

Children's Diseases

Strength

MAY

25¢

1927

45 What Will I Do
33 Girth For Small
D. M. R. n

Stark Center

Donna 93

A Perfect Figure for Every Woman
The Wizard of the Mat
Kidney Disorders

W. N. CLEMENT

Our 200-Pound Bar Bell Complete

\$2400

The Milo 200-Pound Outfits Include Everything a Bar Bell Set Should Include

COMPLETE PRICE LIST OF MILO BELLS

500-lb. Plate Loading Bell, plain bars.....	60.00
400-lb. Plate Loading Bell	48.00
Large Size Duplex, with Plates and Spheres.....	40.00
300-lb. Plate Bell	36.00
Standard Size Milo Duplex, with Plates and Spheres.....	32.00
200-lb. Plate Bell.....	24.00
100-lb. Plate Bell.....	15.00

3 complete, illustrated courses are given with every one of the above bells except the 100-lb. Bell, with which 2 courses are given.

ORDER BLANK

Date.....

The Milo Bar Bell Co.,
2739 N. Palethorp St., Dept. 165,
Philadelphia, Pa.

Gentlemen:

Enclosed find in payment for Bar Bell set
checked above. Please ship by

{ Express } to

{ Freight } County

State

My mail address:

Name

Address

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

MEASUREMENTS

Neck Weight

Normal Chest Age

Expanded Chest Occupation

Upper Arm How Many Times Can You
Chin the Bar?.....

Forearm How Many Times Can You
Dip on Parallel Bar?.....

Waist Check off your aims below:

Hips Improved Health—

Thigh Great Strength—

Calf Perfect Physique—

Wrist To Reduce Weight—

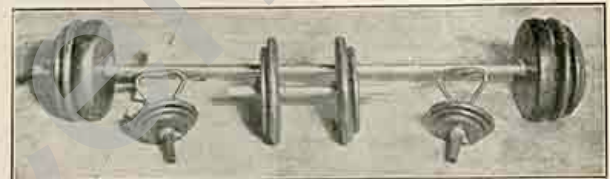
Ankle To Increase Weight—

Height

WE DO NOT PREPAY SHIPPING CHARGES

Namely: 185 pounds of assorted plates; 1 15-pound bar bell bar; 1 dumb-bell bar; 2 kettle-bell handles; 4 adjustable collars; 1 wrench; 3 complete courses on how to use bar bells for exercise and weight lifting ability. You see we do not sell you half a bar bell set.

See Our Entire List of Styles



Besides this 200-lb. Plate Bell we manufacture 6 other distinct types of bells. These Bells vary in weight, as well as in price and design. Nothing else in our service to you varies, however, for no matter what bell you purchase, you get the same personal attention and the same perfect workmanship.

For both lifting and exercise with a Bar Bell, you need and must have a complete set. There are a great many exercises and recognized lifts that cannot be performed without a dumb-bell handle or without 1 or 2 kettle-bell handles. Why pay the same price for half a bar bell set and miss these valuable exercises and lifts? GET A MILO!

We Have Built Countless Hercules

and

Are Building Others Daily

You become one of them just as soon as you get your bar bell set. Milo bar bells produce the maximum results in the minimum amount of time. Ask any one who has used one. Practically all strong men use, or have used, them. What better proof of their worth as muscle, strength and health producers could be given?

Milo Bells are not made for the strong man or boy exclusively. They are designed and made for every male person between 16 and 60 years of age. They are used with great effectiveness by the extremely weak, the under-developed, the ailing, the peppy, the unhealthy, etc. And one of the many beauties of a Milo bar bell is that you use them **only every other day** and get the best improvements. Think of the time this saves you. In other words, Milo bar bells build you in half the time and make a better job of it.

Fill in Your Measurements and Mail With Remittance

The Milo Bar Bell Co.

2739 N. Palethorp St. Dept. 165 Philadelphia, Pa.

I Was Bald!



*and It Was
No Joke!*



Look at Me Now!

You Can Grow New Hair Quick

I'm Vreeland. I take my own medicine. I practice what I preach. Look at my pictures above. Both bonafide photographs. No retouching. No changing of any sort. The first one shows me a bald headed man—getting bald every day. I dreaded to comb my hair—so much of it came out on the comb. Every shampoo left me a little more naked. The flies and mosquitoes bit in the summer and it got cold under my hat in the winter. "Gee, Vreeland, you're certainly getting bald," was tossed at me day and night. I looked 10 years older than I should. At the beach I heard one sweet thing refer to me as "Old Baldy"—and I a little over 30. I thought everybody sitting behind me at the theatre was looking at my bald spot. Men, it was no joke to be bald. You who are bald know it. I'm not telling you a thing.

When I was bald I would have given \$500 for a head of hair. There isn't one among you who wouldn't do the same thing today.

Money Refunded

If I don't grow hair on any head under 45 years old if baldness was not caused by scars or burns.

But I'm bald no longer, as my photograph will prove. Neither need you be bald unless you want to be. So keenly did I feel my baldness, made worse by my contact with other men who had full heads of hair, that I went to work on myself. If there was any way to make hair grow I was going to find it out. I set up a laboratory in my bathroom and there I tried out treatments originated by myself based on the soundest physiological facts. It was my hair and I could do what I pleased with it. I had a definite theory—and had not a lot of men like Edison done things which had not been done before? The details are not interesting. Disappointment, of course, at the start—then success.

My hair began to grow! I tried it on other bald-heads whom I knew. Hooray—their hair grew! My friends and their friends were pop-eyed. I was almost mobbed by bald-heads who wanted hair. Whether I'm the first to unearth the great hair-growing secret, I don't know—but listen to this—

Pay Me Nothing—

*Nothing at All if YOU Don't Grow Hair
by Using My Treatment*

If you are a bald-headed man or woman or if you are getting bald—if your hair is falling out because of dandruff and you are afraid and think you *might* be bald some day, write to me and I'll send you all the proof you want—plenty of pictures of other hair-covered heads besides

my own—heads which once were as bald or baldier than mine. If you are under 45, and if you did not lose your hair from burns or scars, I'll refund every cent of money you pay me if you do not cultivate a growth of hair even in advanced stages of baldness. No apparatus. Just a simple home treatment.

Mail This FREE Coupon Now! ➔

You may not see this advertisement again because I don't do much advertising—so write while you have the chance to grow new hair quick. You can't get my treatment in stores yet—I'm too busy actually growing hair on heads that are bald. Write. I'll send you photographs, names and addresses of people who have actually grown hair.

The Vreelands, 5775 Euclid-Windsor Bldg.
Cleveland, Ohio

The Vreelands

5775 Euclid-Windsor Bldg., Cleveland, Ohio
Come on Vreeland! Tell me how you do it.

My Name _____

My Address _____



Strength

MAY, 1927

Vol. XII

No. 3



CONTENTS

Cover Design by W. N. Clement

Common Sense and Health	Editorial	21
Keeping Up with Years	Margaret Sargent	22
<i>Photographs</i>		
They're Off Again	Charles MacMahon	25
<i>Photographs</i>		
The Bell Lap	Mark Berry	28
<i>Photographs</i>		
A Perfect Figure for Every Woman	Elizabeth Hollister	30
<i>Photographs</i>		
Girth for the Small Boned Man	George F. Jowett	33
<i>Photographs</i>		
Ask the Doctor—Department	Dr. B. M. Middleman	37
Why Get Spring Fever?	Mike Drummond	39
<i>Photographs</i>		
American Continental Weight Lifters' Association Notes	John Bradford	41
<i>Photographs</i>		
What Will Tunney Do?	Wm. Boone	44
<i>Photographs</i>		
Kidney Diseases	Hamilton Dana	46
The Mat—Department	George F. Jowett	48
<i>Photographs</i>		
Health—Strength—Beauty—Department	Marjorie Heathcote	51
<i>Photographs</i>		
Children's Diseases	Dr. B. M. Middleman	53
The Wizard of the Mat	Dean Carrol	55
<i>Photographs</i>		

Published Monthly by THE MILO PUBLISHING CO.
 Entered as Second Class Matter November 20th, 1920, at the Post Office at Philadelphia, Pa.
 under the Act of March 3rd, 1879. Additional entry at New York, N. Y.
 D. G. REDMOND, Publisher. Publication and Subscription Offices, 2737 N. Palethorp St., Philadelphia, Pa.
 Advertising Offices, 104 Fifth Avenue, New York City, N. Y. R. L. HUNTER, Advertising Manager.
 Chicago Office: 168 North Michigan Ave., J. A. SLOAN, Manager.
 Coast Representative: LLOYD B. CHAPPELL, 460 4th St., San Francisco, Calif.
 London Agents: The Atlas Publishing & Distributing Company, Ltd., 18 Bride Lane, Fleet Street, London, England.
 Subscriptions, \$2.50 per year. Canada, \$2.75. Foreign, \$3.00.
 RENEWALS.—When your subscription expires we place a renewal blank in your final copy. Possibly you have renewed since we prepared the final number for mailing to you. Should your subscription expire with the present issue, however, your renewal should reach us before the first of the month, thus insuring you the following number. It requires a month to fill subscriptions and address to new subscribers. If your subscription is a renewal, state this fact also in your order, so that it may be properly extended. In notifying us of any change in residence, please give us the old as well as the new address. Money may be sent in by check, postal or express money order, or registered letter.
 Copyright, 1927, by The Milo Publishing Co.

The Mysterious Masked Singer! Who Was He?

SURELY that glorious, golden voice must mean long years of training under some foreign master. And who would have dreamed that The Man Behind The Mask was one of their own crowd and one who six months before could scarcely sing a note! How did he do it? How could he possibly, in so short a time, have developed his voice to the point where he could actually sing, masked, for his closest friends and score a magnificent triumph? There is only one answer! By means of Physical Voice Culture.

**I Guarantee to
Improve Your Voice
100%**

Your vocal chords are the same in construction as those of Caruso, Mary Garden or Galli Curci. But YOURS are under-developed. Your Hyo-Glossus throat muscle in particular, has probably never been used. No amount of scale singing will ever develop this muscle. But scientific muscular exercise *will*. And only Physical Voice Culture—the amazing discovery of Prof. Eugene Feuchtinger can show you how. Now you can build a strong, magnetic, compelling voice that will be the marvel of your friends and open the door to Success and Fame. You *can* overcome the handicap of a squeaky, twangy, dull voice—you *can* realize your secret ambition and have a rich, resonant speaking and singing voice.

Mail This Coupon!
FREE—Physical Voice Culture Book

Your voice has marvelous possibilities that you may not even suspect. "Physical Voice Culture" will reveal them to you. Send at once for this valuable, beautifully illustrated book. Read the astounding *true stories* of what others have done. Learn how to build up a strong, magnetic voice, and all about Prof. Feuchtinger's wonderful guarantee offer. Write Today! The Book is **FREE!**

Perfect Voice Institute 1922 Sunnyside Ave.
Studio 57-75 Chicago



Prof. Feuchtinger absolutely guarantees at least a 100% improvement or every cent of tuition will be cheerfully and promptly refunded!

Scientific Methods!

Eugene Feuchtinger does not devote his efforts merely to teaching you to sing. He actually develops the voice! Not by singing monotonous and tiresome scales that weaken and destroy your latent vocal powers. Rather by teaching you to build up the strength and elasticity of your vocal organ through scientific muscular exercises. These exercises are *silent*. You may practice them in the privacy of your own room. With surprising rapidity, you will notice that your voice is becoming stronger, richer, more beautiful every day. Yes, tens of thousands of men and women have seen their Voice Dreams come true this easy, certain and quick way. Yours can, too.

Send
for
Free
Book
Today!

Perfect Voice Institute, Studio 57-75
1922 Sunnyside Ave., Chicago

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

Weak Voices Singing Stammering Speaking

Name.....

Address.....

City.....

State.....

Constipation Is a Crime

You are committing a crime against yourself when you unnecessarily permit your body to harbor foul, stinking, putrefying substances

CONSTIPATION is the cause of many physical ills. Faulty elimination clogs the excretory system harbors putrefying food, and forces a flood of disease-producing germs into the tissues.

If you wish to maintain your health and efficiency, if you wish to really enjoy living—you owe it to yourself to prevent your intestines from getting into this condition by regular elimination.

Insure Regular Elimination By a Dish a Day of CALIFORNIA FIG-NUTS AGAR

PROOF POSITIVE

A few of the thousands of satisfied users of California FIG-NUTS AGAR. Names and addresses sent on request.

INCREASES WEIGHT FROM 98 TO 135 POUNDS

"FIG-NUTS AGAR has been a perfect God-send to me, having suffered from constipation from childhood. Before starting it I weighed 95 lbs., now I weigh 128 lbs." Miss E. N., New York City.

ONCE FORCED TO USE PURGATIVES DAILY

"I have been forced to resort to medicines every day and my physicians told me I would always have to use pills. I am now absolutely regular in my habits and in much better health. I like it as a cereal very much, sometimes I use four tablespoons alone and sometimes I sprinkle two or three spoonfuls on another cereal." Mrs. W. E. S., Cleveland, Ohio.

A PHYSICIAN WRITES

"I am using your product with remarkable results in many gastro-intestinal disorders—particularly in cases of chronic constipation.

"Its freedom from medicinal preparations appeals to me and to practically all of the patients to whom I recommend its use, as most of them have learned that drugs, while affording them relief from chronic constipation, do not effect a cure, and FIG-NUTS AGAR has accomplished for many what diet, exercise and medication have failed to do."

FIG-NUTS AGAR is a delicious, nutritious food. It is a scientifically-proportioned, ready-to-serve food.

Composed of figs, nuts, bran, whole wheat and Agar-Agar. So easily digested and assimilated that children, invalids, convalescents, and dyspeptics benefit by its regular uses.

Its deliciously tempting brown granules have a most distinctive flavor. Crisp

and wholesome—ready to serve out of the package.

In addition to being a perfect food it corrects the habit of constipation of however long standing, and protects you against the many ills arising from constipation. It will keep your system clean and sweet. It will sponge out all the poisons—aid digestion—bring health to your body.

THROW AWAY YOUR PHYSICS!

Dump all those compounds, cathartics, oils, mineral waters, etc., into the ash can. They do more harm than good. They are violent and harmful, giving only temporary relief.

Correct your constipation by eating the right food—not by drugs. You can—easily—by a dish a day of California FIG-NUTS AGAR.

WHAT IS AGAR-AGAR?

FIG-NUTS AGAR contains Agar-Agar, a marine alga. It is a tasteless vegetable gelatin, colorless, non-irritating and non-habit forming.

Agar-Agar absorbs 20 times its weight and 5 times its bulk from the water in the body, while passing through the stomach and bowels. When in the body it takes the form of semi-solid gelatinous granules. These granules stimulate the sluggish muscles, increase the peristaltic action, and carry moisture to the lower bowel.

This softens the stool and cleanses the walls of the intestines and bowels, carrying all the waste into the colon for elimination.

Unlike purgatives, cathartics or other artificial means, FIG NUTS AGAR has no tendency to weaken or irritate. The results are soothing and permanent.

CONTRAST THE OLD AND NEW ELIMINATION METHODS

By the old method you take drugs. The more you use, the more you need. The oftener you use them, the oftener you have to use them. Sooner or later they form a habit.

By the new method you simply eat a dish a day of delicious FIG-NUTS AGAR. That's all. It's just part of your meal. It keeps you regular in a natural, normal, healthy way.



15 DAY FREE TRIAL

Send No Money

If you are a sufferer from CONSTIPATION here is a sure and positive corrective. Use California FIG-NUTS AGAR at our risk! Send no money—just the coupon. We'll send you four large cans. Use FIG-NUTS AGAR for 15 days. That is a sufficient time for you to realize decided improvement. Therefore we say—if not more than pleased with FIG-NUTS AGAR simply return the full cans and your \$3 will be refunded. Conquer your constipation this easy, pleasant, sure way. Don't endure another day of unnecessary ill health—send for FIG-NUTS AGAR now. Mail coupon without delay.

CALIFORNIA FIG-NUTS COMPANY, INC.

113 W. Chapman Ave.

Orange, California.

Used and Recommended by Leading Physicians and Dietitians

California Fig-Nut Company, Inc.
113 W. Chapman Ave.
Orange, California

Send me four cans of California Fig-Nuts Agar postage prepaid, for which I will pay the postman \$3. It is understood that if I am dissatisfied at the end of 15 days I may return the unused FIG-NUTS AGAR and you will refund my money.

Name

Address

City.....State

Gateway for Strong Men!

—Weaklings Stand Aside.



STRONGFORT—Builder of Men

Compare Lionel Strongfort's physique, faithfully pictured here, with that of any of the hundreds published of other athletes and strong men. Compare the lines. See the muscles. Note the fact that Strongfort is not crouching, nor propping, nor expanding—he stands up straight, naturally, normally—the finest and most perfect specimen of physical and health development the world has known.

Be Defiant, Courageous, MANLY!

You won't be regarded as a real man if you are a slouching, nervous, fidgeting grouch—slinking along, afraid of your shadow, timid in company; sallow-complexioned, pimply-faced—with shifting, cowardly eyes; round-shouldered, with unsteady step; a cold, clammy grip—lacking pep, punch, or personality—you simply won't get anywhere like this. Fellows of this type are not Wanted. If you are a weakling, sickly, nervous and always pessimistic—you will feel your inferiority wherever you go. Men will shun you. Women will not be attracted to you. Even dogs will bark at you!

It is the penalty you pay for weakness!—but you won't have to pay this price if you will face the facts and make up your mind you are going to go to the mat with ill-health and fight to a finish. It's up to you—to you alone. You can overcome weakness.

You Can Be Strong and Healthy

Like thousands of those who have come to me in a pitiable state of physical bankruptcy, you can be restored through STRONGFORTISM, the basic science of health and strength. You can be raised from the depths of despair and despondency to the heights of glorious manhood. You can be strong, vigorous, happy, and successful, if you but give Nature a chance to work through my proven system.

STRONGFORTISM

Creates New Energy and Strength

Through STRONGFORTISM, men all over the world have been rejuvenated and restored to health and strength after they have suffered untold mental and physical horrors as the inevitable result of excesses, fast living, and abuse of their physical power. STRONGFORTISM has a record unparalleled—there is no other system, or method, or course that compares with it in restoring impaired human beings to health and strength. STRONGFORTISM begins at the source to create new energy and strength by utilizing Nature's forces scientifically. It builds up the internal muscular system first and thus gets rid of constipation, dyspepsia, indigestion, heart ailments, bad blood, catarrhal troubles, rheumatism and other afflictions, increasing your energy and stamina. External muscular development follows quickly and you become a new man inside and out—a fellow to be reckoned with and envied wherever you go.

No Apparatus—No Drugs

Strongfort's Course does not depend upon artificial means or stimulants—no dope nor drugs. Nature does the work—all you do is give Nature a chance. Only a little of your time, in the privacy of your home, is all that is required. You will be surprised at how easy it all is, how astonishing the results, how speedily you will feel the effects of the new life animating your whole body.

I Want to Send You MY FREE BOOK

This book of many pages and dozens of pictures tells of my wonderful experience—how I became the outstanding athlete of the world, performing feats others dared not attempt; how I turned the knowledge gained through developing my own body to the benefit of others, and then how STRONGFORTISM was evolved. It tells what I have done for others, what I can do for you. It doesn't mince words. It tells plain truths.

"Promotion and Conservation of Health, Strength and Mental Energy," points the way from disease and weakness to health and strength. It is priceless. I'll send it to you on request—FREE. Write for your copy today.

CLIP AND SEND THIS COUPON ——— FREE CONSULTATION

Absolutely Confidential
 Mr. Lionel Strongfort, Strongfort Institute, Dept. 324, Newark, N. J., U.S.A.—Please send me absolutely free my copy of your book, "PROMOTION AND CONSERVATION OF HEALTH, STRENGTH AND MENTAL ENERGY." I have marked (x) before the subjects in which I am most interested.

<input type="checkbox"/> Catarrh	<input type="checkbox"/> Overweight	<input type="checkbox"/> Great Strength
<input type="checkbox"/> Colds	<input type="checkbox"/> Constipation	<input type="checkbox"/> Vital Losses
<input type="checkbox"/> Asthma	<input type="checkbox"/> Weak Back	<input type="checkbox"/> Lung Troubles
<input type="checkbox"/> Headache	<input type="checkbox"/> Weak Eyes	<input type="checkbox"/> Round Shoulders
<input type="checkbox"/> Rupture	<input type="checkbox"/> Rheumatism	<input type="checkbox"/> Youthful Errors
<input type="checkbox"/> Thinness	<input type="checkbox"/> Nervousness	<input type="checkbox"/> Manhood Restored
<input type="checkbox"/> Pimples	<input type="checkbox"/> Night Losses	<input type="checkbox"/> Stomach Disorders
<input type="checkbox"/> Insomnia	<input type="checkbox"/> Short Breath	<input type="checkbox"/> Increased Height
<input type="checkbox"/> Impotency	<input type="checkbox"/> Weak Heart	<input type="checkbox"/> Muscular Development

Private Ailments

NAME

AGE OCCUPATION

STREET

CITY STATE

STRONGFORT INSTITUTE
LIONEL STRONGFORT, DIRECTOR
 PHYSICAL AND HEALTH SPECIALIST
 DEPT. 324 NEWARK, NEW JERSEY, U.S.A.

SLEEP WITHOUT DRUGS SAYS PROMINENT PHYSICIAN

Former Battle Creek Sanitarium Physician States Amazing Flaxolyn Discovery Relieves Constipation Condition Without Drastic Drugs and Brings Sound Restful Sleep by Perfecting Digestion.

Thousands of people who formerly suffered with nights of sleeplessness and days of agonizing stomach distress due to constipation, now feel fit, eat with keen appetites and sleep serenely since taking Nature's own formula, Dr. Luntz's Herbal Flaxolyn.

According to the statement issued, Dr. A. W. Herr, of Cleveland, former physician at the Battle Creek Sanitarium, "Flaxolyn is recommended for two reasons: First, it is not a secret prescription, and, second, it does relieve in a natural way that dreaded condition called Constipation. In several cases under my care, where auto-intoxication prevented sleep, the use of Flaxolyn has been the means of so cleansing the colon that natural sleep is now the usual thing and life has taken on a different aspect for them."

Dr. Geo. Starr White, M.D., L.L.D., S.R.S.A. (London), prominent health

writer and specialist, in kidney and stomach diseases, aroused sufferers by taking an open stand in praise of Flaxolyn when he said last week, "I know of no remedy that can equal Herbal Flaxolyn as a corrective for chronic conditions of the bladder and kidneys—no more natural formula for 'self-poisoning' due to constipation."

Dr. Benedict Lust, M.D., President American Naturopathic Association, says: "Flaxolyn is a natural food-laxative and priceless in all digestive ills."

That is the unique feature of Flaxolyn—it is a

TONIC LAXATIVE

Hundreds of other doctors and health sanitoriums all over the world who have used Flaxolyn in the treatment of such symptoms as dizzy spells, liver disorders, indigestion, sleepless nights, kidney and bladder troubles, have already written in praise of Flaxolyn.

Not a Secret — Nothing to Hide in Flaxolyn Formula, Says Dr. Harris H. Luntz (M.D., D.O.).

1. Baked Flaxseed—Relaxes congestion and acts as an astringent.
2. Vegetable Charcoal—Aids digestion, sweetens the stomach, overcomes acid and gas, purifies undigested, fermenting food.
3. Juniper Berries — Cleanse, purify and stimulate the kidneys and bladder.
4. African Ginger Roots — Quicken the flow of the vital digestive juices.
5. Dandelion Roots—Purify the liver and blood.
6. Cardamon Seeds—Act on the stomach lining as an aromatic cleansing tonic.
7. Chinese Rhubarb—Invigorates the stomach and the liver.
8. Spanish Licorice Roots—Remove any foreign mucus that may be clogging and poisoning the digestive organs.
9. Culver's Roots—Stimulate the natural flow of bile and so purify the liver.
10. Gentian Roots — Create a healthy, normal appetite.
11. Greek Valerian Roots—Tone the nerves and induce the restful sleep of health.
12. California Bark — Cleanses the colon and removes foreign matter from the intestines.

Flaxolyn is sold in boxes containing many treatments at \$1.00, postpaid, Dr. Luntz's Rules of Health and other advice is given free with purchase of Flaxolyn.

Don't wait. Start taking Flaxolyn today. Does not gripe, because it is a natural food. You will feel the tonic change at once. You will enjoy renewed vigor, a new grip on life.

H. H. LUNTZ, M.D., D.O.,
368 Eastern Parkway,
Brooklyn, N. Y. Dept. S-5.

—FREE—

Health advice given with all purchases. Make your questions plain and brief. Dr. Luntz will try to help you without charge.

Please send me.....cartons of Flaxolyn, postage prepaid. I am enclosing \$..... (\$1 per carton) to cover all costs. Also include FREE—"14 RULES OF HEALTH."

Name

Address

City State



Suddenly I Broke Away and Held Them Spellbound

As I review that tense dramatic moment when I electrified that meeting, it all seems strange and weird to me. How had I changed so miraculously in three months from a shy, diffident "yes" man to a dynamic, vigorous he-man? How had I ever dared give my opinion? Three months before nobody ever knew I held opinions!

ALL my life I had been cursed with a shy, timid, self-conscious nature. With only a grammar school education I could never express ideas in a coherent, self-confident way. But one day my eye fell upon a newspaper article which told about a wonderful free book entitled "How to Work Wonders with Words"—a book that was causing widespread comment from coast to coast—a book that was being read not only by millionaires, but by thousands of others. It discussed men like me and explained how we could overcome our handicaps.

At first I was skeptical. I thought these defects were a part of my natural makeup—that I would never be able to overcome them. But some subtle instinct kept prodding me to send for that free book. I lost no time in sending for it, as I was positively amazed at being able to get cost free a book that made absolutely plain the secrets that most successful men have used to win popularity, distinction, money and success.

As the weeks wore on and I absorbed the principles of this remarkable method, I became conscious of new physical and mental energy, a new feeling of aggressiveness, and a resurrected personal power that I never dreamed I possessed. Then

came that day in the general meeting when the president called on the assembled department heads and assistants for suggestions on the proposed new policy.

Three months previously, the forces of indecision, timidity, and inability to talk in public would have held me to my seat. But suddenly that new power took possession of me and drove me to my feet. That wonderful 15-minute daily training at home had taught me to forget myself and think only of my subject. Almost automatically the ideas which had heretofore lain dormant in a mental jumble, now issued with a vigor, clearness and enthusiasm that astounded me no less than my boss and associ-

ment in salary, popularity, social standing and success. 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." 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.

Now
Sent
Free



WHAT 15 MINUTES A DAY WILL SHOW YOU

How to talk before your club or lodge.
How to address board meetings.
How to propose and respond to toasts.
How to make a political speech.
How to tell entertaining stories.
How to make after dinner speeches.
How to converse interestingly.
How to write better letters.
How to sell more goods.
How to train your memory.
How to enlarge your vocabulary.
How to develop self-confidence.
How to acquire a winning personality.
How to strengthen your will-power and ambition.
How to become a clear, accurate thinker.
How to develop your power of concentration.
How to be the master of any situation.

First Come, First Served

of orders. Don't wait or you'll miss it. State whether you want the book or the coupon. Your FREE INSTRUCTIONS will be sent to you with your Exerciser.

Send No Money—Just write your name and address on the coupon—that's all. Pay the postman when he delivers your outfit. And remember YOUR MONEY RIGHT BACK! If you don't agree that this is the greatest bargain ever offered the physical culture world. Tear off the coupon before you turn the page. And don't forget to mail it TODAY.

Go., (Dept. S-114)
New York, N. Y.

103 E. 13th St.,

American Institute

Please send (check which)

Dept. 2065

- 15 Cable Hercules Builder
 10 Cable Hercules Builder at \$3.95
 5 Cable Hercules Builder at \$1.87

I am sending no money and will pay postman the low bargain price, plus postage on delivery. If I am not thoroughly satisfied with my Hercules Builder, I will return it within a week and you agree to refund my money.

Name

Address

City State

\$100 a week is waiting for YOU

IF you want \$100 a week clear profit, if you want \$5000 a year without working as hard or as long as you do now, I'll show you how to get it. I'll prove to you that \$10 a day is easy, that \$15, \$20, or even \$25 a day is possible.

I will give you the same offer I made to Christopher Vaughn, whose earnings have reached \$125 in a week. You can do like John Scotti, who started without experience and made \$97 his second week. Or Mrs. K. R. Roof, who has two children and does her own housework, yet in her spare time has made \$50 in a week and \$15 in a single afternoon. Yes, profits like these can be yours. Do you want them?



Big Profits For Easy Work

All you need to do is to accept my offer to handle our dealings with our customers in your community. We have customers in a million homes throughout America—hundreds of them right around you. These customers of ours know and like and use "Zanol" Products—delicious foods, delightful toilet preparations, perfumes, soaps and household necessities—more than 350 different products in all.

But "Zanol" Products are never sold in stores. They are sold only through our own representatives. You can be one of them. Our representatives will make two million dollars as their profits this year, and you can have your share. You will be amazed at how easy it is, and how quickly the money rolls in. You will realize that \$100 a week is not hard if you are in the right line.

I Furnish Everything

If you want your share of these big profits, all you need to do is to write. We furnish all of our people with complete equipment free for doing business. We tell you in detail exactly what to do. We make it easy for you. You will be given the same proposition that enabled G. C. Henry to make four times as much money



FREE

as he ever did on a farm, and that made it possible for G. A. Becker, of Iowa, to earn more than he did in 22 years in the grocery business.

Send No Money

Just send me your name and I will tell you how to start. I will show you how to make \$100 a week, or \$8 to \$10 a day in spare time. It is the one opportunity you have been waiting for. It is your chance to get ahead. You are not risking a penny. You don't agree to pay anything or do anything. Don't wait until someone else gets ahead of you. Don't delay until it is too late.

Mail to: Carr White, S.R.S.A. (London) prominent health

Mail to: Carr White, S.R.S.A. (London) prominent health

Classified Advertisements

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

Education and Instruction

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

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

Home Study Courses. All schools. Lowest prices. Terms. Catalog free. Mention subject. Fred Goetz, 440-X, Sansome, San Francisco.

Home Study Courses by all schools on all subjects, sold complete in fine condition, at bargain prices, because slightly used. Sensational reductions on all standard physical culture courses. Money-back guarantee. Easy terms. Courses bought. Write for FREE Catalog. ECONOMY EDUCATOR SERVICE (Dept. F), 202 W. 49th St., New York.

Business Opportunities

FOR SALE—Pat. No. 1,610,324; Exercising Device. "Strong Man" with original correspondence course can make a fortune with this device. Write Inventor, W. J. Roche, Cochranton, Pa.

Schools and Colleges

Become Health Specialists. Men and Women. Fascinating correspondence course: Chiropractic, Osteopathy, Physiotherapy, Massage, Dietetics, all branches Drugless Therapeutics. Diploma towards N. D. Write Garrison Institute, 312 Erie Building, Cleveland, Ohio.

Investments

Invest for Profits. Our Guidance to Investors is free. You must state positively amount you might be willing to invest providing we refer you to reliable companies offering safe investment opportunities. Do not miss! 425 E. Pico St., Los Angeles, Calif.

digestion, sleepless nights, kidney and bladder troubles, have already written in praise of Flaxolyn.

Agents Wanted

Selling Like Blazes! Eleven-piece toilet goods assortment at \$2.25, with two-piece carving set free to your customers. 100% profit. DAVIS PRODUCTS CO., Dept. 80, 1321 Carroll, Chicago.

Agents, if you want to give your customers the best house dress values in the country and make real money, write B. & G. Manufacturing Co., Dept. 192, Pittsburgh, Pa.

Wanted—To Hear from Inventor who has invention to sell. Hartley, Box 203, Bangor, Maine.

Help Wanted—Male

MEN, get Forest Ranger job; \$125-\$200 mo. and home furnished; permanent; hunt, fish, trap. For details, write Norton, 284 McMann Bldg., Denver, Colo.

Health

Don't Starve. Feed. Improve Complexion, Ambition, nerve exhaustion, catarrh, constipation, indigestion, sex troubles, impotence, regulate weight. Booklet 10c. Vital Diet, 10, 811 N. Fourth St., Camden, New Jersey.

Drugless Physicians

Dr. Drew's Sanitarium, 4608-10 Wayne Ave., Philadelphia. Osteopathy, diet, electricity, lights, hydrotherapy, exercise. Fasting a specialty. Department for deformed children.

Bull Pups

Beautiful Registered Bull Pups, \$15. Bulldogs, 501 Rockwood, Dallas, Texas.

Songs

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

Personals

Know Yourself—Success in life is just a matter of planning. Give date, hour, and place of birth. Enclosing 10 cents. ASTROLOGICAL INSTITUTE, 1414 Chicago Ave., Chicago.

Photos

GIRL PHOTOS. Art—10 for \$1.00; Bathing VGirl—12 for \$1.00. Jenkins, Box 449, Ensley, Ala.

H. H. LUNTZ, M.D., D.O.,
368 Eastern Parkway,
Brooklyn, N. Y. Dept. S-5.

FREE

Health advice given with all purchases. Make your questions plain and brief. Dr. Luntz will try to help you without charge.

Please send me.....cartons of Flaxolyn, postage prepaid. I am enclosing \$..... (\$1 per carton) to cover all costs. Also include FREE—"14 RULES OF HEALTH."

Name

Address

CityState

Now only
\$1.87

SMASH!

Goes the Price!

Look at this **Record Breaking BARGAIN**

GUARANTEE

Every Hercules Builder is sold under an absolute Money-Back Guarantee. If, after examining and trying your outfit, you are not entirely satisfied, if you do not agree that it is an overwhelming value, return it within a week and your money will be returned to you **AT ONCE AND IN FULL.**

FREE! Complete Course of Instruction. Act QUICK and get a complete course of instructions FREE with this marvelous Progressive Exerciser. Written by a world-famous physical culture authority, these lessons tell you how to use the HERCULES-BUILDER to develop every muscle in your body.

FREE! Heracles Hand Grips. Yes Sir, thrown in for good measure, without a cent of cost to you—a pair of the famous Hercules Hand Grips. They'll put the strength of a gorilla into your grip, give you wrists of steel and develop the muscles of your forearm.

THE HERCULES BUILDER

Here's the offer that startled the whole physical culture world—and no wonder! This overwhelming BARGAIN will make you rub your eyes!

Think of it! Only \$1.87 for the marvelous Hercules Builder, the champion muscle making Exerciser! Don't judge it by the price! Don't confuse it with cheap exercisers that are simply thrown together to sell at a low price. The Hercules Builder is the real stuff all the way through. Its big, powerful cables are made of multiple strands of genuine live Para rubber, made especially for this purpose. The minute you try the Hercules Builder you will feel the difference; other exercisers feel dead and lifeless alongside this springy, snappy, peppy muscle builder. It develops tremendous resistance—that's the secret of BIG muscles. You can use as many cables as you please—the Hercules Builder is Progressive. All the way through it's made to stand the gauntlet—carefully selected materials, strong, durable construction.

Try to match the Hercules Builder at DOUBLE the price—then you'll realize what a whale of a bargain this is. And you don't risk a cent. Our iron-clad GUARANTEE makes YOU the judge and jury.

RUSH THIS COUPON

Don't Miss This Offer—First Come, First Served

This sensational offer will bring a flood of orders. Don't wait or you'll lose out. Shoot the coupon along NOW. State whether you want the Hercules Builder with 5, 10 or 15 cables. Your FREE INSTRUCTIONS and your FREE HAND GRIPS will come to you with your Exerciser.

5 Cables { Develops over 200 lbs. resistance } for \$1.87
10 Cables { Develops over 400 lbs. resistance } for \$3.98
15 Cables { Develops over 600 lbs. resistance } for \$5.75

NOTE: The quality is the same with any number of cables. Free Instructions and Free Hand Grips included with each.

Send No Money—Just write your name and address on the coupon—that's all. Pay the postman when he delivers your outfit. And remember YOUR MONEY RIGHT BACK! If you don't agree that this is the greatest bargain ever offered the physical culture world. Tear off the coupon before you turn the page. And don't forget to mail it TODAY.

The Hercules Co., (Dept. S-114)
103 E. 13th Street New York, N. Y.

The HERCULES CO., (Dept. S-114),
103 E. 13th St., New York, N. Y.

Please send (check which)

- 15 Cable Hercules Builder at \$5.75
 10 Cable Hercules Builder at \$3.98
 5 Cable Hercules Builder at \$1.87

I am sending no money and will pay postman the low bargain price, plus postage on delivery. If I am not thoroughly satisfied with my Hercules Builder, I will return it within a week and you agree to refund my money.

Name
Address
City State

Where Do You Stand?

You Fellows Who Haven't Signed Up With the American Continental Weight-Lifter's Association

You should get in and win some of the classy awards given for merit. Do you know that you can win a beautiful gold seal diploma for 15% improvement in your measurements or in strength gained within sixty days? No matter how weak or undeveloped you may be, you are eligible to win one of these diplomas. This is only one of the advantages our members are given to win prizes.

**It Took
Broad
Shoulders
and a
Strong Back**

to bring the Association from nothing to a position of world-wide influence in a few years' time. The founder of this association has spent the best part of his life in the game, and has brought weight-lifting to its present position of prominence; something never before enjoyed by this sport. He has made it possible for you to win medals, diplomas and world-wide fame. Due to his efforts the game is now recognized by the governing athletic bodies, where previously it was positively taboo as a sport.



**This
Is the Back
Behind
the Game of
Lifting**

Only shoulders and a back of these proportions could have put the association across in the way the founder did the task. Now—why don't you get in with him and help the thing along?

Your part of the task is nothing compared to his end of the work.

Win something to show for your efforts. We give fine medals for active lifters.

