth, and as they reach the bony part of the tooth, we then find a chronic gum condition in which begins the disease of pyorrhoea. In the early stages, the only symptom noticed by the patient is the bleeding of the gums on brushing the teeth. At an examination of the teeth we (Continued on page 92)

Can Wills Beat Dempsey?

Are Boxers Getting Over the Color Bogey and is the Public Willing to Accept a Colored Champion?

By Wm. Boone

EVERY champ is always boosted, more or less, as the greatest ever, but nowadays we have come to recognize such talk as newspaper publicity for the benefit of the promoters. I am not saying that this attitude is incorrect, for we all know that the commercial side has to be considered as well as the sporting side; more so, since the fighter has to receive a fortune every time he pulls a glove. However, on actual merit, there is no doubt that Benny Leonard can be considered one of the greatest, and that Harry Greb is a good man even though Tiger Flowers has recently beaten him; but I can never get it into my head that any of these men could have stayed with Stanley Ketchell or Billy Papke. Greb is fast, but so was Ketchell. Ketchell was a man endowed with more endurance than the boy from the smokey city, and, as a hitter, wow! he could knock holes through Greb. Irrespective of what Ketchell's morals were he was a bash 'em, smash 'em, crash 'em and lash 'em fighter every inch of the distance.

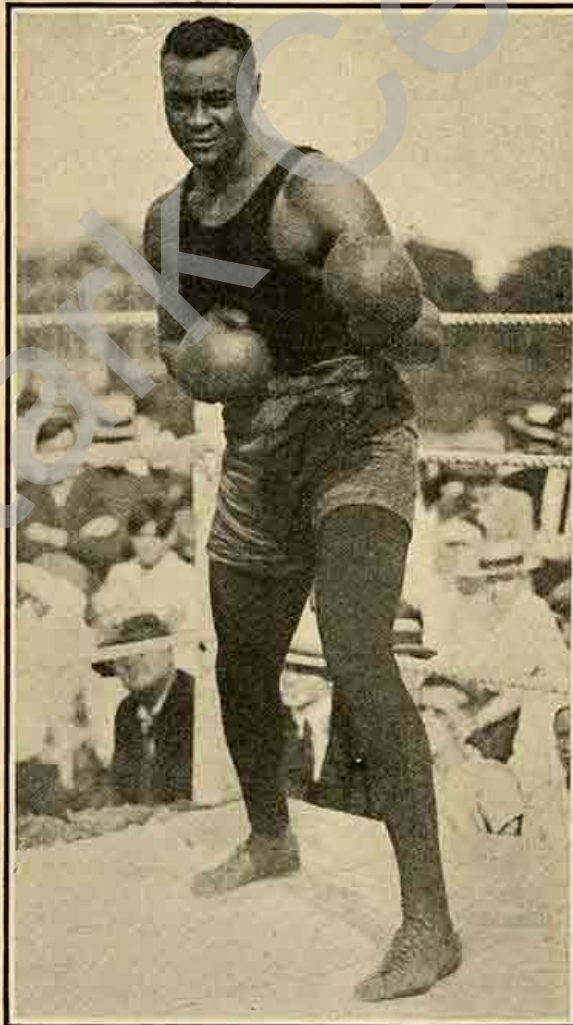
Dempsey is a different proposition. When he was in real fighting trim, with the exception of Harry Wills, he could lick any of the present day heavies without much trouble. In comparison to Fitzsimmons and Jeffries, I don't believe he would have had a chance, and I believe that Jack Johnson would have handed our present title holder a lacing. That is, according to the form Dempsey has shown up to date. Fitz would have been too shrewd for Dempsey and a harder hitter, while the boiler maker would have been altogether too strong for Jack. Johnson would have given him a real lesson in boxing, as "movie Jack" was just the kind of

scrapper the colored boy liked. The black man's defense would have been impregnable for Dempsey to penetrate, and Johnson, too, could hit. No one can form any comparison between Johnson and Dempsey from their fight with Willard. The conditions of the Willard-Johnson fight are now past history. Anyhow, Dempsey has proven himself vastly superior over all the men he has fought, up to the present time.

Good as Jack is, I believe he would have been a lot better if he had been in his prime fifteen years ago, when the field was better supplied with good heavyweights. Jack was always willing and loved to fight, and he always has been game to take on any one.

Perhaps some of my readers will disagree with this statement and ask, "What about Harry Wills?" I agree that Wills is Dempsey's most serious contender, but one cannot blame Estelle Taylor's husband from hanging back when he has the laurels in his hand that mean fame and fortune. The men that Jack have fought, for the world's diadem, have always been easy marks. Willard was a financial set-up for the Galveston black, and was pie for Jack, who had fought harder men in former days, for darned less money. Carpentier was not in it at all. I never figured it would be a scrap, for the Frenchman was too light in the first place, and secondly I always thought he was much over-rated. I had seen the French idol fight many times in his early and later days, and as a matter of fact I was well acquainted with the man who first brought him out.

Firpo was another example of how promoters, backed by the press, can fool the public. He was a big set-up, that's all.



The question in every one's mind is whether Harry Wills will ever get a chance to fight Dempsey.

The lucky punch he put over Dempsey was one of those things that is likely to happen to any boxer. Nobody can tell me that any man just pulled out from the wilds and stuck in the ring with only a few months' training behind him, is capable of meeting a world's champion. If it can be done, it is a strong reflection against the champion's abilities. I don't care how much natural strength the fellow may have, or how big a glutton for punishment he may be, these are not sufficient to balance with the knowledge and science of ring generalship and real boxing. Only ring experience will mature a man to this stage. It is the same in every branch of sport; *experience plus ability is what counts*, so why should there be any exception in boxing. Dempsey soon proved it when he met Firpo, and others did the same as soon as the protection was taken from the South American, when he had lost his usefulness by carrying out the plans of others.

I was in Montreal when the French-Canadians were going wild over the huge lumberjack, Rioux. I had to hide a smile when Dr. Gadbois, his discoverer, introduced him to me. Dempsey was touring Canada then, and a four-round bout was promoted between Rioux and Dempsey as the feature of the American's appearance in the city of the royal mountain.

Rioux was just a big overgrown clown, who was fool enough to be kidded into believing he had a chance with Dempsey. It was just a money scheme, and another case of the lamb being led to the slaughter. Jack had no mercy for the huge lumberjack, and he pounded him all around the ring, finally putting him to sleep in less time than it takes to tell it. Rioux has the strength of an ox, and, on one occasion, with a single blow with his clenched fist, he stunned a cow; but the big boob had not the slightest knowledge of boxing; and the way he acted, I doubt if he had ever seen a roped ring before he was dragged out from the bush to become a martyr for the money gods. The end was just the same as in the cases of both Willard and Firpo, only it was over a little more quickly.

Rioux was thrown off and forgotten, and he disappeared back in the bush from where he had come. If either he or the other two had been as good as they were touted, they would have stuck, and fought all the time, continually standing as dangerous contenders of the king of thumps. However, for Jack those days are all over, the multitude want to see him fight some one whom they know is good. For years promoters have been trying to bring Harry Wills and Dempsey together, and there has always been a certain amount of reticence on the part of Dempsey, to meet the brown panther. In Wills, Jack recognized his most dangerous contender. Because Jack did not consent to a match before, is no reason why we should scout him as being afraid. In those days there was no athletic commission able to force him into a match, so he just did what any one of us would have done, hung on to the goose that held the golden egg. Whether it is the fact that he has lost his popularity since his last fight, and thinking that by signing up with Wills will reinstate him with the public, it is hard to say but it may be the reason why this match looks more possible now than before.

Since Dempsey had his face remoulded and stuck to movies, many are under the impression that he will not be the same Jack when he climbs the ropes against Wills.

Personally I do not believe he will, but then one wonders why he should be running his head into a loop which will only precipitate another race question. Some claim that Wills has become old waiting, and that Dempsey is pinning all his faith on that one hope. Wills, no doubt, is a lot older since the Dempsey-Wills scrap was first brought up, but then he has always fought. He is a clean liver and we are told that his morals are exempt. We know that the big stevedore is clever and powerful; we know that he has a punch in either hand, and nothing Jack is able to dig up will scare him. The amiable "coon" is just as experienced as the champion, and he has studied his likely opponent very carefully. My conclusion is, that if clear thinking, determination, hard hitting and cleverness will do anything, Wills has a wonderful chance. On the other hand, Dempsey has been idle a long while. During this time he has been courting the one thing that has brought disaster to many a good man.

I suppose most of my readers remember the Battling Nelson-Ad Wolgast fight of sixteen years ago. For nearly twenty rounds the Battling Dane was blind from the terrific punishment he received on the eyes, which lost for him the title, after forty rounds of gruelling battling. We don't see fights like this, any more. But to get back, I remember how time after time Nelson landed, but his punches lacked the steam for which he had been famous. Coaching novices, on whom he dared not use his punch, robbed him of his power, and lost him his crown. Poor Wolgast lost his memory later, and the last I heard of him he was being cared for by his friend Jack Doyle in Los Angeles.

Vaudeville put a lot on the blink. Nowadays it is the movies. Whether the present champ has fallen a victim or not to this prey, has yet to be seen. Occasionally news filters through that he is doing this, that, and the other, but that is old stuff; we always hear it. One day he has knocked some dark horse cockeyed with one punch, the next day all his sparring partners resign because they cannot stand the fury of his onslaughts, and so on. It's a great life, but we get a lot of fun out of it just the same.

The one weapon that I know which Jack will not be robbed of is his inherent gameness. He has a fighter's heart, which is half the battle in any kind of a scrap. I hope Wills and Jack do meet, but I'll never put much stock in it until I see them both inside the same ring with a referee calling time.

Dempsey has no exceptional boxing ability. He is all aggression, boring in with an insistency that makes his man break ground and become open to his deadly punch, or compels him to fight back, which is equally disastrous. However, the brown giant will be quite capable of handling this situation as he has proven himself a phenomenon in the art of blocking and stopping. It will all be up to Dempsey's speed and fury of aggression to wear down the black man, and if he can stand the pace. I doubt if Wills will try to off-set Dempsey's aggression by swapping blows. If he does, it will become a merry battle, and one which will not last long. Jack's lightning crouch is more to be feared. He can drop from an erect boxing posture to that tigerish crouch faster than any other living fighter, which lets him slip under their guard and get in his devastating work on the body before the unlucky foe has a chance to cover. Then like lightning comes the crash to (Continued on Page 91)

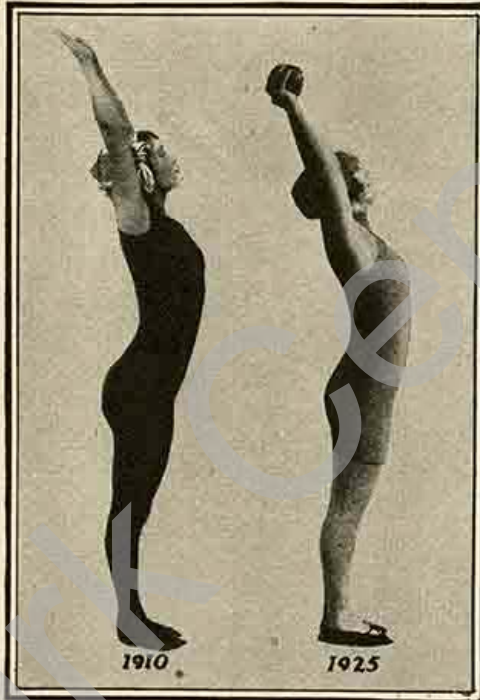
"She's Certainly Full of 'Pep' I Wish I Could Be Like That"

By Annette Kellermann

WHEREVER I appear—at all the theatres across the continent, at clubs, schools, colleges—bits of whispered conversations drift up to me. Frequently I hear comments like these. "Do you mean to say that she is the *same* Annette Kellermann I saw when I was a girl in pigtails? Why, she hasn't changed the least bit!" "How does she keep herself so young-looking? I saw her on this same stage years ago, and to look at her it might be only yesterday." "She certainly is full of pep. I wish I could be like that."

It must be a shock to some women to see me in my act on the stage. Many of them can recall when they saw me in my first tour around the country. They, themselves, have changed from slim, buoyant, vigorously healthy girls to staid, settled women. Many of them are struggling to keep back the rush of the years. Many of them are trying to iron out the lines of time. Many of them have resigned themselves to the suffering and pain of "women's ailments." Many of them are so discouraged that they won't even try to regain a portion of the youthful spirit which they lost through the cares and worries of life.

I realize that many women think that something very close to a miracle has kept me so youthful in appearance, so vigorous in health and strength. They see me today—my figure the same in proportion and weight, my actions and movements as lively as ever—my health perfect, and they wonder how I do it. Perhaps they think I was blessed with an unusual body—but the truth is I was so deformed, as a child, as to be practically a cripple. I was so weak, so puny, that I was considered an invalid. I was bow-legged to an extreme degree; I could neither stand nor walk without iron braces, which I wore constantly. My mother



put long skirts on me, down to my ankles, to hide my bow legs and braces.

No one ever dreamed that some day I would become famous for the perfect proportions of my figure. No one ever thought I would become the champion woman swimmer of the world. No one ever dared to guess that I would be some day starred in great feature films, such as "A Daughter of the Gods," "Neptune's Daughter," etc. No one ever dreamed that I would some day travel the world over, appearing on the stage, at great universities, on lecture platforms, explaining my methods of acquiring and maintaining perfect health and a perfect figure. Yet that is exactly what has happened.

For years I have been traveling all over the world, sleeping on trains a great deal, eating all kinds of food, drinking all kinds of water, working 8 to 18 hours a day, and I am healthier and stronger than ever!

I relate these incidents of my early life and my present success simply to show that no woman need be discouraged. The truth is tens of thousands of tired, sickly, overweight or underweight women have already proved that a perfect figure and radiant health can be acquired in only fifteen minutes a day through the same methods that I myself use.

I invite any woman who is interested to write to me. I will gladly prove to you—and by only a ten-day trial—that you can learn to acquire the body beautiful; how to make your complexion rosy from the inside instead of from the outside; how to stand and walk gracefully; how to be full of health, strength and energy so that you can enjoy life to the utmost; how to be free from the many ailments due to physical inefficiency; in short, how to acquire perfect womanhood.

Just mail the coupon below or write a letter and I will send you at once and without charge my interesting, illustrated new book, "The Body Beautiful." I will also explain about my special Demonstration Offer. Just tear off the coupon now, and mail it, before my present supply of free books is exhausted. Address Annette Kellermann, Inc., Suite 445, 225 West 39th Street, New York City.