Come on, you fellows who are interested in the game of strength and bar bells; you don't have to be an athlete to join; we want all those who are physical fitness enthusiasts to get in and help the game along.

This price includes all the old benefits, as well as several new privileges; you will receive the lapel button and membership card, a free copy of the book, "The World's Weight-lifting Rules and Records," and the privileges of winning diplomas and medals, as outlined above. Our original annual fee was \$7.50. Then, as we got on our feet, we brought it down to \$4.00. Now look where it is—\$2.00. Credit should be given to the boys who started with us and were willing to pay the higher fees to help get the Association going. How about you? If the old members saw value in the higher prices, why can't you see value in \$2.00? Come on, fellows. If you are earnest about physical training, you will join immediately.

**\$2.00 a Year
or Four Cents a Week**

This new low price does not include a subscription to Strength Magazine

George F. Jowett, President A. C. W. L. A., S-5-27
2739 N. Palethorp St., Philadelphia, Pa.

Dear Sir:

Enclosed find \$2.00 for my membership into the A. C. W. L. A., which entitles me to all the benefits named on this page as a bona fide member of the A. C. W. L. A. Kindly send my Card, Lapel Button and "World's Weight Lifting Rules and Records" immediately.

Name

Address

City

State

MAIL NOW TO

GEORGE F. JOWETT

President A. C. W. L. A.

2739 N. Palethorp Street

S-5-27

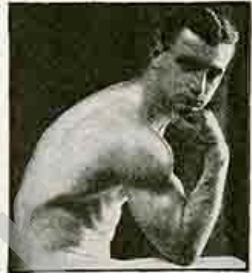
Philadelphia, Pa.

Make Them All Sit Up and Take Notice of You

MAKE every one who gazes upon you say to himself, "Ah, there's a healthy, strong, and manly chap." We all know what a welcome change it is to look upon a person of that magnetic type after viewing the countless puny, sickly, and unattractive men and women who pass us in the course of one short day.

You Will Be Surprised How Easy It Is to Get Big Results

for there is really nothing difficult in putting yourself in the class with the strongest, healthiest, and most energetic men. My METHODS are based on the progressive principle. Each lesson includes exercises that employ and benefit every muscle in your body—but, these exercises are dropped as soon as you get the more advanced set in the next succeeding lesson. This saves you time and insures a steady advance in size, power, and vitality. This progressive principle is what makes my pupils find MY COURSE so interesting. It gives them something to go after.



CHARLES MacMAHON

Would You Give 25 Hours Actual Training Time

to look, feel, and be a perfect physical specimen? You surely would if you stopped to think that even a minor sickness would put you out of commission for that length of time. And if you total up the number of miserable hours you lost in the past year with colds, headaches, bilious attacks, and other minor ailments, you will find that it amounts to far more than 25 hours. Roughly speaking, 25 hours are all that's required to complete my course.

Go even farther, and try to imagine the enormous amount of precious moments thrown away in a lifetime not only by these minor ailments but by the hundreds of more serious ones to which the human body is subject.

I ask you now, "Is it worth 25 hours of your time to be able to miss these avoidable and painful setbacks?" I'll say it is!—and you will agree with me when you try it out for yourself. Remember that prevention is always better than cure. By the proper kind of exercise, you can so vitalize your body that you will get rid of your present weaknesses, and render yourself immune to all those energy-sapping, health-destroying minor ailments. A body in perfect condition *resists disease*.

Men! Young and Old!!!

You Must Read This

Largest and Best Book of Its Kind

Before Commencing
Physical Improvement of Any Type

There are nearly a hundred illustrations that will thrill you with the desire to be big, strong, and healthy, like the fellows shown in these pictures. There are poses of myself, one in which I am lifting 1500 pounds without the aid of harness, others in which I balance on one hand holding heavy dumbbell, others in which I am somersaulting with heavy bells, and many poses showing muscular display.

Then, there are a great number of pictures of some of my army of pupils. Men who have acquired physical perfection, agility, and great strength, through my methods.

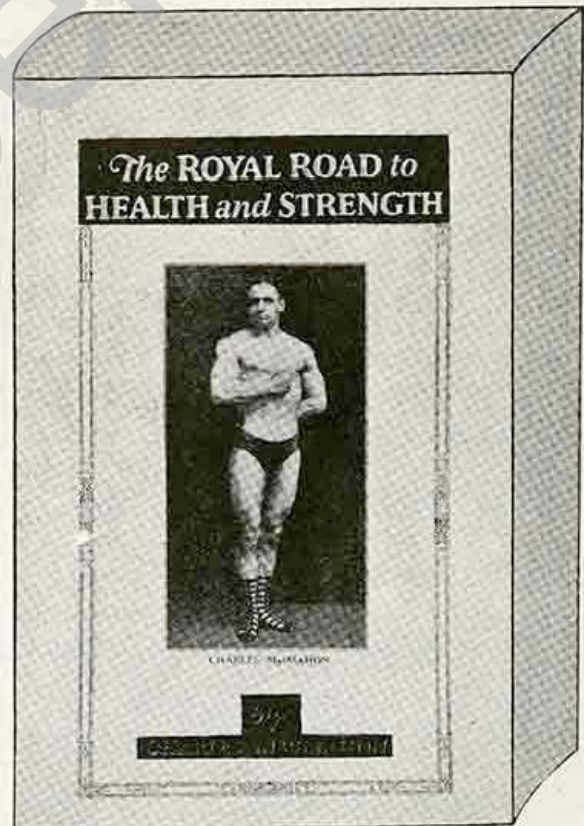
Furthermore, there are pages and pages of the kind of text matter that is interesting and very instructive.

Twice As Large—128 Pages

LET ME MAIL IT TO YOU NOW FOR IT'S **FREE**

Charles MacMahon

Studio A-8, 180 W. Somerset St., Philadelphia, Pa.



Here It Is—

The Book That Eager Thousands Are Sending For Each Month.

Charles MacMahon,
Studio A-8, 180 W. Somerset Street, Philadelphia, Pa.

Dear Sir:—Please send me, without charge or obligation, your great 128-page book entitled, "The Royal Road to Health and Strength."

Name

Address

City State

All the Strong Guys

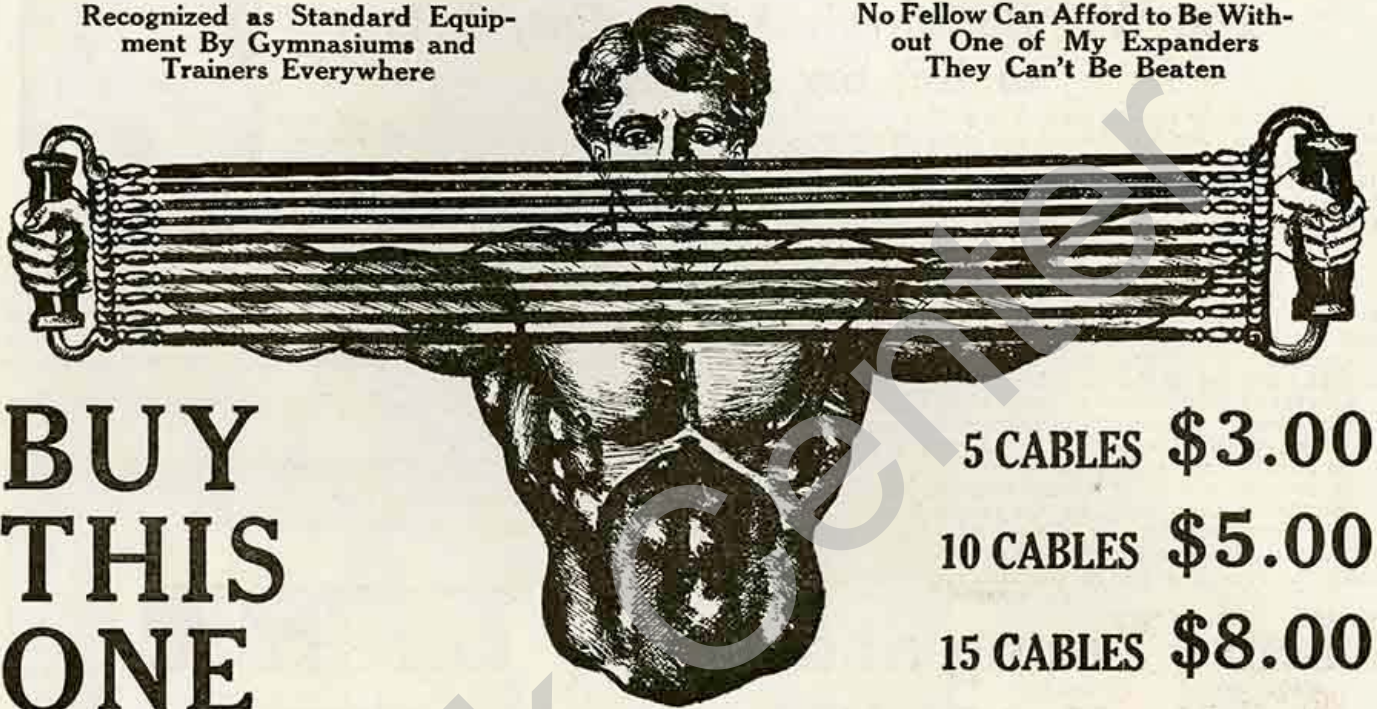
STRONG MEN—GYMNASTS—ATHLETES—HUSKIES

➔ **ARE BUYING MY CABLES** ➔

I THINK NEARLY EVERY WELL KNOWN STRENGTH ATHLETE NOW HAS ONE OF MY OUTFITS

Recognized as Standard Equip-
ment By Gymnasiums and
Trainers Everywhere

No Fellow Can Afford to Be With-
out One of My Expanders
They Can't Be Beaten



**BUY
THIS
ONE**

5 CABLES \$3.00

10 CABLES \$5.00

15 CABLES \$8.00

And you won't need to experiment with muscle building. Many fellows, when they start out to train, buy a lot of phoney stuff that they stick under the bed or throw out in the woodshed. You don't need a lot of cumbersome apparatus to get strength and big muscles. Why spend all your hard-earned cash for a roomful of systems? You'll only give the junk man more work to cart them away, after you find out how worthless they are.

Resistance of
Over 20 Pounds
to the Cable

The Jack Sandow Course Will Improve Anyone

NO MATTER How Weak You Are—My Course Will Fix You Up and Make You Strong.
How Thin and Undeveloped You Are—My Course Will Build You Up.

With Every Outfit I Give a Twelve Weeks' Course

Put Yourself In My Personal Care For **THREE MONTHS** and Surprise Your Friends
NOW is the Time to Get Ready For a Summer on the Bathing Beach.

JACK SANDOW

Room S-5-27, Federal Life Building
Michigan Ave. and Randolph St., Chicago, Ill.

JACK SANDOW,
Room S-5-27, Federal Life Building,
Michigan Ave. and Randolph St., Chicago, Ill.

Dear Sir: 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.
 \$8.00 for your 15-Cable Exerciser and 12 Weeks' Course.

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

FIRST: You Want a Husky Looking Build.

SECOND: You Want Strength and Health.

THIRD: You Can Get Muscles Piled All Over You, and Strength That Will Keep You Going Like a High Powered Motor. Then You Are Bound to Be Healthy All the Time.

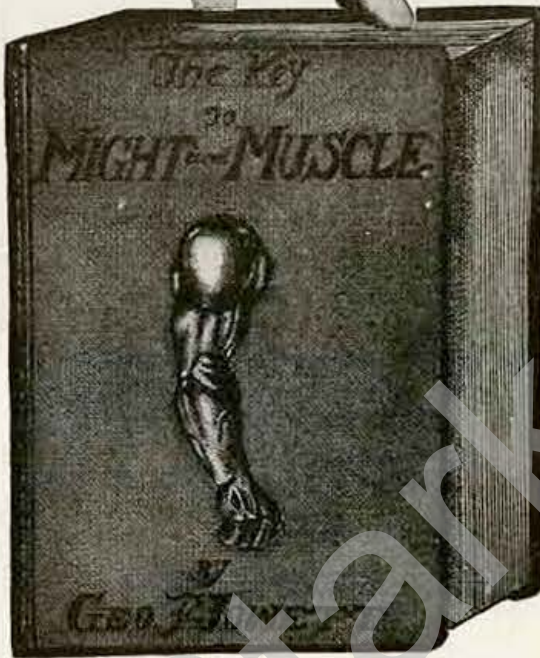
SANDOW Cables and System **STRONG**
Greatest on Earth

Try Me And you will get that Big Chest, Broad Shoulders, a Back that can stand work, and Arms that your friends will envy.

A Sound Foundation Upon Which to Build Your Body "The Key To Might and Muscle" Is the Book of All Books For This Purpose



115,000
Words



NEARLY 300 PAGES

This book is more than a book; it is a complete course on power and muscle building; an entire weight lifting program; and memoirs of strong men, past and present.

Put the practical teachings of Mr. Jowett, as given you in "The Key to Might and Muscle," into practice and you will put seven to fourteen inches on your chest in four to six months' training. Mr. Jowett's exercises, which are given you in this book, are building necks that measure two inches larger after only several weeks' practice. He has had unmatched success with his host of pupils in increasing the size and power of their calves, thighs and building symmetrical waist lines. This book will further show you how to get a powerful grip in the fingers and hands, thick wrists, bulging forearms, and a great upper arm development.

The chapter on how to develop stubborn muscles alone is more than worth the price we ask for the whole book. But there are 23 additional chapters, all of which are as valuable as the one on stubborn muscles.

In another chapter the much-discussed science of lifting weight is clearly given its just dues. Also some very valuable information on curative exercises are given in another chapter.

Handsomely Bound

It contains the greatest number of original exercises ever assembled in one volume. A great majority of them are Mr. Jowett's own exercises, which he used personally for years in his home in Canada. These exercises are the ones that are responsible for his massive wrists, and forearms, and his all-round strength, development and lifting ability.

You will know more about health and strength promoting principles when you have read this book than you ever hoped to know.

MR. JOWETT WILL AUTOGRAPH YOUR COPY

There are still a number of special copies of "The Key to Might and Muscle" which are gorgeously bound in limp leather, and which Mr. Jowett will autograph for those who want one of these special copies. See coupon.

Never Before Published Pictures

There are strong men from nearly every country in the world. Pictures of men in remote corners of the world, whose feats of amazing strength have lifted them from obscurity to international renown as men of mighty physiques. No other book has ever been able to boast of such an up-to-date lot of pictures as "The Key to Might and Muscle."

Written In Mr. Jowett's Narrative Style, It Is Interesting Reading

Most books on physical training methods, exercise, lifting, etc., are difficult or tiresome reading. "The Key to Might and Muscle" is not like other books of its kind in this respect, or in any other respect.

The pictures are new. Mr. Jowett was able to get them first-hand from the strongest men throughout the world. Many of them were taken especially for publication in "The Key to Might and Muscle." So don't forget this fact about this book—you have not seen its illustrations before.

You Are Missing Too Much Without This Book

SEND FOR YOUR COPY NOW

The Milo Publishing Co.

2739 N. Palethorp St., Book Dept. S-5-27, Philadelphia, Pa.

The Milo
Publishing Co.,
Dept. S-5-27,
2739 N. Palethorp St.,
Philadelphia, Pa.

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

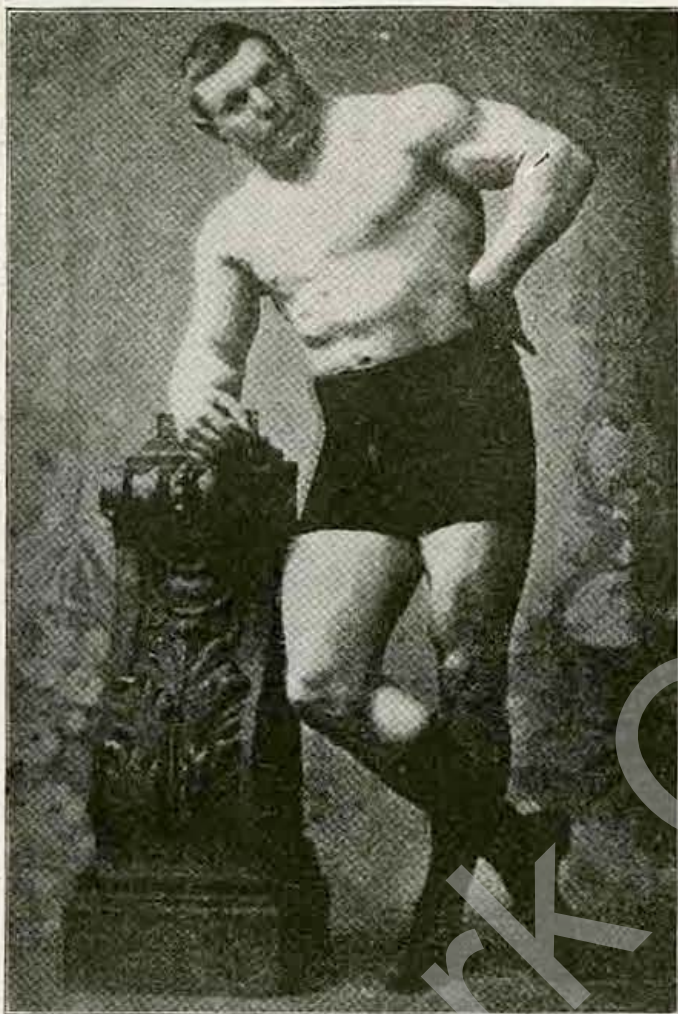
- \$3.50 for the regular copy of "The Key to Might and Muscle."
 \$5.00 for specially bound and autographed copy of "The Key to Might and Muscle."

Name

Address

City State

“HACK”!! MODERN FOR HERCULES



GEORGE HACKENSCHMIDT

Depicting His Enormous Size and Muscular Development

Can You Name Any of the Wonderful Athletes In the Group Shown Here?

This particular tournament, as well as many others are described in detail in this most interesting book.

One of the greatest wrestlers of all times, the “Russian Lion” met and defeated the world’s best men in dozens of tournaments, without being defeated for years; something that no wrestler of today can say.

The Number of Copies of This Book Is Limited.

Get Your Order In Early

Use Coupon On Opposite Page

George Hackenschmidt

One of the Strongest Men On Earth, WHO IS A MOUNTAIN OF MUSCULAR PROPORTIONS,

Tells You In His Book

“The Way to Live, or Physical Strength and How I Acquired It”

the proper way to train to become strong and well-developed. You must believe a man like Hackenschmidt, who built himself up and became one of the world’s most remarkable all around athletes. This wonderful book is jammed full of closely printed text, telling you how to improve your physical condition and develop into a muscular athlete.

Weight-Lifters, Attention!

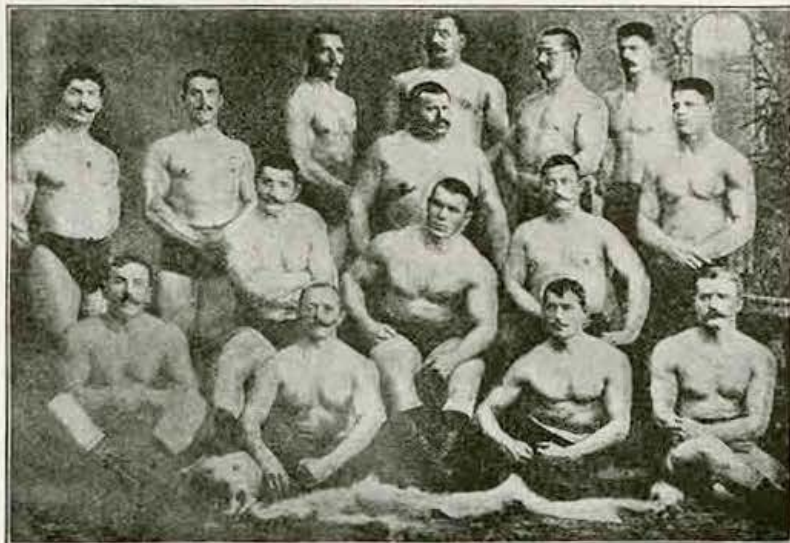
In his prime, “Hack” performed some wonderful lifting records, some of which still stand, the Wrestlers’ Bridge being one of his records that has stood for a long time. If you are ambitious to become a good lifter, his own private training routine should prove of value to you, and help you to become much better than you otherwise would.

Let “Hack” Tell You

How He Began and Progressed with Bar Bells
What Training Methods and Routine of Living He Found Best

How He Performed Bar Bell Exercises and Lifts
His Secrets of Health, Strength, and the Developing of Muscles

About All His Wrestling Matches in Europe and America
The Story of His Life
Weight-Lifting Records of All Kinds



One of the Tournament Groups
GEORGE HACKENSCHMIDT Seated in Center

The RUSSIAN LION

George Hackenschmidt

Who Was In His Prime

**The Strongest Man On Earth,
World's Champion Wrestler, and in his youth he was
The Amateur Champion Bike Rider,
Champion Swimmer and
Champion Jumper of his Country (Russia)**

The important thing is that this man Hackenschmidt knew how he got that way, so he wrote a remarkable book telling of his methods of living and thoroughly describing his training routine. "Hack" has some novel ideas on the proper way to use bar bells, and also tells you a few private hints on lifting for records.

Having all this knowledge "Hack" decided to turn Missionary and write for the benefit of his fellow men.

Can a man like this tell you anything?

Let the great George Hackenschmidt tell you how to live to get strong. In this remarkable book, he gives you the inside dope on training with bar bells. **There are scores of exercises, 35 of them with bar bells.**

This book is simply crammed with knowledge of value to the physical culturist and body builder; written by a practical man who also knows how to teach others.

First Time Published in America

***"The Way to Live,
or Physical Strength and How
I Acquired It"***

Instructive — Interesting — Fascinating

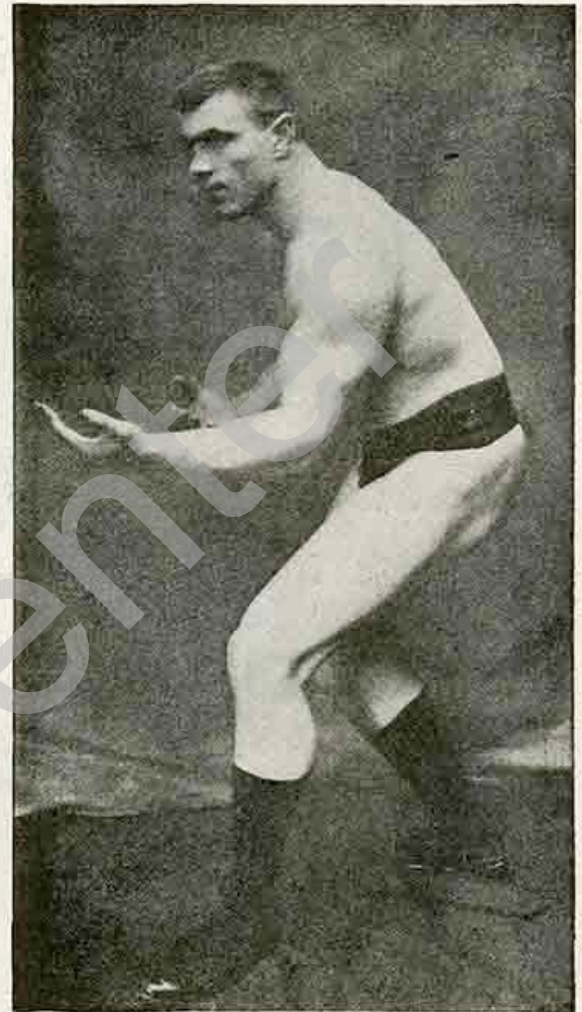
A Real Book Written By a Super-Man

We Are in a Position to Guarantee Prompt Delivery

**Mail the Coupon NOW and You
WILL BE SURE OF YOUR COPY**

The Milo Publishing Co.

2739 N. Palethorp St. Book Dept. S-5-27 Philadelphia, Pa.



**Here Are a Few of His Head-
ings On Bar Bell Training**

What Weight Should One Exercise With?
How Hackenschmidt Increased the
Weights and the Number of Movements
He Performed.

Beginning Trials with Heavy Weights.

The Snatch with One Hand.

One-arm Swing of Dumb-bell.

One-arm Jerk.

Practical Hints for Jerking.

Two-arm Snatch.

Two-arm Jerk.

Two-arm Press.

Lifting in the Bridge.

Free Lift to Chest in One Movement.

The Horizontal Equipoise of Weights.

The Milo Publishing Co.,
Book Dept. S-5-27,
2739 N. Palethorp St., Philadelphia, Penna.

Gentlemen: Please send me a copy of
George Hackenschmidt's book, "The Way
to Live or Physical Strength and How I
Acquired It." I am enclosing my remit-
tance of \$2.50.

Name

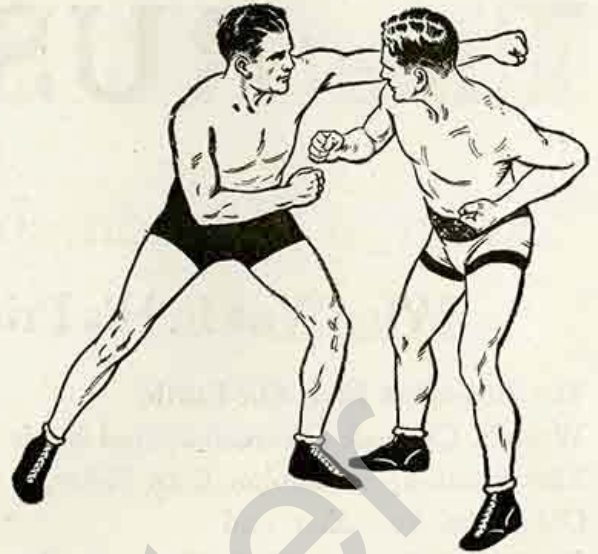
Address

City State

THERE ARE 3 PLACES WHERE ONE PUNCH WILL KNOCK A GUY STONE COLD:

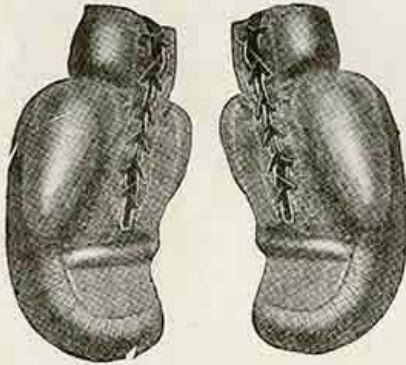
The Point of the Chin,
The Angle of the Jaw,
The Solar-Plexus

In the ring you can hammer away at other places to wear a man out, but in a fight you have to hit quick and dog-goned hard. Suppose some guy challenges you to a fight, what will you do? Or, rather, what can you do? There are lots of things you might like to do, but what's the use when you don't know how? If you get in a fight with a tough guy, the chances are you'll get such a beating that your own mother wouldn't recognize you.



COULD YOU HIT HIM THERE?

The MacMahon Course Teaches You Every Boxing Trick



8 Oz.

Boxing Gloves

"For Those Friendly Bouts"

Reinforced and Heavily Padded So
No Part of the Hand Can Injure
or Be Injured

\$5⁰⁰ A Set of 4 With Box- \$7⁰⁰
ing Course

WORTH TWICE WHAT I ASK

in such a thorough, understandable manner that you will be able to hold your own with any one in a few weeks' time. This is the most complete course on boxing ever gotten together. Every blow, block, counter, feint and side-step is fully explained and thoroughly illustrated; you learn when and how to duck, swing, cover and lead.

ALL THE BEST-KNOWN TRAINING STUNTS are included and sure-fire advice on how to condition yourself for boxing contests.

YOU DON'T EVEN NEED A PARTNER TO LEARN THIS COURSE. The instructions are laid out in such a way that you can practice all the blows, ducks, counters, etc., right in front of a mirror, and then surprise all the boys with your skillful boxing and crafty fighting ability.

Weight-Lifters, Athletes and Strong Men

Why don't you fellows learn something about the manly art of self-defense? You know you are strong, so you think you can hit any one and knock them cold with one of your mighty punches. Say, wise guy, you ought to try it some time on some kid who knows how to box. You'll get the surprise of your life when you find out you can't even land on him. What good is your strength, if you can't hit a guy?

BUY A SET OF GLOVES AND LEARN THE ART OF BOXING AND SELF-DEFENSE. YOU WILL BE MORE THAN REPAID.



14 Oz.

Instructor's Gloves

CAN'T FEEL A BLOW—
NO MATTER
HOW HARD YOU HIT

\$12⁰⁰ A Set of 4 With Box- \$14⁰⁰
ing Course

Others Charge \$20.00 for Gloves of This Quality

Note Extra Padding to Make Them Safe

Charles MacMahon
180 W. Somerset St., Studio A-56,
Philadelphia, Pa.

Dear Sir: Enclosed find remittance for the offer checked below.

- Set of 14 oz. Instructor's Gloves.....\$12.00
- Instructor's Gloves with Course..... 14.00
- Set of 8 oz. Boxing Gloves..... 5.00
- Boxing Gloves with Course..... 7.00
- Set of 5 oz. Fighting Gloves..... 5.00
- Fighting Gloves with Course..... 7.00
- Boxing Course only..... 3.00

Name

Address

CityState

I Give the Biggest Boxing Glove Value on the Market. The materials and workmanship in my gloves are of the highest grade and ordinarily go into the highest priced gloves. I want to gain your confidence. Give me an order and prove it to yourself **NOW**

5 Oz.
Fighting Gloves
Regulation Size and Shape
For Ring Work

\$5⁰⁰ A Set of 4 With Box- \$7⁰⁰
ing Course

The STURDIEST MEN

Are Built By

MILO BAR BELLS

Look at Mr. Brewster holding aloft two fully-loaded, Large-Size Milo-Duplex Kettle-Bells, minus the sphere coverings. Don't you want a sturdy physique like his? We believe every red-blooded man does, but the main trouble is that a large number of them fool around for one reason or another before getting a Milo Bar Bell set.

DON'T DO IT

Some waste precious time by putting off getting a Milo Bell, and for no reason at all except that they just don't do it.

Others think they must get a light course of exercise before using a Bar Bell—nothing could be more wrong. If everyone who is thinking of improving his body would enroll for the Milo Bar Bell system, there would be far less failures. With the Milo Bell there is no chance of you missing your goal as long as you do your part.

YOU CAN BE LIKE MR. BREWSTER

or like any other of the Milo's thousands of strong, well-developed men. You can be a Jowett, Nordquest, Snyder, Matysek, Manger, Klein, Goodman, Steinborn, Adams, or any one of the hundreds of other stars the Milo Bar Bells have produced.

You can get the mighty chest, powerful arms, sturdy legs, and well-developed trunk like the above men possess if you will simply do as they did—enroll for the Milo System—**NOW!**



B BREWSTER

GET A MILO BELL and be a CHAMPION

That is what the Milo Methods do—they build champions—real champions. Many of the Milo pupils hold National and international strong man records. It doesn't matter if you are a small man, for you, too, can develop into one of the strongest at your weight.

Who knows but what you will become the strongest man in the world at your weight. You have the opportunity the same as the others who became champion strong men by the Milo Methods. You don't have to become a professional strong man in order to be a National or world's champion.

MILO BELLS are CHEAPEST in the END

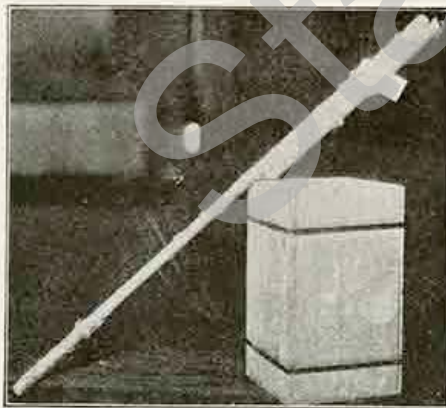
Although priced no higher than the usual run of body-building courses, the Milo Bells are far cheaper, because they last a lifetime, produce the best results in a shorter time, and because those who buy a Milo outfit are buying a sure body builder. There is no "maybe" about the Milo results, and there is nothing small about them, either.

THE MILO GUARANTEE—The Broadest of Its Kind

Our twenty-five years of experience in this business has proven to us that our bar bells and courses of instruction are the safest, surest, and quickest means of developing health and strength that have ever been devised.

We have shown you what Milo Body-Building Courses have done for others, and we can prove that they will do the same for you. We do not ask you to accept our word for this, but give you an absolute guarantee of results or your money will be refunded without question. There are no strings attached to this offer. Our guarantee is simply this: If, at within any time during a period of three months after you enroll for our course of instructions, we fail to give you results or if you feel that we have misrepresented our bar bells in any way, you are privileged to return the courses of instructions and the bar bells to us, and your money will be refunded without question. Could anything be fairer than this?

We do not ask you to risk one cent, or to take our word as to what we can do for you. We can show you. Either you make good, or we do. You are to be the sole judge of the results, and your decision will not be questioned. You have the body to be developed. We have the apparatus, instructions, and experience necessary to enable you to do it. Let's get together.



This is a large size Milo Duplex and Bar ready for shipping.

Has the expressman a similar Box and bundle for you?

Wouldn't you like to be unpacking your set now?

Sure you would. Who wouldn't? Either send for our booklet or order from our direct sales pages in this issue.

Mail This Coupon For the
MILO FREE BOOKLET

The Milo Bar Bell Co.

Dept. 166

2739 N. Palethorp St., Philadelphia, Pa.

THE MILO BAR BELL CO., Dept. 166
2739 N. Palethorp St., Philadelphia, Pa.

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

Name

Address

City State

Will You Be One of the 800,000 Who Die?

OF the hundreds of thousands who die from respiratory diseases, bronchitis, pneumonia, kidney diseases, tuberculosis, influenza, and intestinal disorders, a large proportion would not have died if they had been able to recognize early symptoms and had known how to treat themselves.

Nature always warns of impending sickness. The occasional headache, that tired, exhausted feeling, loss of appetite, a casual cold and other slight disarrangements are Nature's warnings to you that your body isn't functioning properly or that you are not living and eating correctly.

You can rule your health just as surely as you can rule your actions. If you are not enjoying perfect health today it is because you haven't employed the method provided by Nature to keep you well. If you don't know what her requirements are, you are sure to blunder into some kind of sickness—perhaps fatal disease.

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 tuber-

culosis, approximately eighty-five thousand die of influenza, and more than ten thousand die of intestinal trouble.

Barring accidents and suicides, only a small percentage of these thousands should die.

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.

Nature is constantly warning you of impending sickness. Seemingly trivial symptoms tell of serious trouble 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.

Nature is merciless. If you do not understand her laws and her methods of preventing and curing sickness, you suffer. She knows no excuse—she accepts no apologies.

Why Pay Thousands of Dollars in Doctors' Bills

Those who do not know Nature's methods of preventing and curing sickness are 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.

What would it be worth to you to be able to instantly identify in its earliest stages any sickness or disease that might overtake you or any member of your family? To enjoy perfect health, almost complete freedom from sickness, doctor and hospital bills and no days of suffering and worry, or salary lost through sickness?

The Encyclopedia of Physical Culture

(7th Edition Greater Than Ever Before)

This marvelous 5-volume work gives you the information you need to build up rugged strength, health and vitality. It is for every member of the family—it covers every phase of strength and body building for adults, children and babies. It gives invaluable information on fasting, dieting and exercise. 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 diagnosis and treatment of all sexual diseases. Handsomely illustrated charts on anatomy and physiology are scattered throughout the book.

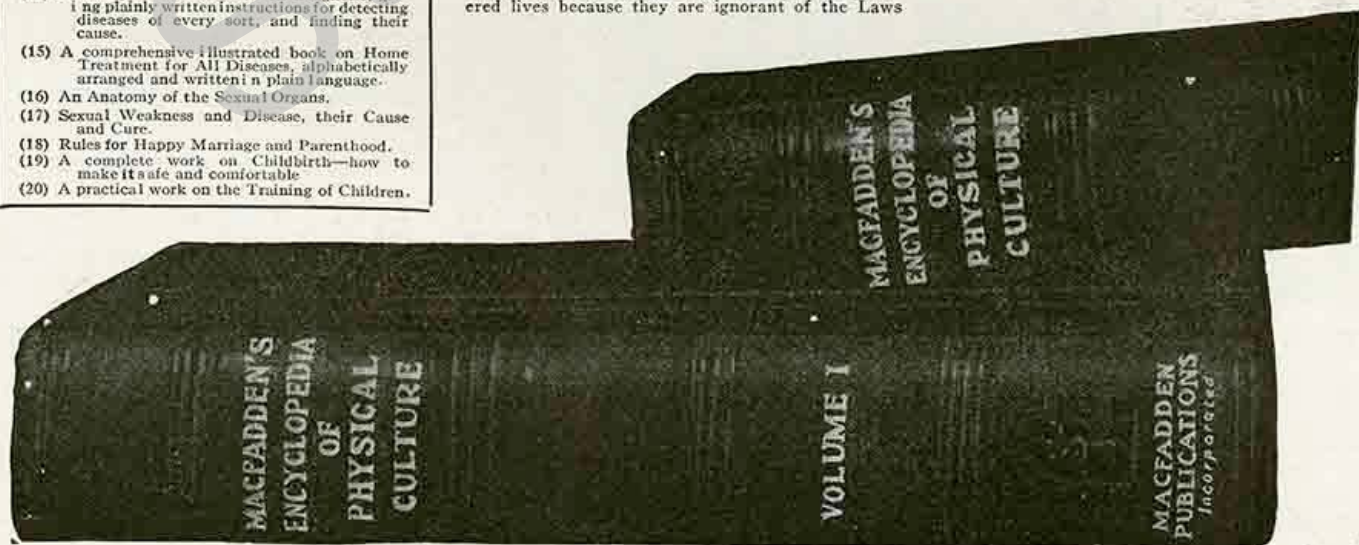
It is neither dull nor technical, but is simple, comprehensive and complete in every sense. It is the crowning effort of Bernarr Macfadden's rich, full experience in the science of health and physical culture. He has had more than thirty years' experience in guiding thousands of physical wrecks to glorious health and vigor. Out of that experience he built his Encyclopedia of Physical Culture.