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Dear Miss Kellermann: Please send me entirely free of cost, your new book, "The Body Beautiful." I am particularly interested in:

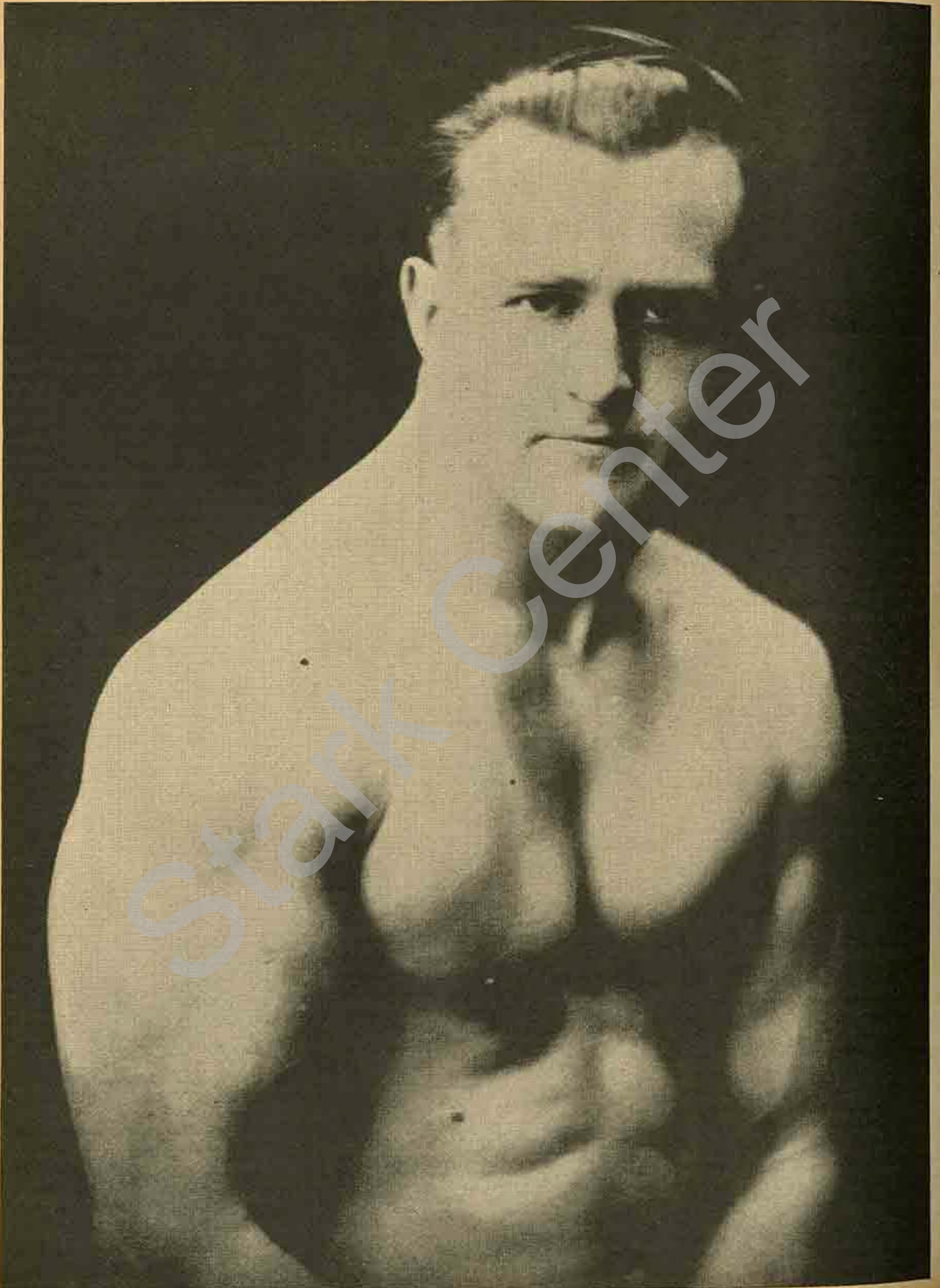
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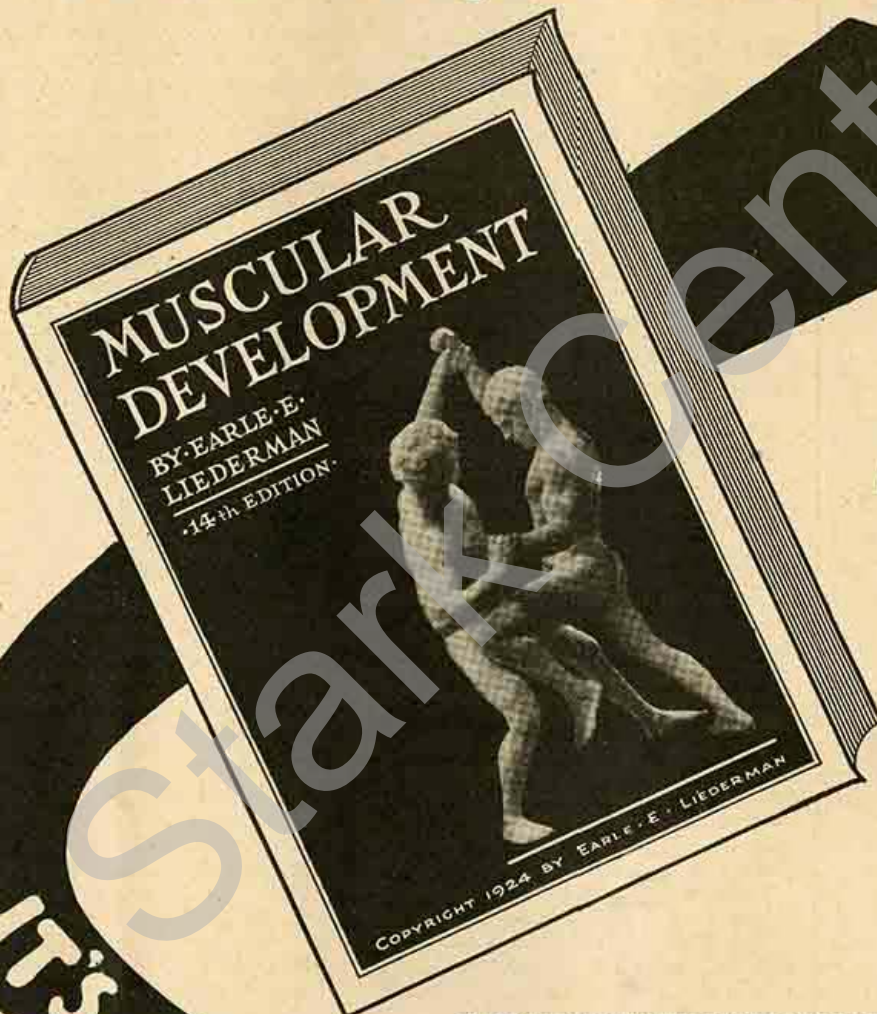
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Youth and Beauty—Synonymous

(Continued from Page 25)

get fat. They must work, work, work, if they are to continue to be box office attractions. For they realize the value of expending a little effort in that line. Systematic exercise will not hurt anyone, so therefore, lady if you desire youthfulness and beauty, then you ought to heed my advice. Read Miss Heathcote's articles and practice the exercises she outlines for you, for it is surprising how little time, and how little effort it takes to reduce oneself by her wonderful methods. In closing, let me add—You owe it to yourself to retain the spirit of youth and have beauty. It is your birthright. Why not start now?

Strength Posing Contest

(Continued from page 46)

ceed, and it is in us if we will only stimulate our energies by exercise. Make up your mind to shape your body in the likeness of these contestants. Round out your neck and arms, mold over your legs, build up that chest and square those shoulders and—be a man.

American Continental Weight Lifters' Association Notes

(Continued from page 53)

He showed many of the older boys how it should be performed. The lifting in general was fine, and we expect much from these boys, who are all young. Mark Berry, last year's featherweight champion, cannot make the class any more, which moves him into the light-weight division. Earl Feather, of Allentown, Pennsylvania, in the middle-weight class, gave an exhibition on the Three Olympic Lifts, totaling 499½ pounds.

The next turn saw Ed Geiser, of Camden, New Jersey, in his posing act, mostly all muscle control. Geiser has become very proficient in his act of late, and has some original stuff that pleases as well as gives a laugh.

Jack Russell and little Miss Jeanette gave us the Charleston. Jeanette, only a little tot, sang and danced while Russell followed her through the steps, standing on his hands, to musical accompaniment.

Mr. Jowett next introduced a newcomer to the game, John Gauss, of Philadelphia. This boy is going to make trouble in the heavy middleweight class in the next championship meet. He has the right style and is game. This was his first public performance. On the Three Olympic Lifts he scored a total of 605 pounds, lifting as follows: Two Hands Slow Press, 185 pounds; Two Hands Snatch, 180 pounds; Two Hands Clean and Jerk, 240 pounds.

Arthur Levan next took the platform and spoiled Kaplan's record in the Wrestlers' Bridge, raising 190 pounds. Twice he raised 200 pounds, but he lost

control at the last moment. Levan is naturally a featherweight, but weighed 129 pounds on this occasion.

Physical Director Scouten, of the Germantown Y. M. C. A., and Mr. Ginser, gave a great display upon the parallel bars that went over big with the spectators, as also did the torch swinging act by Mr. Scouten.

Everything was in darkness and all we could see were those flaming torches swung around in many spectacular gyrations. Mr. Scouten then brought on his team of "winding wand" performers, a group of young Y. M. C. A. members. They are a credit to their instructor, and they, along with the other two events, certainly helped to make up a great night's performance.

The closing feature was performed by Siegmund Klein, of New York, in his classic posing act that has become quite famous by now.

The officers for the night were President Jowett, M. C. and Referee; Mark Berry and Charles Durner, Judges; Robert E. Mack, Inspector of Scales, with Bob Hoffman and Jack Ayars as loaders.

The Philadelphia attendances are growing larger all the time, which is very encouraging. Because of this, it has been decided that the 1926 championships will take place in Philadelphia instead of New York, as was thought probable at first. It has been decided that the annual championship will be held on Saturday, September fifth, in all classes on the Three Olympic Lifts. It is necessary that all lifters and representatives, particularly, should take notice of this. All lifters who are too far away to come to Philadelphia to compete, should get in touch with their state representative so that arrangements can be made for them to lift on the same date at some convenient place. It is imperative that a registered referee should officiate, and, if possible, the state representative should be present in person. It is perfectly legitimate for as many meets to take place on the same date in any one state as desired, if the central place is too inconvenient, and the state representative can make satisfactory arrangements. We want as many lifters as possible to compete, for one can never tell what chances any individual has in his class. If it is not possible for some lifters to contest on the stated date, they can hold their contest before, but positively not after, the date of September fifth. In the event of a contest taking place before September fifth, then the results of the meet should be kept sealed by the state representative and not forwarded to the Secretary of the Association before September fifth. It is imperative, under such conditions, that no disclosure shall be made to any other state representative or lifter, in fairness to all others. Lifters who think they haven't got a chance for the national title should not remain inactive, but movements should be made to contest for the championship of each state in the respective bodyweights.

(Continued on page 68)

WHEN YOU CORRECT YOUR EATING

YOU WILL PULL DISEASE OUT BY THE ROOTS

A Year's Subscription Will Entitle You To This Course FREE



What could be more logical than that? You certainly need exercise, plenty of sleep, pure water, pure air, and other things that help to keep you healthy; but nothing can cure your ailments or keep you in perfect health if you continue to cram improper foods into your stomach.

Exercise improves the circulation of the blood, but what good does that do if your blood contains poisons? Sleep, water and air do their part in purifying the system. Nevertheless, these purifying elements are powerless to throw off the greater amount of impurities that can be generated in the stomach by improper eating.

The liver and kidneys soon become overworked and incapable of coping with the great amount of extra labor put upon them by improper food and overloading of the stomach.

Eating correctly is positively the only sane way of preventing and curing most ills. Correct eating naturally gets down to the root of the ailment, whereas other curing methods relieve only the effects, and most of them don't even do that much for you.

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If you are underweight for your height, "Everyday Mistakes In Eating" will show you how to put on good, healthy flesh, and point out the many practices that tend to keep you underweight.

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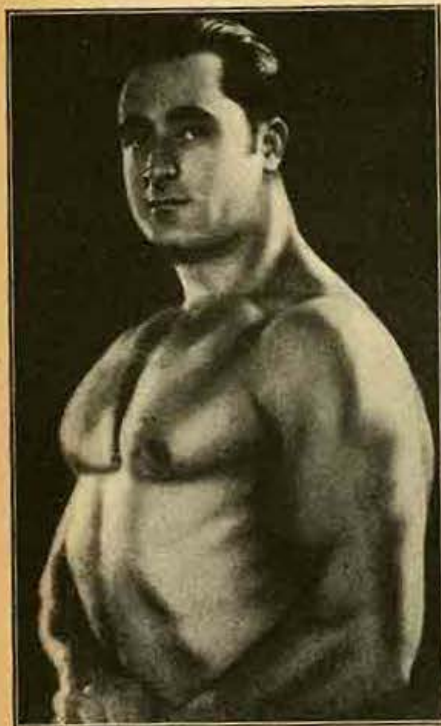
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(Please write or print PLAINLY) Strength 5-26

American Continental Weight Lifters' Association Notes

(Continued from page 66)

State representatives are asked to pay particular attention to this announcement and begin to get busy lining up the material at hand for this event, besides getting in immediate touch with the Association secretary.

The record set up by that fine lifter, Roy L. Smith, last November, in the Two Dumb-bells Anyhow of 248½ pounds, still stands. Roy did not lift at the last New York meet, and we missed him. However, some day he threatens to put up a higher mark.

The latest winners of bronze medals on the Three Olympic Lifts are: LeRoy Throckmorton, of Manasquan, New Jersey, total 432 pounds at 147 pounds stripped. James Hargreaves, Pawtucket, Rhode Island, 340 pounds at 122½ pounds stripped. Merle A. Wilson, Binghamton, New York, at 148 pounds stripped, made 422 pounds. Frank Dennis, of Birdsboro, Pennsylvania, won the silver medal on the Five A. C. W. L. A. lifts, performing 883¼ pounds at 153½ pounds stripped.

E. O. Martin, of Attica, Indiana, has raised his world's record in the "Shoulder Stand" to 500 pounds. Some performance for any man, let alone one who has not the full use of one of his legs, like our Indiana brother.

We had a letter some time ago from Ray Connelly, of Los Angeles, the clever little Pacific Coast lightweight champion. He says that our old friend, Otto Arco, did some great lifting at their club. Vice-President Willoughby, light heavyweight champion, is also getting back into harness, and means to keep his title this year. By all rumors and appearance, we are informed that Wm. Burns, heavyweight champion, is continually improving. Unless the Baltimore boy picks up a little faster, Burns is going to keep the title for another year, although Manger is only a lightweight under the new ruling. At the present time he weighs 180 pounds. We would like to hear more of Petry, who was boosted so strongly a while ago from the west coast. Kingsbury and Straight are always good, and we can bank on them both doing some real stuff in September. Al Martin was a sterling performer, but we do not hear much about him these days. We hope the Los Angeles boys will find a way to get Walters, of Lemore, California, to enter their September contest. His presence ought to make competition keener. The California boys have done a lot to keep the game interesting, and they certainly have our admiration.