Six big editions of this popular work have been exhausted. And now the seventh edition—greatest of all—has just come off the press. This edition has been completely revised at great expense. Scores of new illustrations have been inserted. The binding has been changed to a beautiful all-Fabrikoid, more durable than leather. Altogether it is the finest edition of the Encyclopedia ever issued.

A Complete Education in Physical Culture

THIS set of five volumes contains a complete education on 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
- (7) A book illustrating and describing every form of Indoor and Outdoor Sports and Exercises—complete courses in Boxing, Wrestling, etc.
- (8) Handsome colored charts and instructions for Developing a Powerful Physique.
- (9) A complete handbook on Beauty-Culture
- (10) The most complete and extensive work on Fasting ever published.
- (11) A comprehensive work on Hydrotherapy, including water treatments of every variety.
- (12) A book on Mechanical Therapeutics giving full details and scores of pages of illustrations of physcultopathic treatments.
- (13) A thorough work on First Aid with drugless methods.
- (14) A lavishly illustrated work on Diagnosis, giving plainly written instructions for detecting diseases of every sort, and finding their cause.
- (15) A comprehensive illustrated book on Home Treatment for All Diseases, alphabetically arranged and written in plain language.
- (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 Childbirth—how to make it safe and comfortable
- (20) A practical work on the Training of Children.



You Can Add 15 Years To Your Life!

At least 60% of physical and mental misery is preventable and curable. In fact the life of the average person would be prolonged 15 years if people knew how to rule their health as they do their actions.

FROM maturity to old age the breaking down or wearing out of vital organs is in process. But because there is no pain or noticeable symptoms the victim ignores the little signals of warning which nature is constantly issuing until face to face with a dangerous disease.

When one is easily exhausted, even with a moderate amount of work—or suffers from headache, loss of appetite, a cold in the head or on the chest, a dull ache across the back, spots before the eyes, ringing in the ears, these are all signals, the neglect of which may lead to serious—perhaps fatal—illness.

Yet the cause of degenerative changes are preventable if taken in time. In fact, you can rule your health as surely as you rule your actions. Bernarr Macfadden, the world's outstanding exponent of physical culture, has, perhaps, had more experience than any other one person in guiding thousands from physical weakness and ill health back to wonderful health and vigor. Out of this great experience he has built the Encyclopedia of Physical Culture.

New Edition Greatest of All

In this new up-to-the-minute edition Mr. Macfadden has achieved his greatest ambition by giving you the utmost in health knowledge obtainable anywhere.

Between the covers of these five volumes is to be found, exhaustively treated, information, data and instruction on every conceivable subject dealing with health—how to get it—how to keep it.

Free Examination—No Money Needed

This is the most liberal offer we have ever made on the Encyclopedia—10 days' examination of the entire set at no expense to you. There is no money needed—no deposit to pay. Just fill in the coupon and we will send the five volumes to you, all shipping charges prepaid, for your inspection.

Take ten days to examine the set. Then, if you decide to purchase, send us only \$2.00 as your first payment. Additional payments may be made at the rate of only \$3.00 a month until the total cost of \$35.00 has been paid.

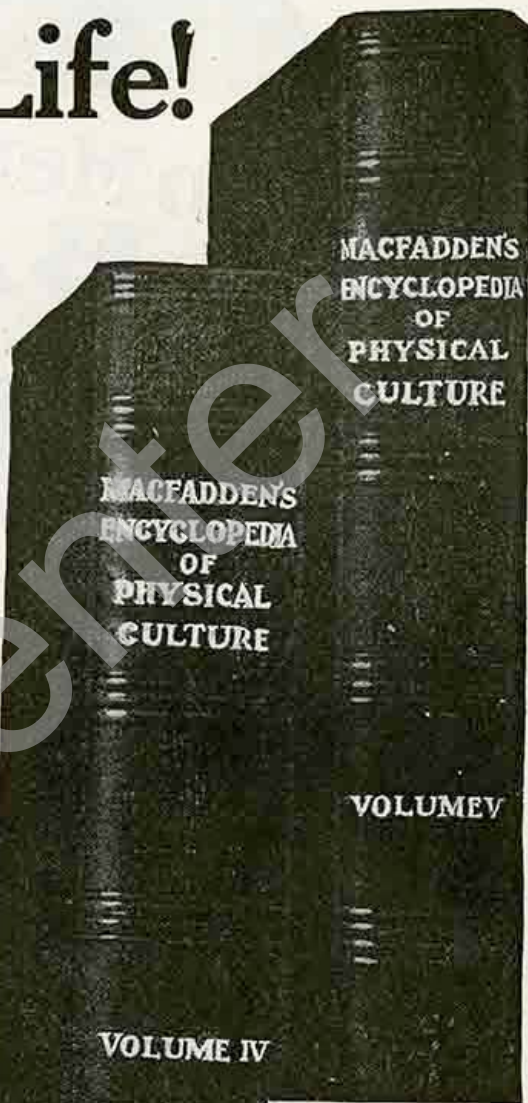
If you care to pay cash you may do so by sending us only \$31.50. This represents a 10 per cent discount.

If you purchase the set at once we will include, without extra charge, our free advice service. Your personal, particular health questions will be answered by the experts in our Advice Department—maintained and equipped to serve you. This service alone may easily be worth much more than the entire cost of the Encyclopedia.

Remember, no money now, and no obligation to purchase. You simply agree to return the books at the end of ten days in case you decide not to keep them.



10 Day Examination Entire Set



SPECIAL Examination Form

Macfadden Publications, Inc.
Dept. S-5, Macfadden Building,
1926 Broadway, New York City.
Send me for 10 Days' inspection the five volumes of the Encyclopedia of Physical Culture. If I find the set satisfactory I will either send \$2.00 in ten days and \$3.00 a month until \$35.00 has been paid, or \$31.50 cash. If I decide not to keep the books I will return them in 10 days postpaid.

Foreign orders—Cash in advance

Name

Occupation

Residence

Employed at

Business Address

I understand that this price includes the service of your Special Advice Department.

**Macfadden Publications, Inc.,
Dept. S-5, 1926 Broadway, New York City**

Strength

To Men Getting
BALD
Here's My Contract

Give Me 15 Minutes
a Day for 30 Days

and I'll give you
new hair or no cost

By ALOIS MERKE
Founder of the Merke Institute,
5th Avenue, New York

I DON'T care whether
your hair has been
falling out for a year or
10 years—whether you've tried one remedy
or a hundred remedies. Give me 15 minutes
a day and I guarantee to give you a new
growth of hair in 30 days or I won't charge
you a penny.



At the Merke Institute, 5th Avenue, New York,
which I founded, many people have paid as
high as \$100 for results secured through per-
sonal treatments. Now, through my Home Treat-
ment, I offer these same results at a cost of
only a few cents a day or money instantly
refunded.

In most cases of baldness the hair roots are
not dead, but dormant—asleep. Ordinary tonics
fail, because they treat only the surface skin. My
treatment goes beneath the surface—brings nour-
ishment direct to dormant roots and stimulates
them to new activity.

Free Book Explains Treatment

"The New Way to Make Hair Grow" is the
title of a 32-page illustrated book which explains
the Merke Treatment—tells what it has done for
thousands—contains valuable information on care
of hair and scalp. This book is yours Free—to
keep. Mail coupon TODAY!

ALLIED MERKE INSTITUTES, INC.
Dept. 555 512 Fifth Ave. N. Y. C.

**ALLIED MERKE
INSTITUTES, INC.**
Dept. 555, 512 Fifth Ave.,
New York City.

Please send me in a plain wrap-
per—without cost or obligation—a
copy of your book, "The New Way to
Make Hair Grow," describing the
Merke System.

Name
(State whether Mr., Mrs. or Miss)

Address

City State

Editorial

Common Sense and Health

"**P**ROCRASTINATION is the thief of time," and spring is the one season of the year, above all others, which tempts us to procrastinate.

The large tables of figures, so impressive and so true, frequently published by the Life Extension Institute, as part of their program to induce people to have themselves physically examined regularly, can not only serve that purpose, but also serve the purpose of reminding us all that we should so order our lives that we pay a decent respect to the laws of health.

No middle-aged man or woman should hesitate to have themselves regularly examined upon occasion and then, when the examination has been completed and definite recommendations made for the promotion of health, the recommendations should be followed.

Younger people, who have recently been examined in schools or colleges, and who feel themselves to be in first class physical condition undoubtedly do, and probably can, get away with neglecting this precaution.

However, none of us should hesitate, not only to maintain our health, but also to take positive steps to increase our store of vital energy, which we will then be able to call upon in time of need.

Occasionally we hear of over-exercise being positively detrimental to those people who indulge in it. No one can doubt that a man who puts himself through a stern athletic training and suddenly stops paying any attention to his physical condition does himself a real physical injury. However, in this day every man who does just that is perfectly aware of what he is doing and what the consequences may be.

Over-Exercise vs. Under-Exercise

For one man who injures himself because he used to exercise and has now turned lazy, there are thousands who have done themselves the much more serious injury of never exercising at all, and their reason is, nine times out of ten, the same as the ex-athlete's—lack of time and opportunity, which is just another way of saying—lack of real determination to make something of themselves physically.

There is no magic system which will provide

health and strength for any one or everyone. The whole secret lies in the individual's taking pains to get results for himself.

The best physician is of little value if his advice is not followed. The best physical director can not do your exercises for you. Reading a weighty diet book will not avail you, if at your next meal you ignore what you read.

It is remarkable how much we can do for ourselves if we will only use a little common sense and a little determination. We can not put all of our troubles, or even any very large percentage of them, on any other man's shoulders. We have to handle them ourselves.

To seek advice is always a logical thing to do, but to calmly ignore the advice is not so good. We do not know about the problems of those people who give advice in making love or making money, but we can testify to the fact that many people who seek advice on building health and strength seem to feel that knowledge is power, and then let it go at that. Knowledge is power all right, but it is not very powerful unless it is harnessed and put to work.

The man who proclaims that he has no faith in doctors and desires, above all things, to keep out of their hands, but wants you to know that once sick he will send for the best doctor he knows of, and having sent for him do as the doctor tells him, is wise enough in his way.

Once sick the best doctor is not too good for any of us, but how many of our illnesses are unavoidable and how many of us even think of trying to avoid them either with or without medical advice.

Certain things medical examinations will reveal. Diseases which are the result of bodily deterioration can often be detected long before they have become serious, and once detected can be either stopped or cured.

Health is Only a Basis

However, the mere fact that you are organically sound does not free you from the obligation. To build upon the health you have a really superb physical body.

A proper diet, hygienic living and regular exercise should be in- (Continued on Page 88)

Keeping Up With Years

You Cannot Remain Beautiful As You Grow Older
Without a Great Amount of Effort on Your Part

By *Margaret Sargent*

"PLEASE, oh please, tell me how I can improve my figure?"
"What shall I do for my skin—or my hair—or my ankles?"

Questions like these are endlessly pouring in—and what can I do? I sit down at my desk, pick up my pen and write and write—advising, hinting, threatening. Is not that enough to expect of me, or am I really responsible for answers to my letters, such as this:

"I tried your method" or "I exercised every night" or "I followed your advice—but have not received any results. What is the matter?"

Exactly. What is the matter—not with me, my dear reader, or with the different exercises and methods I might prescribe, but with the writers of such letters. Now with only the few that write to me, but with all the thousands that wail, day in and day out, "What is the matter?"

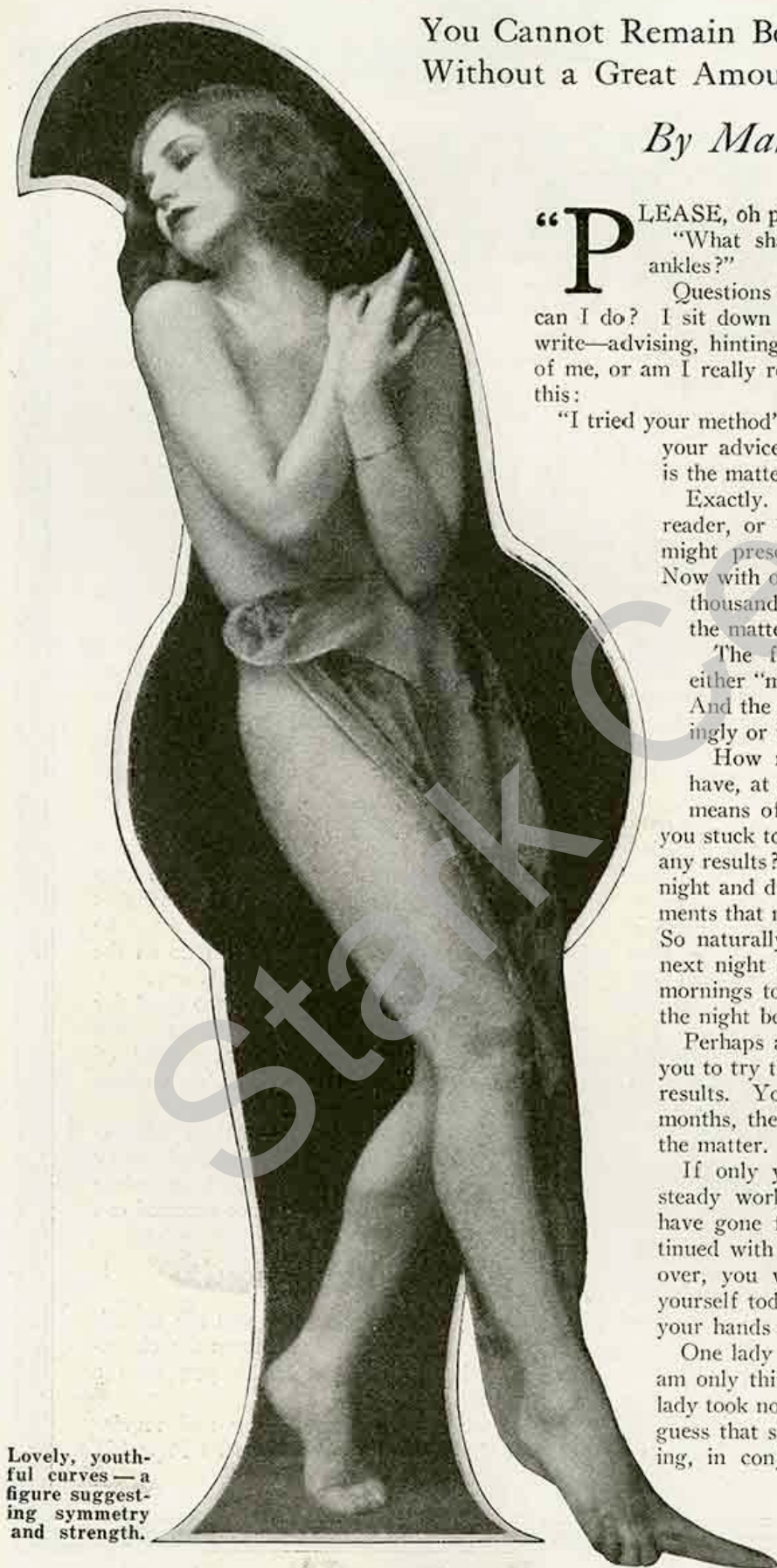
The fault lies wholly in themselves. They can either "make or break" themselves, as the saying goes. And the greater percentage "break" themselves knowingly or unknowingly.

How many of you, who are reading this article, have, at one time or another, turned to exercise as a means of improving your figure. And how many of you stuck to those exercises before or after you achieved any results? Oh yes, I know, you came home tired every night and did not feel like going through a lot of movements that made you more tired when you were through. So naturally the next night you laid off and again the next night and so on. And you got up too late in the mornings to do anything then. Yes, you were out late the night before or you got up with a tired feeling.

Perhaps a week later your better judgment prompted you to try the exercises again and you did with the same results. You might have continued so for a number of months, then you gave up—wanting to know what was the matter.

If only you had known that after a short time of steady work-out every night, that tired feeling would have gone forever, providing, of course, that you continued with the exercises indefinitely after the trial was over, you would have been pretty well satisfied with yourself today, but you just closed your eyes and folded your hands and refused to look that far ahead.

One lady wrote to me: "How can I stop wrinkles? I am only thirty but my face looks forty." Perhaps that lady took notice of her face a little too late. I can almost guess that she never thought of exercise, of healthy living, in conjunction with growing old, when she was twenty. Yes, my dear, you must begin to think in that direction at the youthful age of twenty. I don't mean to be a



Lovely, youthful curves—a figure suggesting symmetry and strength.

"calamity-howler" or I don't mean that you should think like this: "Oh, I am going to get old some day." I mean that you should think like this: "Every day I am older. Now is the time for me to take care of my body, my complexion and my hair, so that when I am forty I will not look forty."

Every girl should bear in mind the fact that one does not remain beautiful as one grows older without a great amount of effort, and that effort does not mean cosmetically, either, but physically.

You cannot get anything you really want without effort. Sometimes a rich aunt will die and leave you a good deal of money—but no one is going to die and leave you beauty. That is impossible. And without health and beauty, no matter how much money you might have, you cannot find complete happiness.

A famous screen star told me the story of how first she started her career. Her mother had been a widely known stage beauty. Through an unfortunate accident she became an invalid and the daughter awoke to the realization that she would have to do something for herself. With all the confidence in the world she strode into Hollywood and straightway made for a famous studio.

When asked what she had done or could do, she answered, "I have never been on the stage or screen before, but my mother was the famous _____." She was asked to give her age, which was twenty-two.

"He appraised me from head to foot and said, 'Really!' I was then signed up as an extra and you can imagine my mortification. Why, I thought I would start at the very top! Who was more deserving of being a star than me, whose mother was known far and wide for her beauty and her ability? Such were the thoughts that coursed through my mind, and I was all for packing up and going home. I would have far rather been a plain typist than stay in Hollywood as an extra!

"It was then that I met a friend of my mother's, a kindly director. He told me that it was not what my mother was that counted, but what I really was. He told me that I was not beautiful, but with some effort on my part I could be beautiful; that my lazy life before had aged me beyond twenty-two; that I was a little too stout here and there, and that I would have to know a little more about dancing, athletics, etc., than I did.

"I took his advice. Every day found me working harder and finally I reached my goal, but only after I had started as an extra and worked my way up. And I have never once, since that time, missed a single night's workout with my exercises. I ride, I hike, I play golf and tennis. I love to swim and never miss my outdoor sports, if I can possibly help it."

So you see even screen stars have to expand a lot of effort to retain their beauty and their youthful figures. You would gasp with amazement if you knew the ages of some of your

best favorites. They deserve all the credit in the world, for they know how to grow older and still keep their youthful beauty.

Although most of you do not aspire to become screen stars I know that every one of you wish to look your best at all times. You want lovely figures, so that you will look well in street clothes and bathing suits, and you want fresh clear complexions and sparkling eyes. You have worried and fretted, but you have actually done nothing. If you have sought advice and received it, you did not give that advice a chance to prove its value. Others of you have never even sought any advice.

Now all this beauty we are talking about so much can be gotten in one way *only* and that is by *working* hard. By "working hard" I do not mean actual physical labor—I mean activity, whether you get that activity from exercising or from playing some outdoor game.

A practical plan would be to adopt a set of exercises that will exercise every part of your body. You must do this if you want a symmetrical figure. Month after

month I have seen exercises printed in this magazine for the neck, shoulders, arms, chest, waist, hips, thighs, calves, ankles, etc. Glance through this issue and you will find somewhere a set of exercises which you can apply to your particular needs.



Stage beauties have to work hard to retain their youthful beauty.

Put pep into your movements. Don't do them half-heartedly or you will never get any results.

After you have finished your work-out take a cool shower and see how invigorated you will feel. You will no longer have that tired, fagged out feeling, and you will get up in the mornings feeling like a different individual.

Let me tell you something else. A frequent cause of women becoming old prematurely is a weak back. To retain youthfulness you must retain suppleness of the spine and a strong, healthy back. So it would do you no harm to practice a few exercises to strengthen your back and limber your spine. Here are two you can practice right away.

Lie flat on your back on the floor, place the hands under the small of the back for support. Now raise the legs upward and over the head until the toes touch the floor in back of your head. Repeat this about ten times.

Kneel on floor with hands on hips. Now bend the body backward, endeavoring to touch the floor in back with your head. Do not bend backward from the knees. Bend at the hips only.

As a girl gets older she is apt to lose her shapeliness around the hips and waist region. So you would be wise, girls, to pay strict attention to exercises for these

parts. You will never regret the bending and twisting movements that these exercises involve.

Try all the exercises in which you endeavor to touch the floor with your finger tips without bending the knees. Then do the exercise in which you lie on the back, hands behind head and raise the legs, knees straight, to vertical position. Do this alternately at first, then raise both legs at the same time. Do this exercise slowly as then you will get more benefit from it.

Now let us revert from exercises to outdoor activities. You would do well if, in conjunction with your exercise program, you adopted some outdoor hobby. With summer almost here what can be more enjoyable and beneficial than swimming? Every girl and woman knows the many benefits that can be derived from swimming and diving, especially in summer when she can practice or prove her skill in fresh air and sunshine. I shall never tire telling how much swimming will do for you, nor shall I ever tire of practicing what I preach, whenever swimming is being "preached." No girl is too young and no woman is too old to swim, dive and exercise.

And you, Mrs. Housewife, don't give that ancient excuse: "I get enough exercise when I do my housework. I must have something else." That is entirely wrong, for exercise and outdoor activity is exactly what you need. Furthermore, with all the modern electrical household aids, a woman does not get as much "exercise" nowadays as she used to. See to it at once that you do something towards perfecting your body and your facial appearance.

I know a woman, who is now thirty-five, I am sure if my readers would meet her they would not take her for more than twenty-five. This lady has two children, keeps house and does her own cooking. Yet, every afternoon, from about two o'clock to five you will find her playing tennis with a friend or a neighbor. She attributes her health and her youthful appearance to the few hours she spends playing tennis. And in the winter, instead of playing tennis you will find her taking long walks.

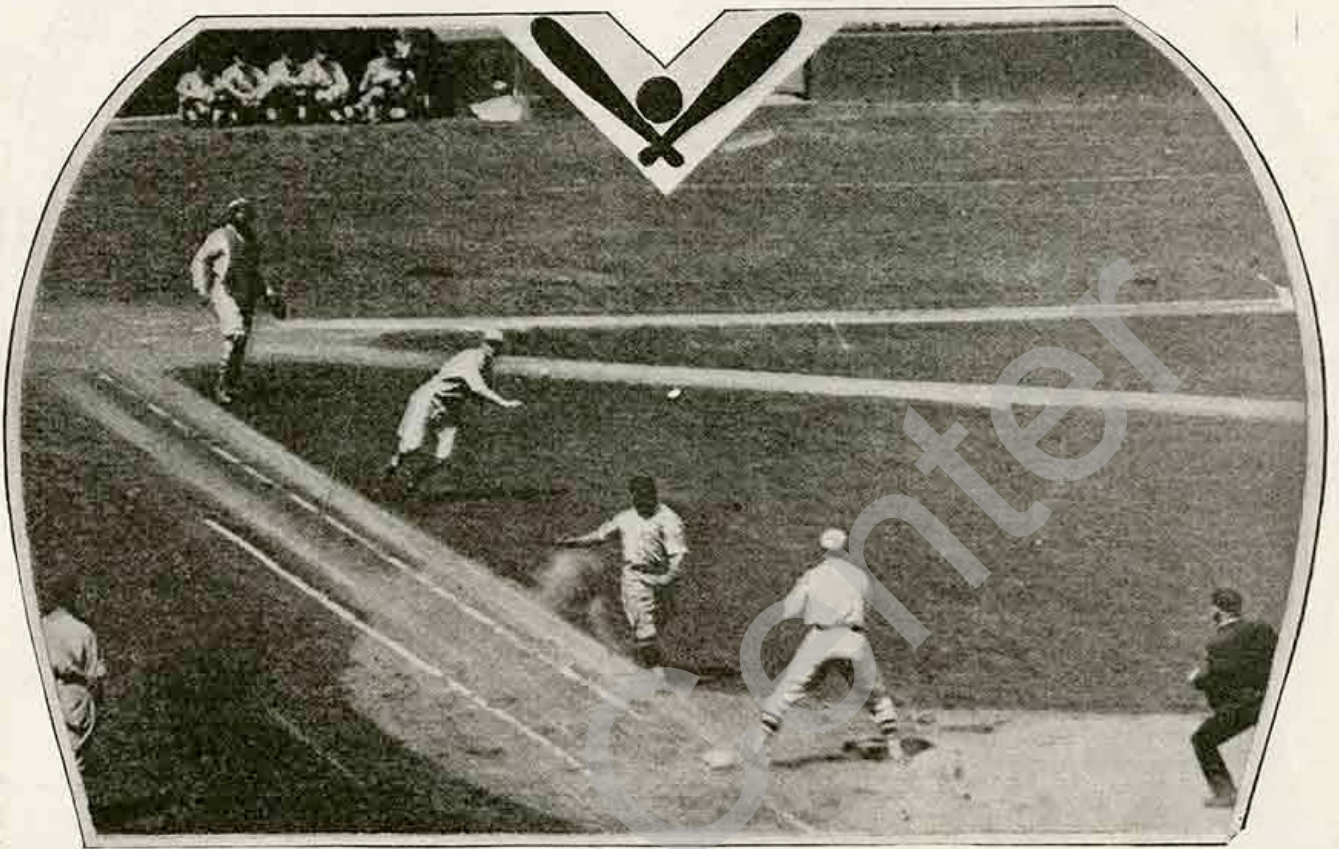
There is no reason why any woman cannot do the same thing. If she cannot play tennis there are other things. As a last resort, but not in the least a bad one, she can walk. Walking will do much towards keeping fat away and the figure trim, providing you walk with the chin held up, the shoulders braced, the abdomen in. Do not walk slowly, nor too fast.

In ending let me add a word about bathing. Bathing is essential to beauty. It is necessary that you take a shower every day during the summer, and at least two warm baths a week. Follow these with a cold shower and then a brisk rub with a turkish towel.

Don't, on any condition, neglect to bathe your face every night, before retiring, in warm water, using a good castile soap.



Indifference to your personal appearance may mean failure in your life's ambition.



Will he beat the ball?

They're Off Again!

Who Will Be the Winners in the 1927 Baseball Race?

By Charles MacMahon

IT SEEMS to be a veteran's year, at the time of this writing, especially in the American League. There doesn't seem to be anything to it but Cobb, Collins, Wheat and Speaker, at least in the East; and if stars of this type mean anything to a team, then certainly the Philadelphia Athletics will win the American League Pennant, because they have three of the four above stars.

Regardless of that slant on the situation, some authorities believe that Washington, and not the Philadelphia Athletics, will be at the head of the first division when the final games are played next fall. They name the Athletics as runner-up.

Last year at this time I thought the Athletics would win the pennant, but they didn't come very close to it finally, although they were a contender through a large part of the season. Again I believe they will win, because they lacked the fighting spirit in the last few years and the three newly-acquired stars will certainly supply that missing element, even if these stars do fall

down at the bat and in their fielding positions. And really, while the old timers in question may not play regularly, I feel they will do their bit with bat and glove as well as install that sadly needed fighting spirit into the younger players.

Although I feel sure the Philadelphia Athletics will come through this season, they certainly will not be the whole show by any means. It is true that Washington should be up somewhere in front from the start to the finish, and Detroit and New York are going to be pushing them hard.

Getting back to Washington and *their* chances, it is a surety that Speaker will be a big help. They have a bad break already in Johnson's broken ankle. This injury may be all right by the official opening of the season and then again it may be bothersome throughout the season, in which case it is sure to affect Johnson's pitching. Then, too, regardless of this broken bone, Johnson cannot pitch winning ball forever. The same stands for Coveleski, Washington counts on these two



From this position it looks as though Cobb was out at the plate.

men every season, and so far one or both of them have come through; but sooner or later they must be a flop—it may be this season.

On the other hand, the Philadelphia Athletics have, as everyone admits, a wonderful pitching staff both in quality and quantity. The trouble is that one year one or two of them go like wild fire, and then the following year another one or two have a spurt. I'm looking for Groves to have another year like last year; Gray to have a season like he had a year or two ago; Rommel to have one of his good years, and—well if Elmke and the others show any form at all, the team cannot help but win the 1927 race.

The New York Americans' chances revolve largely around Babe Ruth. If he has a good year, the rest of the team is very likely to back him up with good ball playing. If he slips (and he'd better not at the salary he is getting) then his teammates are sure to lose some heart. One man can make a big difference in a ball team, but I do not believe one man can be even instrumental in winning a pennant.

At the present moment Herb Pennock is a holdout, and it looks as though he will get little consideration from Ruppert, the owner. If Pennock doesn't sign with the Yankees, it will surely hurt their pennant chances.

The rest of the American League, Chicago, St. Louis, Boston and Cleveland, will probably form the second division. St. Louis may finish in the first division, but it is doubtful.

In the National League, I favor the Giants to stage a comeback.

Pittsburgh seems to have been a flash in the pan, and while they are still a good ball club, I don't believe they will win another pennant for a while. Cincinnati ought to give the Giants a run for the pennant; maybe it will be reversed. The best the Giants will do is to give Cin-

cinnati a run.

There have been so many shake-ups in the managerial berth, that anything is liable to happen. For instance, I believe Stuffy McInnis will greatly improve the Philadelphia Nationals if he can get hold of a few more good pitchers. This team is gradually unearthing some good baseball talent. One of their new players this season hails from my home town; that is, he played semi-professional ball there last season. His name is Spaulding, and as I write this he has already become conspicuous with a home-run and a single in one game. I think he will shine this coming season. So you aspiring ball players can see that there is still room at the top if you keep plugging and learning.

I suppose the mid-winter fans who are reading this will not agree with me entirely, because I do not put the Western teams on top; but I assure you it is not because of any prejudice against Western teams, nor because I live in the East and want to see the Eastern teams win on that account.

Just as I like to see the best man win, so do I like to see the best team win. In picking the Philadelphia Americans, as I did last season, I do so because I believe they are due to win a pennant very shortly. It may not be this year, of course, but it is in the near future.

I pick the New York Giants in the National, not because they are another Eastern team, but because they are always a good bet. McGraw seems to have that "something" that makes champions or near-champions each year, regardless of changes made in players.

Roger Hornsby, last year's manager of the St. Louis Nationals, certainly will not lessen New York's chances for the flag. On the other hand, he is not the sensation he was several years ago. Maybe the job of managing the Cards told on his playing, and being relieved of that

burden he may again stand out as he did a few seasons ago.

The St. Louis team of the National League (last year's World Series winner) certainly will be a different team. Yet I believe they will give the Giants a close race, but I don't believe they can repeat as a pennant winner.

The doubt concerning the signing of Thevenow, their star shortstop, has been erased by a three-year contract, which makes things look a little brighter.

Brooklyn probably is the next in the National League to be considered, and will no doubt be a first division team. However, it is all guess-work, even for those who are with the teams in the South and can observe them first-hand.

As there are many young players who aspire to land a regular berth on grammar school, high school and college baseball teams, as well as with amateur clubs, a little advice certainly would not be amiss. Advice of this kind surely will do more good for the young boy player than predictions on the 1927 race.

Pitchers who are out to hold a job on a little better team than they played with last summer, must use their heads as well as their pitching skill.

Study each batter as he appears at the plate. Observe the way he stands there. Take note of the fact that he crowds the plate or stands away from it; that he stands close to the front line of the batter's box or near the back boundary of the box. Notice if he steps into the ball or pulls when he swings. See whether he is a short-swing or a long-swing batter. Learn if he is scared by

a close fast one or fooled by a wide hook. If he hits, remember what he hit and where he hit it, too, for use when he comes to bat the next time.

If your batter crowds the plate, he is likely to connect more easily with a pitched ball on the outside of

the plate. A batter that stands back is more liable to hit an inside ball squarely than an outside one. The batters that pull are, as a rule, very easily fooled by a good hook or out-curve that is started for the center or a little on the inside of the plate. When this curve breaks outward, the batter is pulling the other way, which doubles his chances of connecting with the ball.

When a batter

stands near the forward line of the batter's box, he is, as a rule, trying to hit your curves before they break. Some batters will try to fool you by standing back and running up as you let the ball go. As a rule, it is best to use all the speed you have and burn them past the batter who runs up. This is especially the right thing to do if you are a speedy pitcher.

The batter who stands well back and remains there can be better worked by drops and out-curves. A short-swing batter is usually more difficult to strike out or prevent from hitting the ball than a long-swing batter, but his hits are not so long and, consequently, are not always so dangerous.

Some pitchers like to speed a fast inshoot close to a batter's chin and then, if he shows fear, hook the next one on the outside. The temporarily-scared batter will be tempted to pull away from the hook and miss it, unless he is well experienced and outguesses you.

There is a rule among pitchers to the effect that all left-handed batters should be fed outside balls. This is supposed to be a weakness of all left-handed hitters. While it may not, like all rules, work out every time, I have learned from experience that there is a lot of truth in it.

If a right-handed hitter hits them down the first base line, it means that he is hitting late, and in this case the speed should be increased if possible.

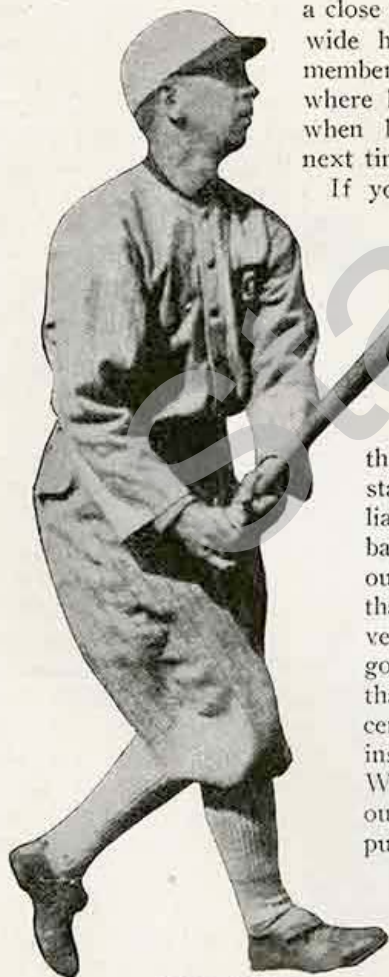
Those who aspire to become great first basemen must take stock of themselves in this manner: Have I a long reach? Am I a sure catch? Can I scoop up grounders and low throws that hit the ground in front of me with ease and surety?

First, there are first basemen who are only of medium height, but the long, lanky player is usually the best for this position, for not only can he reach higher by several feet, but he can stretch farther to either side for wild throws. Furthermore, he can help the ball beat a runner to the bag on a close play by reaching his full length out into the diamond toward the ball. This would shorten the distance traveled by the ball by five or six feet and cause the umpires to call "batter out" instead of "safe" on many a close play.

I believe that a good first baseman who has a long reach is a great influence to the (Continued on Page 79)



Zack Wheat



Eddie Collins

The Bell Lap

The Fastest Traveling and Grittiest Men in Athletics are the Anklers, Who Regularly Attract Thousands to the Velodrome

By Mark Berry



Frank L. Kramer, the "old-master," just before he retired after a quarter century as a great rider, and champion for over twenty years.

deal with a game wherein the trained athlete, using human energy as a means of propulsion, is capable of vieing with high powered motor driven machines, whether gas, steam or electrical. Any red-blooded human is thrilled, to some extent at least, by speed; and anyone with even a small degree of sporting instinct is interested in the human factor in competition. Well, you have it here, for this game takes speed, brains, endurance and most of all—sand or grit, whatever you wish to call that quality that makes men stick when everybody thinks they are beaten.

Among track and field events the most popular numbers are sprints. We like to see how fast a man can tear along using his own power. The fastest sprinter, running himself breathless in the 100 or 220 yard dashes, travels at the rate of twenty-two miles; quarter mile men come near that, but after the 440 yard distance, man can no longer keep up any kind of speed.

But—here in the game we are about to discuss—mere man has accomplished over 75 miles an hour, riding a bike behind a motorcycle; that is one branch

PRESUMING you are, like the average reader of this periodical, a keen student of physical condition and athletic accomplishment, you should be interested in the following paragraphs, inasmuch as they

of the game; without any such pace, the riders commonly attain a speed of forty miles per hour, on outdoor tracks. Spare me a few minutes and we will chat about the boys who follow this interesting branch of sport.

The Bell Lap! What excitement is recalled to those who have stood up and shouted themselves hoarse at the magic of the Bell Lap. How about you, neighbor? Do you know the peculiar intensesness that makes you get up and yell like a mad-man as the anklers hit the bank rounding into the straightaway and cut loose with a speed of around forty-five miles an hour? If you don't yell like crazy, you'll suspend breathing momentarily.

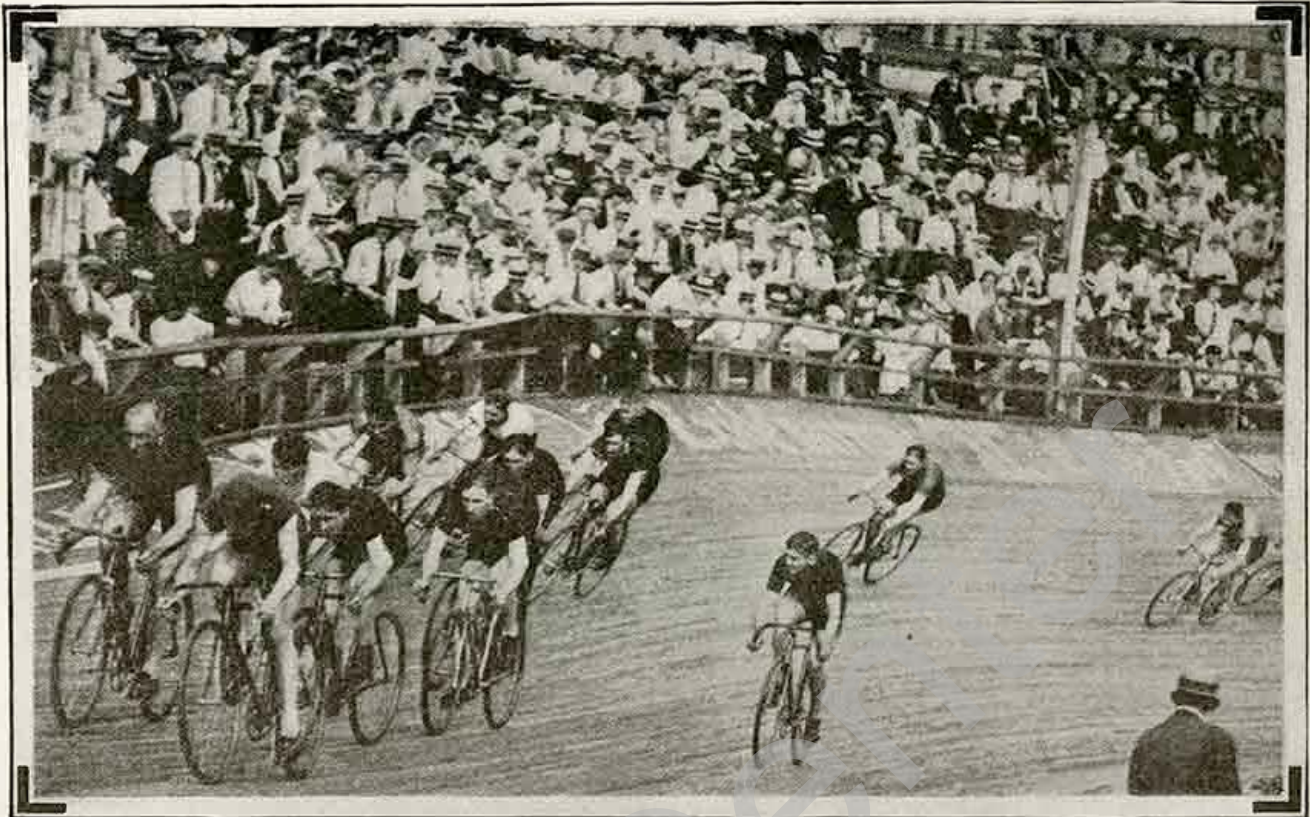
Bike racing has become very popular in New Jersey, New York and New England, and during the summer several tracks are busy. New York City has races three times and Newark twice each week during the warm weather. The same riders compete at each of these meets and put in some extra dozens of miles on the various New England tracks. There is quite a novelty, all its own, in attending one of these meets on a summer evening; after a hot day in the city there is no better place to cool off and enjoy one's self. The first gun is fired at 8.15; by that time something like fifteen thousand

persons, a large percentage of whom are women, have swarmed in and found seats around the six lap board track. If, perchance, your glance wanders over the immense circle of humanity, you see what appear to be "lightning bugs" or fire-flies, as a smoke hungry spectator here and there strikes a match. I tell you, it's great out there under the stars on a summer night, with Joe Basile's band playing all the popular airs; the big lights over the track making it easy to discern the riders who sail around mile after mile.

To the fan who understands the game, the greatest lure is the match race, where two



The Spencer Brothers, Arthur and Willie; two of the fastest boys in the game. Art is the biggest man in competition; Bill is the present champion.



The "Anklers" hitting it up near the finish of a five-mile race; Eddie Madden leading a field which includes some of the world's greatest distance riders, including the Australians, Alfred Grenda, Reggie McNamara, Alex. McBeath, and Cecil Walker.

or three star sprinters meet in a series of heats at a mile each. If two men are competing, it would be the best two out of three heats. The men line up at the starting mark, held upright by their trainers; at the crack of the gun, the trainers give them a shove and the race is on. The track is $\frac{1}{6}$ of a mile around, called a six lap track, so they have six times to circle the track. A newcomer to the races might imagine it best policy to ride fast all the way, but that would be the poorest way to ride a race. If one rider should try to start off fast, the other would follow him around till near the finish, when he could easily jump out and win, as the leader would be mighty tired from his efforts at bucking the wind. The sprinters take it pretty easy, jockeying for position, perhaps trying to drop back near the finish, so as to suddenly jump out and get the lead at the "bell lap" or last lap. Usually though, they both start to sprint at the same time when the bell begins to "clang-clang," and then they do fly, about forty-five miles per hour is the rate they make for the last sixth of a mile. The time is always taken for the last eighth of a mile, twelve seconds being considered very fast, but it is made quite often; a few times a season it is made $\frac{1}{5}$ of a second faster, while the record is $\frac{2}{5}$ faster, or $11\frac{3}{5}$ for the $\frac{1}{8}$ mile; nearly twice as fast as the fastest human can run.



Reggie McNamara, the "Iron Man" of the bike game; winner of a dozen six-day races, and a consistent winner on the outdoor tracks.

On the whole the pedal pushers are a husky lot of athletes, larger than the average man and neatly built. Among the big ones are Arthur Spencer, usually over 200 in trained condition; Orlando Piani, Alfred Grenda, Peter Moeskops, Ernest Kaufman and Bob Spears, all tall two-hundred pounders. These men are among the world's greatest sprinters. Grenda is also one of the greatest distance and all-round riders. There are a few riders who are real small, but the average is of middle-weight physique.

Among the sprinters, the greatest ever was Frank L.

Kramer, American born, who retired a few years ago at forty years of age. Kramer was amateur champion in 1899, and "pro" champ 1901 to 1916, 1918, 1921. It was a treat to see him ride. Frank used to compete with the fathers of some of his later rivals. Among the present crop of stars in the sprint game are Bill Spencer, the present champion, who also won in 1922 and 1923; his brother, Arthur Spencer won in 1917, 1920 and 1924; these two brothers came to the states from Toronto, Canada, about twelve years ago. They are now naturalized citizens of the United States. Raymond Eaton, the son of a famous rider of other days, came out on top in 1919. Another Spencer, not related to Art and Bill, won the title in (Continued on Page 64)

A Perfect Figure for Every Woman

Every Feminine Reader, Whether Housewife, Schoolgirl or Businesswoman, If Willing to Devote a Few Moments Daily, May Look Well in Clothes or Bathing Suit

By Elizabeth Hollister



Such charming femininity may be yours, girls, at the price of a few moments daily at the exercises described on these pages. A lovely creature, isn't she?

Fig. B

sunshine and a normal healthy diet; and best of all — the real secret behind it—those few daily stunts known as exercises that keep you looking like a

AS Auntie said the other day, "If girls had worn short skirts when I was young, I wouldn't have had anything to be ashamed of," and, no doubt, many of the girls in grandma's day wished they could display their beautiful forms. We don't believe that the human nature of girls has changed so much; more likely the trend of times just gives us more of a chance to satisfy our vanity. For what harm can there be in our displaying perfectly shaped lower limbs to the gaze of the world? And how much more comfortable it is to wear the light, flimsy things of today, instead of the reams and bolts of cloth the girls were compelled by prudishness to wear in the days of yore.

About the time you read this overcoats and heavy wraps will be a thing of the past, so far as this year is concerned, and the less worn the better. Really, isn't it true that we girls almost wear nothing when the weather gets balmy and that we wish life was just one long motor ride in the breeze of life? And pity the poor girls who want to be in style and must expose their shapeless forms to the world of all-seeing eyes. How about you, sister, are you satisfied that you have nothing to be ashamed of, or do you secretly wish the styles of grandma's days were still in vogue? It is such a pity to think some girls should want to hide themselves under long cloaks on account of being either too fat or too thin, when it is such an easy matter to acquire the perfect proportions every normal girl yearns for. With summer so near at hand, when all the young men and girls who like fun will be going down to the beach for a day of rollicking enjoyment, we well built girls are thankful that we got wise to the benefits of regular, daily exercise, and found out the folly of trying to keep healthy by way of the cosmetic store and beauty parlor. I now know, like thousands of other girls, of the value of fresh air and



school girl after you've forgotten what year you last went to school. Oh, don't laugh, believe me, there are lots of women going around passing as girls just out of school, when it is about time they were sending Junior

Fig. A

and Dolly to learn their A B C's.

You can hardly blame a woman for wanting to keep her age a secret, when she has preserved a slender form and that schoolgirl complexion you hear so much about; why should she want to be confused with the foolish ones who joked about the idea of daily torture. Right here is where you can start in to make yourself young in appearance and actions, if you are starting to show a few more years than you would like to. Or if you are young and can see the value of getting and keeping a form to be envied, then just follow me through these few pages. It won't be long till you are in the perfect form class, and the peachy complexion will then be a matter of course.

The greatest benefit will probably be derived from performing your exercises at night before retiring, as then you can sleep a little more sound, but it is great to stimulate that peppy feeling to do at least a few of the movements when you wake up in the morning. Don't lie in bed, it only tends to make you lazy and spoil your day for you; get up and do a few exercises in front of an open window, breathing the fresh morning air. Perform them in a snappy, peppy manner and then hop out to the bath room and jump into a nice cold tub or shower, just jump in and out, don't stay in; then dry off good and thoroughly and that will be one day, at least, in your life when you never felt tired, not even a wee bit tired all day long; at first you may think you are back in kindergarten, you'll feel so young and care-free.

The best advice anyone can give you, from a health and efficiency standpoint, girls, is to take part regularly in some games or athletic sports. Really, my dear, there is nothing like it for stirring up a sluggish circulation and putting the natural rose bloom of youthful maidenhood on your cheeks. Of course, the water is the best element for the athletically inclined girl or woman, and lots

of fun can be had in the sport of swimming; and if you have a liking for thrills, try diving and you'll get plenty. Then come the two sports where the better half of the human race scintillates and has been giving the men a run for both skill and popularity these past few years—tennis and golf. The full-blooded actively inclined girl with a well developed sense of fair competition can find plenty of chance for the exuberating energies of vivacious womanhood to gain a safe and sane outlet in playing these games. Tennis offers the extreme in activity and strenuousness for the fair sex; that is, when the game is really played as it should be. Golf offers a milder form of exercise with almost an equal amount of benefit and should prove just as interesting.

Then the girl with a little natural ability as an athlete will find an opportunity for friendly contest in track and



Fig. D

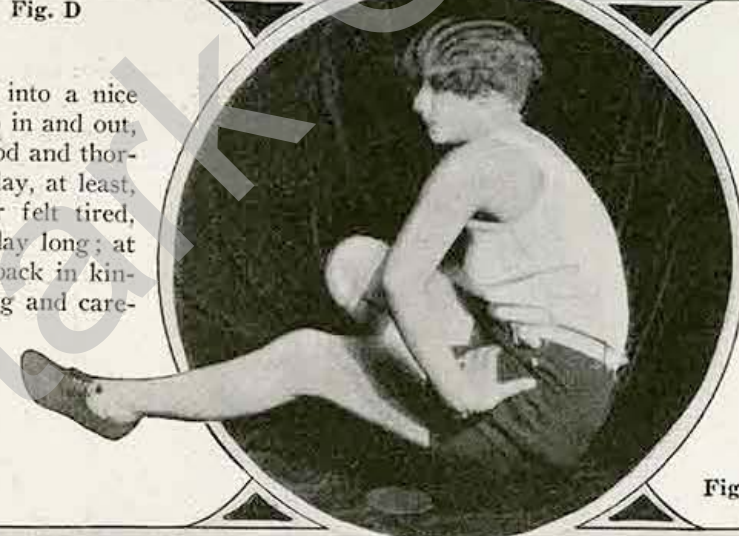


Fig. C

field sports; when properly coached, she may run, jump, hurdle, to her heart's content and enjoy the happy association of other modern girls. Basketball, soccer, field hockey and lacrosse are other sports where we girls have edged in on the stronger sex. My, I nearly forgot

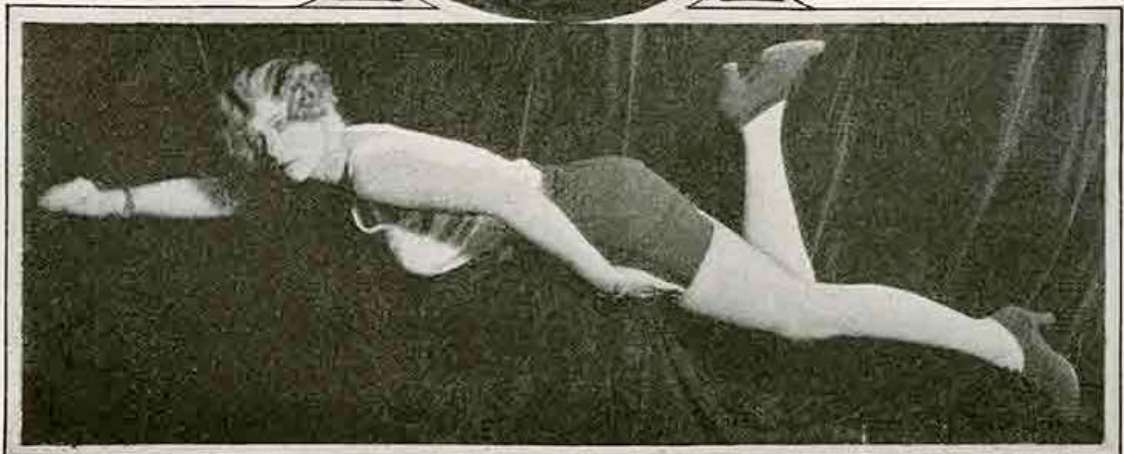


Fig. E

the winter sports, wherein you have a chance to store up energy for the coming summer (too late this year, guess we'll have to wait till next year now to talk about this class of outdoor games), skating, tobogganning, skiing



Fig. H

you to forget such a thing as participating in those rough masculine athletics. My, how they do warn you of the dangers of becoming manlike from doing exercises and of the harm that might follow playing mannish games like tom-boys. But you take it from me, there is no such thing as a girl becoming masculine from exercising her muscles; just simply look in the daily papers or the magazines and peruse the photos of leading golf and tennis players, and then tell me what is mannish looking about those splendid specimens of womanhood. Many of the loud talking pessimists would turn green with envy were they to get a close look at the perfectly formed lady gymnasts, who daily exert themselves as much as a hard working man. Why, they are the loveliest creatures, really you couldn't meet any finer girls; and the girls who swim, well, we all know of the fame given to the bathing beauty, and isn't it well deserved. Who can say that swimmers have mannish physiques? It only goes to show the illogical reasoning of the pink-tea party feminists who would like to see all women of the clinging vine type.

Well, to get back to the main subject of this little chat, the best way to take your exercises is with as little on as you care to wear, and in the privacy of your own boudoir. Suit yourself and be as comfortable as you possibly can.



Fig. F

and snowshoeing. Oh, I realize, dear, that a lot of sour-minded fossils from ancient history (or is it botany) will try to persuade

here girls is a good one for that neat ankle

and calf we all prize so much: Standing with the hands on the hips, raise on the toes, then raise one foot behind you by bending the knee; now hold that position, as shown in Figure A and commence to hop up and down on one foot, keeping on the toes all the while. Hop all around the room as merrily as you can, then change to the other foot and continue till that leg is slightly tired, as the other should have been when you changed position. This exercise can be varied in different ways, for instance, you can swing the free leg while hopping around, or better still, you can make a sort of dance out of it by lively hopping from one foot to the other, meanwhile kicking up in back in a snappy manner.

Exercise No. 2—The next stunt is more like some kind of dance; holding the arms out to the side, raise on the toes. Now try to kick as far back as you can, keeping on the toes of the stationary foot as shown in Figure B. The action is best accomplished by arching the back and bending the head backwards with each kick. It will also help if you swing the arms back somewhat with each upward kick. In this variation of the exercise you are not to bring the foot any further forward than alongside of the stationary foot; by limiting the movement to this backward kick, more benefit is gotten from it. Repeat several times with one leg and then change to the other. For the purpose of variation you may stand on one foot (be sure to keep on the toes) and swing the free leg as far to the front as possible and then as far back as possible, continuing the complete movement back and forward.

Exercise No. 3—By the (Continued on Page 70)

Fresh air is fine, but comfort is a little better, so let the weather and temperature guide you in the matter of ventilation.

Exercise No. 1—Our first little bit of action will be something of value for nice shapely rounded lower limbs;



Fig. G

Girth for the Small Boned Man

The Man of Natural Slight Frame Can, Through Following Correct Methods, Attain Finer Proportions Than the Man of Heavier Frame

By George F. Jowett

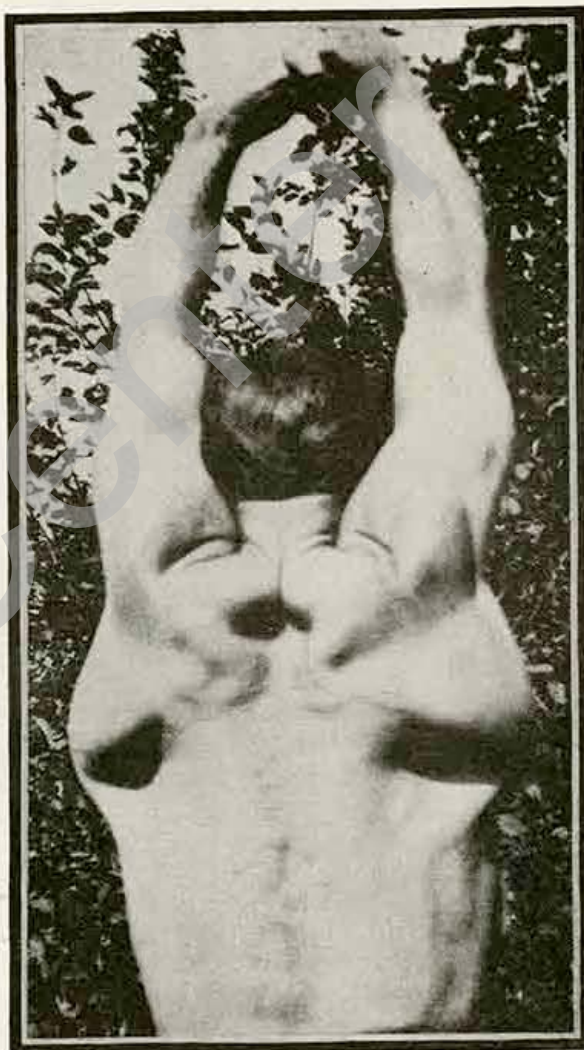
I OFTEN think that there are more fatalists among small boned men than any other class of physical culturists. They seem to be obsessed with their small boned wrist and ankle circumference, and believe that that which is will always be. You can hardly blame them for that, for so many have tried and tried, over and over again, only to meet with failure. Afterwards they naturally remain skeptical to any new or old proposal that they have not tried that is recommended as being good.

I remember a family which contained opposites in physique. The mother was tiny and fine featured, but the father was huge and brawny; a remarkable specimen of manhood. Out of the family of four boys, three took after the father and one after the mother. One day the father became unusually impatient over the small featured boy's lack of strength in some

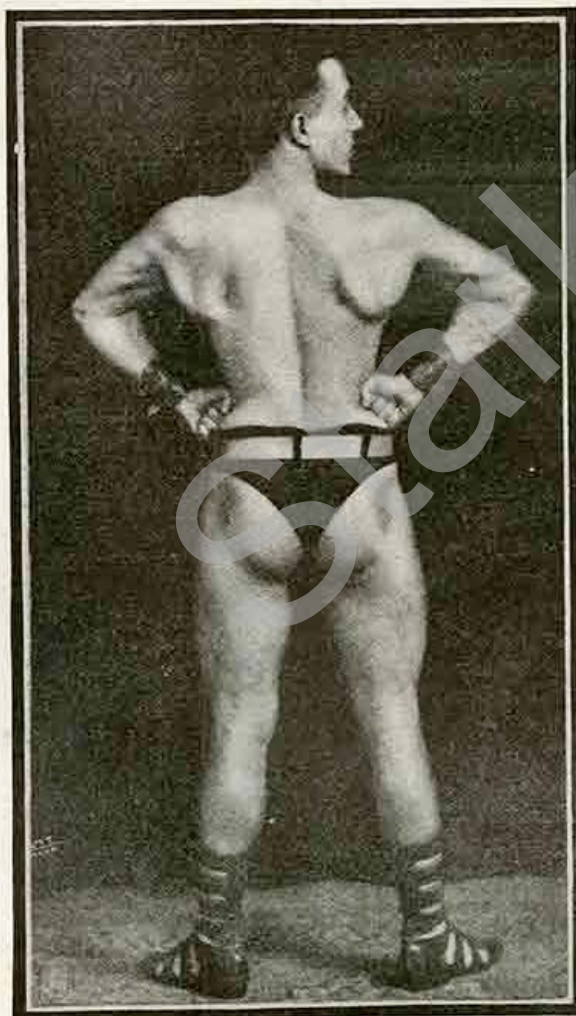
manual work at which he was straining. Without really meaning it the father spoke sharply, and the youngster retorted, "Why father, I cannot help it that I am not strong."

"Perhaps you cannot," the father replied, "but you certainly can try to improve yourself."

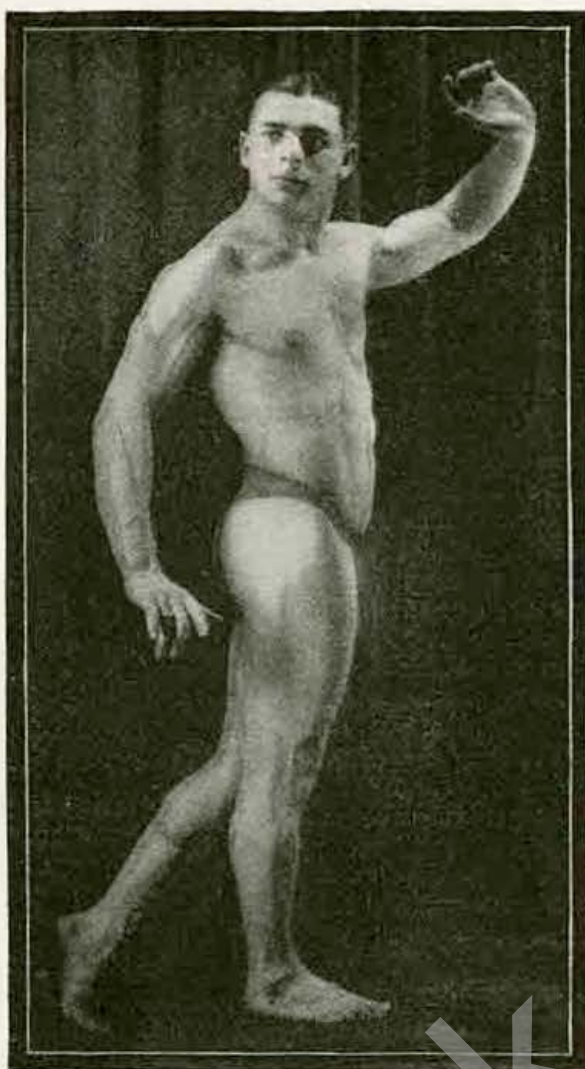
The words were spoken more in impatience than with any special intent to advise, yet the words sunk into the mind of that boy, and the more he thought it over, the more impressed he was with the idea. His deductions finally led him into channels that induced him to try physical training, and the result was that he later became able to teach his sturdy built brothers a lesson in vigor and strength. He did not acquire the huge hams of hands, or the neck like a bull that his father had. Truly his joints thickened, so that his six-inch wrist finally measured seven inches, but his frame filled out, the chest became deep, and the arms and legs were columns of twisted muscle. From a specimen of contempt he became an object of admiration, and no one was more ready to brag about his wonderful powers than were his



Edward Weinhold, - a small boned man, who through persistent exercise has acquired a back and shoulders to be proud of.



Many husky athletes would be proud to possess the proportions of Mr. Batsis who realized that perfection was to be attained only by working for it.



Small bones were no handicap to Siegmund Klein, who exercised to attain one of the most perfect physiques and gained worldwide fame, wide fame.

father and brothers.

For some reason or other, the small boned man has the idea that in order to grow he must fight nature, because nature never ordained him to be other than he was. In the first place that is not true, and in the second place it is impossible to fight nature and get away with it. The main thing as I see it, is the height you have. Naturally the taller man has a better opportunity to become a heavyweight, than the shorter man, but all have an equal possibility of increasing their bodily size. As a rule the short man shows the best results in the shortest length of time, and really looks the part of progress better. The reason for this is that the length of his limbs is shorter, and that compels thickness of muscular girth. The taller man has more territory to cover. It really takes considerable gains for him to show up any visible improvement. A good example of the first case is provided by Arthur Levan, of Reading; Robert Snyder, of Hagerstown, and Siegmund Klein, of New York. These three men are wonderful to gaze upon, and are magnificent specimens of manhood, all of

whom are in the category of small boned men. Of course they are not two hundred pounders, and they never will be, but they are much bigger than they would ordinarily have been. Also there is a possibility that they will become larger than they now are, as they are still in the formative stages, despite the splendid physical spectacle that each one presents.

What all small boned men should bear in mind is, that they naturally have smaller muscles and organs to work on, and that too much must not be expected. Do not become married to a tape measure. If you do your mind will always be filled with seventeen inch biceps, and forty-six inch chests. Size is nice, providing you have the height and weight to back it up, but appearance counts the most. Perhaps you will recall in the last issue I made the statement that if a person has the necessary ingredients within themselves, they will build up to larger proportions than the one who has not. It is this amount of substance within each of us that enables nature to decide who is going to be big and who is going to remain small. Our bodies are like engines of equal horse power. Some always seem to be able to do better than others. No doubt the cause within us is the result of the organs being better able to convert the food we eat into muscle food. Thus is a body supplied with a surplus of manufacturing material. Anyhow we cannot all be heavies, so what is the use of kidding ourselves that we can be, and I do not think all would care to be heavyweights. There is a pretty good standard for us all to work by according to our height, if we are willing to accept them. A man of five feet four does not have to be satisfied with being one hundred and twenty-five pounds, and the taller man has less with which to be satisfied. I have known some men of five feet four to weigh very heavy, but that was because these men had wide clavicles and wide hips and that gave them more space to

build upon. Not always did they have a bone structure over the average, some times they were much under nevertheless perseverance is what counted in their case.

About the only thing that can be said for the big man, is that he starts in with thicker muscle cords, which is generally conducive to big muscles and power. Still there are always compensations; what



It is hard to believe you are not looking at statuary when you gaze upon this splendid pose of Jere Kingsbury, a small featured man who has reached the top rank.

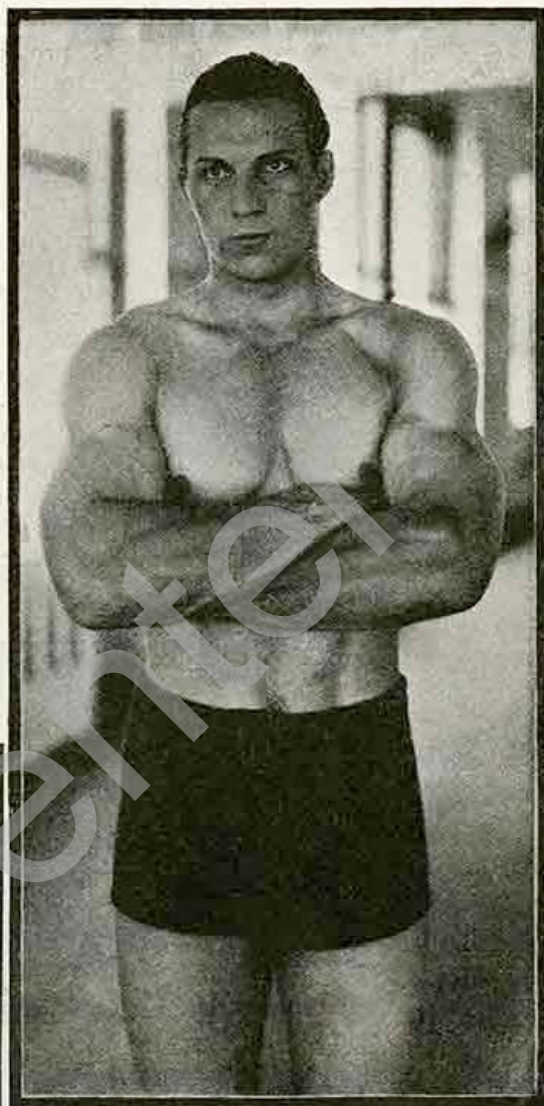
the small man lacks in size he makes up in speed and greater pliancy, but that does not satisfy him. What he wants is *size*, and, generally speaking, he is willing to sacrifice all of his other talents in order to acquire it. Incidentally, it is a natural trait for us to hanker after what we do not have. Some things are hard to get, such as a million dollars, but muscle building comes a little easier. Perhaps some will say "maybe." Well, I contend it is all in the way you go after it. I claim if a man will concentrate on three sectors that he will derive more benefits than if he takes in the entire body. These three groups will do more to increase the muscular growth of the body, that will in turn send up the bodyweight. My selection is the chest, back, and the thighs. These are the three largest parts of the body, and the most easily influenced, because, being so large they can unite to give greater resistance against a satisfactory progressive weight. What I mean by that is, that your field of progression against resistance is broader. Other muscle areas are so limited that it is difficult to notice any appreciable increase no matter how hard you work. Let us suppose that your chest measures normally, thirty-six inches, and after a period of exercise concentrating on the back and chest—as well as the thighs, though we will leave these out for the time being—you find that the latisimus dorsi muscles have spread out and given you at least a gain of two inches. The muscles of the back have thickened so that there is an inch more depth, and the chest

muscles have given you only half an inch muscular depth. We will say that the chest itself has increased two inches, and you will have altogether a normal chest increase of five and a half inches, bringing your chest up from thirty-six inches to forty-one and a half inches. Quite an improvement you will say, no doubt, and an improvement many do not secure, because they do not go about it right.

One part of the body alone has more to do with the change of your physique than you imagine. Just for the sake of an argument, we will say that chest size alone is not so very important when it comes to building a bigger frame. Now do not take this statement too seriously—let us figure out just where each thing belongs.



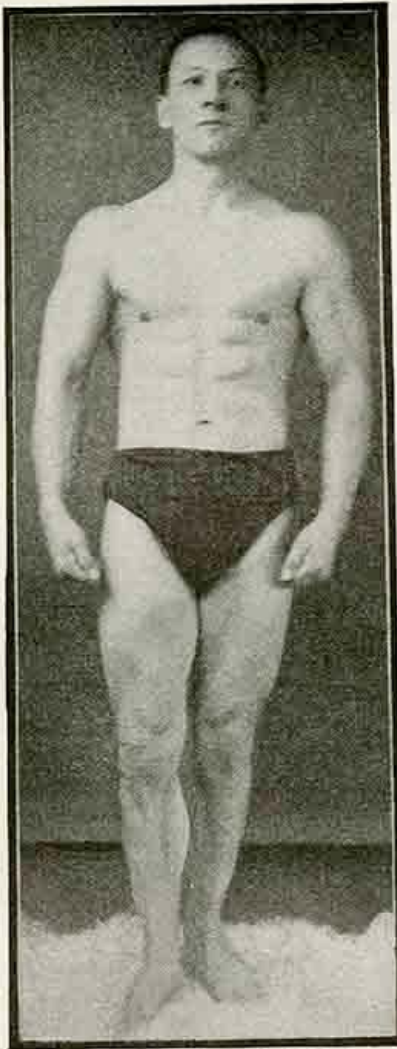
Walter Stratton. When systematic training will produce a build like this, why be discouraged because of your natural frame?



Tom Tyler—the popular movie-actor and weight-lifter, showing muscular proportions even in repose. Exercise brought him fame on the silver screen and the strong-man title.

Suppose you do a great deal of breathing and, with the aid of a few other exercises, increase the chest two inches. Where will that increase be? Now I can safely say that the increase is more apt to be in the squaring up of the chest. This would be caused by the sternum, or breast bone, being lifted up, for one thing, and the costal cartilages becoming stretched and thickened for another. The muscles that fit between the ribs, which are known as the serratus magnus, become stronger, but they do not acquire that thickness which helps to pile up the bodyweight. Therefore, all we find is a squared chest and some stretched cartilage, and I am not overlooking the possibility of the chest muscles becoming better built up during the process, and I am willing to bet that any increase acquired in body weight is not much.

For quite a length of time I carried out an experiment that kept me checking up on this fact, until I became quite satisfied



Emmett Faris started to train a little late in life, but his natural framework, though small, became covered with firm muscular tissue.

made. The answer is easy. The chest itself carries little muscle, relying mostly upon its bony construction for the protection it affords the organs. Any thicker ossification in the rib bone structure is hardly probable, because the ribs are possessed of a peculiar pliancy that other bones do not have. This is meant to absorb any blows, and pressure brought about externally, consequently these bones do not ossify in the same manner as do others. Perhaps all those who have followed my articles will realize now why I say you cannot build up the chest without building up the back. These two parts positively must be worked up together. The only thing about the back is that the average body builder cannot notice the change that is actually taking place, and he is apt to bother less about the development; but here is what actually happens. The shoulder blades are termed weak joints because they are easily dislocated, and for the most part are held in place by the

that I was right. It proved to me conclusively that the regularly adopted method of chest building did little more than give greater space for the lungs and other internal organs. That is, of course, a very valuable acquisition. Still it did not answer the numerous queries I received asking me why the body weight remained about the same, in spite of the change

muscles. The whole wing of the bone is muscularly attached, and under the blades there is a density of muscle thicker than on the top of the blades. Consequently, a greater amount of muscle building goes on underneath. You do not notice it, but it does, and the fact that there is so much density is one reason why a broad heavy back gives greater body weight besides making more room for chest expansion. As the back builds up heavier so will the chest, and the breast muscles are apt to acquire greater size, although too much back spread, without equal chest proportion, is very bad, and the chest will be inclined to cave in at the breast bone as a result.

I do not know whether you have thought of this little plan or not, but it is a pleasing idea I had of checking up on what has been gained in upper body construction. Stand up against the wall, facing it, and hold the arms out level with the shoulders. Place the palms flat against the wall, and have a friend mark with a pencil where the tip of the longest finger ends. If you do this when you commence this special training, you will see quite a difference in ninety days. The best way to check up is to stand up with arms held out in a natural position, make your marks and then spread the shoulders by reaching out with the

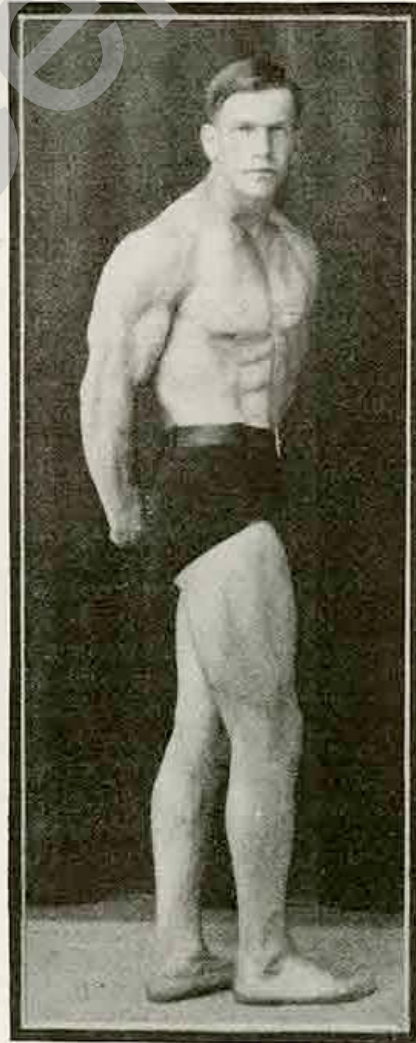
hands and see just what results you have got. The more the latissimus dorsi become developed the greater distance will be registered.

Now you will have a better idea of the checking up system which I gave earlier on in this article, when allotting only two inches of the five and a half chest measurement to the chest only. That is the correct way to get girth. Nothing is left to one part only, and you gain weight by following

(Continued on Page 75)



Art Levan, who commenced training with a small boned man's chances, and now has remarkable physical proportions for his size.



A. Sundberg, now of very rugged appearance, but naturally of the slender type. Consistent exercise brought him the lightweight title at lifting.

Ask the Doctor

Department for Solving Your Health Problems

By Dr. B. M. Middleman

QUESTION: I am a boy sixteen years of age. Have been sick most of my life and have been delayed in my school work and outside work. I am interested in bar bell work and get the *STRENGTH MAGAZINE* every month.

Now I have pimples all over my face and I can assure you that it isn't a pleasant sight. I cannot afford to purchase a complete set of bar bells and would like to know of a cheaper way to build myself up. I would be very glad if you could help me out as I am anxious to build up my body. I also have catarrh in the head and am underweight. Any advice certainly would be appreciated.

F. D., Jersey City, N. J.

ANSWER: For your pimples I would advise you to correct your diet and cut down on sugar, starches and coffee and use a very bland diet consisting of green vegetables, fruit, milk and coarse bread. Also take one tablespoonful of mineral oil every night before retiring. Drink plenty of water between meals. Frequent general baths followed by a rub down with a coarse towel are also beneficial. Be sure that your teeth, tonsils and nose are all right. Bathe the affected parts with water as hot as you can stand, then open the pus-filled pimples with a sterilized needle. Apply the following healing lotion twice a day:

Milk of Sulphur
Water
Alcohol—equal parts.

to which may be added one-tenth part of gum mucilage. If there is much irritation apply Benzoated Oxide of Zinc Ointment. Take plenty of exercise daily—to the extent of causing perspiration.