On the same night that the last Philadelphia show took place, March sixth, the Baltimore boys also ran a show. They had a fine turn-out, and gave a wonderful exhibition. They deserve their laurels, for our representative, Arnold A. Schiemann, is a great worker and as enthusiastic as they make them. Robert Snyder, lightweight

champion, was to have been the feature, but he sustained an injury beforehand and was unable to appear. His place was taken by J. J. Miller, a lifter who has wonderful possibilities ahead of him. His style in lifting is perfect. He gave a beautiful interpretation of the five A. C. W. L. A. lifts for this year. The card of the night's lifting performance was the great little Freeman. Harry scaled 125 pounds and made a grand total on the three Olympic lifts of 535 pounds. Actually thirty-five pounds more than the gold medal poundage. His feats were as follows: Two Hands Snatch, 148 pounds; Two Hands Clean and Jerk, 200 pounds, and Two Hands Slow Press, 187 pounds. The last poundage is in itself an American record. Following this, he established a world's record in the Two Hands Clean and Press from behind the neck with 172 pounds. Next appeared Robert Cronhardt, 136 pounds, and William Schaefer, 134 pounds, to perform in the three Olympic lifts, scoring totals of 388 pounds and 382 pounds, respectively, totals that gave them the bronze medal award. Fraugott Wargenan, at 125½ pounds, raised 360 pounds as his total for the three lifts, which entitles him to a bronze medal. He also performed an Abdominal Raise of 51 pounds which makes a new American record in the featherweight class. The officials for this occasion were: M. C. and Referee, State Representative A. A. Schiemann; Inspector of Scales, Roman Nagel; Judges, Wilhelm Prehn and Otto Kuhke; Witnesses, Paul Beall, Willis Kessler, Dudley Zenter and George B. Ely. The exhibition was held at the Vorwärt's Hall by the A. C. W. L. A. weight lifting section of the Turnverein Vorwärt. Mr. Schiemann controls them, and we hope that all who are interested will get behind these boys and help make all their shows a greater success.

Members are still showing their enthusiasm to keep posted on the sport by submitting themselves to the referee tests. The desire to take degrees is also very popular, and now there are a great number wearing the red jewelled lapel button. We are also putting out pennants with the A. C. W. L. A. colors in letters, red, green and blue on a gold background. If you hold a degree you are allowed to place upon the pennant as a symbol, a star the color of the degree you hold. Prices on these pennants can be obtained by writing to me.

High Blood Pressure

(Continued from Page 32)

the history of a chronic condition of the stomach ten years or so ago, and at that time felt entirely cured. She was quite conscientious as to her diet, and tea and coffee, as well as meats, were avoided. Drugs of different forms were given this patient when her blood pressure reached 216, and a fall of tension would result from the taking of the drugs and also by the correction of her diet. At a later date this patient had a

(Continued on page 70)

Health Information To Keep You Fighting Fit

Every man famous in the athletic world has long since learned that a complete knowledge of the workings and requirements of the human body is one of the first essentials for success in any sport. If these champions had not learned and observed this truth, the chances are that they would not have become the best in their line.

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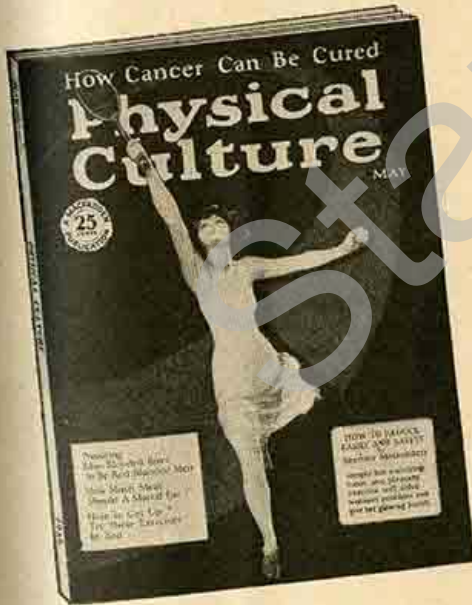
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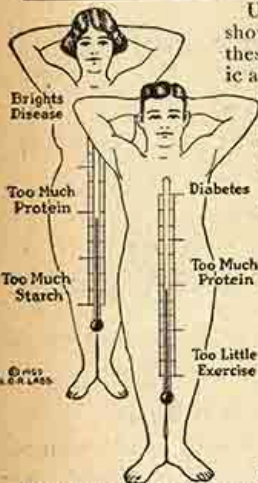
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City State
Age Weight



High Blood Pressure

(Continued from Page 68)

fall and as a result the blood pressure rose, but unfortunately it could not be brought down and the patient developed a cerebral hemorrhage, due to a clot in the brain.

Prevention of a Cerebral Hemorrhage: If there are any suspicions of an oncoming attack, the patient must be warned against all lifting and straining, the bowels must be kept free, and the patient should be kept in a warm atmosphere well protected from all chilling. During the attack the first thing to do is to stop further hemorrhage. The efforts should be directed to a lowering of the arterial pressure, and to a deviation of the blood current to other parts; that is, in general to reduce the blood supply to the brain.

The Management of Cerebral Hemorrhage and its Abortive Treatment: 1. Do not give stimulants, their use in these cases is most reprehensible. The patient is prostrated and the lay mind naturally turns to tonics and bracers. 2. Do not resort to saline injections. During the acute stage a limitation of fluids is in order.

In the sub-acute stage of cerebral hemorrhage, the most important question is: when should the patient be encouraged to sit up? He should be kept as quiet as possible for the first few days, and in about a week sitting up should be encouraged. Care should be taken that the patient is not allowed to remain listless abed, and as a result a secondary dementia is favored. In the position of the patient, the main essential is a sufficiently prone attitude to insure complete relaxation of all the muscles, since we know that muscular effort tends to increase arterial tension. On the other hand, dropping of the head too low favors the flow of the blood to the brain, a principle that we apply in cases of fainting and anaemic exhaustion. The best position then for a patient with progressing cerebral hemorrhage is to have the body sufficiently reclining to be fully relaxed and the head considerably elevated.

When a patient has sunk into a stage of unconsciousness from brain compression resulting from brain hemorrhage, a recovery from this stage will not occur unless the compression is relieved.

Illustrative Cases of Cerebral Hemorrhage Due to High Blood Pressure:

Case One—High blood pressure causing a cerebral hemorrhage. This case was a male, about sixty-five years old. He was an exceptionally heavy eater and did not exercise. By trade he was a salesman. When this person was first seen, there was a typical facial spasm, difficulty in speech, and partial consciousness. The treatment given in this case was severe pressure over the solar

plexus for a long period of time during the attack. The diet was corrected, and rest in bed for a period of six weeks was also advised, and with treatment the patient partially recovered.

Case Two—A cerebral hemorrhage with paralysis seen after the acute stage. Female, age 56. She was first seen four weeks after her fifth hemorrhage and in consultation with neurologists, who had been called in after the family practitioner had resigned the case as hopeless. The neurologist also stated that the case was hopeless. The symptoms of this case were typical of the symptoms found in blood pressure conditions. The diastolic pressure was 120, the systolic pressure 200, and the pulse rate 90. The patient was allowed to rest in bed and was advised the proper diet, and the correction of the lesions found in the upper cervical region helped to restore the health of this woman.

The predisposing factors in this case were chronic constipation and auto-intoxication, for which diet and, for a time, irrigations were prescribed.

Case Three—A threatened hemorrhage following an alcoholic spree. Male, age 54, heavy eater, heavy drinker, and a great cigarette smoker. The diastolic pressure was 100, and the systolic pressure was 245. The pulse rate was 130, and he had the usual symptoms which associated themselves with high blood pressure.

The treatment consisted of rest in bed, liquor diet, a correction of constipation, and also slight pressure to the solar plexus, and the correction of the lesions in the upper cervical region. After this treatment was adhered to, the pulse was brought down to 90, the diastolic pressure was 100, and the systolic pressure 190. The patient refused to discontinue cigarettes, alcohols and excessive eating, and had gone on another spree of drinking. As a result of this the patient was seized with a hemorrhage, and died with the attack.

Case Four—A threatened cerebral hemorrhage which was due to a nervous tension, resulting in an increased arterial tension. This patient was a male, age 43, heavy in type, and a heavy eater and exerciser. There was no history of constipation or auto-intoxication and usually worked under a high nervous tension.

Symptoms—there was tingling in the fingers, the pulse rate was 102, diastolic pressure 115, and the systolic pressure 210. He also had the symptoms of high blood pressure conditions and had passed through several periods of severe nervous strain without discomfort.

The treatment consisted of rest in bed, a correction of the diet and the correction of the upper cervical region in which lesions of this region had caused the condition.

The Baseball Outlook for 1926

(Continued from page 28)

position, but had done well enough, I thought. Then one afternoon when leaving the clubhouse our left fielder and captain caught up to me. He was

a darned good ball player and he knew it. I had often thought he about ran the team, instead of the manager. He said, upon coming up to me, "I guess

you take a drink now and then, don't you?" Without thinking I said, "No, I don't." He returned, "Well, you're not on the list then." That was that! He fell back with a few other players. It didn't have the right sound to me, but I put it from my mind until a week or so later when I was again canned.

I like to think it was because I wouldn't drink with them that I was left go. If I had been starring at first base and the bat, this fellow's remark might have meant nothing. But many a fair ball player has retained his job indefinitely in small leagues because he was a "hail fellow well met."

Well, by this time the season was well on and we found it impossible to break in on other teams and leagues, although we tried quite a few towns and cities in that section. Finally we had to come home, for none of us would think of work.

I was thoroughly disgusted. You will say I shouldn't have been. Maybe not. But as it turned out I am not sorry, although I played semi-professional ball for years afterward and made quite a little jack. I had another hobby at this time, and that was physical training. So I began to put a great part of my time into it and, as I say, I am not sorry.

My pal kept after a minor league job and finally was going great in this class of company, and then one day slid into second and broke his leg. So there you are. That ended him in anything better than semi-professional.

I don't want to discourage any young ball players. It's a great game and you might have better luck and more ability. But don't fool around too long. Remember what Mr. Jennings says.

Even though my visions of hitting the big leagues are gone, I still love the game and am interested in surmising who will cop the pennants this coming season.

My guess, and that's all it can be, is that the Pittsburgh Pirates will win the National League Race and the Philadelphia Athletics the American League Race. Of course, the Giants and the Senators are not out by any means, and I pick them to finish in the money (2nd or 3rd) in their respective leagues.

There is always the possibility of a dark horse pushing into the limelight. The Phillies are going to be a better team than they have been for ages. The New York Yankees, with Babe Ruth in condition again, may do some sweet ball tossing. Cincinnati may also make them step around to keep ahead. But with all these possibilities, I still believe the first two mentioned will be winners.

In having Kid Gleason around to help manage the team, Connie Mack has made a wise move. Not that Connie isn't capable, but two heads are better than one, especially when both are good ones.

Furthermore, the A's had rotten luck with their pitchers last season, as you well remember. I don't think it can be as bad this year. So with all the good fingers in there regularly, I don't see how they can fail to cop the rag.

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.

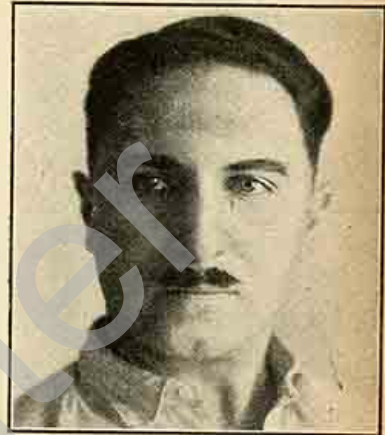
What Causes Sick Nerves?

In women this is largely due to over-active emotions, and to the constant turmoil in their domestic and marital relations. 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.

Nerve Exhaustion is not a malady that comes on suddenly. In fact, it is a very gradual development that deceives scores of men and women who appear to be in the best of health. Yet all the time their nerves are in a constant state of upheaval, slowly undermining their entire organism.

How to Strengthen Them

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.

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Based upon many years of intensive experience and study, the famous Nerve Specialist, 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

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Have You These Symptoms?

Get excited easily? Become fatigued after slight exertion? Hands and feet cold? Suffer from constipation or stomach trouble? Is your sleep disturbed by troubled dreams? Have you spells of irritability, gloominess—pessimism? Suffer from heart palpitation, cold sweats, dizzy spells?

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THAT unsightly, uncomfortable bulge of fatty tissue over the abdomen is an unnecessary burden. Here's the way to get rid of it, without fasting, hot baths or back-breaking exercises. The wonderful "Little Corporal" belt will reduce your girth to normal, the moment you slip it on, and almost before you know it, the excess bulge disappears! You can wear stylish, trim-fitting clothes that make you look your best. Best of all, you feel as good as you look—*younger, lighter on your feet and full of the old-time vim.*

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The "Little Corporal" gets busy at once and your body responds as would a rookie to the command of a drill sergeant. Quite unconsciously you assume the correct posture, straighten your shoulders and walk with the ease and grace of an athlete. Your waist is several inches smaller and you are actually taller.



Without "Little Corporal"

Young Man! Keep Down That Growing "Bulge"

If your waistline is beginning to bulge, now is the time to stop its growth and to retain your youthful figure! Don't wait until you have a great bulk of fatty tissue—a regular "bay window." The "Little Corporal" will restore your figure at once and keep you from corpulency. A youthful, graceful dressy figure is as great an asset in business as it is in society. The ideal dancing partner possesses an athletic figure.



With "Little Corporal"

How It Works

This remarkable belt not only reduces your girth at once, but it keeps your waistline down. It fits as perfectly as a dress glove. It actually reshapes your figure. No laces or drawstrings! No clasps! No buckles! No straps! No stiff supports! It's built for comfort. Regardless of your occupation, the "Little Corporal" belt will always feel comfortable.

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The Senators have been lucky with their old pitchers, and it is bound to change some time. And I think it will be soon, for they cannot keep it up.

In the National League I always felt the Giants could win a pennant whenever they wanted to, or come very near it. But I don't feel as good about them with Pittsburgh's showing last season. I feel it will be nip and tuck between the Giants and Pirates, although the hunch remains that the Pirates will win out.

Fred Heimack, of the A's, gave me another instance of how the breaks of the game affect rookies. I played ball on the same team with Fred when no one noticed him as promising. This was some years ago. Then the war came on and I lost sight of him.

One day, a year or two later, I met him on the street. He told me he was going South to some Southern League with a fellow named Higgins, also a pitcher. This Higgins was supposed to be real good. Every one said, "The major for him in a year or so." The papers of our city gave big space to Higgins' departure, but nary a word about Heimack.

They went, and the first thing I knew

Heimack was with the A's and Higgins remained in the sticks. He has been back several years now and pulls down good money with the best semi-professional teams around the East, but he will never go higher. So there you are again.

Now we'll try to dope the World Series winner, and the more I think of it the more serious it seems. If the A's and Pirates cop their respective league pennants, then I think the A's will beat them in a closely contested series.