In regards to your nasal catarrh would say that you could do nothing better than spray the nose very gently at night and morning with a solution of

Camphor, 3 grains.
Menthol, 3 grains.
Albolene, 1 ounce.

If the above spray does not give you relief then try making a tampon by twisting layers of cotton about a wooden tooth pick until it is about the size of a cigarette, allowing the cotton to project about one-quarter of an inch over the pick so as to protect the tissues. Dip this in a ten percent solution of Argyrol; hold

your head level and push the tampon straight back, keeping it horizontal. Apply to both nostrils and leave in place for half an hour, catching the black discharge on cotton or gauze. Then remove the tampons and blow the nose. Spray the nostrils with above solution. This treatment should be repeated at least two or three times a week. Should the above treatment not prove effective then I would advise you to see a nose and throat specialist.

Now with regards to exercises to build your body up would say that you will find numerous exercises in the *STRENGTH MAGAZINE* each month that will greatly help you.

The following is a diet which will help you to increase in weight:

Fruits—Dates, figs, raisins, bananas.

Vegetables—Beets, sweet potatoes, peas, lentils, beans, potatoes, carrots, parsnips, corn, squash, cauliflower, creamed onions.

Grains—All starchy foods. Bread, cake, rice, macaroni, tapioca, spaghetti, noodles, hominy, bran, grits, etc.

Salads—Potato salad, beet salad, with olive oil dressing.

Soups—Bean, pea; thick, creamy soups.

Fish—Clams, oysters, lobster, shrimp, salmon, crabs.

Meats—Bacon, ham, pork, veal, fat beef, sausage, mutton, duck, goose, salmon, eggs.

Desserts—Puddings, pastry, cake, preserves, ice cream, candy, nuts, cheese and crackers.

Drinks—Milk, cream, coffee or tea with half cream, chocolate, cocoa, malted milk.

QUESTION: Can you give me a little advice on skin irritations. I am bothered with a rash or eczema. There are red spots on my skin that are itchy. They appear on my face, hands and other parts of my body. This rash comes in the spring or summer and seems to last only a few days. I would very much appreciate any advice you can give me.

G. K. Hamtramck, Mich.

ANSWER: For the rash or eczema which appears on your body I would advise you to try the following:

Sulphur precipitate, 2 oz.
Zinc oxide, 1 oz.
Icthyolis, ½ dram.
Menthol, 30 grains.
Petrolati, 4 oz.

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. Middleman 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. Middleman the "Strength" readers have successfully obtained better health and strength. Dr. Middleman 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.

Mix and rub in thoroughly each night after washing the body with some germicidal soap or sulphur soap.

Greasy foods and sweets as well as fruit and pastry in any form should be forbidden for a time.

QUESTION: I would appreciate some advice on the following. I am a girl twenty-three years of age and have what the doctors call psoriasis. My whole body is almost covered with scales. When the scales fall off at first the surface is pink then it gets very red and sometimes bleeds. The scales are very dry and look like mother of pearl. I have been to quite a few doctors and took X-Ray treatments for six months. That treatment only cured me for a few weeks. I have had this skin trouble since I was sixteen years of age, and at that age I had a great deal of trouble with my right ear. I have had blood test after blood test taken and there is nothing in my blood.

I have had hard places in my neck as large as a marble, and if I take cold they get very sore. The doctors call that enlarged glands, but nothing seems to make them normal, and I have been under a doctor's care for seven years.

About six months ago I went to a chiropractor and he took an X-Ray of my neck and ears. He tells me I have a lowered bone in my neck that is pressing on the main nerve of my skin, which is the cause of all the trouble. He said he could cure me in six months and I have been taking adjustments in both spine and neck for five months and a half and it is not any better than it was when I started. It is getting very painful. I use olive oil to soften, and have used Cuticura Ointment which gives me more relief than anything else. I also take a bath in very hot water once or twice a day.

Is there any cure? Is psoriasis contagious? I can assure you I would appreciate any suggestions you may give me.
B. N., Ohio.

ANSWER: Psoriasis is an almost intractable disease, disappearing for a while, then reappearing.

Have you really consulted a good skin specialist instead of ordinary practitioners? The following bath is a good remedy in extensive cases. The patient anoints the body with tar ointment such as the following:

Ung picis, 2 drams.
Adipis, 1 oz.

He or she then steps into a warm bath in which they remain for a half hour. Internally try the following which may do good both to the glands of neck and to the psoriasis condition:

Liq. potassii arsenitis, 2 drams.
Olei morrhuae, 4 oz.
Syrupi ferri iodidi, 1 dram.
Acaciae, 1 oz.
Aquae, q.s. 8 oz.

Make emulsion. Take one or two teaspoonfuls after meals followed by a glass of water.

Have your teeth examined and the tonsils also to determine whether swollen glands are due to local infection.

If tar ointment and bathing is too dirty try the following ointment:

Acid salicylic, 20 grams.
Petrolati, 1 oz.

Use night and morning.

Finally, if this fails, try using thyroid extract carefully, watching signs of intoxication such as rapid pulse, shortness of breath, dizziness and palpitation. Start with one grain daily, gradually increase to one grain three times a day and so on if possible till three grains, three times a day are taken. Stop if drug is not tolerated.

QUESTION: I am a young man, age twenty-eight, and am clean living, do not smoke or drink. Will you please help me by advising me how to treat my condition. For the last four years I have worked inside and got into an exhausted

rundown condition through this confinement. I was unable to find work outside at that time and could not leave home to find work outside as I had to support my mother. I took long walks at night and did lots of exercising but the confinement kept me in an exhausted rundown condition. I saw two doctors and they both said that I needed a good tonic. They gave me a small bottle of iron and the dose was one teaspoonful in a little water before meals. This tonic lasted for one week but it did no good. Then they told me to stay outside all I could. My mother is dead now and I am alone and for the last eight months I have been working outside, doing light laboring work, getting the fresh air, and a liberal amount of exercise and plenty of sleep. The following is my condition:

I am exhausted and rundown. I sleep good and always did. My appetite is lost and has been for the last two years. I live by forced eating, which is unnatural. There is no stimulation. My vitality is poor. My ambition is poor. My bowels move slowly and scantily. My circulation is poor. My stomach is not functioning properly.

If I stuff a big meal into my stomach the food decomposes there and causes bad breath. I have no pains or aches, but I am in a stagnant sluggish condition. I have tried beef, iron and wine, but get no signs of results. My body is soft muscularly. Now I think if I could get my appetite I would gain the rest quickly.

I think I should have some medicine or a good tonic to gain my appetite, but I am at a loss to know just what I need and how to treat my condition. I will appreciate any advice that you give me.

W. H., New York.

ANSWER: It may be possible that you have a condition of the stomach called Achylia Gastrica, in which there is a deficiency, or absence of normal hydrochloric acid of the stomach, because those who have excess hydrochloric acid in the stomach generally have to feed often to allay hunger pains.

Try anywhere from ten to thirty drops of diluted Hydrochloric Acid in a glass of water before or with meals; sweeten with a little sugar if too sour. This is to be sipped as you eat the food. Start with ten drops and work up to 30 drops, three times a day.

One hour after meals take Pancreatin Compound Tablets, which are composed of Extract of Nux Vomica, Pancreatin and Takadiastase and made by Park-Davis and Company.

Let us hear from you if there is no improvement in appetite after one month's trial.

QUESTION: I buy STRENGTH magazine because of the health column edited by you, as I find this column very helpful and interesting. There are a few questions I want to ask you, and I feel sure you can help me.

I have done hard work on the railroad for a man of my height and weight, and to insure my health I gave up my job and am now exercising horses, which work I like very much. I am inclined to worry, just before mounting a horse, that I may get hurt, even though I have confidence that I shall not be thrown off. There is a sickly, dizzy nervousness which grips me and I can hardly talk I shake so. Then sometimes it seems to get to my head and I have a feeling of losing consciousness. After I have exercised the horse and dismount, I feel perfect. How is this? I can't understand it. Do you think I am suffering with neuro-circulatory asthenia? I think so, because over-exertion causes palpitation of the heart, dizziness and shortness of breath. I become nervously weak and perspire until I have a feeling of fainting. Can you advise me as to how to cure the above ailment?

I am twenty-one years old, 4 feet 11 inches tall and weigh 102 pounds. What should I weigh? How can I reduce this weight down to 95 pounds without injuring my health? The work I do doesn't require much physical exertion as you can figure. At times I become greedy and eat plenty. Will you prescribe a diet for me?

I can't understand my eyes. Five other boys saw a big clock on a tower at a certain dis- (Continued on Page 73)

Why Get Spring Fever?

Usually, the Individual Who Gets That Tired Out Feeling Known as "The Springs", Never Does Anything to Really Get Tired Out

By Mike Drummond

AH, spring is here, with its winds, showers, robins, and that doggoned lazy feeling. When a nice balmy day comes along, how the deuce are we going to resist the temptation to lie down on the job? It's darned hard to do, we know, but it can be done; it's all a matter of discipline and physical adjustment. Maybe you have figured it out, and come to the conclusion that "spring fever" is more of a mental condition. With that we agree, but a certain physical lassitude induces the mental condition; all winter you have been used to keeping warm when the weather was cold, and you are up against a condition something like an eskimo visiting our clime. Your physical barometer is adjusted to frigid temperatures and you find yourself trying to work in a semi-tropical atmosphere. Then another reason is that a countless number of individuals try to keep on their winter underwear for fear of "catching cold," and how the deuce can they expect to have any ambition then?

Notice, however, that the spring is the time when the athletic portion of the population starts out to do big things, so there you have it; mostly a matter of non-athletic persons having spring fever, while the athletically inclined are hardly bothered by the thoughts of it. Baseball players must get out in the spring and prepare for a season of batting averages, and fielding errors; to be overcome by a lazy feeling would mean heavy financial losses to the ball tossers. Track men come out in the sunshine to chase father time around the cinder path in an attempt to run him into the ground: if sprinters got "the springs," you wouldn't be reading of the winged-footed sons of mercury clipping the record time closer to nothing. You don't notice the "pugs" going on a vacation at the time of the year when the office clerk stays away from his job for a day and he wishes he were a millionaire so he could take it easy for life. Instead, the boys of the cauliflower ear fraternity start working harder than ever for the big purses of the outdoor arenas. You should

go to see the bare-kneed soccer players booting the ball on one of those warm spring days; they have been used to exertion out-of-doors all through the zero weather, but still they keep going on the warm days when the spectators daren't move for fear of over-exertion.

If you have been following me, by this time you have probably solved the problem. Become accustomed to exertion and there won't be any such thing as "spring fever"; but still you must pay some attention to a few

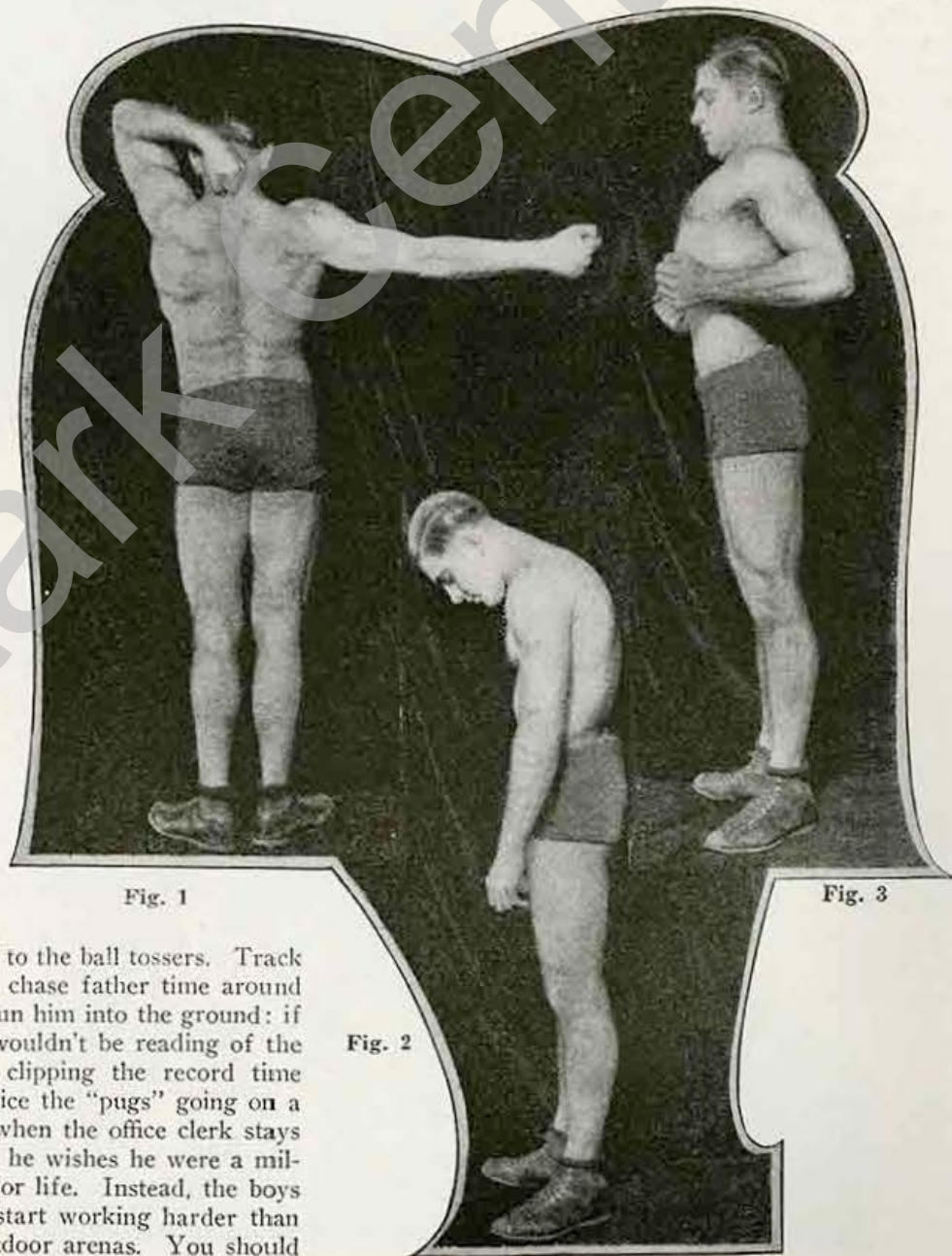


Fig. 1

Fig. 2

Fig. 3

other rules of life, such as diet, bathing, and clothing.

What we are about to say won't mean so awfully much to the fellow who has kept up his training faithfully all winter, for he will welcome the spring as a time when he really feels like doing something. The man who has been slack at his exercises or hasn't done anything more strenuous all through the cold season than shovel snow a couple of times, if he has done that much, you will find him the typical short winded, "dasn't" run upstairs, couldn't catch a car sort of a guy, (you'd wonder how he ever catches a cold); he seems so self-contented though, but every now and then, one of these birds gets wise and considers, more or less seriously, taking some course in physical culture. He is the reason why physical culture professors get rich, as this class of citizen buys one course and system after another, and gives none of them more than a desultory trial of a day now and then. If you are in this class please don't imagine you are maligned, but face the facts as they are and resolve to shake out of the lethargy and get the blood circulating through your veins as nature intended it should. Start right in tomorrow morning—no, make the first move tonight by going to bed kind of early; set the alarm an hour or so earlier; if you don't set the clock to ring, your good resolves will go flying; soon as you come out of your last dream, jump up and shut off the alarm (caution: to insure getting up you had better put the clock on the other side of the room); now you are ready to go: perform in a snappy manner about six or eight free hand exercises, such as you will find in this magazine any month; then put on some old clothes and go out doors for a brisk walk, or if you live near a park or other open space, jaunt along at an easy pace for about a mile. Turn back to the house, discard the old perspired clothes and take a quick cold shower or tepid sponge bath; don't linger in the water, make it snappy, then use a coarse towel to dry, but do more than just wipe off the water, give yourself a friction bath by rubbing all over. This will make your skin glow. You can eat a good breakfast and feel fit for the day. Somehow or other you will wonder why the day goes so quickly and you accomplish so much work with so little ease. At noon, eat a light

lunch such as a salad, light sandwich, and fresh fruit; there is nothing so conducive to that drowsy feeling in the afternoon, than eating a big lunch or heavy meal at noon-time; by eating only fruit, or very little else, you will go through the afternoon with a zest and a wide-awake feeling previously unknown to you.

When the weather commences to get warmer, throw off the heavy underwear and put on the light summer

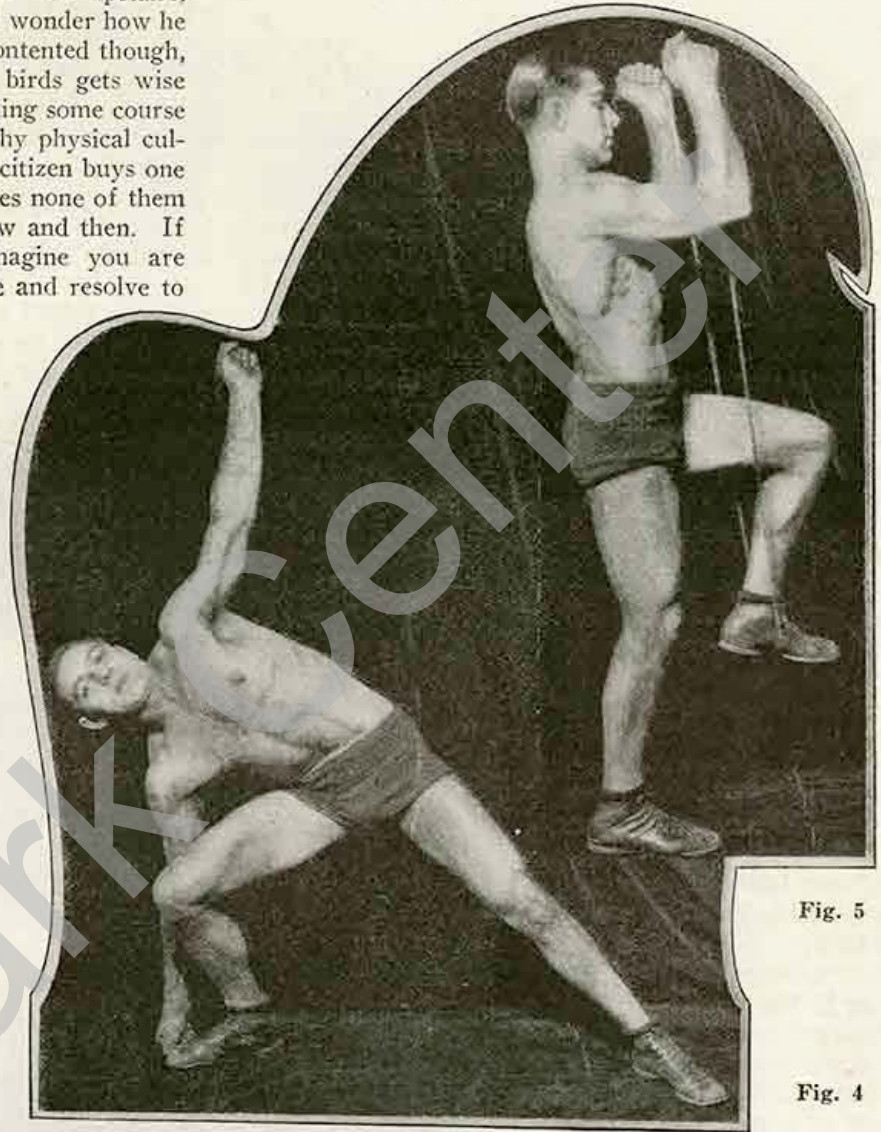


Fig. 5

Fig. 4

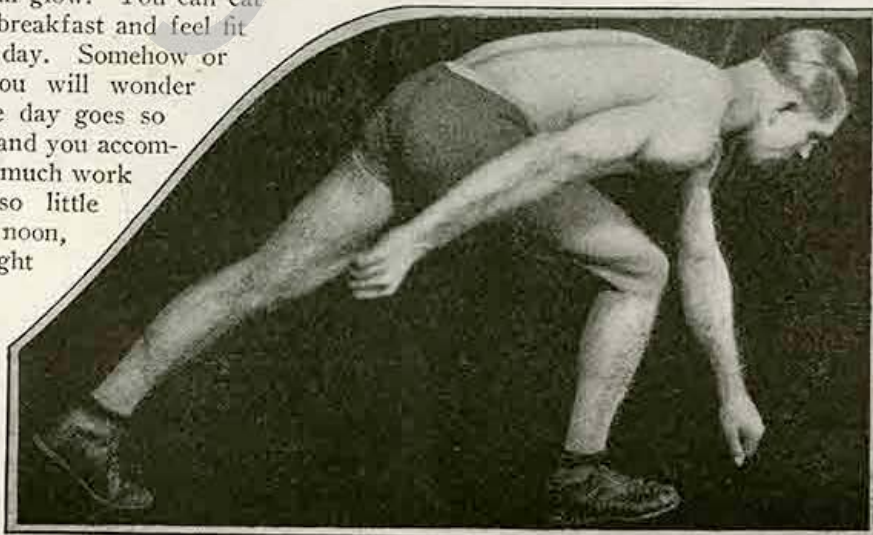


Fig. 6

variety. Of course this applies to the average citizen, as I know there are many men who wear summer weight union-suits the year around, and also I am acquainted with a few of the rough and ready type who wear none at all, the year round.

For comfort wear as few clothes as you can and take that old collar and tie off when you get that "hot under the collar feeling."

As to diet—in the winter you've no doubt been eating por- (Continued on Page 80)



American Continental Weight Lifters' Association Notes

By John Bradford

NO followers of sport looked forward with more eager anticipation to a coming event than the followers of Ironia did to March the 5th. That night was to see the first clash in which an American Continental Title was involved. A fine crowd assembled at the Philadelphia Academy of Physical Training for the occasion, but to our regret the affair was a great disappointment to us all, but I will speak of that as I come to a certain turn on the program.

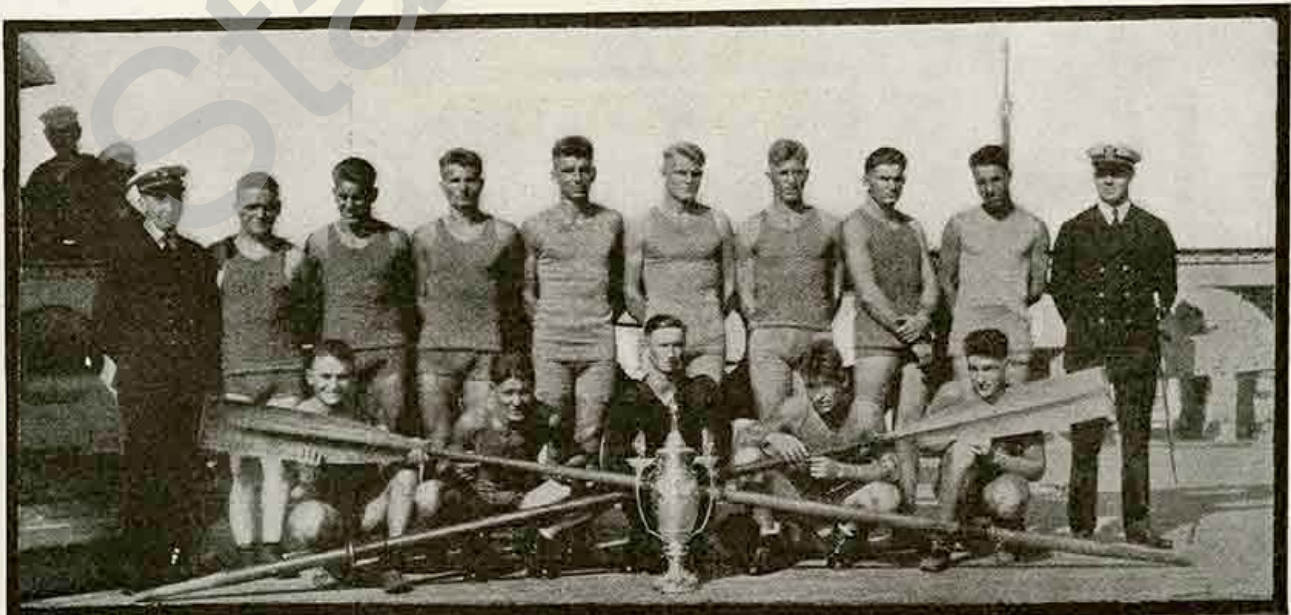
The show was opened by Anthony Pellicotti with a contribution of muscle posing that was really fine. Pellicotti gets better and better all of the time, and is building up into a very sturdy looking man. After he had given his turn, he teamed with his old partner, Frank Dennis, in a mixed act that consisted of tumbling and lifting weights.

After Frank Dennis had regained his health, Pellicotti and he started in the sport together. They gave their first exhibition together, and although business and one thing and another parted them for a time, they never gave up the sport that they loved. Consequently, it was nice to see them drift back together into their old act for the sake of their old associations. Their stunts were all good and skillfully performed. Dennis was the first to swing into lifting, first performing a Back Press of

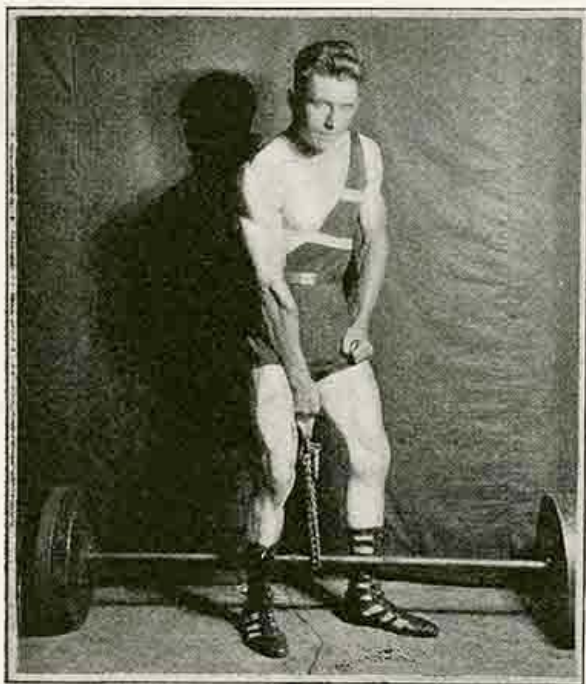
two hundred and fifty-five pounds, which he followed with a Wrestler's Bridge of two hundred and fifty pounds, only five pounds below his world's record performance. Pellicotti tried to do two hundred and twelve pounds in the Two Hands Anyhow, using one hundred and seventy pounds in the right hand, and forty-two pounds in the left hand. He was entirely out of luck, and had no success on any trial.

The next turn brought out the Andros Brothers, pupils of the famous Paulinetti. They kept the crowd delighted for about fifteen minutes with their clever exhibition of the technique of balance. Each stunt was skillfully trimmed off with a tumbling trick that carried a smack of the old master.

Next came the grand old man of gymnasts, Professor Paulinetti, who has not performed for quite a while, but never fails to attend a show. He went through the various stages of head and hand balancing, from the learner's stuff to the difficult feats of the master athlete. His planches are still wonderful and every movement graceful and finished. Everybody was glad to see the professor back on the job, who, incidentally, is one of America's oldest iron men. His One Arm Curl record of seventy-nine pounds at a body weight of one hundred and ten pounds, still stands. He performed this feat way back in the days of Dr. Winship and Dick Pennell,



Bruce Williams (next to the officer from the left) is a sturdy member of this naval rowing team which won first honors at Los Angeles, Cal., last summer. He is also a member of our Association and by merit of his fine athletic ability reflects great credit upon it.



Andy Skrodinsky, of Patton, Pa., making a one finger lift.

about whom Mr. Jowett has spoken so much of in his recent book, *The Strongest Man that Ever Lived*. That record was made before the great Louis Cyr was made famous. Naturally the dean of acrobatics received a glad welcome and a big hand.

Nick Cippolini, at one hundred and twelve pounds, came next with an exhibition on the Two Hands Military Press, and the Two Hands Dead Lift. On the first lift he succeeded with one hundred and ten pounds and on the second lift he scored a new American Amateur Record in his class with three hundred pounds. Then Archie Allaire went through three lifts. At a body weight of one hundred and sixty-eight pounds, he performed one hundred and nine and a half pounds in the Right Hand Military Press, and one hundred and ninety pounds in the Two Hands Military Press, finishing up with a Bent Press of two hundred pounds. Allaire is a powerful boy and looks the part. His biggest trouble is that he lacks confidence in himself to meet others in competition. In time we hope his embarrassment to perform before an audience will pass away, and then the heavy middleweights will have to look out for their laurels.

A match at catch weights was next announced between D. Canova, at one hundred and nineteen pounds, and Art Levan, at one hundred and twenty-four pounds. They chose the old five Olympic Lifts, the One Hand

Snatch, One Hand Clean and Jerk, Two Hands Slow Press, Two Hands Snatch and the Two Hands Clean and Jerk. Conova lifted in the order named, one hundred pounds, one hundred and twenty pounds, one hundred and forty pounds, one hundred and thirty-five pounds and one hundred and eighty-five pounds, total, six hundred and eighty pounds. Levan did not have to extend himself in order to win, and made the following poundages in the same order of lifts, one hundred and twenty pounds, one hundred and twenty pounds, one hundred and forty-five pounds, one hundred and fifty-five pounds and one hundred and eighty-five pounds, total, seven hundred and twenty-five pounds. Both boys lifted splendidly. Every lift was a picture, particularly can this be said for Levan, who is very classic in his style.

The semi wind-up was supplied by our old favorite from Baltimore, Albert Manger, who stripped on this occasion at one hundred and eighty-seven pounds. In his first attempt he created a new American Continental Record in the Two Hands Slow Curl, by beating the old mark set up by Al. Martin, of Los Angeles, at one hundred and fifty-six and a half pounds. Manger did one hundred and sixty pounds. In the Rectangular Fix he also created an American record with one hundred and twenty-five pounds. For his final lift he performed a Two Hands Clean and Jerk, with two hundred and seventy pounds. That performance turned Gratton's eyes green with envy.

Everything now was made ready for the wind-up, which originally was intended as a contest between Donald Mitchell of Easthampton, Mass., and Adlard Gratton, of Montreal, Canada, for the Heavy Middleweight Championship of the American Continent. This match was slated for February 5th, but Mitchell sustained an accident and wrote he could not come. We immediately notified Gratton that the bout was postponed to March 5th. At the last Mitchell



Edward Weinhold, of Reading, Pa., getting a kick out of a two arm curl.

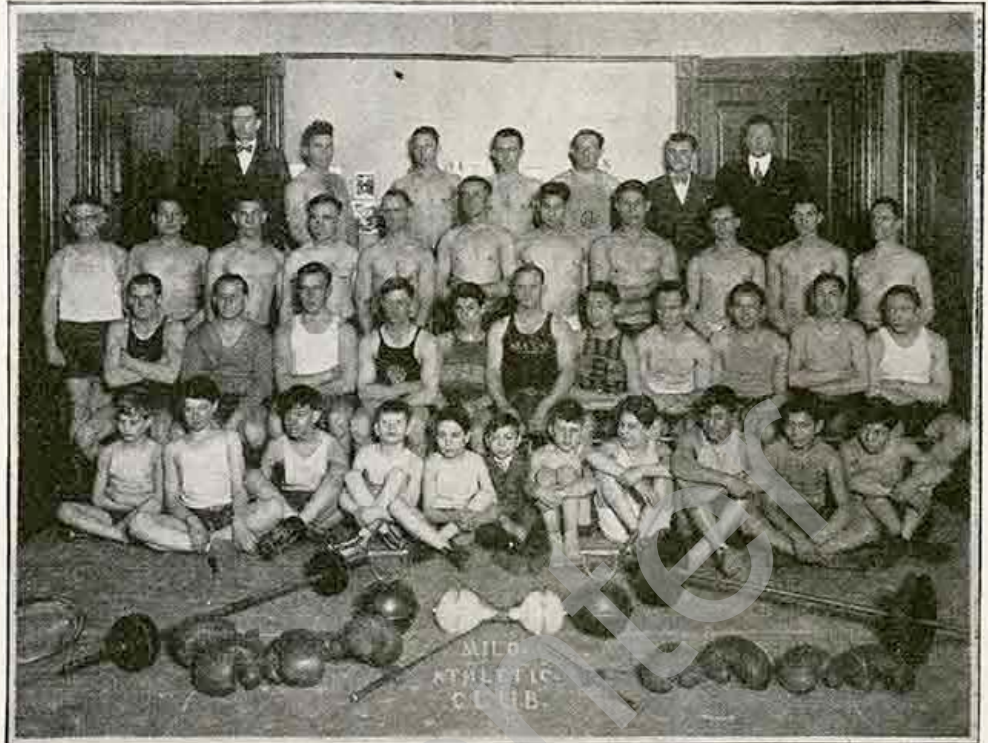
made a big effort and appeared, but it was too late to bring on Gratton. However, Mitchell signified his willingness to meet Manger, who was present, and a match was made at catch weights. Mitchell

Rumolt Szewczyk, a member of the Easthampton, Mass. Weight Lifting Club who has won the distinction of two honors for iron snatching.

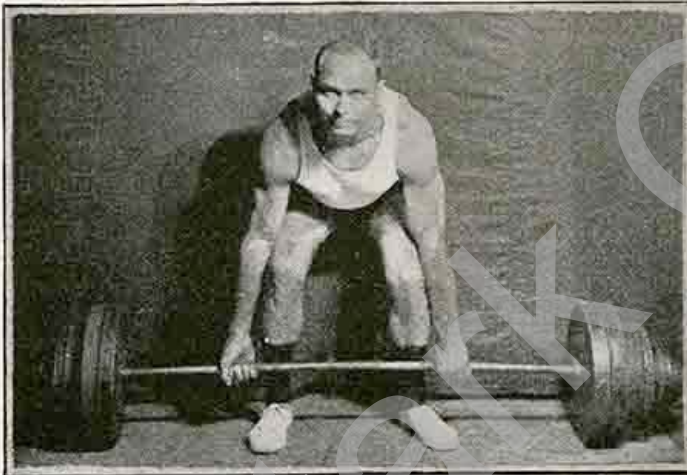


was unfortunate, and hurt his back some more when he slipped on the floor with the weight. He tried hard to overcome his handicap, for his heart was set on this match. At the last minute he sent word it was impossible for him to lift on March 5th. We hoped up to the last he would come, and as the hour drew near for the contest, we realized that our favorite heavy middleweight champion would not appear. The only one who has reason to be glad for the non-appearance of Mitchell, is Gratton, for the Easthampton boy would have hopelessly outclassed the Canadian even if he had been in no better shape than he was.

We were greatly disap-



The Milo Athletic Club, of Williamsport, Pa., present an imposing group. This club has risen very rapidly in both numbers and popularity since its inception.



Emil Pearson, of Cambridge, Mass., our crack two hands dead lifting champion, snapped as he was practicing with 510 lbs.

pointed in Gratton. He did not show the same spirit that had made the other Canadian performers for the A. C. W. L. A. in Philadelphia, New York and Jersey City so greatly admired and appreciated. He positively refused to meet Manger at catch weights as Mitchell had done, and he also refused to lift under the recognized American ruling of lifting. This was a shock to us, and it was the first time any lifter from another country had refused to lift under the recognized ruling of the A. C. W. L. A. or the A. A. U. As a matter of fact all the Canadian lifters have lifted in our style. Gratton demanded the ruling of the International Federation, and simply because we had spent money to bring him here, and to avoid an unpleasant scene, as Gratton was getting very excitable, the ruling was granted to him; something which I doubt any other country would have allowed one of our boys to do under the circumstances. The lifting was horrible, entirely different to anything we have ever seen or want to see again. We are glad it was so. It gave us a better idea of what President

Jowett has so often said when explaining how some foreign lifters raise such heavy weights. Our president told Gratton he did not believe that the Canadians lift in that manner, and we have sufficient proof of it, by the other boys we have seen. Every lift was a violation of the International Federation Ruling.

If Gratton had lifted under the A. C. W. L. A. ruling, he could have claimed the Continental Title by default from Mitchell. We were even willing to consider it under International ruling, but the violation was so apparent that the board of directors, sponsored by our president, refused to allow it as an official contest.

Gratton refused to meet the substitute, Manger, which was perfectly all right, as we agree he was too heavy—but if Gratton had he would have won more than he could have lost—we had to find another. None was there but Dennis, and he was pretty tired from the part he had already played in the performance, but he agreed to do his best. He only divested himself of his shirt, and lifted with his shoes and other clothes on. Dennis won the toss, but he gave Gratton the privilege of selecting the first lift, which choice fell on the Two Hands Press. Dennis performed with one hundred and eighty pounds in perfect style, and Gratton finished with one hundred and ninety-five pounds. It was a terrible lift. In the first place he started with the weight held too high and with the knees bent, and he rocked and twisted his body and moved his feet before he got it to arms' length. At the finish he stood with feet apart. The second lift was the Two Hands Snatch and was worse than the first. Gratton finished with one hundred and eighty pounds. He only pulled it to the height of his head, then pressed it out, and he also stopped while the lift was in process. It was a horrible lift, and everybody cried out in disgust. (Continued on Page 62)

What Will Tunney Do?

Looking Back at Some Past Champions
May Give Us an Idea

By William Boone

THE recent crowning of a new champion, as a result of Tunney's effective onslaught on Dempsey's title, raises a question in the minds of many boxing fans. They are interested in what his attitude to the public will be and how willingly he will defend his title.

This present era of high pressure finance, which the boxing game is in the midst of, has a tendency to cut down on the number of championship fights and thus minimize the number of chances for other boxers to compete for the championship. The purses have been getting higher and higher; for this, no doubt, Tex Rickard & Co. are to be credited or blamed.