At this writing it looks as though the A's were still followed by the hard luck jinx for Joe Hauser's knee, after all the good reports about it, does not seem to be up to scratch. But Poole is not a bad first baseman by any means, and should be better this year.

Both the Pirates and the Athletics have several very promising recruits who will, no doubt, be in the line-ups consistently.

In Waner and Rhyne, Pittsburgh is reported to have two finds who look as though they will supplant two regulars.

Taking it all in all, it ought to be a great nip-and-tuck season.

The Health Digest

(Continued from page 50)

principles must be observed. An average of several of the best known diets is as follows: protein foods 140 grams, fat foods 40 grams, carbohydrates 80 grams, and calories amounting to 1320. Protein foods, such as $\frac{1}{2}$ pound fresh lean beef which, when cooked and properly digested, contains 60 grams by weight of nutrition to the body, and which also has a fuel value calorie of 308, almost one pound of fresh liver, which is protein, contains 70 grams of protein food and has a fuel value calorie of 432. One pound of sweet bread which is protein when eaten gives 40 grams of protein food to the body and also has a fuel calorie of 610.

It is clear that a man of 170 pounds has more protein tissue to nourish than one of 130 pounds; and, consequently, what will suffice for the latter will not for the former. Dietary standards are merely approximate, and it depends upon the physical work to be performed, the body weight, sex, age, climate, etc. There is doubtless a specific coefficient of nutrition characteristic of the individual.

It can be taken, as a matter of fact, that most people eat too much. The appetite may be better controlled and hunger appeased by small quantities of food taken frequently. Depressing of the appetite is commonly advised and may be accomplished in several ways, notably by the prolonged chewing of foods and the limitation of the variety of foods. According to Dr. Steinberg, drugs should be used to prevent hunger and reduce the appetite. He has found preparations of iodine particularly useful for this purpose. Drs. Friedenwald and Ruhrah give the following directions: avoid sugars and starchy foods, and take little or no fatty foods. Eat

sparingly, and take but little fluids. Obese persons may take small quantities of chicken, beef, oysters, bouillon or clam soups. Meat once daily, and this should be primarily beef, lean, raw, scraped, boiled or broiled, roast mutton, broiled steak, broiled chops, and chicken boiled or broiled. Eggs should be taken, either soft, boiled or poached. Of fish, the following may be taken: raw oysters, mackerel, rock or trout boiled. The vegetable foods are best taken mashed and strained. Of bread, a small quantity should be allowed, and then only in the form of stale wheat bread. Sweiback, toast, graham or gluten bread.

The following fruits, all of which are acid, may be recommended; raw apples, lemons, oranges, grapes, raw peaches, berries and cherries. Plenty of water should be taken at all times. Tea and coffee may be taken without the aid of sugar or milk.

The following articles of diet should not be taken: rich soups, fried foods, pork, veal stews, hashes, corned meats, potted meat, liver, kidneys, duck, goose, sausage, crabs, lobsters, preserved fish, smoked or salted fish, salmon, bluefish, herring, hominy, oatmeal, rice, puddings, celery, potatoes, turnips, beets, nuts, candies, pies, pastry and alcoholic drinks.

The use of cold baths in the treatment of obesity is very essential, and as a result of the baths, the skin improves and aids in the circulation of the blood. It seems likely that cold baths accelerate the loss of fat. Massage if given properly and vigorously and accompanied by passive motion sometimes produces marked results.

Ref. Dr. A. N. Mittleman, *Strength Magazine, Personal Communication.*
(Continued on page 74)

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2... 5	lb. Plates
2... 2½	lb. Plates
4... 1¼	lb. Plates
5 ft. Bar...	15 lbs

500 Pound Bell

2...75	lb. Plates
2...50	lb. Plates
2...25	lb. Plates
4...15	lb. Plates
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2... 7½	lb. Plates
6... 5	lb. Plates
4... 2½	lb. Plates
8... 1¼	lb. Plates
5 ft. Bar...	15 lbs.

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The Health Digest

(Continued from page 72)

Dangers of the Common Cold in Children

The common cold is endemic, and oftentimes epidemic during the winter months and the frequency with which it is transmitted to the child is not fully appreciated, nor are the dangers associated therewith given sufficient attention.

This disease starts as an acute coryza and rapidly extends through the respiratory tract so that pneumonia may easily develop. The primary infection may be overlooked, and, as a result, the child becomes very ill and develops pneumonia, and death is likely to occur. The point to emphasize here is that this condition so frequently and quickly leads to serious results and the treatments should be energetic and persistent from the start of the disease in order to avoid any complications that might result. All children are nose breathers unless some congenital deformity is present, and even under these circumstances, the child must learn to breathe through the mouth, because, as a rule, a slight cold in children produces a congestion of the mucous membranes, and as a result of this inflammation the child begins to breathe through the

mouth. The mucopurulent discharge from the nose appears, and sometimes this discharge may contain the germs of pneumonia. The child then becomes seriously ill, and if it survives the overwhelming toxemia of the first few days, then complications, as a rule, follow. Diphtheria is a possibility and should be excluded immediately, or, if present, specific treatment should be administered at once in order that the child's life may be saved.

This disease is usually fatal in the newborn, probably because it may be overlooked and the anti-toxin is not administered early enough. When the infant has contracted a cold, it is best to keep the room at a temperature of 80 degrees but well ventilated, and, of course, the patient is isolated. The chief danger in these cases is air hunger, so that water and food starvation need not be considered too seriously during the first forty-eight hours of the disease.

In conclusion I wish to emphasize again the importance of constant attention to the serious symptoms as they arise and the administration of remedies as need appears.

Atlantic Medical Journal, Feb., 1926.

The Mission of the Physical Drill

(Continued from page 35)

They could not fathom what was wrong with him.

What really had occurred was that he had contracted some disease and as a result his physical condition became weak, an eruption on his body appeared and was papular in type. He complained of pains, irritation and did not feel like himself. The resistance of his body ebbed. He developed a Neurasthenia and complained of pains everywhere in the body. A physician was called and an examination was necessary to determine the ailment. The fever was high; there was a presence of languor, headaches, bone aches, impaired digestion and a slight degree of prostration.

In the examination of the blood, it showed a marked reduction in the hemoglobin, with some diminution in the number of red cells. There was a general lymphatic enlargement revealed, otherwise known as enlarged glands of the cervical region. The spleen was found to be enlarged and the skin contained numerous eruptions of different forms. The papular eruptions on the skin were large and they appeared on the face and trunk of the body. On examination of the mouth, there had appeared a patch which was found on the tonsils and he had also complained of sorethroat, and pains in the legs and as a result of the examination the diagnosis disclosed that the man had contracted a disease known universally as Syphilis, a most dreaded disease.

Now how could he have contracted such a terrible disease? The answer is this: Through incessant dissipation his

bodily resistance became lowered. That is, the germs in his body became so weakened that when he fell on the floor in that dirty saloon, the disease germs entered his body and got into the gashes made upon his body from the terrific fight that he had fought. His resistance being powerless to overcome the disease germs, he naturally succumbed and weakened from the fight, the disease gained a foothold and it was only a question of time to tell what the symptoms were while the germs were in their incubation period. Thus it was a sad ending for this bruiser, who thought he could tamper with his body and jeopardize his health. Had he kept himself in condition and not dissipated, probably he would never have come upon such an ignominious end. However, it was a commiserable shame, and I am very sorry for him; but let his plight be a warning to all who do not take care of their health. Sooner or later something is bound to happen. What a pity that he could not have employed his time in taking exercise. Then he would never have suffered such a fate. Nor would his resistance become so low.

The best way to build resistance is to exercise. And the best exercise for building resistance is the physical drill advocated in the U. S. Army and Navy, and throughout the military schools and colleges in the country. Physical drill has a fourfold function; namely, to build the men up physically, to wake them up mentally, to fill them with enthusiasm, and to discipline them. Happily the close connection between physical well-being and efficiency in all

lines of endeavor has long since been universally recognized.

Therefore, on this phase of the mission of physical drill, it need only be mentioned that its sphere of usefulness should be enlarged and made to include boys and girls of all ages, and men and women; not limited only to soldiers and pupils in our higher institutions of learning. In fact, the instruction should be compulsory and universal.

The system of the drill is applicable to children of both sexes and all ages, as well as grown ups. The drill is also applicable to squads composed of men of very different degrees of physical excellence. The strongest, most active man will find that he can exercise all his muscles and put every ounce of his being into exercise which, at the same time, will be beneficial for a much weaker, less active man. Yet there will be no danger of straining the weaker man. The same is true in working with children; and the reason is that the body automatically adapts the exercise to its own strength. This is, of course, not true of any exercise in which the lifting of any dead weight is involved, such as a rifle, or an exercise in which the entire weight of the body is lifted. In working with children or untrained men the exercises and methods are identical with those to be given to squads composed of stronger men, but in the first case the exercises are done for shorter periods and the rest between the exercises are much more frequent.

The enthusiastic side of the physical drill needs to be considered more at length that the self-evident purely physical side. All will agree that "nothing really great has ever been accomplished without enthusiasm." One of the chief objects of the physical drill is to instill into the men a buoyant enthusiasm as well as aid them to keep up their resistance. A lackadaisical manner and a slovenly performance of exercise can never conduce to health and strength. Thus if you desire to maintain or even attain resistance, then regard the illustrations and perform each exercise as illustrated in the pictures, accordingly, remembering to keep the erect position and correct posture throughout the course of the drill.

What Price Better Legs?

(Continued from Page 39)

developer of the thigh muscles.

Now we come to the last important muscle on the face of the thigh. The one that gives the thigh that fullness so pleasing to the eye. It is a long strap of muscle attached at the extreme top of the thigh on the outside, and crosses the top of the entire thigh to become fastened on the inside of the shin bone just below the knee. We call it the Sartorius, which means "the tailor's muscle." The Germans call it the "cutting" muscle. Both express the meaning adequately. The German version implies that it cuts across the others, but I like our interpretation best, as it seems to mean more. The adductor tendencies of this muscle are not as great as the Femoris, despite its great length. The "tailor's muscle" is mostly employed in

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rotating the leg from side to side. Another of its great functioning qualities, is the direct effect it has of supporting the Quadriceps muscle. I believe that it acquired its peculiar name because of its capacity to act in this direction. Anything a tailor would do in his work would naturally be for a better aid or support. His object would be to bind the material better. The Sartorius acts the same way. Something like a strap around a barrel, it straps around the Quadriceps muscles and holds them more powerfully together under vigorous movement. Stick your foot into the handle of the light kettle bell and again raise the foot to right angles. From this position move the leg from side to side as much as possible, but be sure to keep the leg straight.

I hope you have all this clearly fixed in your mind, and that my explanations have enlightened you a little more on these muscles. Of course the muscles I have named do not constitute the whole mass of tissue on the front of the leg; there are others that lie beneath, but their action is guided entirely by the surface muscles we have just studied.

We have the muscles on the back of the thigh to consider. Because the muscle builder cannot see them without the aid of a mirror may be the main reason why they are so badly neglected. Just stand in a profile position in front of the mirror, and you will surprise yourself. From the back of the knee up to the buttock muscle, there is apt to be a straight line, whereas a fullness should exist. Remember, your thigh is not developed unless it can stand criticism from every angle. Coming back to the point, I will explain that the muscles on the back of the thighs are called the biceps because of their double origin. They contract and control the body as the knees become bent. No doubt the thought has come to your mind, if this is the case, why are they not so well developed as the muscles on the front of your thigh from practicing the squat? I used to wonder why their appearance was not improved more than it is from the various deep knee bending exercises, too, but by careful observation of pupils in practice, I found the reason. The average exercise fan makes the squat far too quickly to really employ the biceps to any extent. The real exertion lies in coming to the erect position, and this exertion is entirely taken care of by the Quadriceps muscles.

A very peculiar but interesting feature about the muscles of the front of the thigh and the back of the thigh, is their relative pole of balance.

Strange as it may seem, I have never seen it explained, yet I have seen lots of field and weight lifting coaches scratch their head in consternation. To their mind the athlete had all the science down pat, and for the world they could see no reason for his retarded improvement. In shot putting, throwing the hammer, and lifting weights, the athlete appeared to secure enough crouch or dip. But, there was the trouble, they got too much crouch or dip. I met a few coaches who recognized the effect,

but could not define the cause, which bolsters my argument that you must know why you do a thing.

When I see an athlete make too deep a knee bend in lifting a weight overhead, or in shot putting, and broad and high jumping, I immediately mentally register him a failure. The cause is that he has traveled past the pole of balance. Strange as it may seem, to secure the best effect a light dip is required of two or three inches only. If the athlete travels further the biceps have secured the balance of power—the snap is taken out of the movement. If anything, the balance should be with the Quadriceps. Seldom does the athlete make allowance for the effect of gravitation.

The concentrated effort from the waist up registers a great downward pressure before the up-heave is made, and where any amount of weight is employed the downward pressure is always greater. Of course, the better developed the thigh biceps, the better is this condition overcome.

I found that lying upon a table with a kettle bell hitched on each foot, and then curling the heels to the buttock, was an ideal exercise for these muscles. Some allow another person to sit on the soles of their feet and curl their body weight, but another person is not always handy, as are kettle bells. This exercise has a fine effect on the calf and buttock also. You will find that lying on the back with a weight balanced on the feet and pressed to straight legs, is also very good.

I have seen it explained that standing upon some raised object with a weight in the hands has been found to be a fine biceps developer, if the pupil, by bending the back and keeping the legs locked, allowed the weight to travel past the level of the toes. I positively disapprove of this. I do not say it has no effect upon the thigh biceps, but I object to the bad effect it throws on the back. I have had more trouble with pupils practicing this exercise than all the others put together. The position is unnatural and has the tendency to easily displace a vertebrae in the lumbar sector. I say, let it alone!

Of course there are many other methods that have a good influence upon the thighs, but as the major part of body culturists practice within the confines of their room, these other movements are out of question; but if you can get out where your privileges are not so restricted, you would naturally find improvement more rapid. That Russian ballet dance, where the dancer takes up the squat and hops around the floor kicking out alternately with each foot, while the arms are folded and the body is balanced upon the toes, is very good. Hopping very quickly from the squat position, backward, forward and sideways is indeed wonderful. My friends and I used to practice that in our early exercise days, before we ever heard of the Russian ballet or acrobatic dancing.

The benefits of thigh exercises do not begin and finish with the increased proportions and bettered appearance. You

will find that in nearly all thigh movements the buttock muscles are equally involved, and as the thighs improve the buttocks become firmer and will take on a fullness that will magnify the contours of the thighs. In fact, there will be a real change in the hips, groins, lower back and abdomen, that is well worth working for.

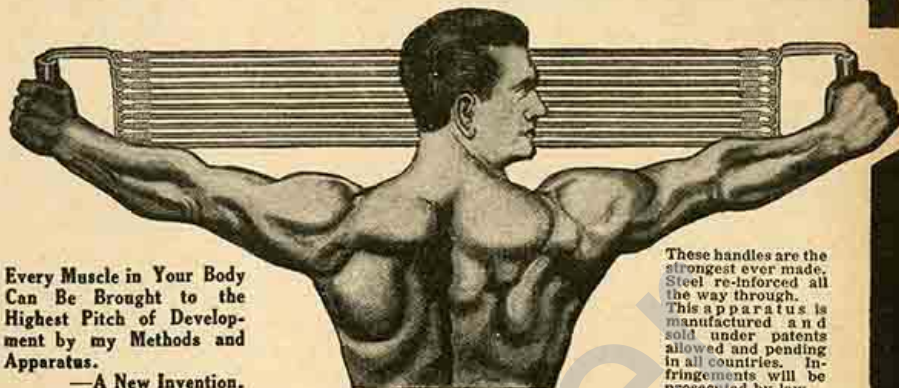
However, I will not go as far as to say the chest and upper back will be benefited in proportion. I don't believe it. In theory it may sound all right, but anatomically it can't be done.

A person with wide hips will develop the largest legs, as he has the natural construction; that is, he has more space to build upon and generally is possessed of greater concentrated energy. The small of his back is wider, and the rope muscles on his back usually appear like huge twisting columns. The pit of his body is larger, which gives a greater space for the organs of assimilation. Such men always have powerful vital organs, which are creative of virile strength. So you see, many valuable factors are created and stimulated from thigh development. I often feel that the more we know about these facts the richer we become. We are taught to realize more than ever the efficiency of exercise. Observation and analysis teach us many interesting things.

My life has been spent among athletes of every form, and no one has had any better opportunity of noting the effects of exercise and sport than I have. Shot putters, hammer throwers, and sprint racers have the finest legs among field athletes. But I have noticed that it is only since the crouch start has been practiced among sprint racers, that they have acquired an all-round thigh development. The old time standing-up start never seemed to have much effect upon the Internus Vastus. Jumpers generally have good thighs, but none of these field athletes show the development in their upper body that some imagine that they would have. Shot putters and hammer throwers, naturally, have the most powerful physique. Yet, they all fall short of the muscle builder. The latter studies his physique more thoroughly and seeks to perfect his proportions as well as to increase them. The sportsman runs, jumps or throws the hammer just for the love of the sport, and mostly trains to master the science of his particular sport. As a rule, he is not interested in development, which is all wrong. I have increased the ability of many field athletes through constructive exercise. A body culturist is the best all-round athlete because he perfects his whole body. He is interested in harmonious development which, after all, is the only thing that counts.

The biggest fault I can find with the home exercise fan is that he will fall into such unpardonable hit and miss habits. Just consider the deep knee bend a moment. How many ever practice this and completely straighten the knees when coming to the erect position. The knees are invariably bent. You should always straighten the legs, in all the leg motions I have explained, by

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locking the knees. Half the effect is lost if you do not.

It is a source of wonder, to many, why walking does not develop better leg muscles than it does. I never knew a crack race walker who had the well-formed legs of a body culturist or sprint racer. I have seen such famous cranks as Goulding, Yoemans and Ross walk, but the answer is, that a walker is like a long distance runner: he does not employ his legs to carry his body along with the tremendous speed that a sprint racer does. He walks for endurance and has a much longer stride. A famous walking coach explained to me that the effort was mostly absorbed by the Achilles Tendon rather than the calf and thigh muscles. He claimed it was due to the difference in the length of the stride. I believe him. A long distance walker rocks his body with the heel and toe motion, he does not seek to carry it like a sprinter. The sprint racer appears to carry his bodyweight ahead of his stride, in such a manner that he gives one the impression that he is racing with his feet to keep his body balanced. All the weight is upon the ball of the foot, and, as you probably know, all sprinters race on their toes which compels greater action from the calf muscles than from the Achilles Tendon.

Long distance runners run flat foot. If they did not, the arches of the foot would quickly become pounded to death. Shrub, Longboat, Hayes, Kolehmainen and Nurmi all run flat foot and none of them have remarkable leg development.

I have noticed the German troops on parade, marching with their famous goose step action. They actually walk with a locked knee, but the leg development of these troops is not out of the ordinary. Neither are the legs of the crack British troops. While they do not march in goose step formation, when marching, the knee is stiffened to straighten out the leg. Even the vast numbers of Swedish gymnasts, who practice the gymnastic march, secure no unusual leg development from that special walk. This march is fine for the calves, but more weight than the bodyweight is required to give these muscles the necessary resistance.

Mountaineers have good legs, but their leg action is different. Climbing moun-

tains does not permit long strides. The difference here is just the same as that which exists between a long distance walker and a sprinter. The stride is short, which means the weight is carried more on the ball of the foot, where faster action and more leg spring is obtained.

Years ago I was quite friendly with a famous Swiss athlete, John Lemm, who at that time was the world's greatest wrestler. He had wonderful legs, and he was the first to explain to me this difference. His occupation was divided between athletics and that of an Alpine guide.

Ordinary walking becomes too habitual to ever provide material leg size. If it was not so, then we would find professional walkers and long distance runners with legs the equal of the mountaineer and the sprinter.

A little mental deduction will prove how illogical such an idea is. The muscles of the body are given to us to adequately take care of all our physical movements. That is the reason why the muscles do not grow from merely carrying the bodyweight. Try to build a big thigh or bicep with a pair of two pound dumb-bells. It can't be done. You must give the muscles the necessary amount of resistance and they grow in order to become more capable of handling the greater weight. In other words, the greater the material resistance, the greater the muscular growth.

Before I had been properly informed on the different methods of employing the calf muscles and the Achilles Tendon in walking, climbing, sprinting and distance running, I was always mentally wrestling with the problem why the American Indian, who could carry freight on the tump line over portages and mountain trail through the wilderness, never showed any exceptional leg development. These men are capable of handling heavy loads and they shamle along all day in that peculiar hodge podge gait, that literally eats up distance. After receiving enlightenment, I noticed that the Indian trailed flat foot under the tump line, and never appeared to straighten his knee. I have done a lot of road work for improving the wind in my time, but any improvement I got for my legs was obtained from the intensive training of home exercise.

Ask the Doctor

(Continued from Page 44)

tion, but I am of the opinion that perhaps a good dietician might do me some good.

Please tell me if you think I ought to undergo an operation.

Mrs. L. T. B., Ashland, Oregon.

ANSWER: It seems to me as though your condition is complicated and for the condition of your constipation, which is no doubt chronic in nature, I would advise that you correct your diet and do not eat any fried foods, take your meals at regular intervals and do not overeat, and digest your foods properly. As a laxative I would advise that you take mineral oil and with the proper exercises advised I am sure this will

help you to remove your constipation.

As to the prolapsus of the uterus, the only procedure advisable would be a surgical operation and, therefore, I would advise surgical means in overcoming your internal conditions. The condition of your bladder is no doubt of a catarrhal nature and if you will take tablets of Urotropin, at five grains each, four times a day, that will aid you in relieving the bladder condition.

My candid opinion of your case would be to consult a reputable surgeon and do as he advises as there is no doubt in my mind, but that surgery would help you. However, you might

also try osteopathic treatments given by a reputable osteopathic physician, and perhaps in this way you may derive some benefit.

QUESTION: During the past five years I have enjoyed perfect health, regular habits, no dissipation. My breakfast consists of oat meal or shredded wheat or baked apples or grapefruit. For lunch I drink a quart of milk and eat whole wheat bread. My dinner is composed of two or more vegetables, lettuce or other green salads and fruit in season. I get good whole wheat bread, I use no sugar and eat no meat or coffee. To this diet I have strictly adhered for the past five years. Each day I spend an hour or so at the gymnasium and swim a quarter of a mile.

About New Year's Day I began to suffer from a sore throat, it finally developed into quinsy and on January the 13th it burst. I was very weak for a week—no appetite, slept poorly and had frequent pains in the back and the abdomen. On January the 25th I was much surprised to notice a great swelling in my legs and abdomen and that night I was awakened by a terrific headache. I was so weak that I had to stay in bed. Now I am badly constipated but feel much better, the swelling has almost disappeared and the headache is gone. The doctor who attended me said that I had an acute attack of diabetes.

Now what I want to know is what caused this trouble, how and why did it develop, how shall I prevent its return and why should I have trouble of this kind when I take such great care of myself?

N. B. M., Wilmington, Del.

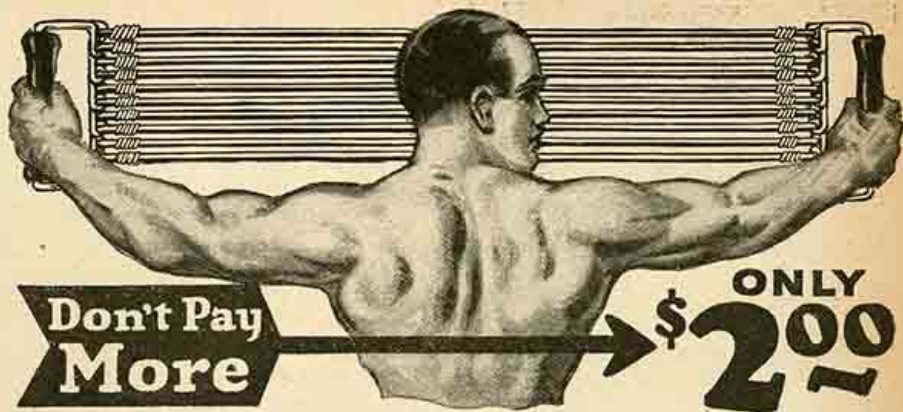
ANSWER: The trouble in your case, I am pretty sure, was due to the condition of your diseased tonsils. Diseased tonsils contain toxins or poisons and as a result the poisons enter the blood stream and affect other parts of the body, and together with your diseased tonsils you might have some bad teeth which also cause functional disturbances.

The diet that you have followed is the proper diet, and I am sure that it has no bearing on your case. I also feel positive that you are not afflicted with the disease known as diabetes as you have not given me any symptoms of this disease. Your condition probably has developed from a cold which first affected the tonsils and as a result caused an inflammation and diseased condition of the tonsils.

The removal of the diseased tonsils will, no doubt, help you in your condition and I also advise that you have an X-ray examination of your teeth and in this way, I am sure you will overcome the condition.

QUESTION: Have been reading STRENGTH for some time and as you have an advice department on health I would be pleased to have you give me some practical advice relative to my condition.

In 1919 I underwent an operation for appendicitis and have never been able to get back on my feet, and last May I started to ache through the hips and legs and haven't had any energy or pep and have been unable to stand much physical and mental work. Some time ago I had my blood pressure taken and it was 118, and this is supposed to be 17 points below normal for one 41 years of age. This



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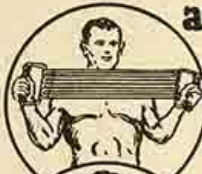
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David V. Bush

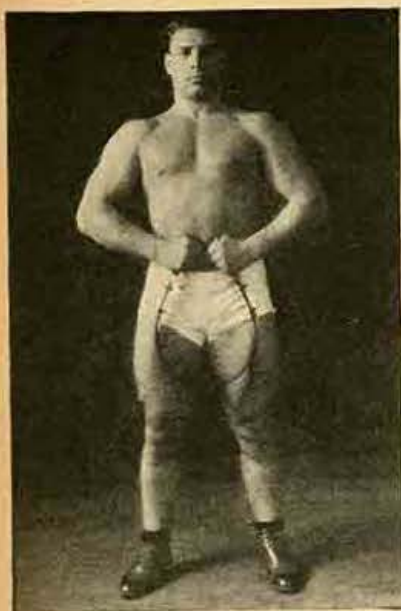
Thousands of men and women are actually committing slow suicide—and do not even suspect it. Little do they realize that every day, as they sit at their tables, they are poisoning their systems, wrecking their health and storing up untold misery for the years to come.

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city is 5000 feet elevation—am going to California this spring—will 400 to a 1000 feet be too low? Have reduced my weight from 203 to 185 pounds. How can I get my blood pressure back to normal? Last July I had my tonsils removed and a short time ago I had my teeth X-rayed and two extracted. It may be that my condition of late has been caused by poisons in the system. I also had a lot of gas in the lower bowels and stomach and have been eating fresh vegetables and raw fruit.

I wish to thank you in advance for this advice and would be glad to hear from you at your earliest convenience.

H. J. G., Bozeman, Mont.

ANSWER: In order to have your blood pressure reduced to normal I would advise that your diet be changed to properly function with the blood. Your diet should consist principally of a nutritional diet and for breakfast I would advise that you eat a baked apple, shredded wheat or grape nuts and a cup of cocoa or a glass of milk. For luncheon, chicken fricasee with rice, cabbage slaw, cranberry sauce, walnut cake and ice cream. For dinner, green pea soup, fried oysters, spinach, graham muffins with stewed fruit.

I am also sure that the toxins or poisons that were lodged in your diseased tonsils were one of the principal factors in your case, and with the removal of your diseased tonsils and bad teeth, and also the correction of your diet and the proper method of exercises and the change of climate will greatly aid you in your health and as a result will tend to remove the condition of your blood pressure.

QUESTION: I have been advised to write to you and ask your advice on "Hodgkins Disease." I have been suffering from this disease for a year and a half now with very little relief. I was in the hospital for some time and received X-ray treatments with only temporary relief. I heard of a doctor who thought he could do better so I let him try it. He put me on a serum treatment which acted very well until the cold weather came, then I was bad again.

I have had two enlargements cut off my back about the size of a teacup each. Would you please advise me if you can do anything that would be of benefit to me? My doctor has had me on a fresh fruit and vegetable diet. Is it a blood disease, and what is your opinion of a milk diet in my case?

I would be very much pleased if you could advise anything that would help me to get rid of this awful disease. I have terrible itching of the skin at times.

C. M. C., Toronto, Can.

ANSWER: "Hodgkins Disease" is a blood disease and is characterized by the enlargement of the spleen, liver, lymphatic glands and also the enlargement of the submaxillary and cervical glands.

The treatment in your case principally consists of correcting your diet and also your hygienic surroundings. The diet should consist of milk, eggs, whole wheat bread, stewed prunes, white of chicken, baked potato, etc.

A tonic such as the elixir of strychnine, iron and quinine should be taken in teaspoonful doses three times a day after meals. The treatments given by a competent osteopathic physician will no

doubt aid you in overcoming your condition.

QUESTION: Enclosed you will find an envelope in which I wish you would kindly send me the answers to the following questions:

1. I have catarrh of the nose, can you give me a remedy?

2. I also have heart burn at times very bad, what can I do?

3. I have Friederichs Ataxia for the past twelve years and am now 21 years old, can you tell me what is the cause of the disease and if there is anything that can be done?

J. B., Astoria, L. I., N. Y.

ANSWER: For the catarrhal condition of your nose I might advise that you employ a spray into the nasal cavities three times a day, the solution used in the spray shall consist of phenol, ten drops; sodi borate, one dram; sodi bicarb., one dram; listerine, two ounces, and water, quantity sufficient to make six ounces.