The boxers themselves have taken advantage of the trend of the time and are demanding as large purses as they can get. Of course the old adage that "every man has a right to his hire" is applicable here but the

idea is on the verge of being overworked. Let us hope for the future of the game that the boxers will not "kill the goose that lays the golden egg."

What Tunney will do is undoubtedly a question that thousands of followers of boxing are asking themselves. This is a question that can only be answered

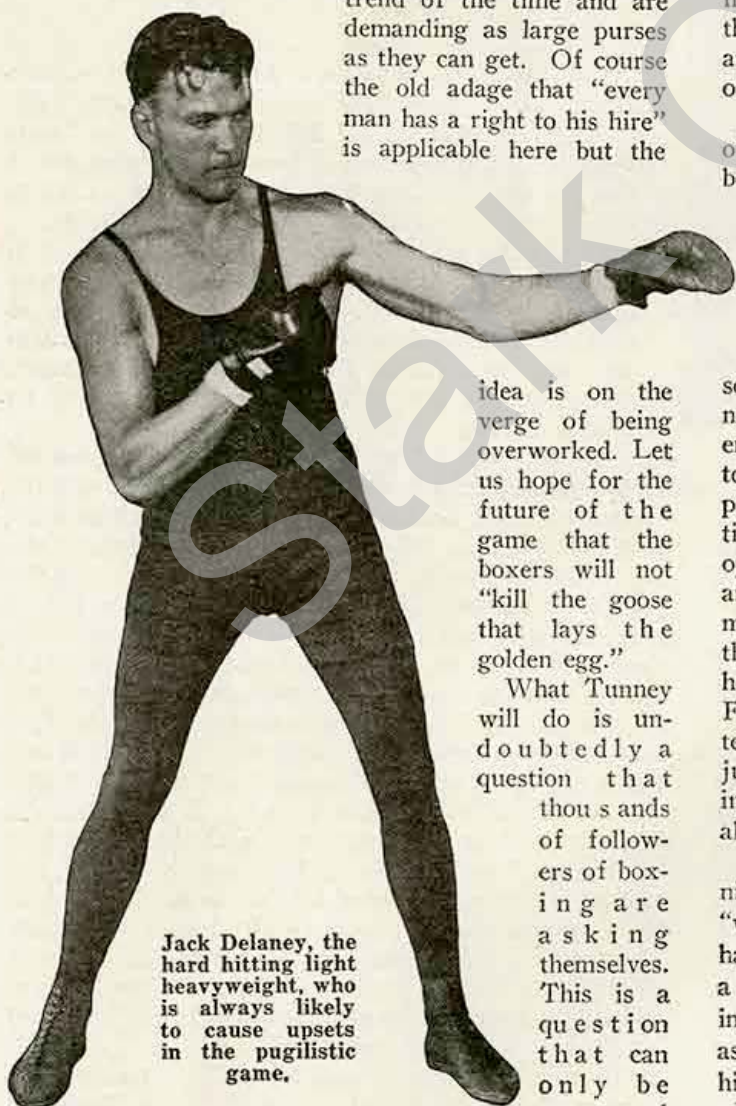
with certainty in the future. Of course we can form opinions by judging present circumstances and studying the past, but even this is really inadequate so far as arriving at an absolute sure conclusion is concerned.

What the champions in the past have done has no bearing on Tunney, aside from any little influence resulting from a regard that Tunney may or may not have for some champion of the past. Tunney appears to be a man of ideals and ideals are shapers of destiny. Dempsey is said to have been a great admirer of the original Dempsey, the nonpareil. In fact that is supposed to be the reason that he adopted "Dempsey" as his professional name. Many of us may argue that Jack's ring career during his championship was very unlike the ring history of the original Dempsey, yet the fact remains that he took his name from the first notable of that name and that his predecessors, undoubtedly, left some effect on the late champion.

Tunney, so far as boxers go, may be considered a man of many parts. Some, possibly we should say many, boxers have been boxers only, with small ability and less inclination for other things. We are led to believe that Tunney is vastly different. From all indications, he appears to be a very exemplary young man with some inclination for things "high-brow" and a man of some intellectual attainment.

The new champion will probably run true to form, insofar as expecting his share of the high purses that are now possible for him. We believe that he is intelligent enough to make the most of his possibilities. His climb to the top of the pugilistic ladder shows that he has some perseverance. The climb was made under some difficulties. He had a physical handicap and a bit of public opinion against him. For a long time he lacked weight and this created considerable public opinion against matching him for the championship. We all know that there was a general opinion among the boxing fans that he was too small to weather the storm against Dempsey. For was not Dempsey a giant-killer? Had he not battered down the giant Willard? We fans are too apt to judge by superficial appearances. We took the giant killing idea too seriously, not realizing that giants are not always the hardest thing to annihilate.

Tunney increased his weight, made himself a recognized contender and proved that a lot of the supposedly "wise guys" were decidedly wrong. Tunney, apparently, had sense enough to realize just what was required from a championship contender and governed himself accordingly. If he is as successful in his championship career as he was in winning over the boxing public and making himself a popular contender, he will be one of the most popular champions in the history of the fistic game.



Jack Delaney, the hard hitting light heavyweight, who is always likely to cause upsets in the pugilistic game.



Kid Kaplan, featherweight, who held the title but relinquished it.

Just how Tunney's championship career will be run is a matter of the future. How his activities as a champion will compare with his work as a contender is difficult to judge. Will he fight often or will he hold out for prohibitive purses? Will he soon tire of the championship and shift his activities to some other field?

We can possibly get some idea about what Tunney may

do from a little study of previous title holders. Of course the trend of the times is vastly different now to what it was in the early stages of the game, but there are some points in common. Some of the requirements of the present day are similar to those of the past. Boxing has mental requirements as well as physical. The game is more favorable to the motive type of temperament. Champions of the past have varied in their temperament just as men in other vocations vary in the prime requirements of their chosen professions. The fact remains, however, that boxing predisposes to the motive temperament.

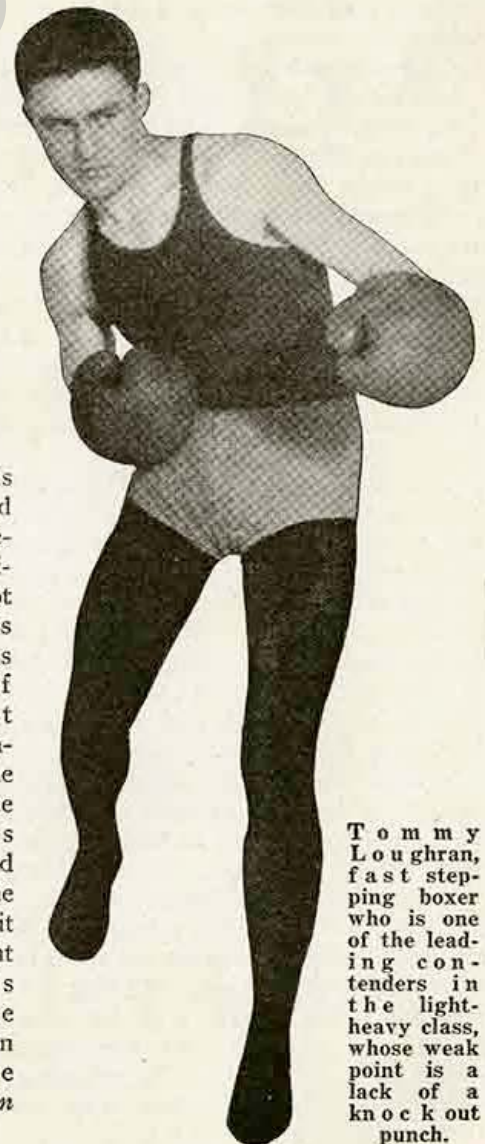
Some boxers have the natural combativeness that is a heritage of the past. Others may have equal physical capabilities, but lack the inner urge for their use. Some champions have been actuated by financial ambition rather than the love of combat. A certain amount of fighting instinct is required to attain a championship. In fact it is a very valuable asset in a boxer but mere love of contest alone will not develop a world champion boxer. This is amply tested by some rough and ready persons who will fight at the drop of a hat, yet never attain anything in the ring. In fact some of these do not have the higher ambition that gets them above the level of the street fighter. Others appear to be actuated almost entirely from the personal advantage standpoint. Some have had the ambition that was satisfied by becoming a ring champion and others have had a supreme ambition that was not satisfied when the championship was reached, but desired to excel in other lines.

Let us turn back to some of the early pages of pugilistic

history and look at some careers of the past. We will go back to the infancy days of the game. The first code of rules for the observance of boxing was formulated in 1743. Jack Broughton of England was the recognized champion of that time and evidently had a deep interest in the game itself. He saw the need of regulation if the game was to endure and he wrote this first code of rules. He was in the heyday of his career at the time he originated the regulations and held his supremacy until about 1750 so far as the early records show. His career was just about what was necessitated by the dictates of that time. His talents and efforts were directed to the game itself. The game required undivided attention in order to endure, and the financial aspect was necessarily a secondary consideration.

Turning to a little later date we find that the game is on a much more solid basis and that there is more importance attached to the boxing championship. We find that a boxing champion has some recognition among his fellowmen and that he has some financial advantages. At Bristol, England, in 1783, was born a man who was destined to become remarkable in more ways than one. This man, John Gully by name, was the son of ordinary peasant people, but John had some exceptional characteristics. He had an ambition that was overwhelming. When he attained his full manhood, his intelligence and

magnificent muscular development so impressed sportsmen that they furnished him with all the necessary funds for training and backing. He was so ambitious that he spoke about becoming champion of the world. His friends regarded him with amusement. They evidently did not realize Gully's rare capabilities and his faith of the kind that moves mountains. He had the same supreme confidence as possessed by Napoleon, he merely applied it to different tasks. His friends were surprised when he won the
(Continued on Page 74)



Tommy Loughran, fast-stepping boxer who is one of the leading contenders in the light-heavy class, whose weak point is a lack of a knock out punch.

Kidney Disorders

Causes and Probable Cure—
How They Function

By Hamilton Dana

KIDNEY disorders of one kind or another are prevalent at the present time to a surprising degree, due principally to our mode of living and the faulty diet to which we all more or less subject ourselves. You can make up your mind that anything which is going to contaminate the blood stream is going to cause distress to the kidneys sooner or later. The blood is like a stream coursing through the inside of our body, and like a stream coursing through a city it becomes contaminated with the debris that is collected in its flowing process. No matter how pure and clean it is to start with, the blood would become saturated with various poisons if it was not for the various cleansing methods of the organic machinery which we possess.

The principal organs of purification are the kidneys, which are employed solely in purifying the blood stream. They are a peculiar affair, being different from any other organ that the human body possesses in that they produce practically nothing themselves. They are two in number and are located in the section of the back that is generally spoken of as the small of the back, in the lumbar region just beneath the loins, one on each side of the spinal column. If you desired to be exact as to their location you would find them on a level with the two upper lumbar vertebrae. They have an average length of four inches with a width of two and a half inches, and generally weigh in the neighborhood of ten ounces.

The kidneys have a thin transparent fibro elastic envelope which can be detached in the normal condition, but which is often adherent in diseased states. The actual construction of the kidneys is very complicated, as they are composed of a system of minute tubes. All of these open into a hollow space in the interior, known as the pelvis of the kidney. Leading from this cavity is a draining tube or duct called the ureter, which is more than a foot in length and carries the urine from the kidneys to the bladder.

The kidneys are the actual filtrators of the blood stream. It is for this reason that danger does not exist in what passes through, as much as it does in that which does not pass through. This evidence has taught us that the role of the kidneys consists in excretion and not in secretion. The kidneys do not make the elements of the urine, but find them already made in the blood, from where they select them, allowing some to pass and rejecting others. While a person is in a healthy condition everything is all right, the kidneys perform their duties without a hitch. The poisons are carried away from the blood and dissolved in the urine, thus keeping the blood pure and normal in its constituents.

These organs of filtration are most generally affected after an illness that causes inflammation of the kidneys to various degrees. The ailments that have a tendency to affect them the most are scarlet fever, diphtheria, measles and auto-intoxication. Only too often does nephritis follow, as inflammation of the kidneys is called.

The history of acute nephritis is still somewhat obscure. In fact the nature of the lesions, the etiology of the disease and its modes of termination have been the subject of so many contradictory opinions that it is neither possible nor safe to propose a classification of the acute infections of the kidneys. It is not so long ago that acute nephritis was divided into catarrhal and parenchymatous. Catarrhal nephritis had the attributes of being slight and temporary, of limiting its process to the excretory canals, and leaving the organ, more or less unaffected. Whereas parenchymatous nephritis, which was more grave and more persistent, was localized in the epithelium. Some medical men have likened the similarity of catarrhal nephritis of the secretory tubes to common bronchitis, and parenchymatous to lobular pneumonia, or capillary bronchitis. However, these distinctions cannot be said to correspond in any way to the true lesions of acute nephritis in which the entire kidney participates more or less in the morbid process. In a case where acute nephritis has proven fatal both kidneys will be found equally affected and much larger than they are ordinarily. The enlargement is due to the vascular congestion and swelling of the cortex. In severe cases of inflammation of the kidneys, they have been found to weigh more than twice their normal weight, and in such acute stages the amount of urine passed within twenty-four hours is apt to fall below thirty ounces. It is quite possible to cure acute nephritis, if slight, within a few weeks, providing the patient exercises proper care and is given proper treatment. In many other cases the condition will pass into what is termed the sub-acute stage, and in such a case it will be several months before the symptoms will disappear. Only too often it terminates in the chronic state known to us all as Bright's Disease, so named after Dr. Richard Bright, an English physician who discovered the disease nearly one hundred years ago. Although there are two conditions of this disease, the acute and the chronic, yet in nearly every case it is chronic, because it is the result of general inflammation of the kidneys.

The early symptoms produced are generally severe headaches and vomiting with palpitation of the heart. Other conditions begin to manifest themselves such as a cramping of the calf muscles, and often when the nose is blown the first thing after arising in the morning, blood will be found streaked on the handkerchief. The

patient will also suffer from malnutrition, itching, defective hearing and electric shocks. A puffiness under the eyes appears with blue circles and deadness appears in the fingers. At the same time the urine contains albumin and casts. The face becomes puffed and a swelling of the ankles is always apparent. In the chronic form of indigestion, a progressive loss of weight, ill health and a visible weakness exists. All the energy and life seems to have gone and a lack of interest is shown in everything.

There is grave danger when hemorrhage appears for blindness may often result. Sometimes the hemorrhage may occur in the brain thus causing a paralysis of the limbs. Every case of sub-acute or chronic nephritis implies a change, greater or less, in the urinary depuration. It does not matter whether the nephritis is interstitial, epithelial or mixed, and whether the lesion is limited to the kidneys, or whether other organs are more or less affected, the condition is Bright's Disease no matter what other name is given.

Earlier in this article I stated that it was not what passed through the kidneys, but what did not pass that is important. It has been positively proven that it is not because the kidneys allow some albumin to pass through every day that there is danger. The real danger exists in the fact that the diseased kidneys are unable to allow the constituents of depuration to pass through regularly in proper quantity. Consequently the poisons are retained in the system, and accumulate rapidly and in great quantity, especially when the urinary depuration is much affected. Sometimes one is often misled because the effect on the urinary depuration is slight. The fact that the poison has taken longer to accumulate in the system, nevertheless, the danger is still there.

As a rule the walls of the blood vessels become thickened and hard which naturally increases the blood pressure. The patient will often notice that the artery at the wrist feels very hard and full. In fact high blood pressure is one of the first and most important symptoms of this trouble. We generally think of hardening of the arteries as being arteriosclerosis, but it is always associated with kidney trouble. It is a much disputed question, which comes first, nephritis or the arterial hardening. On the other hand, what we are mostly interested in is how best can we avoid these troubles, and the best manner to overcome the condition once it has become fastened upon a person. In the first place if a person would only take good care of themselves, by learning how to eat, and how to exercise so that the circulation of the blood stream is invigorated and the bowels kept open, there would be less kidney trouble. It is all the result of self poisoning; loading the system with foods that react upon the system and making a garbage sewer out of the blood stream. Overeating is the original sin, and heavy meat eaters are nearly always subject to kidney disorders. A milk diet is of prime importance, and the patient should concentrate upon it for at least three or four months. There is a possibility that milk will not agree with the patient, in such a case the diet should be replaced with a mixed diet of fresh vegetables, farinaceous foods, cakes, and fruits; with no meat. During this period tonics and injections of cacodylate of soda have often proven very helpful.

Although milk is very hard to digest and has a tendency to cause diarrhea, its great value lies in the fact that it contains small chlorination and has other

special advantages as food. We know that chloride of sodium is absolutely prejudicial to patients suffering from Bright's disease, especially to those who have edema, and the salt, therefore, must be excluded from their diet. In view of the fact that the kidneys fail to do their work the skin must be encouraged to act freely, therefore, skin massage is very helpful although it is something that should not be overdone, and the patient should be kept off his or her feet. In all acute cases the patient should be kept strictly in bed. Sweating is another essential feature of the cure, but care must be exercised so that no chills are experienced during, or after, the process. When sweating is resorted to it is not wise to give the patient alcohol to induce the perspiration process, for all forms of alcohol are dangerous to the kidneys. Correct diet will be found to be the safest and surest cure for this trouble, and it is entirely up to the person to take care of themselves. Due to the fact that a patient is always easily fatigued when in the chronic stage, it is not wise to enforce exercise. Not that it throws any undue strain upon the kidneys, it does not, for in the first place the patient is far too weak to practice any lengthy form of exercise. During the early stages of the disorder, exercise will benefit the condition greatly as it will stimulate the blood circulation and help get rid of the poisoning toxins that are floating around in the blood stream.

The kidneys are a weak organ inasmuch as they are not able to force the toxins that corrode the minute tubes and choke the system. It becomes a matter of slow elimination, as the substance is dissolved and passed through. Quite often the bladder becomes affected in consequence and thus helps to make the whole condition extremely painful.

Drink plenty of water so that a cleansing process is formed and this will also help towards relief.

For the purpose of clarified understanding, we may sum up briefly as follows: the kidneys have a certain function to perform in the separation of waste matters, and in the form of urine from the blood, in this way assisting in the maintenance of the normal blood composition. These waste matters result from the function of metabolism, chiefly coming from proteins, water, salts, and foreign matters such as toxins, no matter whether formed in the body or taken in from the outside. The quantity of urine does not count so much in the matter of work done by the kidneys, as does the concentration of urine; and these organs are, no doubt, most severely taxed when they are called upon to remove from the blood a maximum of dissolved solids in a minimum of water.

The composition of the urine depends both on the condition of the cells of the kidneys and upon the quality of blood which passes through these organs. The kidneys are unlike most organs of the body, in that they receive their blood supply from only one source; therefore, these organs receive their nourishment from this blood while removing the accumulated poisons therefrom.

So, you see, if the blood stream through the kidneys is slowed, less blood comes in contact with the purifying parts of the organ, and at the same time the cells of the kidneys suffer from undernourishment. The percentage of solids in the urine mostly remains within certain limits, rarely above twelve per cent and just as seldom below three-tenths per cent.

The Mat

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

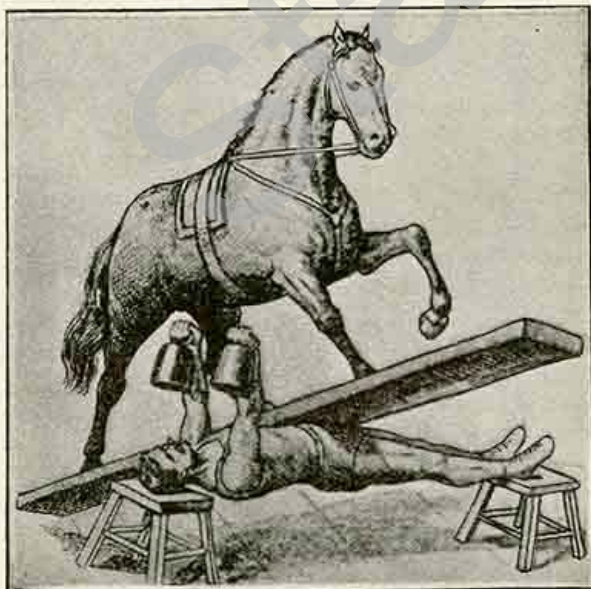
Conducted by *George F. Jowett*

IRON JAW FEATS

ONCE more we have spring with us in all its glory of budding nature and pulsating life. Everything seems to be caught up with a new spirit filled with gladness that is almost intoxicating. Boy! But you do learn to appreciate these days of sunshine and clean winds as they bathe the face, after all the long months shut in by cold weather or smothered in extra clothes to resist the erratic temperature. When the days are coldest you wish you were South, West or any old place but freezing to death. But, I often think, the inclement winter weather conditions make us appreciate the glorying springtime all the more. I know they do me. I have been in the tropics and in the cold zones, and believe me you get wearied to death of the eternal snows and in time the riotous colorings of the tropics become dreadfully monotonous.

Every spring unfailingly brings back to me a few bars of an old song I learned in my early school days, "Oh, blooming spring, Oh blooming spring, with all my heart I love you." I love it because it always brings with it another impression of the vigorous life. Everything looks so clean, so strong and vigorous, that you cannot help catching the same spirit. It keeps up your determination to excel, and build up better than ever for yourself. That is always the way I feel, and though each

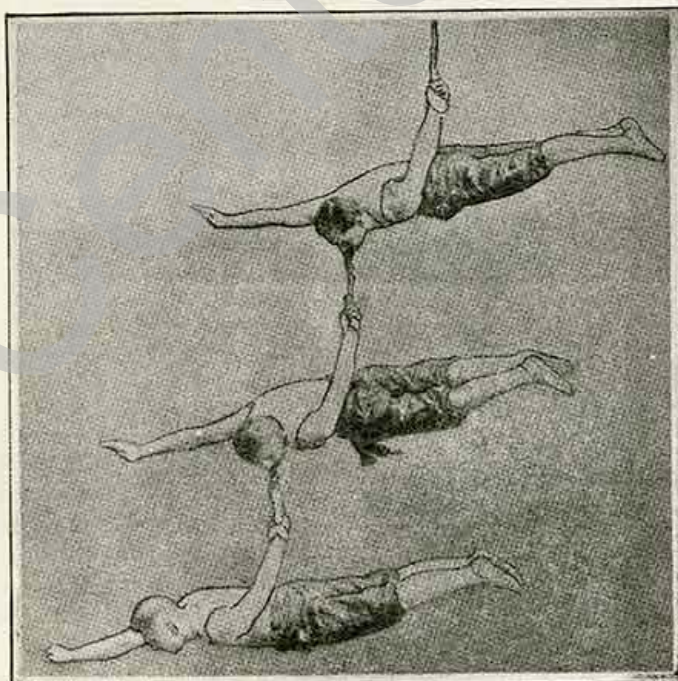
'Zat So



Here we see a man with a wonderful back and neck performing a truly remarkable feat, but not impossible, depending on the weight of the horse as compared to the bodyweight of the athlete.

spring means that another year has passed over my head, I never notice it as the old war horse within keeps me plugging away. So here's hoping you all feel as good as I do this springtime.

I have before me a letter from a *Mat Fan* who asks me to talk on the Iron Jaw Stunt. Incidentally, quite a



A most extraordinary feat; requiring the utmost in skill, strength and the ability to stand pain. This was performed some years ago in Europe, but we have lost track of the names of the athletes.

number of Fans seem to be interested in the same kind of stuff, and the mention of it brings back to my mind some dazzling feats of jaw strength that I have not seen imitated for many years. Some very spectacular performances were put on in the past, and in this issue I am reproducing one of the feats that always impressed me as being tremendously good. All these performances are spoken of nowadays, more or less, as exhibitions of teeth lifting, professionally the term is: *The Iron Jaw*, which is more appropriate and correct.

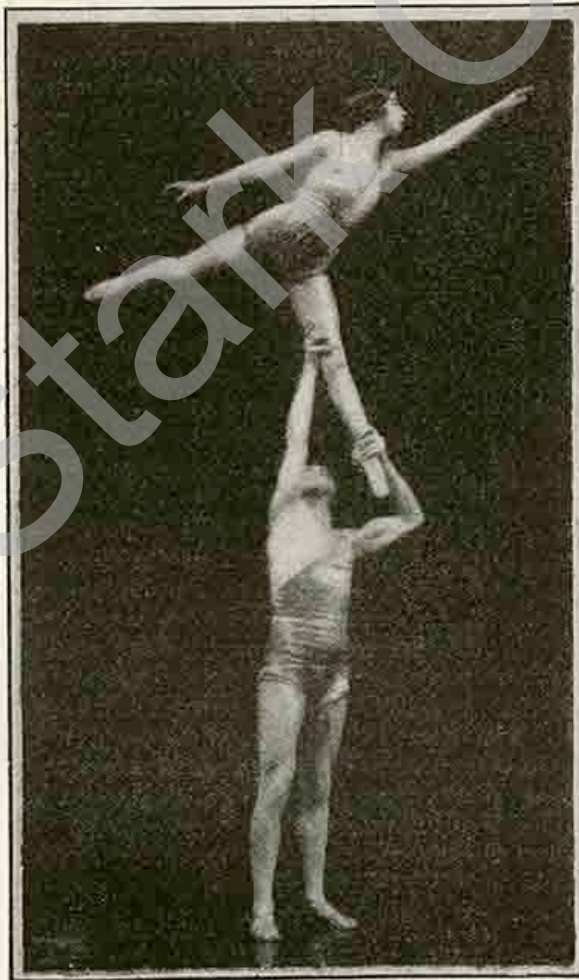
Men who specialize in these acts usually develop a very powerful neck and mastoid muscles, but they are not often very heavy men, particularly if they combine aerial trapeze work with their iron jaw act. In this case, the lighter the man is the better. Just straight teeth lifting does not matter; it is in such performances that we find the real heavy men.

The easiest iron jaw stunt is first practiced between two chairs, and they are so placed that the seats face each other and are spaced far enough apart so that you can stand between

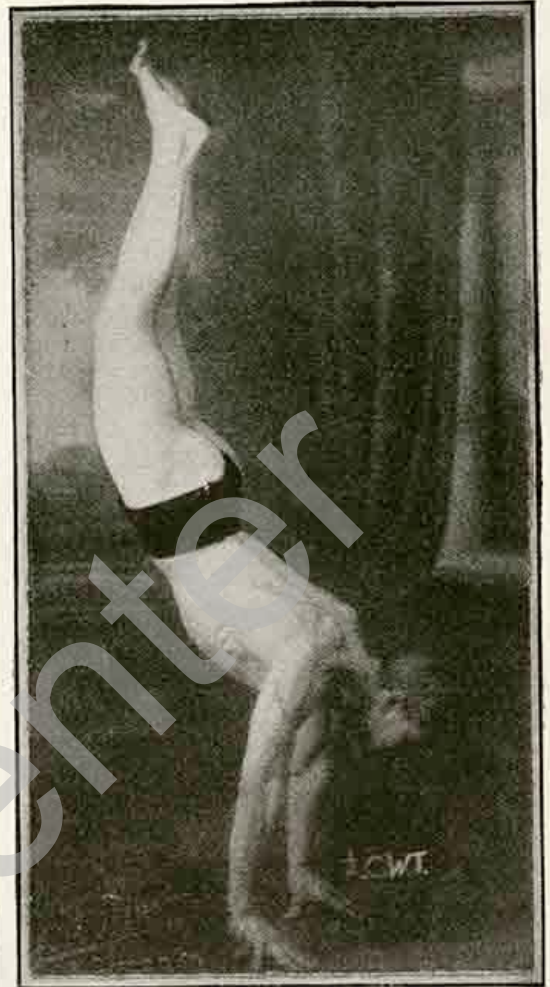
them. Between the chairs a weight is placed that is attached to an apparatus that fits into the mouth. When this is all properly arranged you insert the mouth piece into the mouth, and then place the palm of each hand upon the seat of each chair. From this position, throw up into a hand stand and as you press out to a complete long arm hand stand you raise the weight from off the floor. Often a person is used in place of a weight and sometimes a bar bell is used. You can use a bar bell placed lengthways between the chairs, or lengthways in front of the two chairs. You will be surprised to find how easily this feat is mastered. It is not necessary for you to be a good hand balancer in order to do it, the fact is that there are many who perform this perfectly who are poor on a regular hand stand. The weight suspended from the teeth helps to steady you. It really is a leverage stunt, in which your bodyweight is balanced by the amount of pull exerted against the weight. From this stage, the performer passes to the Roman rings where he performs the same stunt while the weight, or the person, is spun around.

The important thing in all iron jaw stunts is to have a good mouth piece, this should be made to fit the mouth fairly snug, with a flange around it, so that the teeth can grip the leather. Professional performers always have them made to fit. They first bite on a piece of leather so the impression of the teeth is made, then they place a lift on each side and bevel it off, so that it fits up in the roof of the mouth, and the lower lift presses on the tongue. It is then trimmed down so that there is no uncomfortable pressure upon the mouth and a flange is left around to bite on. Made properly, there is no real pressure against the teeth, and the mouth piece cannot slip away. The rest depends upon the strength of your neck and the mastoid muscles.

I remember a very thrilling incident I once witnessed in the way of an iron jaw act, in which things turned out anything but what was expected. The athlete in question was the star performer in a French iron jaw act, his name I cannot now recall. Anyhow, to finish the act he went up into the balcony of the theater where a wire was tightly slung on a slant to the stage. After biting on the mouth piece which was attached to a little grooved wheel that ran on the wire, he was tied hand and foot and was blindfolded. In this manner he was given a push



Dimitri and Lorina, two specialty performers, going the rounds of the music halls in England.



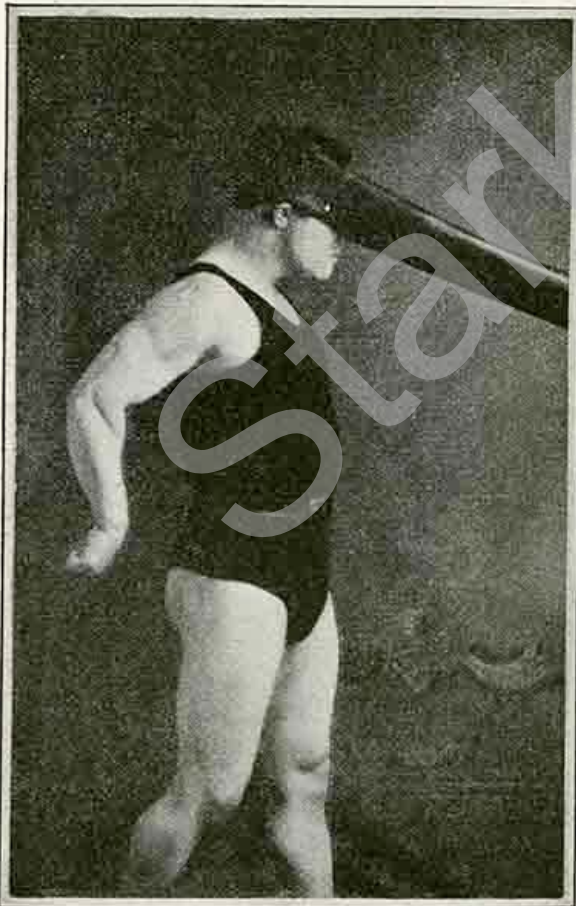
Speaking of finger strength, this mat enthusiast has it; J. A. Marshall, of England, holding 56 pounds in his teeth while doing a finger stand.

that started the ride down towards the stage over the heads of the people. This particular night the wheel jumped the track and the wire became wedged beside the side of the wheel. He was helpless and could not even call out his distress. There was no net underneath to catch him, and naturally when his condition was realized a panic commenced among those directly under him. The management did not know what to do. He was completely beyond reach. Finally one of his helpers decided upon a daring plan. Hand over hand clinging to the wire he walked out to the helpless man. Reaching him, he hung with one hand and lifted the man with the other arm until he got the wheel back on the wire track, and with a push he started him out to complete his journey to the stage where he was caught by ready hands. It was a terrible experience for both men. The performer had hung helpless for nearly thirty minutes, so you can imagine the exhausted condition he was in when finally rescued. He suffered no injury, for his neck and jaw muscles were so powerful, and in such good condition that he was enabled to get over any affect of strain very

quickly. Nevertheless, neither the performer or his rescuer, whose hands were terribly cut with the wire, nor the spectators, are ever likely to forget the near tragedy. This story gives you a little idea of the great strength this man had developed by this practice.

Did you ever try to make a planche in the Roman Rings? If so you will have some idea how difficult it is to do, then figure out how much harder it is for the arm of the man in the picture who is bearing the weight of the other two men besides his own body weight. Then there is the feat itself which all depends upon the wonderful control and strength of the first man. It is a remarkable feat, and holds a lesson to all those who love to perform. Look how perfectly each man holds his position. The balance is perfect. That is what is called showmanship, the hardest thing for the performer to learn. Study the picture, and the longer you do, the better you will appreciate it.

Another iron jaw feat that looks good, is tearing a deck of cards in half while held in the mouth. You have more strength in the neck than the hands, so it stands to reason that a deck of cards should be more easily torn in the mouth than the hands. When beginning to tear the cards, do not pull them down; shove them up, then pull down, then twist up and over. In times past straight teeth lifting used to receive a great deal of help from a prepara-



Buster Lord, of Monticello, Ill., demonstrating a novel way of developing the neck. The enthusiast who is really after results will find a way to get what he wants.



Robert L. Jones, of Pine Bluff, Ark., showing unusual balance and strength in the fingers; a truly difficult stunt.

tion made beforehand. The teeth lifter generally stood with the feet spaced fairly wide apart, and the weight to be lifted rested on the floor attached to a rope. The other end of the rope was fastened to the mouth piece. He placed the mouth piece in the mouth then folded his arms and bent at the knees. At about the line of the folded arms—slightly lower down if anything—he tied a heavy knot. When he started to lift he made sure that this knot rested on the top of the folded arms. As he began to lift he lifted against the knot with his arms, thus aiding the neck muscles as they put forth their effort to raise the weight. Strictly speaking this is not a fair teeth lift, but whenever you see a claim for a very large record in this lift, you can be sure it was performed with the aid of the knot and the arms.

There is always a great deal of difference between a genuine teeth lift, and the method explained, although the knotted rope is safest and is of more value for exhibition lifting.

A genuine teeth lift is done with no other aid than that which is given by the jaws and the strength of the neck. One of the best lifters I have seen in this style is a young man by the name of Vitole. He hails from Brooklyn, N. Y., and I believe that he would be pretty hard to beat in any iron jaw stunt.

Among my recollections of a dare devil iron jaw stunt is one of an Italian parachute jumper. This athlete used to make his descent hanging by a mouth piece only. It sound terribly risky, but to men like the Italian, who specialize on daring performances, it is just as easy to descend hanging by the jaws as by the hands.

What Can You Do?

Here are a few letters from some of our brother *Mat Fans*, who have been so impressed and inspired by the doings of others that the urge became strong within them to follow as near as possible in their footsteps. I find these letters very interesting and I believe that they will appeal to you. If you have any experiences or new ideas that you think will interest others, or help them, pass them along. If you feel you do not have any experiences or new ideas worth while, tell us which is your favorite exercise and why.

DEAR MAT EDITOR:

I read the *Mat* talks in the *STRENGTH MAGAZINE* and like them. I will tell you what I can do. I am not a strong man and I am not entirely a weakling.

I can put up a one hundred pound bar bell fifteen times with one hand by the push method. I can make a (Continued on Page 89)

Health—Strength—Beauty

(Our Girls' Circle)

Conducted by Marjorie Heathcote

DEAR MISS HEATHCOTE:

I am greatly interested in your circle and have been for a long time. Will you please give me the correct weight for my height? I am 5 feet 5 $\frac{3}{4}$ inches tall and am 19 years old.

For years I have been constipated but am trying to overcome it now.

My hips and legs are too large for the upper part of my body. Should I try to reduce or build up my body? My chest and neck are so small that I am ashamed of them. What should my measurements be?

Please help me, as I want to have a better form and be healthier. What should I do for pimples and coarse pores around my nose?

E. W., Burke, Texas.

Your weight should be about 140 pounds and your measurements as follows: Neck 13 inches, chest 31 $\frac{1}{4}$, bust 36 $\frac{1}{4}$, waist 26 $\frac{3}{4}$, biceps 11 $\frac{1}{2}$, forearm 9 $\frac{1}{4}$, wrist 6 $\frac{1}{2}$, hips 38, thigh 24, calf 14 $\frac{1}{2}$.

A regular daily movement of the bowels is essential for good health. You should take some means to eliminate your constipated condition immediately.

The pimples which appear on your face are, undoubtedly, caused by this condition. Exercise and strict attention to diet will remedy this condition. In planning your menus try to include:

Breakfast:

Any fresh or stewed fruit, such as prunes, apples, apple sauce, peaches, pears, grapefruit.

Put a tablespoonful of powdered agar-agar or bran in the juice of the fruit. Do not try to chew the agar or bran, as it tends to stick to the teeth and is unpleasant. Drink a glassful of water at this time.

Luncheon: Always include vegetables or fruit or both.

Dinner: With the usual meal try to include at least two vegetables, such as spinach, beets or dandelion, greens, cabbage, asparagus, lettuce, string beans, carrots, cauliflower, brussels sprouts, squash, peas, celery, tomatoes,

lima beans, parsnips, turnips.

On arising drink at least one glass of cold water. Then exercise for 10 minutes.

For reducing the hips, try the following exercises:

Lie flat on the back with arms at sides and feet and legs raised midway, making a quarter circle. Move the right leg downward toward the floor, and at the same time kick upward with the left. Then reverse and kick upward with the right leg and lower the left leg. Do this vigorously.

Lie flat on the back, with legs extended. Stretch arms overhead with the back of the hands touching the floor. Now swing legs upward from the floor, keeping arms on floor. Then lower the legs to the floor, at the same time raising the upper part of the body, with the hands extended forward so that the tips of the fingers almost touch the toes. Finally swing backward to the floor, arms overhead.