2. As to the heart burn condition I wish to state that this is due to faulty foods and I would advise that you correct your diet and eat more vegetables and disregard highly seasoned foods, drink water freely and get plenty of fresh air and sunshine. The taking of Upjohns Tri-Basic Citro Carbonate will greatly relieve you of the heart burn condition.

3. Friederichs Ataxia is a hereditary disease and therefore heredity is one of the principal causes. The infectious fevers such as scarlet fever, diphtheria, etc., are also a cause. Injury also is an important factor.

As you are still a young man I would advise that you seek treatments from a reputable osteopathic physician and with this information in view I feel quite sure that you will gain some strength. However, there are no drugs or gland treatments that could be of any benefit to you in the condition of Friederichs Ataxia.

QUESTION: Can you advise me how to reduce? I am 30 years of age and am 5 feet, 7 inches in height, weigh 264 pounds. I weighed 140 pounds eight years ago. I have been increasing in weight ever since. I am a hotel clerk and get very little exercise, have a very good appetite and always have a hungry feeling unless I get plenty of meats and sweet stuff. I am slightly constipated and have a nose bleed frequently. I have been taking milk shake daily as I like it very much. I also have a small knot or bump, the size of a thumb nail in the mouth of the rectum on the left side. Please advise me what to do. Also advise what my wife must do to gain in weight.

She is 29 years of age, five feet, six and a half inches tall, weighing 102 pounds, troubled with slight constipation and hemorrhoids and has a small goiter; has had it for the last seven years, but was advised by a physician to let it alone unless it started to grow. She is a stenographer and works eight hours a day, does not eat much meat as she does not care for it and has tried to drink milk and has also taken cod liver oil. They are both so distasteful, to her, however, that she cannot keep either in her stomach. Please let me know if the McCoy Cod Liver Pills are of any value.

Will be very grateful for any help from you.

S. F. P., Spokane, Wash.

ANSWER: According to your height and age your weight is in excess and your normal weight should be about 160 pounds. To reduce I would advise the correction of your diet and also employing the different types of exercises which are very essential and effective.

As to your diet, for breakfast I would advise that you take an orange, or a half of grapefruit without sugar, a sour apple, two slices of wheat bread, one soft boiled egg, and a cup of coffee without milk and substitute saccharin tablets for sugar. For luncheon you may take two lamb chops, wheat bread, boiled ham, salad, any type of fruits except strawberries and bananas and three ounces of water. For dinner, you may have soup, chicken broth, or beef broth, fish, roast or boiled beef, spinach, string beans or raw sliced tomatoes, and for dessert you may have junket.

As to your wife's condition I wish to state that her weight is sub-normal. It should normally be 140 pounds, but perhaps the goiter has lessened the metabolism in her body. In her case I also advise the correction of her diet. For breakfast, I advise grapefruit with honey or sugar, two poached eggs in milk, two slices of whole wheat bread and butter, and a glass of milk. For luncheon, she can have fruit salad, walnuts and dates eaten with cream cheese, custard with whipped cream and a glass of milk. For supper, any milk soup, green pea omelet, whole wheat bread, custard pie and orange juice.

The use of McCoy's Cod Liver Pills are as beneficial to the body as is the plain cod liver oil.

The Mat

(Continued from Page 58)

will explain. It has always been a favorite of mine that I have practiced in bed every night and morning for years. Of course it can be practiced any place where you can grasp a heavy object with each hand. A person sitting on a chair can hold you safely. Before you start, you had better lay a cushion on the floor on which to rest the head, then lie full length on the back. If you are going to use a chair with a person sitting on it, you can grasp the chair legs with each hand by throwing the hands over the head. Now with a quick movement, snap the legs towards the face and shoot them upwards into the air. At the same time pull with the arms, and with all your neck strength lever with the head so that at the conclusion of the stunt you will be standing on your head holding the chair legs. As you lower the body to the floor, use the rolling movement; that is, just bend the neck and let the legs go limp, and you will roll back to the original position without any effort.

If you want a strong neck, you cannot beat this exercise. A little practice will soon master it, and the vigorous neck play will tune up the whole spine and nervous system.

Here is another stunt that involves a certain amount of neck work, but a lot of the effort is also borne by the

(Continued on page 84)



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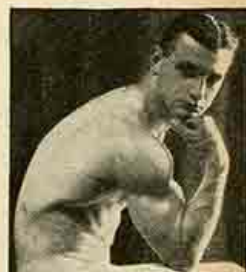
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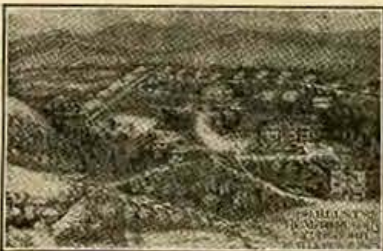
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The Mat

(Continued from Page 81)

abdominals. Take two chairs and set them a distance apart with the seats facing. You take your position sitting on the floor between them, with the heels resting upon the edge of the seat of one chair, and the back of the head resting upon the edge of the other. Have the chairs wide enough apart so that you have to stretch in order to place the heels and head on the chair seats. When you have this position mastered you are ready to go. Fold the arms across the chest and begin to raise the body by pressing hard with the head and heels. Keep raising until the body is in a straight line with the seats, then hold the position a few seconds before you slowly lower the body to the original position. Now when you try this, do not fool yourself into believing that you are doing the exercise correctly by sliding the head on the seat of the chair until the neck or shoulders are resting there, or even by sliding the heels on. Do the movement correctly and get all the benefit from it you can. Besides it will help to give spice to the fun, if a bunch of you are trying this stunt together.

These few movements will keep you busy for a while and I'm sure you will like them.

Flint, Georgia.

Editor of the "Mat":

Please tell me which are the most important muscles, the Abdominus Rectus or the Externus Oblique muscles? Are there any other important muscles of the abdomen?

G. D. COLLINS, JR.

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We generally find, for some reason, that the Externus Oblique and lower abdominals are the most imperfectly developed of the body. I think it is mainly because the proper exercises are not used. The most popular exercise for the abdominals is the "sit up," sometimes practiced by clasping the hands on the head, or in the more progressive stage, with a weight behind the neck. The exercise is good, but it does not control all the abdominals. In fact, the important lower abdominals are only employed in a very minor movement. The best exercise to catch all the abdominals, is the "leg raise." This is performed by lying full length on the floor with the hands placed behind the sides of the buttocks to control the balance. The heels should be raised about an inch off the floor. Just enough to clear the floor, and held there a moment. The legs should be perfectly straight and the toes pointed, then in a

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slow circular movement allow them to travel towards the head and without a pause, lowered. Be careful to not let the heels touch the floor, that is where the kick is supplied. If you want to make the performance harder, raise the head and shoulders as the legs are raised. The contraction of the abdominals will be made very vigorous. I found that by hitching a light kettle weight on each foot, the exercise could be practiced with better results. The progressive method becomes more practical.

If you want to give the Externus Oblique muscles a good work-out, just take a dumb-bell in each hand and raise them overhead. Stand with the feet a little apart in order to get a better balance, then begin to bend sideways, as far as possible without bending the legs. Keep this movement going from side to side, and you will feel the benefit of it.

Of course, practicing the bent press is good, and also bending sideways while holding a dumb-bell over the head and touching the floor with the other hand. However, the exercise I first explained is more direct. That is, it works the particular muscles only. In the other two movements the athlete bends forwards and sideways, which detracts a little from the exclusive development of the Externus Oblique muscles.

There is one exercise, for cultivating the pliancy and growth of the muscle in the waist region, that has always been a favorite of mine. The movement is one that is no doubt familiar to most physical culturists, but the principle is changed. It is nothing more than a body twist from the erect position. Ordinarily this exercise is done by twisting the body as far around sideways as possible without taking the feet off the floor. But, it is not a matter of close observation to see that the whole body is twisted. By this I mean the waist, hips and legs. The exerciser twisting to the right side, pivots upon the left toe. The way I practice this exercise is a little different. I take a light bar bell and rest it across the back of my neck. A heavy bar bell should never be used as it causes the body to bend forward to a certain extent, which spoils the control. The bar bell is just where it should be to give the best control of the movement. Have the feet spaced a comfortable distance apart, and stand perfectly erect. From this position begin to twist the body sideways, slowly but forcibly, and when you feel you have gone the limit, insist that you are going a little further. You will begin to feel a strong pull against the hips as the movement becomes more forcible and it is only natural that you will feel the hips begin to move with the twist. It is right at this point that you have to concentrate. Try your hardest to keep the hips facing directly to the front. Stiffen the thigh and buttock muscles to support this effort, and at the same time keep up the body twist from the waist. You will find the bar bell quite a help. It gives you something to hang onto in order to force the body around. Keep the body twisting from side to side as

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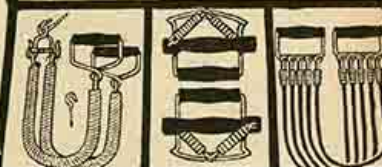
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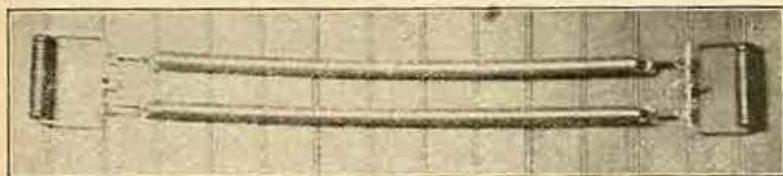
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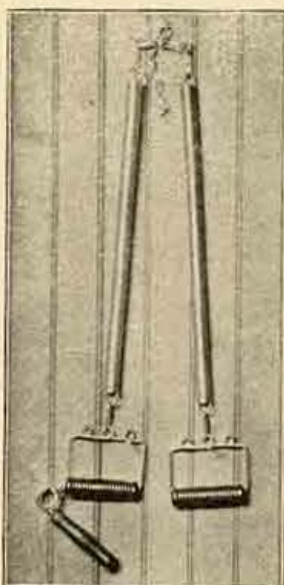
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much as possible and you will acquire great flexibility of the waist region and also great strength. It is a fine exercise to practice after training on the regular abdominal and side contraction movements.

Most exercise fans are absorbed by muscular contraction. They somehow get it fixed in their mind that contraction is the sole object to cultivate in the effort to acquire more muscular tissue. It certainly is a very important feature, no doubt the more important of the two, but you should never lose track of the fact that the more flexible the muscles the greater contraction they have, and the stronger they become.

Did you ever consider this thought? I know that you have observed the cause frequently, and no doubt it has brought a word of admiration from your lips whenever you saw any unusual evidence.

Now let me explain it this way. It may seem like a break upon the continuity of the subject, but I think it will convey to you the idea of what I mean, in the first place, and you will have a better understanding as I proceed.

There have been many times when you have attempted a feat on which you felt that you simply could not get started. It seemed as though you had no strength at that point and you often consoled yourself with the answer that the try was a little beyond your reach. You positively knew if the movement could be made at a shorter range you could do better. That's just it. Your muscles do not have the distributed strength to allow you to do certain movements. In other words, your efforts start at a certain point of muscular contraction. If they are fully extended you are lost. Now don't excuse yourself by saying this is a lack of co-ordination. This word really means balance between mind and matter, or one group of muscles with another. The subject we are examining just now, should be recognized as complete muscle control.

Perhaps you have seen an athlete perform on the Roman Column and noticed the splendid control he had from the start of the hang position up to the finish of the "sit up." It takes a great deal of abdominal pliancy and contraction to make this performance look neat and effective. The athlete who successfully performs on this apparatus, has his strength so equally distributed, that the moment he begins to think of what he is about to do, his muscles respond with the steady pull of a motor.

Consider the moral of this talk to be a further incentive for you to get the most out of your exercises. See that your muscles have their full extension as well as their full contraction, which will greatly increase your efficiency.

Be sure to get a copy of the June issue of **Strength**. It contains an article by Dr. A. N. Mittleman, entitled "Good Foods Maintain Good Health", which will be of great interest to **Strength** readers. In the article he tells how stomach disorders may be remedied by the correction of diet.

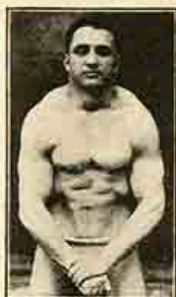
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Why Does a Magazine Grow?

(Continued from Page 21)

stronger than they have ever been, largely because of the closer co-operation that we are succeeding in establishing between our readers and our staff.

Our Ask the Doctor Department alone has more than doubled in the last year, making it necessary for us to call upon Dr. Mittleman for his whole time.

Miss Heathcote's Department has grown and is growing, and today represents a very considerable number of women readers of our magazine.

The Mat and the department devoted to the A. C. W. L. A. are, we feel confident, better than anything that STRENGTH MAGAZINE has ever given its readers on bar bell exercises and news of what is being done and can be done with bar bells.

In a way, all the articles in our magazine fit in, more or less, with the policy of the conductors of these departments, and the departments themselves are coordinated so that we are trying to cover the field of health and strength more thoroughly and more capably all the time.

We do not wish to assail the profession of journalism as a whole, but we do feel that practically no other magazine subjects itself to so definite a check-up by its readers. When we run an article on How to Perform a Hand Stand, we do not expect every reader of STRENGTH to promptly go and perform said feat. We know that there are a considerable number of readers who already are proficient, and another group who are not interested.

However, we expect that article to appeal to a definite number of readers, and we expect those readers to be able to learn to do a hand stand by practicing in the way that article describes.

Furthermore, we expect any reader who cannot get away with it to write us and try to find out why they cannot get away with it. All these things happen. Some readers do try and some don't try. Of those who try, some do and some don't succeed off-hand. All of those who don't succeed we hope will write us. We have a good notion that many who should write us don't and we want them to know that we are glad to help them out to the best of our ability.

The point we are trying to make is that any such a check-up must, over a period of time, develop the lucidity and the accuracy of the information that we give, granting that we are able to learn by experience.

At no time in the history of our magazine have we had as large or as cohesive a staff as we have today, and although we expect to have a larger staff a year from today, we know that our present staff is willing and able to give the service which we have been outlining.

In other words, we feel that the growth of STRENGTH has been twofold. In the first place, from judging our

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The Spontaneous Expression of Love.

CHAPTER III

Those Who Should Practice Conception Control.
The Husband's Function to Woo.
The Wife's Function to Respond.
Why Women Have Been Subjected.
The Complete Confidence of Man and Wife.

CHAPTER IV

Desirable Sex Conduct.
Life and Sex Energy.
Sex Fear Destroyed.
The Immorality of Preventing Conception Control Knowledge.

CHAPTER V

Initiation to Matrimony.
Men Who Marry in Ignorance.

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articles by, "Does it sound logical," we have come to judge our articles by the strictly practical standard, "Does it work?" and as a result of this we have had to broaden our field, enlarge our scope, and increase our staff.

Whether the growth of STRENGTH caused the growth of our staff, or the growth of our staff caused the growth of STRENGTH, is one of those questions that had better not be gone into.