To reduce the thighs, practice the one leg squat.

For the chest practice the floor dip and deep breathing exercises.

DEAR MISS HEATHCOTE:

I always read "Our Girls' Circle" in STRENGTH with much interest, and having seen what you have done and still do for all those other women and girls, I have decided to write to you for information.

The only exercises I go in for are horseback riding, swimming and walking. I live out in the country, so I have the benefit of fully enjoying the fresh air of our "Sunny South Africa."

Miss Heathcote, could you please give me a couple of exercises for making my bust firmer and if I am overweight, some for reducing? I am 20 years of age and am 5 feet 2 inches tall and weigh 130 pounds. What should my correct measurements be? At present they are: Neck 10 inches, bust 36 inches, waist 28 $\frac{1}{2}$ inches, biceps 10 inches, forearms 9 $\frac{1}{4}$ inches, wrist 6 inches, hips 39 inches, calf 13 $\frac{1}{2}$

inches, ankle $\frac{5}{8}$ inches, thigh 22 $\frac{1}{2}$ inches.

Mrs. G. Henry Stetson, 1926 National Golf Champion.

With every good wish to



yourself, Miss Heathcote, and to "Our Girls' Circle, I remain,
Miss M. P., South Africa.

Your correct measurements and weight should be: 119 pounds, neck $12\frac{1}{4}$, chest $28\frac{3}{4}$, bust $32\frac{3}{4}$, waist $24\frac{1}{2}$, biceps $10\frac{1}{2}$, forearm $8\frac{1}{2}$, wrist 6, hips 35, thigh $21\frac{1}{2}$, calf $13\frac{1}{4}$.

Your neck needs considerable building up. Try these exercises:

With hands at back of head, force head backward and then forward against the resistance of your arms.

Place the palm of the hand under the chin, with the elbow of that arm supported on the other hand. Force the head backward and forward against arm resistance from the front.

In last month's issue I gave a few exercises for reducing the bust. It would pay you to look them up.

If you have a tendency to be overweight, a very careful modification of the average, normal diet is necessary. Cut down sufficiently on fats, starches, and sugars. You must increase your exercises so as to burn up your surplus fat. The diet which I outlined above to E. W., of Burke, Texas, would be helpful to you.

You will be a very wise girl if you continue with your out-door activities. Vigorous walking is a first class exercise for any one who has a tendency towards overweight.

DEAR MISS HEATHCOTE:

I have read some of the recent issues of STRENGTH, and I want to know whether I can be an all 'round girl. By that I mean, can I be a boxer, wrestler, gymnast, bar bell lifter, etc., and still retain my grace and feminine curves.

Thanking you in advance for this favor, I remain,
G. V., India.

It is the general opinion that a girl loses her feminine charms and grace when she enters the fields of boxing, wrestling, or bar bell lifting. Personally I do not advocate bar bell training for any woman, as women are easily susceptible to strain.

Boxing and wrestling, in a mild form only, are general body builders. However, there are so many other activities that a woman can indulge in that these pastimes are best left to men. Why not go in for golf, tennis, swimming, horseback riding, dancing, and acrobatics?

I have seen many women gymnasts with beautiful forms. You could do nothing better than take a course in acrobatics to retain your feminine curves and grace.

DEAR MISS HEATHCOTE:

I am a reader of "Our Girls' Circle"

in STRENGTH. Your page is very interesting and helpful. I am writing to ask you for some advice. I am well developed, all except my legs. They are knock-kneed and have the appearance of being bowlegged. This is very embarrassing, especially when swimming. If you will give me some exercises to do that will overcome this, I will be very grateful.

F. E. M., Washington, D. C.

Knock-knees are not quickly overcome. If you will practice the following exercises persistently, you will get some results.

Stand with hands on hips; cross the feet, and while in that position sit on the floor. Rise again without help from the arms.

Heels together, hands on hips, rise on toes. Bend the knees, and with the hands pull them far apart against resistance, until you are sitting on the heels. Return to position on toes, then lower the heels. Keep the back erect during the entire exercise.

For developing the calves, practice rope skipping and toe raising.

DEAR MISS HEATHCOTE:

Will you kindly tell me of an exercise to raise sagging cheek muscles and to erase frown lines between the eyes? I would be very grateful if you would give me a recipe for keeping the pores clean and for closing enlarged pores.

P. C., Washington, D. C.

To raise sagging cheek muscles and erase frown lines, I would suggest massage. You can have this done by a specialist or do it yourself. If you do it yourself, use a very good and highly recommended cream as a base, and make all your strokes upward and outward; never downward.

After massaging, an ice rub for about five minutes will be found very beneficial in making the muscles firm and closing the pores.

Keep the pores clean and closed. All you need to do is use a very good soap, and after washing the face, dash some cold water on it. If you have an oily skin it would be best for you to wash your face three times a day in the above manner. The ice application will be a great help in keeping the pores closed and, therefore, clean, as no dirt can get into them if they are closed.

If you use powder and rouge, buy those that are highly recommended only. A great many cases of enlarged pores and black heads can be traced to cheap powder and rouge. It is best, if you use makeup to remove it first before washing by applying a good cold cream and then wiping it off with a soft cloth. You will then be sure that every particle of powder and rouge has been removed.

If you use powder and rouge, buy those that are highly recommended only. A great many cases of enlarged pores and black heads can be traced to cheap powder and rouge. It is best, if you use makeup to remove it first before washing by applying a good cold cream and then wiping it off with a soft cloth. You will then be sure that every particle of powder and rouge has been removed.



Anna Pavlova, whose marvelous art should be inspirational to all

Children's Diseases

Are They Necessary? An Intelligent Understanding May Prevent
the Chances of Serious Illness Later In Life.

By Dr. B. M. Middleman

CHILDREN are a blessing to any home; to have happy, healthy tots playing around should make the heart of any parent young; but to have ailing, sickly children in the house fills life with care and sorrow. It is the privilege of every child to be healthy and happy, and it is the duty of every parent and guardian to see that the child is given proper care. How pleasant are the memories of a carefree, healthy childhood? Wouldn't it be wonderful if we could absolutely guarantee health to our children? So far as childhood is concerned, the world is full of sorrow and sickness, and infant mortality is appalling in this age of enlightenment and mechanical and business efficiency.

To what extent diseases of infancy and childhood are due to improper care and negligence is hard to estimate; but at the present day we believe every parent has a right to be well informed on matters pertaining to the welfare of his or her offspring. With such an idea in mind this present treatise is presented in the hope that it may cause some readers to realize the possibilities of a proper understanding of diseases with which child life may be stricken. Of course, one must realize that in such limited space the subject can only be touched upon in the most brief manner.

Some authority has seen fit to define the periods of child life as follows: "Infancy, or the nursing age, is that period of life during which the child is at the breast, usually from birth to the end of the first year. Childhood is the succeeding period, extending to the tenth year, with a division of two parts, the first from one to five, the second from the fifth to the end of the tenth year."

Up to the tenth year, diseases affecting the respiratory apparatus form around two-fifths of the cases. Next in frequency are diseases of the digestive tract, and then come acute infectious illnesses, such as fevers and breaking out diseases. Respiratory diseases are more common in the second and third years; constitutional diseases are more likely between six and twelve months; scarlet fever and measles are more common from the fourth to ninth years; the period from the second to fourth years is notable for filth infections, like diphtheria, as children infect themselves with dirt and dust and through personal contact. Tuberculosis is also common at this age. Diseases of the newborn infant occur within a short time after birth, and are, for the most part, septic in nature. Diseases common at this time are favored by conditions; the skin is not fully formed; the umbilicus is an open wound; the mucous membranes of the intestine, eye, mouth and ear make easy entrance for

bacteria; especially if the infant be artificially fed, then it is open to all sorts of infection and contagion, lacking the protective antitoxins in mothers' milk; and with clothes keeping it warm, and careless handling the newborn is particularly subject to diseases of infection.

Summer diarrhea is more prevalent among bottle-fed infants than among breast-fed babies, although in institutions epidemics do occur among breast-fed infants. In large cities more than half the deaths among infants under one year old are caused by this complaint. Milk must pass through so many hands, that no matter how well it is handled, it is exposed to infection; the summer heat then tends to multiply the infectious agents.

The infant attacked by this complaint is restless and suffers colicky pains; vomiting occurs after feeding, the rejected matter having an acid odor and being curdled. The bowel movements become frequent and contain curds, either whitish or green and white, and may have an offensive odor. The temperature may mount to 103. In severe cases the vomiting is more marked, the bowels pass more fluid than is usual in the milder forms of the disease; the infant becomes pale and languid and loses weight; the pulse is rapid and weak and blood may be passed from the bowels. Bronchopneumonia may be a complication in the more acute forms of the complaint.

Cholera infantum is the severest form of summer diarrhea prevalent among infants. As a rule, the infant has been suffering from a mild form of diarrhea; then following a slight fever, severe vomiting and diarrhea set in, quickly exhausting the infant and leaving it soon in a prostrated condition. These severe forms of diarrhea occur among bottle-fed infants under two, chiefly in the heat of summer.

If the baby is nursed on a bottle, the nipple should be sterilized daily, the bottle should be filled with a saturated solution of sodium bicarbonate, allowed to stand for a few hours and then carefully washed inside and out with a bristle brush. After attending to the diapers, the hands should be washed carefully before feeding the baby. The milk should be the best obtainable and kept on ice till feeding time, and the nursings should be conducted at regular intervals; any milk left in the bottle should not be used for another feeding. The infant should be bathed daily. The greatest danger in handling this condition is the possibility of reinfection, where the strictest care is not taken with the cleanliness of hands and utensils. This is especially true in hospitals, sufficient care being very difficult with the numerous cases, a high mortality, therefore, resulting.

The breast-fed baby should be fed at regular intervals; the breast nipples should be washed with a saturated

solution of boric acid before and after nursing.

To prevent severe form of gastro-enteritis, as soon as the baby shows signs of even mild indigestion or stomach trouble, the milk should be discontinued, a simple cathartic given, and the infant kept for twenty-four hours on a solution of egg albumin. After the bowels move, if the infant shows no further signs, feeding should be continued cautiously. If the food is unsuitable, then it should be changed if possible. If summer complaint develops in spite of all precautions stop the food and give white of egg with acorn-cocoa, or beef juice and barley water. The cathartic given should be either castor-oil or calomel (which should be followed by castor-oil); in case of vomiting, the latter is preferable. Enemas of warm water should be given.

Whooping cough is an acute specific infectious disease, caused by a micro-organism, and is characterized in the majority of cases by a spasmodic cough accompanied by a so-called whoop. It prevails in all countries and climates and is most frequent in Winter and Spring, being very prevalent at times in large cities; and is essentially a disease of infancy and childhood. Whooping cough is both infectious and contagious; the sputum and nasal secretions contain the micro-organism of contagion and the disease is especially contagious at the height of the attack. The disease is most frequent in the first and second years of child life, the frequency diminishing after the age of five. One attack does not necessarily confer immunity, but cases of second attack are rare; observations show that whooping cough, measles and influenza frequently follow one another in epidemic form.

Whooping cough may develop anytime from one to two weeks after contact, the characteristic whoop may not appear for three weeks, though the patient is infectious long before that time, and it ordinarily runs a course of three stages after the appearance of symptoms; these stages are—the catarrhal, the spasmodic, and the stage of decline, without any sharp line between these stages. The catarrhal stage is marked by a cough, especially troublesome at night, which continues to grow more severe; after a few days this cough may be accompanied by vomiting, and gradually progresses to the spasmodic stage, with its characteristic cough, wherein the child has an inspiration followed by several explosive coughs, after which comes the deep, long drawn inspiration giving the whooping sound.

The child, when attacked by the weakening cough, may run to an older person for help, or grasp some object of furniture with both hands, the face becoming flushed and the eyes bloodshot. Bronchitis may complicate whooping cough. For relief, vapors may be inhaled and the accustomed steps taken to relieve the cough.

Croup may be caused by exposure to cold along with the invasion of some form of bacteria. It usually starts with running of the nose during the day and a slight rise in temperature; then a croupy cough with croupy breathing comes along towards evening. In most cases the croupy cough becomes worse during the night, with labored breathing; the cough may continue at frequent intervals till the patient falls asleep, worn out, towards morning. Through the day, with the exception of a slight cough, running of the nose and swollen tonsils, the patient may seem better, only to be attacked again at night. This may be repeated for several nights.

The patient should be isolated; place the bed or crib

under an improvised tent, and fill the tent with a steam vapor saturated with benzoin or turpentine.

Diphtheria is a contagious fever disease affecting the throat and air passages, characterized by the formation of a false membrane on the parts affected. Epidemics occur all the year round and the disease is prevalent in all parts of the world. It is infectious as well as contagious. Among children the largest number of cases occur from the second to the sixth year, and among infants it is more frequent from the first to the third month than from the third to the tenth. Diphtheria has a high rate of mortality. In some of the more simple forms of the disease the false membrane may be lacking, and indeed the throat may be afflicted in only a slight degree, though swallowing may be somewhat difficult. In the septic form of the disease, the swelling in the neck and false tissue increases rapidly and the temperature is moderately high. Complications may set in with heart paralysis, vomiting, abdominal pain, or paralysis of the soft palate may set in allowing food to get in the windpipe and causing pneumonia. In malignant septic diphtheria the complications become very great, causing alteration in the structure of the affected parts; few cases recover and among those who survive permanent defects result.

The diphtheria patient should be isolated as soon as the disease is detected, and kept in a well ventilated room. The nurse or attending person should not come in contact with others. After convalescence, the patient should not mingle with other children until cultures prove the absence of the diphtheria bacillus in the throat.

Bronchitis, acute and simple, is an infection of the larger and medium sized bronchial tubes, though it is liable to attack the smaller bronchi in very young infants. It may be caused by exposure to cold or wet, or injury to the mucous membrane of the air passages by inhaling dust or irritating vapors. Very often it occurs as a complication of acute infectious diseases. The bronchial tubes become filled with pus, and there is a feeling of suffocation, accompanied by a rise in temperature and coughing. Care should be taken to see that bronchitis does not develop into bronchopneumonia.

Bronchopneumonia is the prevalent type of pneumonia occurring before the fifth year, but there are other forms of pneumonia occurring during childhood. Bronchopneumonia very frequently complicates some other sickness or disease, which causes it to have a high rate of mortality, usually in connection with measles, scarlet fever, typhoid fever, diphtheria, whooping-cough and influenza; and the majority of cases follow an attack of ordinary bronchitis. As a rule bronchopneumonia is attended with difficulty in breathing, coughing, fever (except in a few cases) and a rapid pulse. Treatment should be directed toward supporting the heart, reducing the effects of the fever and relieving the cough.

Mumps is an infectious and contagious disease of the parotid gland, at times involving the other salivary glands, as well as the testis or ovary. It is common in large cities and very often is epidemic in schools and places where large numbers of children congregate. Children of school age are most commonly affected, because they are exposed more than those younger or older. It is not known just what causes mumps; after infection the disease may attack in from ten to twenty-two days, and runs its height in from three to six days, running its course in seven to (Continued on Page 60)

The Wizard of the Mat

The World Has Never Seen His Like,
and May Never Again

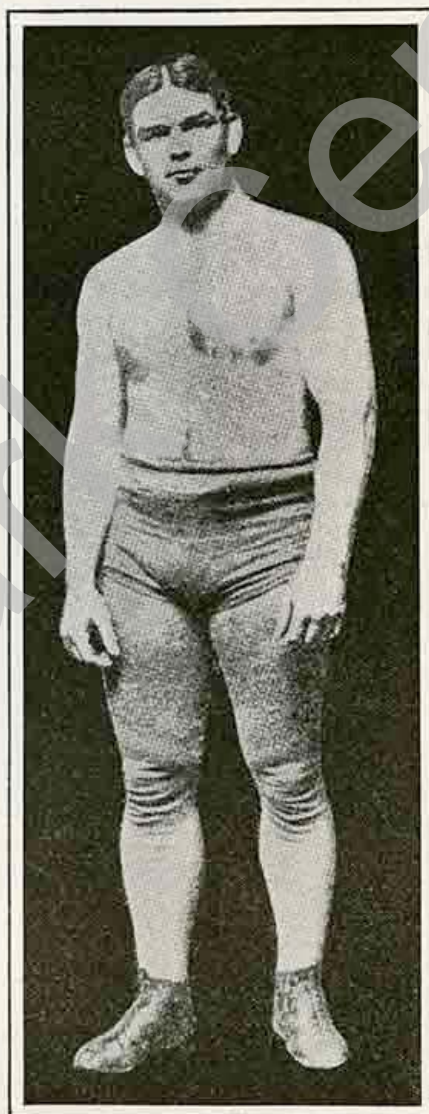
By Dean Carrol

A WISE wit once remarked that it was wisest and safest, when offering comparisons, to look backwards instead of forwards. Perhaps it is the truth behind this statement that makes the world admire a genius more after he is dead. Only the wild optimists prophesy the future for the future is never written across the sky as is the past. It may be more satisfactory for the general public to believe that we have never had another Shakespeare, or another Beethoven, but I do believe it is easier to compare the philosophy of sayings and the beauty of music, than it is to compare the athletic ability of an athlete, particularly of a boxer or of a wrestler who relies entirely upon his general physical supremacy, where time or height cannot convey the full meaning of his efficiency, as is possible for the runner and jumper. It takes a fight or wrestling connoisseur to decide a question of this nature, and the subject does not necessarily have to be dead in order to be justified for a comparative criticism. I believe wrestling is more difficult to estimate because of the more numerous intricacies of science and physical ability it involves than boxing does. The wrestler outlasts the fighter by many years, and this enables him to stay in the game much longer, and take on all newcomers that come during those years.

Personally I can refresh my mind many years back in the grappling sport. I had the acquaintance in my youth of men who knew the wrestling game from its first inception in American history. In fact, I believe I know the wrestling game as well as any other man, and throughout the years that I have followed this sport, my mind has always been drawn as by a magnet to the memory of Farmer Burns, who I saw when he was touring America with the Jeffries All Star Show, taking on all comers. I felt an intense fascination towards the man who had met the original "Strangler," Evan Lewis, and successfully defied the genuine choke

hold. I want you to remember back to 1895 when the strangle hold was not barred, and Lewis was a holy terror in choking his opponents into a comatose state. Everything was against Burns; he lacked weight and strength, but he had acquired that something which was to make him the invincible mat man. I remember how people raved over him; they could not understand how a man less than 170 pounds could defeat a monstrous foe of 220 pounds, whose very name struck terror into the hearts of most grapplers. When he began to uncork his stuff the spectators got a new sensation. For the first time they saw the genius of science introduced into the grappling game. The Farmer knew his stuff. He developed himself for wrestling only; his neck he had strengthened until it was like a steel cylinder, and all the art and wiles of the throttle grip were wasted effort upon the throat of Burns. That was what beat Lewis. When he realized how futile his deadly lock was on the Iowan he was lost. From that time on during the match he was like a bear trying to uncoil the trapper's snare net. The Farmer tied him up until he looked like a crossword puzzle, while the crowd howled out their delight at the perplexing holds, and the funny contortions the big man went through in trying to break loose. It was of no use, the tricky Farmer worried and wearied him to death, emerging the winner of two falls out of three.

That was the greatest day in the farmer boy's life. He won the world's championship, demonstrated the possibilities that could be achieved by a small man in wrestling, and became the first of the long line of westerners who have continued to thrill mat followers up to the present time. When Burns took the world's crown away from the choking fiend, he settled a score he had chalked up against Lewis for six years. It was their second collision and the choker was out for blood. The first time they met holds a story full of humor. Burns had driven into Chicago with a



Frank Gotch, greatest of wrestlers, who became champion under the wing of Farmer Burns; Frank met and defeated the best in the game when the mat warriors really were good, and wrestled on the level.

load of hogs for shipment, and to kill time he strolled along by the bright lights to take in the sights. The first thing he saw was an array of placards announcing that Jack Carkeek and Strangler Lewis, champion of the world, were open to meet all comers at the Olympic Theatre. Twenty-five dollars was offered to any man who could stay with either of them fifteen minutes, and two dollars for every minute after. When Martin Burns saw that his eyes stuck out like saucers and his blood pressure soared so high that it made him dizzy. Here was the chance of his life to bust into real wrestling. He had thrown all the cornstalks on their ears, and now he was determined he was going to try his mettle against a real man. So off he went to the theatre to arrange points of contact. When the manager asked which man he preferred, Martin replied, "both of 'em." They got kind of suspicious. Here was a guy, dressed like a hick from the sticks, who wanted to take on both the best men in the world in one night. It looked phoney, so the manager conspired and decided they would give Burns a chance on the fifteen minute time limit. They were afraid that the two dollar a minute stuff might prove ruinous. The night was arranged and the Farmer waited his turn back in the wings of the stage. Time was called and a howl went up from the people when they saw Burns step on the mat clad in overhauls and stocking feet. Poor Burns was scared almost stiff. He had never seen such a crowd in his life before, but the razzing he got touched him in the right spot. His first opponent was Carkeek, and at him Martin flew like a hurricane. He swept Jack off the mat into the stage scenery knocking it all over. Not for a moment did he let up. The whole stage was a mat to him, and it was just the same to him whether he was wrestling in the orchestra pit or any other place. The crowd went delirious with joy as it showed its enthusiasm for the importation from the wild and wooly west. Carkeek was never in such a deluge of arms and legs in all his life, and he began to think he had got mixed up with some wrestling fiend let loose from an insane asylum for the occasion. Carkeek was clever, but he met his master in the "overhauls wrestler," while Lewis looked on in wonder and amazement. Fifteen minutes was up and all Carkeek had been able to do was defend himself. He gladly made way for his more powerful partner with the deadly strangle hold.

Martin did not like the looks of the Strangler's face, and sensed that this hefty looking customer was likely to do him some damage if he got a chance, but Lewis never got that chance. Burns was too quick. He acted like a bull terrier baiting a bear, and led Lewis into all kinds of treacherous locks and holds. Nevertheless, that fifteen minutes was bitterly contested and it needed all of Burns' wits to stay with the Strangler. It was a night of triumph for him, and Chicago did not forget that memorable double contest. The newspapers were packed with details of the bout, and Farmer Burns became besieged with so many offers, at a salary beyond his wildest dreams, that he felt like sticking pins into himself to see if he would wake up and find it all a dream. It was no dream, as his aching neck muscles later testified. He accepted an engagement with Conners and Greens' Specialty Show, and toured the season meeting all comers with success.



Farmer Burns, 66 years of age, and still in splendid condition; Burns was the wizard of matcraft and defeated some of the giants of the game when only a middleweight.

Known as the man who could not be hung, he repeatedly swung with a rope around his neck, and on several occasions he was properly hung with a trap door sprung under his feet that dropped him through. So powerful were those muscles of steel that composed his neck that he felt no effect from the drop. Perhaps the most remarkable thing about the career of Burns is the age at which he broke into wrestling. He was twenty-eight years of age when he played the leading part in the grappling drama just explained, and he was thirty-five years of age when he toppled (*Continued on Page 83*)



Banish These Thieves of Happiness

Simple method enables anyone to banish all causes of unhappiness and quickly fulfill every desire

Common sense tells you the world's happiest and most successful people do *not* worry and fret. They do *not* fear anything in the present or in the future. They do *not* feel that others are more fortunate, powerful, or better than themselves. They are *not* handicapped by disease. Their minds are *not* a turmoil of indecision, but are calm, clear pools of assurance.

Such people have banished *Worry, Fear, Inferiority, Disease and Indecision*—the five great thieves of achievement and happiness that dwell in the one-fifth part of your mind that you are using right now as you read this page.

Just so long as you continue consciously to use only this small part of your mind, you are 20% instead of 100% efficient . . . you are using only 20% instead of 100% of the glorious equipment for success and happiness with which you were endowed at birth.

A Startling Lecture.... An Astonishing Discovery

Judge Daniel A. Simmons, noted psychologist, educator, author of notable scientific works, judge of the highest trial court of his state and lecturer on psychology, psycho-analysis, mental therapeutics, etc., has prepared a startling lecture, called "Realization."

It reveals, in plain language, an astonishing discovery made by world-known scientists and heretofore occasionally stumbled upon, more or less by chance, by just ordinary men and women, who, through its use, have become geniuses of literature, art, music, invention, government, commerce, etc. It is the discovery of the marvelous powers and *practical* use of the neglected four-fifths of your mind—your *Greater Mind*.

Through the proper use of your *Greater Mind*, you can become anything you want to be, have anything you desire, and accomplish anything not in violation of natural law that you wish to accomplish, *not* some time in the vague future, but NOW . . . no matter what may be the conditions or circumstances against which you are struggling.

Send for Startling
Realization Lecture **FREE**

Absolutely FREE!

If you want all that is best in life for you and yours, fill out and mail the attached coupon. It will *promptly* bring to you a complete copy of the remarkable Realization Lecture, containing over 6,000 words and written in simple language *anyone* can understand and readily apply. The Lecture is sent under *sealed cover*, free and postpaid, without the slightest obligation upon your part, nor will any representative call upon you now or later.

People in every walk of life in this and foreign countries have been enabled by the Realization Lecture to turn failure, loneliness, disease, and sorrow into success, loved companionship, vibrant health, and supreme happiness. They have obtained beautiful homes, fine automobiles, financial independence, the love of those they hold most dear, and *all* their fondest desires.

The Realization Lecture can as *easily* and *quickly* do all these things for you . . . if you do not let that thief of happiness, *Indecision*, trick you.

Indecision robs ambition of its every hope. It kills success and ruins peace and happiness. Don't let it steal from you this golden opportunity. Don't let it drug your mind with harmful doubts and futile excuses for delay.

The coupon can bring to you all the joy, the love, the abundance, and the happiness afforded by a kindly, generous world. Get the coupon into the mail *right now*.

The American Institute of Psychology
905 Law Exchange Bldg., Jacksonville, Fla.

FREE REALIZATION COUPON

THE AMERICAN INSTITUTE OF PSYCHOLOGY,
905 LAW EXCHANGE BLDG., JACKSONVILLE, FLA.:

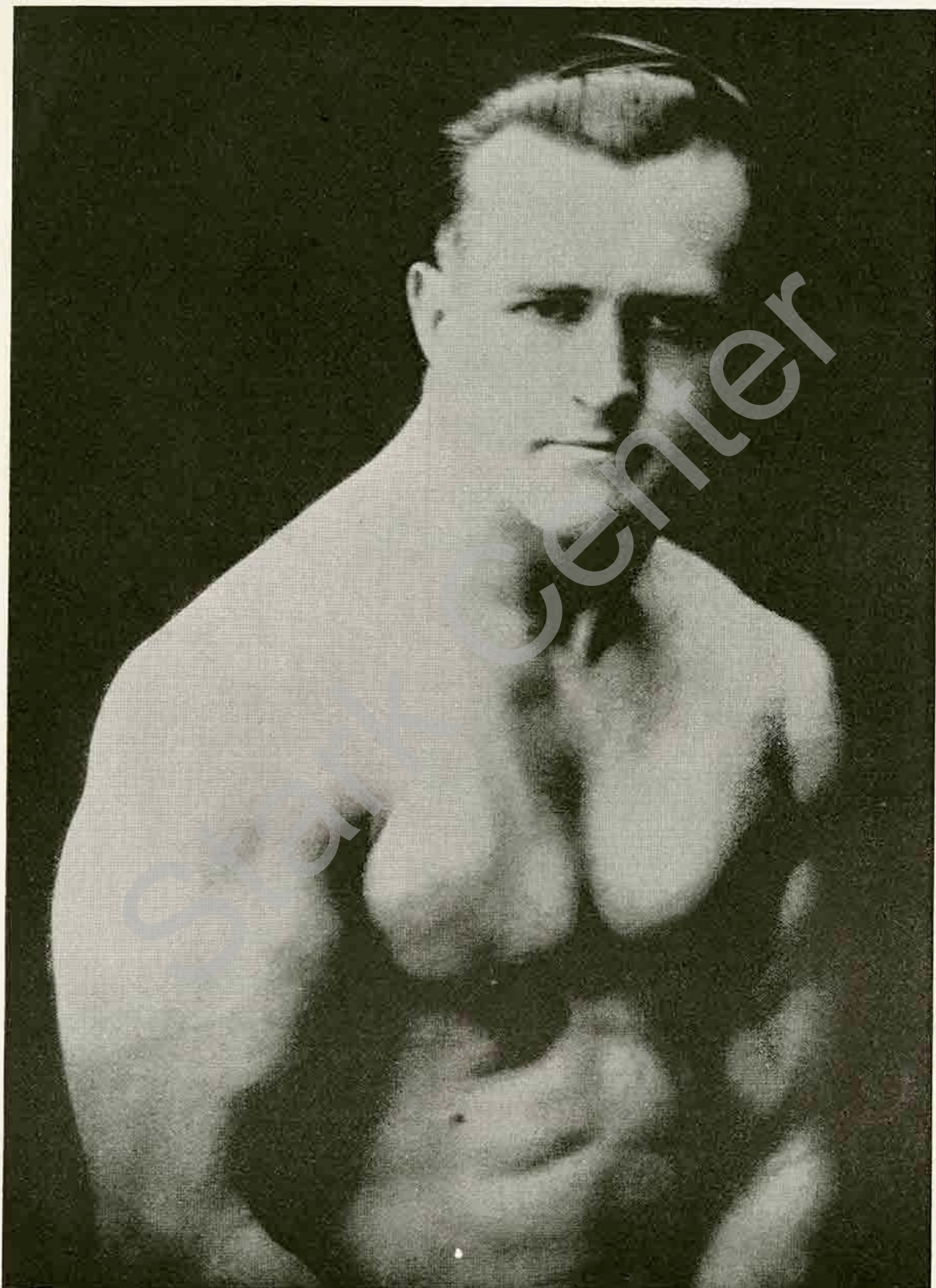
Please send me, *free and postpaid*, under sealed cover, complete copy of Judge Simmons' startling 6,000-word Realization Lecture, that reveals the astonishing discovery made by world-known scientists.

Name

Street

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

Banish *NOW* the thieves of Happiness!



EARLE E. LIEDERMAN
"The Muscle Builder"

Author of "Science of Wrestling and Jiu Jitsu", "Muscle Building", "Secrets of Strength", "Here's Health", "Endurance", etc.

10 Minutes or 10 Years? It's Up To You

Which would you rather have—10 minutes a day with me, or 10 years of misery and suffering? It's up to you! You may be nearer those 10 years of ill-health than you realize. Can you work through a day at top-speed without getting tired? Can you climb stairs without getting winded? Can you run those four blocks to catch your train, and be as fresh as when you started? If you can't do these things, thank your lucky stars you are reading these pages! Because from now on you're going to start a new day. You're going to get new joy out of living. You're going to get new vigor and vitality you've never felt before, and its going to bring you undreamed-of happiness and health.

Laugh at Ill-Health!

I don't say I can cure disease, but put yourself in my hands for 30 days and you'll be well on the road to a physical condition that will make you laugh at the idea of ill-health. I don't care how weak and flabby you are now. The weaker you are, the greater your improvement. I'm not called the Muscle-Builder for nothing. I've brought back the joy of living to over 100,000 other fellows, and I can do it for you.

Get This New Sensation!

In just 30 days I will add one full inch of powerful muscle to each arm and 2 whole inches of rippling muscles across your chest. Your shoulders will broaden. Your neck will attain its perfect form. Your legs become pillars of strength. You'll hardly recognize yourself. Your friends will gasp with amazement when they see the transformation.

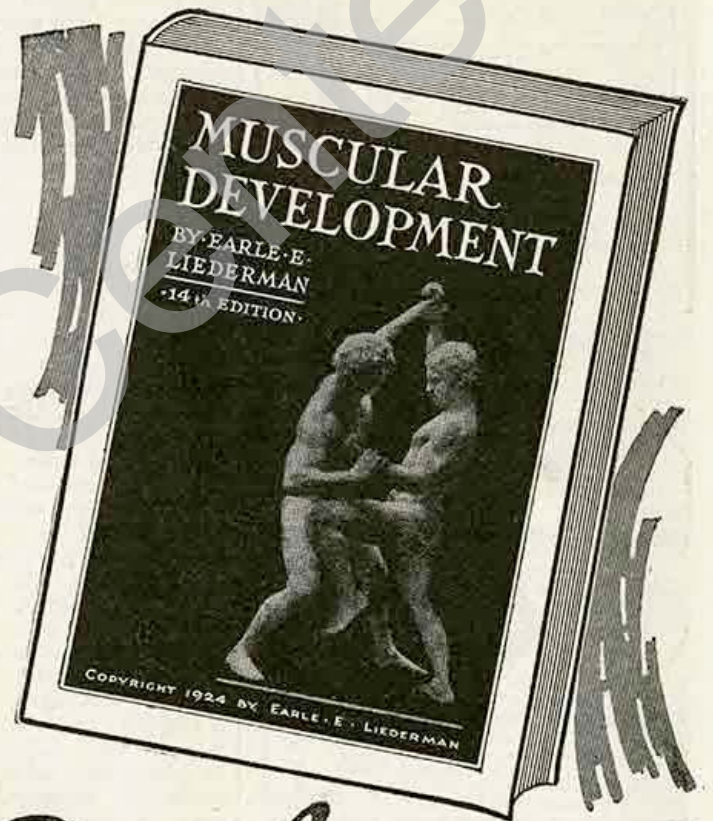
And I touch more than the surface. I go inside and build a wall of healthy protection around your vital organs. Words can't express the way you'll feel. You'll want to shout and dance with the sheer vigor of youthful vitality.

But You Have Only Started

And that's only the beginning! Give me 60 days more. That's all I ask. Then try your strength! The friends you thought were real men will seem like children in comparison. You'll just tear into the problems of life. You won't take no for an answer. Women will turn around when you pass—men will ask to be introduced to you. You'll really be somebody—and then success will be easy.

Thousands Have Thanked Me

Thousands of men and boys have written to thank me for what I have done for them. Above all, they said they were glad I made them start before it was too late. It's a fact, fellows—if you're looking for the road to health and happiness, you've found it. Now it's up to you. And, don't forget, I not only promise these things, I guarantee them. As the first step, all you have to do is



Send For My New
64 Page Book—

"Muscular Development"

IT IS FREE

It contains over four dozen full-page photographs of myself and some of the many prize-winning pupils I have trained. Some of these came to me as pitiful weaklings, imploring me to help them. Look them over now and you will marvel at their present physiques. This book will prove to be an impetus and a real inspiration to you. It will thrill you through and through. And it's all yours—I don't ask a cent. This will not obligate you at all, but, for the sake of your future health and happiness, do not put it off. Send today—right now, before you turn this page.

EARLE E. LIEDERMAN
Dept. 705, 305 Broadway, New York City

It Is FREE	DON'T SEND ONE PENNY	EARLE E. LIEDERMAN, Dept. 705, 305 Broadway, New York City.
	YOUR NAME AND ADDRESS ON A POSTAL WILL DO	Dear Sir: Without any obligation on my part whatever please send me a copy of your latest book, "Muscular Development."
		Name
		Street
		City..... State..... (Please write or print plainly.)

Children's Diseases

(Continued from page 54)



Unwanted Hairs Gone Forever!

You can easily place this delightfully perfumed balsam on the hairs for a few seconds and then remove it, at the same time gently lifting out the very roots of hundreds of hairs. And all in less than a minute!

This scientific preparation is not to be confused with temporary surface hair removers. It is composed of ingredients which will PERMANENTLY destroy the growth by gently lifting out the roots until they cannot return, and it is absolutely harmless.

Formulated by a physician, it is simple, safe and rapid. It can be used freely on your face, arms, underarms, body and limbs. And your skin will take on a beautiful complexion. Thousands of women are using it. Your money back if it does not do all that is claimed.

Ask at your favorite toilet goods counter.

NU-ART

The New Art of Destroying Embarrassing Hair.

If your dealer cannot supply you, mail coupon today



presto! It's gone

DELFIN, INC., Dept. 174,
South Orange, N. J.

I enclose \$1.00 for a package of NU-ART and I understand you will also send me, without charge, as a special offer, a large jar of Nu-Art Massage Cream and a six months supply of Antiseptic Astringent.

Name
Address
City and State.....

ONLY
\$1.00
A
Pkg.



RESHAPE YOUR NOSE

to beautiful proportions while you sleep!



ANITA NOSE ADJUSTER

is SAFE, painless, comfortable. Speedy, permanent results guaranteed. Doctors praise it. No metal to harm you. Small cost.

Gold Medal
Won 1923

Write for FREE BOOKLET



ANITA CO., Dept. E-27 ANITA Bldg., NEWARK, N. J.

The Old Reliable Credit Jewelers

LOFTIS BROS. & CO.

Dept. N.28
100 N. State St.
Chicago, Ill.

DIAMONDS

GENUINE DIAMONDS GUARANTEED AT IMPORTERS' PRICES

Send for FREE Catalog

Over 2000 Bargains in Diamond-set Jewelry, Watches, Silverware and Gift Articles for every occasion. Catalog explains how to have any item shipped for your FREE EXAMINATION without sending us any money whatever! Write now for this big, valuable book—no obligation.

No. 849
A beautiful Solid 18 k white gold brilliant-cut blue white Diamond \$37.50 \$2.50 a wk.

Rectangular Wrist Watch
No. 16—14 k white gold, 15-J \$14.85
An exceptional bargain, \$1.40 a month.

Wedding Rings
No. 824—The "Elite" 5-750 solid 18-k white gold Set with 3 Diamonds \$22.50; 6 Diamonds \$32.50; 7 Diamonds \$42.50; 11 Diamonds \$52.50; 12 Diamonds \$67.50

Satisfaction Guaranteed or Money Back

fourteen days; mild cases may last only two days. Severe cases are very rare. Very little can be found out concerning this disease, due to the fact that it is seldom, if ever, fatal. The patient should be isolated and kept in bed as long as symptoms are present. The swelling should be anointed with oil of Hyoscyamus and covered with cotton, and the bowels kept open.