Magazines and newspapers which have editorial, mechanical, advertising, circulation, and business departments strangely enough find that editorial, mechanical, advertising, circulation and business departments admit frankly and freely that all the other departments coast on the efforts of the department which happens to be immediately concerned. This is something in which magazines are not unique. Steel companies and football teams are addicted to the same notion. Was it the sales manager, the advertising manager, the production man or the treasurer who

made the company? Ask any one of them if you want to find out.

Ask any line what they confidentially think of their backfield. Then try the backfield.

At least, editorially speaking, we want to be fair and to say that the growth and strengthening of our editorial department had something to do with the growth of our magazine.

But we know that the real growth of our magazine must be based on the fact that our readers realize that what we have to say is so. They know that it is so because they have tried it and it has worked.

Health—Strength—Beauty

(Continued from Page 55)

and I am sure if you will follow my instructions above you will not have so much difficulty in keeping your hair curled. It is said that a teaspoonful of pure borax in the rinsing water will make the hair fluffy and inclined to curl. I have never seen it tried before.

Who Will Win the Davis Cup in 1926?

(Continued from page 33)

she has not a single player of international caliber. Randolph Lycett is her nearest approach to this standard; in doubles he is of Davis Cup proportions, but he is little feared in singles, and that is where men are needed. Not so long ago it appeared as though the youngsters, Wheatley and Gilbert, would provide the island kingdom with a first-class duo of singles players, but they both petered out after a promising start. If she should be drawn against France with Kingscote in the line-up the contest may be a lively one, but her chances of winning are quite remote.

Spain, to a certain extent, has the same problem that confronts England, the need to find another player of International caliber. She, however, has not the past glory to regret that her northern competitor has, and is therefore little troubled with thoughts other than that of the future. In Manuel Alonso, Spain has one of the present day's greatest players, with the further advantage of being able to command him whenever she wishes. If she had another one to place alongside of him France's path to the final round would not look as rosy as it now does. But her veterans, Count de Gomar, Flaquer and Jose Alonso are not good enough to bother either Jean Borotra or Rene Lacoste seriously, and there does not seem to be any youngster with promise in sight. But despite these impediments a match involving Alonso and the two Frenchmen would draw large crowds and the individual results would be closely watched and commented upon.

Japan should win the American Zone cup trials, providing Australia does not change her mind at the last minute and enter. Takeichi Harada and Zeno Shimizu, despite the fact that the latter no longer is the star of other days, are much too strong for the teams that Canada, Mexico or any of the other

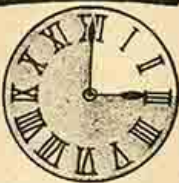
American countries may send. Harada, in particular, is well out of their class. He should this year take his place among the best in the world.

These observations, therefore, leave France and Japan to fight it out for the honor of challenging the United States. The match between them should be more even than appears at first glance. It is true that both Lacoste and Borotra are rated far above the two Nipponese, but if Harada improves during 1926 as he did in 1925 he will be pretty much anybody's equal. That being the case his two matches may well be even affairs, and if Shimizu should stage a come-back and repeat his form of 1922 the young Frenchmen would have their hands full getting by him. But these are merely possibilities. At the present writing France would properly be the favorite to win the inter-zone contest—and if past performances are any indication she will.

The conclusion, then, is—barring accidents—that France and the United States will fight it out in the challenge round. That being the case the next question is, what chance has France of winning? At first thought, one would say, none. But let us see. To defend the cup America will put Tilden, William M. Johnston, Vincent Richards and Richard N. Williams in the field. Opposed to them will probably be Jean Borotra, Rene Lacoste, Jacques Brugnon and another player, most likely Henri Cochet. The singles will undoubtedly find Tilden and Johnston against Borotra and Lacoste, while Richards and Williams should be assigned to stop the two Frenchmen. Strange as it may seem, this wholly unorthodox team should defeat any team the challengers put against them. This, then, leaves the singles matches to be considered. Last year Johnston won both his matches comfortably while

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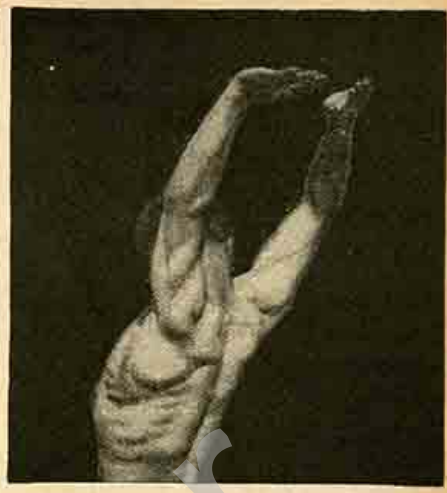
Tilden was on the brink of losing his. It is inconceivable that the "Bills" might lose, but we must consider that Lacoste should improve over his last season's performances, and if the improvement is great enough he is liable to defeat either or both Americans while Borotra, on his day and when imbued with the inspired spirit which oftentimes takes possession of him, can very well upset any man in the world. Therein lies the menace, as yet they should not win, but both these young Frenchmen, though radically different in temperament, have the ability to rise to great heights at times, and it is possible that one of these times may be in the challenge round. We shall see.

The chances of Tilden winning the national championship in 1926, and thereby annexing the title for the seventh successive time, are not as bright as they were this time last year. At that time the marvelous tennis he displayed in overwhelming Johnston in the final round of the 1924 championship was still fresh in everyone's mind, and it was universally felt that the lanky Philadelphian was in a class by himself. During 1925 this feeling gradually disappeared, and after his two close escapes from defeat by Lacoste and Borotra in the Davis Cup matches it was definitely felt that he no longer outclassed the field. This feeling was strengthened when the same Bill Johnston he had brushed aside so easily the year before nearly "turned the tables" a week after the young Frenchmen came so close to winning.

But someone may well ask, if Tilden is slipping—and it is by no means a surety that he is—who will be the man to supplant him? Will it be the veterans Johnston or Williams, the young in years, but old in service Vincent Richards, some foreign star like Lacoste or Borotra or some young, hitherto unthought-of newcomer like George Lott or Cranston Holman? Let us take these possibilities up one by one.

First and foremost of Tilden's rivals is the doughty little Californian, William Johnston. After his poor showing in the 1924 championship it was generally thought that his best days were over and he was regretfully relegated to the scrap heap by the knowing ones. But he thought differently and with the indomitable fighting spirit so characteristic of him, he returned east in 1925 and after a discouraging start—his loss to Dr. George King, at Seabright—once again swept everything before him, only losing to Tilden in the last match of the season. Even then he lost gloriously, going down to defeat after being in sight of victory in that heart-breaking second set. If Johnston can hold the form he showed in that match he should still be the champion's greatest menace, and, with a slight slipping on Tilden's part, may conceivably regain the title. The odds, however, are against his doing so, but "Little Bill" is best when things are against him.

That other veteran, Dick Williams, also had a fine year in 1925, but it is extremely doubtful if he is the man to



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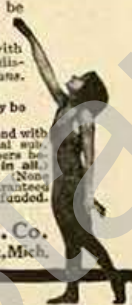
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take the sceptre from Tilden's hands. On his day the stocky Bostonian is liable to beat any player in the world, but he is too uncertain and unsteady to win against the varied tactics and rock-like steadiness the champion employs. It is the old contest between brilliancy and surety, and in this case the sure player has a brilliancy almost the equal of his opponent.

In order to completely review the prospects of the old standbys we shall jump past Richards and Lacoste and take those more advanced in years: Borotra, Anderson, Patterson and Kingscote, of England. The first of these, Borotra, is hardly expected to improve upon his present game and though that is good enough to win from even Tilden, when going at top speed, it hasn't the strength to last through a week of wearing play and still be at its best at the end. For this reason alone, without the numerous other ones, the Dashing Basque cannot be considered a factor.

While the two Australians, Anderson and Patterson, have the physique both men are the possessors of "top-heavy" games. In the case of Anderson, who despite his poor showing in the cup trials last fall, is still considered the better of the two, it is the general opinion that unless he develops a stronger backhand to supplement his forehand wallop he has gone as far as it is possible for a person with his limited equipment to go. This is true, against those not quite of the first flight these defects are not noticeable, but a man like Tilden brings out the weakness sharply. Patterson, also, is in great need of a respectable backhand; his troubles, however, do not stop there, he has a tendency towards erratic streaks which must be eradicated before he can hope to seriously compete with any of America's Big Three.

This, then, leaves Kingscote as the only possible menace of the old guard. Kingscote, undoubtedly, would be a real contender for the title if he could play more often in tournaments, or else had the opportunity of spending a summer in this country. This, unfortunately, he cannot do; his chances of improving are therefore almost negligible, and as his game stands at present it is just a little too weak to win.

The survey of the field thus far places the matter of finding a successor to Tilden to the younger players. The foremost of these are Richards and Lacoste. Despite Richards' length of stardom he is still a very young man, not more than 24 years old, so there is yet a good chance of his improving. The Yonkers youth's improvement would have to come in a severer second service and the cultivation of a forehand drive to replace the chop he now uses. These two additions would, without a question, make him a foe that even Tilden at his best might well fear. Besides that, one must also remember that Richards has the greatest confidence in his ability to defeat his former teacher, an asset which few of the other contenders possess.

The other young star, Lacoste, is generally recognized by competent critics as the most formidable of all the foreign players. Although his play in this country last year hardly warrants this pre-eminence, the present Wimbledon titleholder's game is built on too firm a foundation to regard his poor performances as more than a momentary lapse of form. The only fault with Lacoste's play is his soft stroking and extreme carefulness. Against the continental players this lack of speed and unwillingness to take chances are more in his favor than otherwise; their games are also soft and the steadiest man almost always wins. It is only when the young Frenchman encounters a man like "Little Bill" that the fault becomes apparent: at such times the latter's speed more than counterbalances Lacoste's superior steadiness. The Wimbledon champion, however, is a deep student of the game and it is only natural to assume that his two American visits have convinced him of the necessity of adding extra speed to his strokes in order to defeat the best men. If he has done this during the winter he should then be a serious contender for Tilden's crown.

Lacoste's two decisive defeats of Richards and his clean-cut victory over Tilden, though they were indoors—a fact one must always keep in mind when discussing the probable relative merits of two players outdoors—without doubt, establishes him as the foremost future menace to Tilden's crown.

Beside the two young players just mentioned there are several others who may shape up as championship possibilities. In the United States, Cranston Holman, the 1925 junior champion, appears to be the most promising of these. This lad came out of the west a year ago practically unknown, yet before the season was over he numbered Manuel Alonso and Dr. George King among his victims, and even defeated Tilden himself in an exhibition match. These were not flashy performances, his play for the whole season was of such a high order that he received a ranking of number nine on the 1925 national ranking list, a rare achievement for a player not yet out of the junior ranks. If he improves the coming season as he did the last one his menace to Tilden cannot be overestimated. Another promising youngster is George Lott, of Chicago. After his remarkable showing in 1924, his record last year was a disappointing one, but he should "hit his stride" again in 1926 and steadily improve. Alfred Chapin should also show to better advantage, while Jerome Lang, Edward Chandler, Horace Orser and a host of others are future possibilities.

On reviewing the foregoing chapters the conclusion to be drawn is that Tilden will continue to hold the title for at least another year. The reason for this is obvious: the old guard is marking time in their play while the young players have not yet matured enough to offset the superior experience of their opponents, particularly that of Tilden.

Can Wills Beat Dempsey?

(Continued from page 62)

the jaw.

So far, popular opinion seems to be that Wills is a better man. I know that many will fear a win by the black man for color reasons. Promoters will commence to comb the world for another white hope, with a great deal more serious intent than when they dragged out Rioux and Firpo. Personally I do not share the belief in the color line. If a man is to be the champion of the world, he should prove himself such over race, creed and color. Why should such a furor be made over having a black heavyweight champion of the world? Thousands of people who claim to draw the color line among heavyweights never did in the lighter classes. I have heard them say that there is a difference, but evidently I am too dense to see it. A black lightweight champion, like Joe Gans, looks just the same to me as a black heavyweight champion, like Jack Johnson. Just recently Tiger Flowers beat Harry Greb, but I did not notice any terrible color cry raised over this. Why should there be? If John L. Sullivan had not drawn the color line, Peter Jackson would have licked the beer soak. It's a good excuse for cold feet.

Not long ago I heard a crack heavyweight, who hopes to wear the crown in the near future, say that he would fight Wills as a means to the goal, but after he won, he would draw the color line. Well, if a darkie is good enough to fight before, the white man should consider him good enough after. A champion must be a champion, whether he is black or white. Whether Jack beats Wills or not, I hope we never see such an unforgivable spectacle as we witnessed in the Johnson-Jeffries fight. The white men who perpetrated that contest were degraded below color line distinction. They knew there was no such thing as a come back, but they preyed on the white man's sentiment and used him as a bait to line their own pockets. In such another case, there would be more honor among black men, for I do not believe they would wantonly sacrifice their color for such a purpose.

The Dempsey-Wills fight will be a battle of the ages, greater in proportion than any of the other fights that Dempsey has ever had. Both men are good battlers, and I say let the best man win, whether he is black or white.

Cheating Death by a Hair

(Continued from Page 30)

beginning to strangle, though valiantly he was fighting back. His face was a horrible, tumefied mass; his eyes began to bulge from their sockets. With a dying effort the old man forced his knee into the other's groin. A horrible scream, and the claw-like fingers unfastened from the aged man's throat. The latter exerted every effort to pull himself together and was able to reel from the path of a motorcar, whose blinding lights bore down upon him.

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With the prized papers once more in his possession, he began again towards his destination, unmolested. What was it that enabled the elderly man to face such a death-defying situation? What attribute in the old gentleman steered him to venture as he did, against abhorable odds? Dear reader, here's the secret—That man of past fifty years was able to "come through" because he knew the value of keeping fit. He was fit. When a crisis arose, he was able to summon his physical and mental powers—with a gratifying response. Now just what did this old gentleman do to achieve his condition? Well, he did numerous things. He remained active and happy. He boxed and wrestled to learn self-defense; played "medicine ball" to sweat freely and harden his muscles. After his exercise, a refreshing shower and an exhilarating dip in the pool. He "had the time." Daily he looked forward to his self-essayed period of exercise with a sort of sacred anticipation. Mister, if you "can't spare the time," please do not waste any more time reading further. To those who will "take time" I dedicate these few paragraphs in the hope that they may achieve, by voluntary labor, physical and mental betterment. Men of considerable importance have come under my attention. BIG MEN! Men on whose shoulders civic progress was destined to rise or fall. Whose life work was fraught with responsibility. Whom the people worshipped. On whom they doted and confided in. BIG MEN! In truth, dear friend, they were nothing less than a bunch of mollycoddles. In a crisis they would have betrayed the confidence, so universally placed in them. They were ignorant of physical culture value; in fact, several admitted they "didn't want to know." Fortunately, in the group, there were a few who attended my gym class regularly. To them this noon hour was one reserved for relaxation and fun. In the blessed portals of the gymnasium they undertook what at first was apparent work, but now seemed mere sport and play. The others, whose crying need was confessedly exercise and play—whose stagnated and morbid propensities disallowed them to see things in the right light, "bah'd" the mere sug-

gestion of an attempt to better themselves. But several were envied to undertake the thing. Just as if they were being put through the 3rd degree, or some torturing mechanical apparatus! However, the main difficulty lay in coaxing them into the gymnasium. Once inside, the rest was simple. They were shown there how the simplest forms of exercise would better prepare them for their duties—brush the cobwebs from their brains. The "medicine ball" proved especially subtle as a means of animation as well as an accessory to fat-reducing and muscle-building. They actually began to laugh. They capered like three-year old children. One of them would pick the ball up and chase another around the gymnasium, then heave it at him. Both would stop and chuckle their pleasure. They gradually became engrossed in their sessions of exercise, until they attended the classes religiously and in time considered them as much a part of the day's routine as their immediate business. The laughs, which must have puzzled their associates, proved the pleasant reaction of a few minutes diligence. Each day I looked forward to that joyous hour, care-abandoned, and happy, when these men guffawed each other about their conditions and brought fresh merriment to all concerned.

Their very faces radiated joy. It is said that crying offers relief from extreme grief or tension, but it does not justify itself for the mere so-called pleasure one derives from it. Laughter is through and through a pleasure. It is an emotive manifestation of joy. There is a psychological basis for unrestrained amusement that makes us laugh. These men enjoyed the refreshing sweep of ecstasy that accompanied their efforts in the gym. Now, Mister, "HANDS UP." Will you get out of the scorner's seat of doubt and give yourself a fair trial? And remember this: "AMBITION WILL NOT MOCK YOUR USEFUL TOIL." This I offer as a means of keeping you fit: "Medicine ball," a game which countless devotees all over the country find animated pleasure and fun in playing for health's sake. "Time, Mister, that's all you need." "Hands up! gimme your time!"

Your Teeth--A Frequent Cause of Ill Health

(Continued from page 60)

find that the papillae of the teeth have become enlarged and congested, the color of the papillae becoming red instead of the normal pale rose color. The exploration of the interdental area will cause the papillae to bleed, and very often a small, dark, hard concretion will be found firmly adhering to the face of the adjoining tooth, covered by the papillae. As a rule, all the papillae are not involved, but we may find a cyanotic papillae by the side of a quite pale rose one. This stage may last for a long period, and the patient is rarely aware of the diseased condition of the teeth. He will very seldom take the trouble to come for advice, unless the

bleeding of his gums becomes too annoying. At this stage the pyorrhea may be easily cured, for it is a purely mucous trouble, and the dental joint is not open; therefore, the detection of the disease at this stage is of the utmost importance. On the other hand, if the treatments are neglected at this stage of the disease, it then produces a more severe condition, and as a result causes a suppurative condition. The dento-alveolaris articulation is opened, and the tooth begins to elongate. Some pains are complained of from time to time and especially during mastication, on account of the inflammatory congestions of the dental ligament. There may be

acute periods characterized by great pain, swelling and abscess formation, which may lead to an error in diagnosing the case.

The patient is now aware of the disease and is often alarmed with the idea that he is going to lose his teeth and is afraid to touch them. We have in some cases to deal firmly with him to obtain his consent to the removal of the tartar and demonstrate to him that this tartar does not in any way strengthen the teeth. The patient's state of mind in these cases is the worse element with which to contend.

For instance, I will give you an illustration of a case of pyorrhea which came to my office for treatment, and which, in my experience of the case, has proven to be due to the neglect upon the patient's part to treat his teeth properly during his early days of life. A man, age 30, came to my office with great pains and distress in the mouth, and on examination of the mouth, I found the gums very much swollen and inflamed. On slight pressure to the gums, a pussy discharge had receded and the papillae of the teeth had become enlarged and congested, and about 4 or 5 teeth were loosened. The patient was depressed and felt disgusted, and the whole face seemed to ache him. A very characteristic odor was present. I asked the patient if he had ever cleansed his teeth and he answered in the negative. He was one of a large group of careless individuals, who because of their negligence in taking care of their teeth, develop pyorrhea. He was aware of the fact that he was suffering from a dreadful disease, but with his first office appointment he would not resort to the proper treatments necessary. Within two days' time he returned, and as a result the proper treatments were given and recovery ensued.

Treatment of Pyorrhea

This is both local and general, but since the systemic features are due to poisonous absorption from the oral lesions, the germs causing the latter condition must either be destroyed or eliminated by the removal, surgically, of the root of the infection, but it is not necessary to sacrifice all the teeth involved. Among local preventive and corrective measures, I would emphasize the importance of the systematic removal of tartar from the teeth, and I would also advise the use of antiseptic mouth washes. Lavioris or glyco-thymoline or listerine will answer the purpose for mouth washing. A specially skilled dentist should conduct the local treatment of the teeth involved whenever it is practical.

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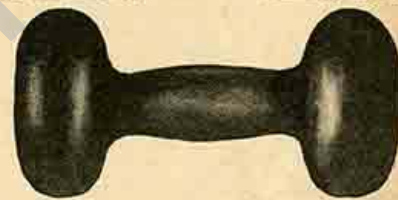
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teeth, inflamed gums, infected tonsils, all produce disease. In fact, such a condition makes the finest kind of incubator for the dread tubercular germs and also for the so-called children's diseases, among which are diphtheria and scarlet fever, that leave in their wake whole catalogs of ills, such as anemia and heart trouble, imperfect sight and hearing. I cannot too strongly impress upon you that your whole duty is still unfinished until all young men and women shall be free and equal in their opportunity for good health.

Men Models Are Increasing

After reading the article on posing, by Charles MacMahon, which appeared recently, we came across this article in the New York Times magazine section, which we thought would also be of interest to you.

However, we wish to call your attention to the fact that this type of posing is entirely different from the type Mr. MacMahon outlines in his article. Nevertheless, it is easily possible for a good model of the artist's class, which Mr. MacMahon speaks of, to enter this end of the profession, also, and vice versa:

A decade ago three masculine models sufficed to fill the needs of the fashion studios; today there are more than a hundred listed in the models' book of one house that specializes in fashions for men.

Fashion posing for men has become a profession. Men are emerging from the drab cocoon and are cautiously indulging in gay tweeds, vivid belts and the cheery hose of the golf course. These symptoms, in the eyes of manufacturers of men's clothes, show an awakening of the male to sartorial possibilities of color.

In order that these delicate shoots of interest may be stimulated into a hardy growth, manufacturers have gone in heavily for advertising their styles by showing new fashions on living models. Fashion revues for men have not yet arrived, but instead of telling his public how attractive his new modes are, the modern manufacturer shows these by means of photographs. So a new profession has come into being.

The new profession is not overcrowded, for while this job of posing for fashions is not in itself exacting, the qualifications are. Talents that go into the making of a star model cannot be acquired. When a certain casting director advertised in a New York paper for a young man with regular features, among the 200 applicants who answered the advertisement he found only one who measured up to the high standard of pulchritude set.

The Qualifications Demanded

Certain iron-clad qualifications are required of the beau ideal of the fashion studios. The model must be typically American, with none of the distinguishing characteristics of any geographical area from which his ancestors may have migrated to this country. He must not have drooping eyelids, a sen-

sual mouth or the high cheek bones of the Scandinavian. Equally unwanted is the dainty mustache of the international gallant. These are some of the "don'ts."

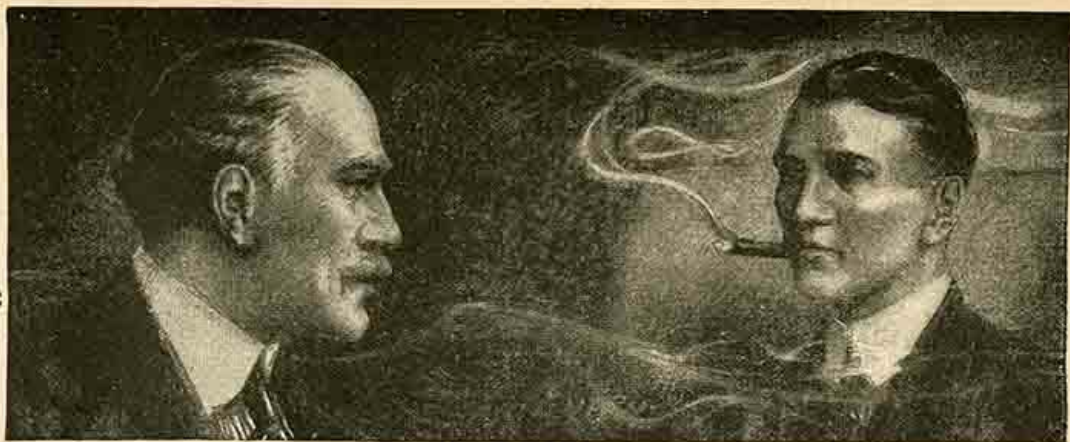
The model must have regular features set in a clean-shaven face. His hair must be silky, never kinky; his eyes wide open and not too light. Teeth must be perfect, since the model is required to smile and look pleasant. He must be a perfect 37.

In addition to this array of physical assets he must possess that elusive quality called "style." What matters it how stylish the garments provided by the manufacturer may be if the model does not wear them with that chic, that persuasiveness that shall send all who behold scurrying to the nearest haberdashery?

The masculine model has a much harder time of it than his feminine counterpart. Women models are classified under different headings so that the casting director may know whether a particular model is best suited to display head, feet, shoulders; whether she shines as an exponent of tailored suits or of evening gowns, of bathing outfit or lingerie. But a male model must be ready to pose in golf clothes, business suits, evening dress and the latest thing in beach attire. He must be an all-round model.

Fortunately for the studios—since the better-looking the man, the more bashful is he—manufacturers of undergarments do not demand exclusively well-built, good-looking men. On the contrary, they often prefer men of odd shapes—the odder the better. Such shapes serve to illustrate the claim that no matter how extreme the figure, a garment exists which will fit it. Therefore, thin men, fat men, tall and short men have been drafted for these fashions in place of bashful Adonises who, though they gladly pose in bathing suits, consider underwear much too immodest.

"Where do they come from and where do they go, these models?" New York recruits its fashion models largely from the dramatic schools, the universities, the movies and the theatre. Some have posed for famous illustrators. Many juveniles of the movies, while waiting to go on location, drift into the fashion studios, and the process is turn-about, for movie directors look to the fashions for handsome men.



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Not all models, even of the versatile all-around variety, need be good-looking, however. All sorts and conditions of men are needed. Perhaps you are familiar with that gray-haired elderly type, prosperous and well-padded, used to portray the successful business man. Perhaps you remember him best as the father of the beautiful girl about to be wooed by the young man who is shown listening to his elder's philosophy of dressing well to succeed.

One model specializes in fisherman, plumber, fireman or engineer types; while a certain character actor is on call for preacher and farmer photographs. The grandpa of the models admits 75 years as his age.

Growing interest in men's clothes has made the profession of fashion-posing for men a profitable profession, too. Four big stars of one studio earn from \$75 to \$125 a week. And there is no dull season.

—Courtesy N. Y. Times.

PUBLISHER'S STATEMENT

Statement of the Ownership, Management, Circulation, etc., required by the Act of Congress of August 24, 1912, of STRENGTH, published monthly at Philadelphia for April 1, 1926.

State of Pennsylvania, County of Philadelphia. Before me, a notary public in and for the State and county aforesaid, personally appeared D. G. Redmond, who, having been duly sworn according to law, deposes and says he is the owner of STRENGTH and that the following is, to the best of his knowledge and belief, a true statement of the ownership, management (and if a daily paper, the circulation), etc., of the aforesaid publication, for the date shown in the above caption required by the Act of August 24, 1912, embodied in Section 143, Postal Laws and Regulations, printed on the reverse of this form, to wit:

1. That the names and addresses of the publisher, editor, managing editor and business manager are: Publisher, D. G. Redmond, 2741 N. Palethorp St., Philadelphia, Pa. Editor, D. G. Redmond, 2741 N. Palethorp St., Philadelphia, Pa. Managing Editor, O. H. Kosyk, 2741 N. Palethorp St., Philadelphia, Pa. Business Manager, O. H. Kosyk, 2741 N. Palethorp St., Philadelphia, Pa.

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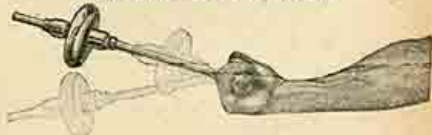
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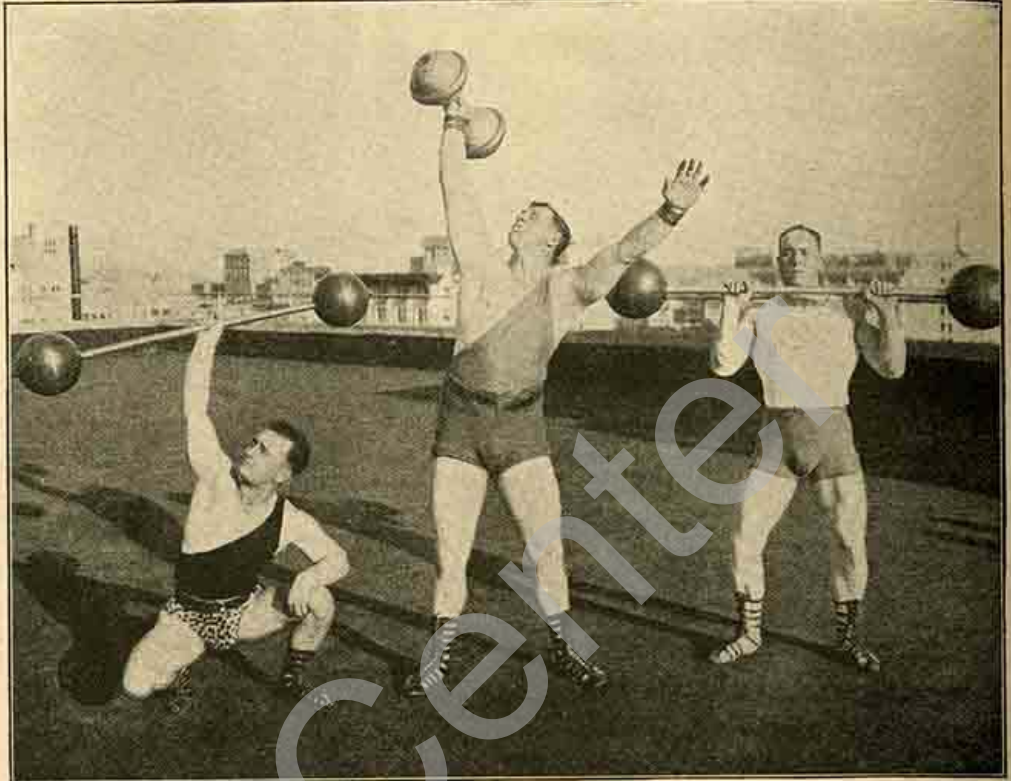
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