Rachitis (or rickets) is a disease of nutrition causing well marked changes in the structure and form of the growing bones, and may begin before birth, or develop any time during the first three years of the child's life, after which age it is very rare. Both sexes are equally subject to the disease which is favored by a moist or damp climate, while being very rare in warm dry climates. It is more common among civilized communities, especially large cities where the infants are fed upon substitutes for breast milk, and develop among infants who are weaned early and fed on artificial foods, sterilized milk, meats and other solid foods. These foods cause an intestinal disturbance by creating a tendency toward too much lactic acid in the stomach and too little hydrochloric acid, thus causing certain food elements to be eliminated. The most marked, as well as general symptoms are changes in the bony structure; the bones become soft, and do not form in the normal manner. In advanced cases, the head takes on a peculiar shape and the chest becomes deformed along with other very marked symptoms. It is wisest not to wean a child until at least the ninth month, and then if cow's milk is to be used it is best diluted; eggs, meat, potatoes and vegetables should never be given a very young child. It would be best to give two breast feedings daily and several artificial feedings rather than to wean a rachitis child. After the sixth month a child with ricketty tendencies should be given fruit juice in small quantities, preferably orange juice. Constipation must be guarded against, and damp, ill-ventilated dwellings shunned. Medically, cod-liver oil, with hypophosphites of lime and soda are excellent.

The exanthemata, or infectious diseases accompanied by skin eruptions, form a distinct group, in which the infectious element originates in the body of the patient; the nature of this poison is unknown, though suspected to be bacterial. It is known that these diseases: scarlet fever, measles, German measles, chicken-pox and small-pox, are conveyed from one person to another through the atmosphere, being truly contagious; differing in this respect from a disease like typhoid fever, in which the disease-carrying agent must be introduced into the body. Most persons are susceptible to some of this class of diseases, such as measles and small-pox, while not everyone exposed to contagion will get scarlet fever or chicken-pox; likewise, few people are attacked twice by any one of this class of ill-

nesses, but an attack of one of these diseases will not confer immunity from another. Each of the exanthemata is distinct in itself and has a certain period of incubation, between the time of exposure and attack; and it is possible to have two of these diseases at one time.

Scarlet fever is highly contagious, and has a characteristic rash. It occurs at any age in all countries, being peculiar to North America and Europe and is most prevalent in the Fall and Winter. All children exposed to infection do not contract the disease, but it is very easily caught or carried to another person, if one remains near the patient for any length of time. Clothing and articles of food may also carry the infection for quite a length of time.

Scarlet fever may come on in from one to eight days after contact, but usually occurs in from three to five days. The eruption usually comes out on the second day and generally lasts till the end of the fifth, after which scaling begins, which may last for a long time. Such patients are liable to spread infection anytime within six weeks, and anyone subjected to infection cannot be sure of being immune until eleven days have passed. At the beginning of scarlet fever the temperature may rise to around 106, later to drop to subnormal, with occasional recurrence of high temperature, and is accompanied by sore throat. Generally twenty per cent. of the patients have ear trouble afterwards, and it is figured that ten per cent. of deaf-mutes can trace their affliction to this disease.

The patient should be isolated and kept in a warm, well lighted and ventilated room. Those having contact with the sick should not go near others. During ordinary fever, sponging with lukewarm water will bring relief; in cases of continual high fever the patient can be placed in a full bath every four hours, having the water at a temperature of 100, then gradually reducing the temperature to 85 while the patient remains in the bath.

Measles is an acute infectious disease, distinguished by a characteristic eruption on the mucous membranes and skin. It is highly contagious, especially through the atmosphere; most persons are susceptible, though infants up to five months are not so susceptible as at later times; the first born seems to be more immune at this early age than subsequent offspring, but it is very infrequent during the first year of life. Measles is prevalent in all parts of the earth, climate or weather seemingly having no influence on its prevalence. Measles usually occurs in from ten to fourteen days after exposure, the rash appearing three to five days after definite illness sets in and lasts from five to seven days, and the patient may spread infection anytime within two weeks after the appearance of the rash. At first, a rash appears in the mouth, accompanied by a slight feeling of illness, possibly head-

(Continued on page 62)



Never Lonely Now!

Since I Found This Quick Easy Way to Play The Piano - Without a Teacher!

LESS than a year ago I was friendless, lonely, unhappy. No one seemed to take to me. Then came the amazing event that changed my whole life. Suddenly I found myself with hosts of friends—the center of attraction—the life of every party. I was popular everywhere!

Here's how it happened! Somehow I've never had the knack of making friends. I was never noticed at a party. Always I found myself sitting alone. I guess it was my own fault, though. I had nothing to offer! No musical ability—no gift of wit—nothing to entertain others. So I was left to myself more and more—left to dreaded solitude.

One night my spirits were at their lowest ebb and the four blank walls of my bedroom seemed to crush me like a prison. I could stand it no longer. Anything was better than that lonely room. I wandered out into the deserted streets—unconscious of the drizzling rain.

Suddenly the sound of jazz and happy laughter caught my ear. For an instant my spirits rose, and then fell as I realized that the fun was not for me. Through the open window I could see couples dancing—others talking—all having a good time.

Everything seemed to center around the young man playing the piano—Tom Buchanan. How I envied him! He had friends—popularity—happiness—all the things I longed for—but didn't have! I was just an outsider. I turned away with a lump in my throat.

All the way home I kept thinking of that scene through the window. It depressed me. The next evening I dropped in to see Tom. He greeted me cordially:

"Hello, Dick, glad to see you."

"Feeling pretty blue, Tom, so I thought

I'd call. Lucky to find you in, though. It doesn't happen very often," I answered.

"Well, you came to the right place. Music will soon make you forget your troubles."

Tom sat down at his piano and began to play. Never have I been so moved by music. The happy hours sped past as rhapsodies, waltzes, jazz hits, sonatas poured from his expert fingers. When he had finished, I sighed—sighed enviously.

"Thanks, Tom, it was wonderful. What I wouldn't give to play like that! But it's too late now! I should have had a teacher when I was a kid—like you!"

Tom smiled and said: "Dick, I never had a teacher in my life. In fact not so long ago, I couldn't play a note."

"Impossible!" I exclaimed. "How did you do it?"

The New Way to Learn Music

Then he told me about a wonderful new short-cut method of learning music that had been perfected by the U. S. School of Music. No teacher, no weary scales and tiresome hours of practice. You played real music from the start. When I left Tom, it was with new hope. If he could learn to play this way, so could I! That very night I wrote for the Free Book and Demonstration Lesson.

Three days later they arrived. I was amazed! I never dreamed that playing the piano could be so simple—even easier than Tom had pictured it. Then and there I knew I could master it!

The course was as much fun as a game. No more dreary nights for me. And as the lessons continued, they got easier. Although I never had any "talent" I was playing my favorites

—almost before I knew it. Nothing stopped me. I soon could play by note jazz, ballads, classical numbers, all with equal ease!

Then came the night that proved the turning point of my whole life. Once more I was going to a party, and this time I had something to offer. But I never dreamed that things would happen as they did.

What a moment that was when our hostess, apparently troubled, exclaimed: "Isn't it a shame that Tom Buchanan can't be here? What will we do without someone to play the piano?"

Amazed at my confidence, I spoke up: "I'll try to fill Tom's place—if you're not too critical."

Everyone seemed surprised. "Why I didn't know he played!" someone behind whispered.

Pick Your Instrument

Piano
Organ
Ukulele
Cornet
Trombone
Piccolo
Guitar

Violin
Clarinet
Flute
Harp
Saxophone
Mandolin
'Cello

Hawaiian Steel Guitar
Sight Singing
Piano Accordion
Voice and Speech Culture
Harmony and Composition
Drums and Traps
Automatic Finger Control
Banjo (Tenor, Plectrum or 5-String)

Quietly I sat down and ran my fingers over the keys. As I struck the first rippling chords of Nevin's lovely "Narcissus," a hush fell over the room. I could hardly believe it, but—I was holding the party spellbound!

Then as I played, I forgot the people and lost myself in my own music. The room became a field—a field dotted with nodding white flowers and filled with rich, fragrant perfume.

When I finished, you should have heard them applaud! Everyone insisted I play more. Only too glad, I played piece after piece. My heart was filled with joy—for I—who had been an outsider—was now the life of the party.

Before the evening was over, I had been invited to three more parties. Now I never have a lonesome moment. At last I am popular. And to think it was all so easy!

You, too, can learn to play your favorite instrument by this remarkable easy "at home" method that has helped almost half a million people all over the world to increased pleasure and financial gain. And there's nothing marvelous about it. It's just a common sense practical method—so simple you don't have to know the slightest thing about music. You find your progress amazingly rapid because every step is clear and easy to understand.

Free Book and Demonstration Lesson

Our wonderful illustrated free book and our free demonstration lesson explain all about this remarkable method. They prove just how any one can learn to play his favorite instrument by note in almost no time and for just a fraction of what old slow methods cost.

If you really want to learn to play—if new friends, good times, social popularity, and increased income appeal to you—take this opportunity to make your dreams come true. Now! Sign the coupon and send it before it's too late. Instruments supplied when needed, cash or credit. U. S. School of Music, 995 Brunswick Bldg., New York City.

U. S. SCHOOL OF MUSIC,
995 Brunswick Bldg., New York City.

Please send me your free book, "Music Lessons in Your Own Home," with introduction by Dr. Frank Crane, Demonstration Lesson and particulars of your Special Offer. I am interested in the following course:

Have you above instrument? _____

Name _____

Address _____

City _____

State _____



HANS STEINKAMP

World's German Wrestling Champion
(This Monarch of the Mat Keeps Fit with the
Breitbart System)

THE WORLD'S GREATEST CHAMPIONS

all use this amazing new and original method. JACK DEMPSEY, PAUL BERLENBACH, JOE STECHER, JIM LONDOS, GEORGE CALZA, JIM CORBETT, SID TERRIS, CHARLES RIGOLET, HACKENSCHMIDT, TOFOLOS, PAOLINO, CARPENTIER—all the supermen of the ring and mat train with the Breitbart System.

THE SECRETS OF PHYSICAL DEVELOPMENT revealed in an entirely new way in this amazing 84-page book, "MUSCULAR POWER." Just Off the Press! It's packed full of wonderful information—inspiration—guidance—124 photographs—a gold mine of priceless value!

You Need This Amazing New Book! It's yours without any obligation. The Health you want, the Strength you admire, the Vitality you wish for—all can be yours! This new book has revolutionized all standards of Health, Strength, Muscle, Endurance, Vitality, Physical Development and Muscular Power, it will

Add Ten Years to Your Life!

No matter how weak or strong you are, whether healthy or sick, small-boned or large, young or old, you need it. It will put on healthy flesh and muscle, rebuild sinew and bone, put vitality into weaklings, fill you full of red blood and "pep" quickly—surely—pleasantly—easily—permanently.

Test Your Strength with the Muscle Meter!

You will get one without charge! This unique and exclusive Breitbart invention tells you how strong you are, whether your muscles are properly developed, and is an accurate indicator of your physique. Get it at once—no obligation!

MAIL THIS COUPON TODAY

BREITBART INSTITUTE OF PHYSICAL CULTURE
Dept. O E 3, 3 East 14th Street, New York

Please send me, without any obligation on my part, your big, new 84-page book, "MUSCULAR POWER," and also one of your MUSCLE METERS. I enclose 10 cents for postage.
(Please write or print plainly)

Name

Street

City State

ache and a slight disturbance of the stomach. Then in a couple of days the rash begins to appear on the face and head, with running of the nose and eyes and coughing; then the rash spreads to other parts of the body, the fever reaching 104 or 105 at the height of the rash; then the rash and fever begin to fade and scaling sets in. One attack is quite positive to cause immunity from further attacks. In severe and fatal cases, complications set in as a usual thing, such as pneumonia, kidney trouble or mastoid disease. Diphtheria may likewise complicate measles.

The disease alone needs very little medicinal treatment, the aim being to make the patient comfortable. The sick room should be well ventilated, and the cough sometimes needs treatment. The patient should be kept indoors for about three or four weeks after the eruption appears. A soap bath is sufficient before allowing the child to mingle with others.

German measles (or Rotheln) is very much like regular measles, but lighter in attack. The fever does not mount so high, nor does it remain quite so long. After exposure to infection, this disease may not attack for a period as long as three weeks, while it may set in one week from exposure. The rash usually appears two to four days after definite illness and lasts about three days, but the patient is contagious about ten days after the appearance of the rash.

Chicken-pox is an acute infectious disease of childhood, rarely occurring after the tenth year, and is transmitted through the atmosphere. It is peculiar to certain countries and does not appear epidemically, as a rule. After exposure to infection, the disease may attack in from ten to sixteen days, and is marked by eruptions in the mouth, rash on the face and body, slight fever, feeling of uneasiness and possibly running of the nose. The rash continues to break out on different parts of the body for the first four days and then begins to fade. The patient is liable to spread infection till the scabs have all disappeared. If itching is present, eruptions should be

covered with 5 per cent. boric acid ointment. Slight scarring sometimes results.

Cow-pox is similar to Chicken-pox, though, as a rule, it occurs only at the point of inoculation. It is peculiar to the cow and occurs on the udder. It is transmissible from animal to animal and from animal to humans.

Though a child may suffer from any disease that may afflict an individual of more advanced years, there are certain diseases more common to children; included in this group are a few that seldom afflict the adult. Until the last few years there was a common belief that each child must catch certain illnesses before adolescence, or something terrible would attack them in later years. Due to this belief, many parents have been known to expose their offspring to contagion, in direct violation of the public health code and quarantine laws. Nothing could be more pernicious than to believe a small child must suffer the ravages of filthy disease, and the practice of exposing little ones to the unknown consequences of health destroying disease only existed because of downright ignorance on the part of those who had every right to be better informed. I say "unknown consequences," as at that time very few had any idea of what effect these "harmless" diseases had on survivors. Today we know they are far from harmless, and the present day medical man can point to statistics showing an increased death rate from certain degenerative diseases, such as "heart disease" and say with absolute positiveness that a large majority of those deaths are due to weaknesses left after attacks of the "children's group" of sicknesses. There is no way to tell just to how great an extent humanity has suffered because of so pernicious a belief. And the horror of it all is, that we have not yet groped our way out of the darkness of such ignorance; it is a blight on our boasted present day civilization to know there are people living in some communities in this country who still believe in this relic of the dark ages.

American Continental Weight Lifters' Association Notes

(Continued from page 43)

Everyone laughed when Dennis imitated the style and lifted one hundred and eighty-five pounds. The Two Hands Clean and Jerk came last. Here was a lift in which murder could not be committed as had been done in the other two lifts. Dennis did two hundred and thirty-five pounds; Gratton did two hundred and forty-five pounds. The totals were Gratton six hundred and twenty pounds and Dennis six hundred pounds.

In the last lift, Mr. Jowett threatened to disqualify Gratton for the remarks he was passing all of the time. He wanted to referee the lifts according to his own ideals, but was promptly stopped.

Our president gave an imposing talk afterward, and while he did not disparage the visitor, he told the truth.

Mr. Jowett went the limit on this occasion in order to give the visitor a show, and of course Dennis had the same chance, but our president emphatically stated that it would never be allowed again for no man. They either have to lift according to A. C. W. L. A. ruling or Olympic style. There is no beauty or ability to what we saw, and if a man cannot lift in that privileged style, he cannot lift at all. Gratton should at least have made a total of seven hundred pounds. Mitchell, lifting under our rigid ruling, could allow Gratton to lift in his privileged style, and our boy could hopelessly beat him in the bargain any old time.

Gratton is a much over-rated man, and is the poorest lifter we have seen from the land where we know real

lifters are. He realized his deficiencies as he saw Manger, Levan and others go through their lifts in that smooth, polished style of the purest lifter.

There is no possibility of a match between Mitchell and Gratton now. We know the latter has no chance and if he is the best of Canadian amateurs at his weight, the title is pie for America. What we could not understand is why Gratton refused to meet Manger, when the Frenchman claims to be the all weight Canadian Amateur Champion. There must be some mistake for we know of many others in Canada who are superior to Gratton at his body-weight.

Marineau, Fournier, Giroux and Dandurand, unfortunately, are professionals, but they always lift our style as does Angers, the Canadian amateur featherweight champion. It looks as though America has all of the Continental amateur titles in her hand with the exception of the heavyweight class that is ruled by Caouette.

The German heavy middleweight champion has signified his desire to lift. The more the merrier, for each international match will show how good our boys are. Our president has surely led us right, and I hope we will be led to the world's championships by him.

The officials for the night were: Geo. F. Jowett and Mark Berry referees; Chas. Durner and Dr. Raftery as judges, with Carl Collier and Philip Piantone supervising the loading.

Norristown, Pa. blossomed out with a splendid strength shown on February 26th, that was held in the City Hall. It was a fine affair, and reflects great credit on Frank Carfagno and James Messer, the promoters, and is shared by the splendid work of the performers. Mark Berry went up to officiate as the official representative of our president, and opened the show with an introduction of all the performers. The actual show opened with a comedy song and dance act by Miss Emma and Charles Zone. The act was a knock-out, and won the applause of the house. Gallo and Santillo came next in an acrobatic act, which was splendid. Full of pep and brilliant stunts it was well received. Miss Emma and Charles Zone later came on and the whole four broke into a regular acrobatic and tumbling free-for-all.

Zoley Lucas, at one hundred and forty pounds, did a Two Arm Curl with one hundred and twenty and a half pounds, coming four and a half pounds behind the record held by Charles Swift, of Pittsburgh, Pa. After this, Tony Pelligotti tried a Left Hand Bent Press with one hundred and ninety-six and a half pounds, but failed. This was followed by a match on an assortment of six lifts between Messer and Piantone. It was won by Messer with a total of nine hundred and seventy-six pounds against nine hundred and sixteen pounds. Bill Lilly, Jack Russell and Archie Allair, went through their usual stuff that was a revelation to the watchers who witnessed the performance for the first time.

Levan next obliged with some stunts that are mighty good for a one hundred

I'll Teach You to 'Read' People At First Glance-Or No Cost!

Salesmen! Would you try to sell a prospect with your eyes shut? Business Men! Would you try to run your business blindfolded? That is just what you are doing unless you know how to read and analyze the characters of the people you deal with. Let me open your eyes. I'll teach you to read people at first sight or the trial costs you nothing.

By DAVID V. BUSH

The Man Who Astounded America



THROUGH a remarkable new method of reading people at sight, I have enabled thousands of salesmen, executives and employees to increase their earning power to a really astonishing degree.

Most people do not appreciate what a tremendously important thing it is to be able to read people at sight. But here is an interesting test that will convince you. Just close your eyes. Imagine that you are a salesman about to meet a prospect. But instead of looking at the prospect you keep your eyes shut. You can't see him at all. You know nothing of his features or physical characteristics. You don't know whether he is old or young, lean or stout, intelligent or stupid, calculating or emotional. Could you sell him? Think how difficult it would be! You wouldn't know how to interest him. You wouldn't know what to talk about. You wouldn't even know how to begin without some knowledge of his character as revealed by his face.

Everyone develops an unconscious character analysis of his own. But vague and unconscious as this character analysis is, they find it extremely valuable. They are lost without it. Think, then, how much more valuable a definite scientific system would be—a proved system which would give you the exact character of a man at a glance.

As a salesman you would be assured of more orders, more friends, more earnings. You would know just how to approach each prospect. You would be able to suit your appeal to each particular man or woman. You would understand each man's temperament and peculiarities before attempting to sell him.

As a business man you would be able to better understand other business men. You would know precisely how to deal with each customer.

As an executive you would know how to pick the right man for the right job. You would know exactly how to manage each employee to get the best results.

Five Types of Character

There are five types of character. In every man, one of these types predominates. Each type must be appealed to differently. The correct appeal for one man may be the worst possible appeal for another.

Some men think slowly. They cannot be hurried into a deal. They are suspicious of anyone who attempts to hurry them. Others decide quickly. They pride themselves on their quick judgment. You must convince them in a short time or you will never convince them. Some men are strictly practical. Hence, only the practical side of a proposition will appeal to them. Others are theoretical. They must be approached in a still different manner.

I can teach you how to size up each different type at a glance. Each man's character is plainly written on his face by certain unmistakable signs. I can show you precisely the best appeal for each and every man.

Contents of this Book

How to tell the different types
Vocations for the different types
Love and marriage
The eyes
The ears
The nose
Head shapes
The handshake
The voice
Personal habits
How to make people like you
and 18 other vitally interesting chapters.
Also 150 diagrams and photographs explaining these rules and just how to apply them.

Send Today for This Remarkable Book

In my tours throughout the United States I have personally met hundreds of thousands of people. Each year I lecture to millions. This book, "How to Read People at Sight," is the most comprehensive of its kind. It is the result of years of close observation of millions of people.

The book fully explains the five types—how to recognize each type—how to deal with each type. It explains the peculiarities of blondes and brunettes. It covers the front face, profile, hands, skin, nose, eyes, ears, mouth, chin, the walk, voice, handshake, personal habits, expression, and hundreds of other points that have a direct bearing on character. The book contains 84 charts and pictures, each one a direct illustration of some feature bearing on a particular type.

Special Reduced Price Offer Send No Money

You must see this wonderful book—a regular gold mine of valuable knowledge. 550 pages, substantially bound in cloth. Formerly sold at \$7.50. Now being offered at only \$5.00 as a special introductory offer. Clip and mail the coupon now and this book will be sent to you by return mail. Pay postman only \$5.00. If, after 5 days, you are not delighted, return the book and your money will be refunded instantly. You are the judge. David V. Bush, Dept. A-695, 225 North Michigan Blvd., Chicago, Ill.

DAVID V. BUSH,
Dept. A-695, 225 N. Michigan Blvd.,
Chicago, Ill.

You may send me the volume entitled "How to Read People at Sight." I will pay the postman the special introductory price of only \$5.00. If I am not delighted I can return the book within five days and you will refund my money instantly.

Name _____

Address _____

City _____ State _____

Remittance from foreign countries and U. S. possessions must accompany all orders.

Old at 23

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



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

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

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

For quick proof try only aged persons, who have exhausted their reserve power. Send for statements of **ELDERLY** people who have experienced a wonderful change to youthful activity after only 10 days' trial of the new system of **UNDILUTED** water-free nutrition.

The injurious effects of water, table salt, cereals, fat, butter, sugar, etc., are explained in our booklet; also the one common underlying cause of all disease.

Write us for particulars of Government Bulletins, describing experiments on convicts, hens, cows, etc. Deficient feeding produced disease, whereas **FULL NUTRITION** corrected e. g., paralysis, blindness in hens, rats, etc.; beri-beri, skin affections, etc., in men.

From sworn statements:—**PARALYSIS**. Age 61. Right hand and leg helpless three years, restored in three weeks. **ARTHRITIS**. All joints swollen from lime deposits. Knees and wrists locked immovable for eight months. Blind for two years. Can now see, walk, do home work. **CATARRH**, hay fever, and asthma, improved from the first meal. **GALLSTONES**. Age 80. Cholle every week for years, but not one attack since instruction over four years ago. **TUMORS**. Age 40. Dissolved within a year. **GOITRE**. Collar reduced 17 to 15 inches normal size. **UTERINE HEMORRHAGE**. Age 50. Bedridden three years. Now does housework. **ECZEMA**. Age 69. Skin cracked, scaling, normal in three months. **PYORRHEA**. See Reprint from "Dental Digest." **PREGNANCY**. Age 30. No nausea, no swollen feet nor constipation, delivers children. Water-free Meals. Educational Booklet 10c. **BRINKLER SCHOOL OF EATING**. Dept. 20S, 136 West 72nd St., New York.

(See Catarrh, p. 70)



Enjoy Glorious Health and Beauty Baths

Regenerate and beautify the body with hot air, vapor, turkish, and perfume baths in the famous improved Allen Vapor Cabinet. Many exclusive features. Price complete, with alcohol heater, floor mat and face steaming attachment \$15, prepaid anywhere. Ready instantly—folds to small space afterward. Sanitary. Neat. Durable.

SANITARY SUPPLY CO.
767 Alexis Ave., Toledo, Ohio



Which Little Imp is Causing You Pain

These tormenting little imps that dwell in ill-fitting shoes have a happy faculty of worrying you to distraction under the most trying circumstances. Yet they are of your creation as long as you continue to wear faulty shoes.

Change to "PEDIFORME" Shoes

Put on a pair of "Pediforme" Shoes and you first begin to know what supreme foot comfort really is! "Pediforme" Shoes hold each bone of the foot in its proper place just as nature intended. Every muscle is allowed perfect freedom of motion, circulation is unimpaired and you can walk mile after mile with a smile.

Combining all the distinctive features found only in the best make shoes, "Pediforme" Shoes are, in addition, correct and corrective in every respect. A shoe for those of discriminating taste, who recognize correct style, who appreciate real value, and who want greatest ease and comfort in walking.

Get Your Booklet FREE

Comprehensively, this booklet shows the way to freedom from all foot ailments. Simple rules for foot hygiene are also given. "Pediforme" Shoes are illustrated in various attractive styles for Infants, Children, Youths, Misses, Men and Women. Your copy will be forwarded without charge. Simply send your name and address. Write today—Dept. S.

THE PEDIFORME SHOE COMPANY

86 W. 36th St., New York. 322 Livingston St., Brooklyn

and twenty-five pound man. He laid down and got up while holding a one hundred pound bar bell at arms' length throughout. Next he held a one hundred and twenty-five pound weight in the teeth and performed a deep knee bend several times. With two hundred and fifty pounds he went through some more squats, laid down with the weight and pressed it in the shoulder bridge, then he placed it on his feet to be shoved up and down a few more times. For the final stunt he bent into the Wrestler's Bridge, and pressed a one hundred and twenty-five pound bar bell and supported three men on his body at the same time.

Nick Cippolini curled ninety-five pounds to a new record mark in the one hundred and twelve pound class. Held out in front raised from below fifty-five pounds, and the same weight lowered from above. In the Pull Over and Press on Back, he did one hundred and sixty pounds and one hundred and thirty-five pounds in the Wrestler's Bridge as his contribution. All these lifts are new American Records.

Frank Dennis, assisted by Joe Dettor, gave an interesting turn of lifting, tumbling and acrobatics as the wind-up. The performance was ably assisted by

(Continued on page 86)

The Bell Lap

(Continued from page 29)

1925; Freddie Spencer is a native of New Jersey and not long out of the amateur ranks, but has proven one of the best all-round anklers in the game. Orlando Piani, a big fellow from Italy, who first came here about seven years ago, is among the foremost as a sprinter. Due to his ability as a sprinter the management uses him as a drawing card by having him specialize in match races; the Italian-American populace attend the races by the thousands to cheer him. Though very successful as a match racer, he doesn't fare so well in the championships. Among other great sprinters are Cecil Walker, of Australia, who finished second in the final standing two years in succession; Harris Horder, a newcomer from Australia, and "Bobbie" Walthour, Jr., a youngster who is a likely candidate for title honors; he is the son of one of the greatest riders of old days, whose records still stand; the father is still in competition in Germany.

William Spencer, known as Willie and Bill, is the elder of the Spencer brothers, being a little over thirty. He is much lighter in weight than his giant brother and more successful at distance races, but lacks "Artie's" finishing ability in the sprints and matches, though he is the most popular of the two.

Arthur Spencer as a sprinter of pure speed is positively tip-top and at match race riding, averaging over a few years, he is about the best the game has seen. He is extremely large for one who makes his living on a wheel, always weighing well over two hundred. Seemingly due to the excess flesh he carries and evidently finds impossible to eliminate, he is notably weak in any sort of distance race, seldom showing to advantage in any race over a mile in length. Were it not for this inability to keep going when the pace is hot, he would have no trouble to win the sprint championship year after year. But, where a sudden burst of speed is needed, as in a match race, he leans over the handle-bars, puts his weight on the pedals and the bike sure travels. Art finished third in the title series last year.

Another form of match riding is to pair the riders into teams, two or more teams competing in a series of heats. Most often two teams will be sent on

the track at one time. The usual method of riding such races is for one member of a team to pull the other, that is ride in front as pacemaker, breaking the wind resistance and riding himself "out" in order to pull his partner into a favorable position for sprinting to the finish. Throughout the heats the teams will jockey for position and try to separate the men on the opposing team.

Every rider, whether professional or amateur, has a handicap mark at which he must start in handicap events; this mark is determined by his ability in general competition and gives each rider a chance to win prizes. The star sprinters are placed on scratch, the others are strung out in front according to their ability and the distance of the race; in a two mile race of this sort, some riders get as much as two hundred yards lead on the scratch men. At the gun every one starts and it is up to the back markers to pass those in front. The stars must ride at their best to win very often in the handicaps, and some remarkably fast time is made, especially where a star has the field spread out fairly well in front of him, and keeps getting pulls from those just in front, till the last man is nipped at the tape. Some very large fields enter the amateur 1/2 and 1 mile handicaps, necessitating the running of several heats and a final. In two-mile handicaps the entire field is started at one time, with the riders strung pretty nearly the whole way around the track. Spills are the general rule, there being many on the track at one time. I recall an instance, a few years ago, when at least fifty started in one of these events; as the front men were slow getting away, the back markers came up to the limit men at one time, with the result that there was one grand pile, and when they stopped piling there were about six left on their wheels. It was necessary to call that race off to sort out the fallen riders and twisted mass of busted bikes.

A race requiring grit and plugging is the "Australian Pursuit," most often contested by two riders, who start from opposite sides of the track and ride till one passes the other. In the case of two evenly matched riders, it may require a few miles of riding till one triumphs. When in his prime, Oscar Egg, the

(Continued on page 66)

10,000 Chest Expanders

ONLY 99¢ EACH!

These are genuine heavy cabled progressive exercisers of powerful tension and resistance. Each cable contains 50 pure rubber strands, and is fully guaranteed. Never before in the history of physical culture have these exercisers been offered at a such a low figure, and it is only done now because we are overstocked.

You can search every store from coast to coast and you can turn the pages of every magazine published and nowhere will you find such a bargain as this! We have got to turn this stock over. Now's your chance to get this wonderful guaranteed progressive exerciser at less than half price.

Less Than the Price of a Meal

If you buy elsewhere you will pay more than twice as much, and perhaps five times as much. Don't forget that we are direct manufacturers, and if it wasn't for our having this extra lot on hand, you would never have the opportunity to make the best buy you ever made. Just think of it! A genuine guaranteed 5 cable 50 strand para rubber cable exerciser for only 99c! Less than the price of good meat! We also have a few 10 cable progressive exercisers on hand at \$1.85.

FIRST COME, FIRST SERVED

Order your exerciser now, before it is too late! There are only a limited number. After that you will have to pay a great deal more. Get this wonderful health-builder that should be in every home.

It only takes a minute. Just sit down, clip the coupon, write your name and address on it, and mail it to our address.

FREE

A complete set of instructions for scientific body-building are given away absolutely free with each exerciser. With these you will find it a simple thing to develop your strength and grow healthy.

DEALERS! ATTENTION!

Here's your chance to purchase a supply of honest-to-goodness guaranteed progressive exercisers at a price far below normal. You can resell them to your store customers for as high as \$8 for the 10 cable exerciser. Order a sample of each model to try out and test to your satisfaction, then order any number you desire. No order is too large or too small. Here's a buy at a price you never thought possible.

SEND NO MONEY

Just pay the postman for the exerciser when it is delivered to you, plus a few cents postage.

ATHLETIC APPARATUS MFG. CO.
Pennsylvania Building, Dept. 15,
New York City.

Gentlemen:

Please send me your 5 cable [guaranteed] @ 99c.
10 cable [exerciser] @ \$1.85

(Check the one you want). It is understood that I am to get your instructions for using absolutely free. If I am not satisfied, I can return the exerciser within five days and you will return my money.

Name

Street

City and State

JUST
CLIP THIS
COUPON





**ELEVEN ADVENTURES
in Health Free**

THE coupon below opens the road to high adventure—in health. For in eleven delicious crackers—whole wheat blended with brown sugar—it will bring you a double supply of energy in quickly available form.

Wheatsworth Crackers abound in the mineral salts, vitamins and bran so essential for joyous well-being—that make the brain keen, the mind eager and alert. Send for a package today—Free!

F. H. Bennett Biscuit Company,
133 Ave. D, Dept. E, New York City
Gentlemen: Please pass the crackers.
Enclosed are 3 cents for postage.

Name

Address



**To Have and To Hold
as a Man Gets Old?**

To have Firm, well nourished Prostate and Allied Glands to hold the Strength and Vigor of Buoyant Youth, without stomach drugging. Particulars and Proof sent plainly sealed, Dr. Math M. Kerr, (Gland Specialist since 1898.) BB-Box 414, Cincinnati, O

**How to Get
What You Want**

A new and amazing force which is bringing to thousands the things they want—so quickly and easily as to be astounding!



What do you want most in life—a home of your own—a college education—a brilliant and successful career—a trip to Europe—an automobile, health, happiness and love or success in any line.

DAVID V. BUSH

Dr. Bush—America's most famous practical psychologist and lecturer—has helped thousands of men and women to realize just such desires as these—through VISUALIZATION.

What Visualization Is

Visualization is one of the most potent forces in life—yet not one person in a thousand knows how to use it! It is an amazing power that can be harnessed in such a way as to bring you things you never dreamed could be yours. Just as Dr. Bush has proved, time and again that proper visualization will actually make desires come true—he will prove it in your own case!

In his book, "Rules for Visualizing," Dr. Bush tells you exactly how to use this gigantic force—exactly how to apply it—exactly how to make it work for you. In simple language he reveals to you the secret of getting what you want. This amazing book will prove a gold mine to you—yet its cost is

Only 25c

Don't delay! Get what you want in life! Realize your greatest ambitions! Send for this remarkable book TODAY. Enclose 25 cents, stamps or coin. Address:

DAVID V. BUSH, Publisher
Dept. N-695, 225 N. Michigan Blvd., Chicago, Ill.

(Continued from Page 64)

Swiss, was unbeatable at this style of riding. Sometimes they contest Australian Pursuit team races, two men on a team, and for novelty's sake frequently have eliminations, with four men starting at different parts of the track in each heat, the winners going in a final.

Oscar Egg, we might mention, was one of the most famous of six-day riders, and won many endurance races in Europe and America. To give you an idea of his remarkable plugging ability, some years ago riding on a track alone, he covered twenty-seven and a half miles in an hour. The best ever accomplished by an American was twenty-five miles, six hundred yards, by W. W. Hamilton, away back in 1898. Riding alone a man must buck the wind all the time, which accounts for the few miles when compared with some other records.

A regular feature is the popular "miss-and-out," usually not entered into by the stars, so it gives the second raters a chance to cash in on the prizes. In order to make the idea clear, we will suppose that thirty riders line up for this event; each time they come around the track the last man is called out by the officials. This is continued till seven are left in the race, when the bell rings and they tear around for final positions; in this case, where thirty started, the distance would be four miles and one lap, providing no one quit during the race. It requires some tricky riding to keep in a miss-and-out, as there is a merry scramble each time the field hears the official whose duty it is to call them out; a rider may consider himself safe, only to have someone sneak past him. A dollar is the prize for the first man around each time, but if a fellow goes after the lap money, he won't have much energy left for the finish. If a man wins a dozen of these during an entire season, he is going to land at the top of the heap.

To keep the pace hot in distance races, like a five, ten, twenty-five or fifty mile race, they use a system of pacing. A number of riders, generally six, with plenty of plugging ability but not quite classy enough to have a chance of winning, are chosen to act as pacers. The duty of the pacer is to ride in front of the string of competitors, as hard as he can, alternating every two laps. As a pacer is relieved he swings off and rests until it is again his turn. The field is supposed to follow the pace, though at times they refuse to follow as fast as the pacers choose to go.

As a means of varying the season's program, frequently another sort of race is carded—the 100 kilometer team race (62½ miles is the distance actually raced) this being a miniature six-day event. Teams of two men each are formed. These are as evenly matched as possible, with about twenty teams starting and sprints for points every two miles. Generally, the members of a team relieve each other for each sprint, though once in a while a man may stick for two in a row. The atmosphere is much like that of a six-day race, with lap stealing, etc., lasting about two and a half hours.



**WHICH IS YOU,
LADIES??**

Which of these figures most closely resembles your own? You can't be in style if you are overweight or fat. The fashion designers, somehow or other, never figure on the type of woman who is too large around the waist or hips. She isn't considered at all. If you want to wear fashionable clothes and be attractive, you must make your figure more slender.

DON'T STARVE ON DIETS

Drugs are harmful and can never benefit anyone. My course is pleasant to follow. Every movement is simple and easily practiced by any woman, whether too stout.

OR UNDERWEIGHT

Let me prove to you that what I say is true. If you are too thin, there are a few things you need to know in order to regulate your system to attain ideal proportions.

This knowledge is yours for the small sum of one dollar (\$1.00). Don't be misled by the price of this course. The popular demand and large sales have enabled me to print in quantity lots. By assembling this course in portfolio style, I am able to produce it at a very low cost.

My course for women includes information pertaining to reducing or increasing weight, improving the shapeliness of your body and limbs, how to beautify the complexion, and general hints for becoming more beautiful. It includes the best exercises for women, and is a complete education for the woman, in physical culture.

JACK SANDOW, Room S. Dept. S-5-27
Michigan Avenue and Randolph Street,
Chicago, Illinois

Dear Sir: Enclosed please find \$1.00, for which send me immediately the Woman's Course.

Name

Address

City and State

To win the American sprint championship means holding top form over a long period; in fact, most of the summer, as where the championships used to consist of one series of six races, now they consist of four series of six races each, or twenty-four races in all. Each series includes races at the following distances: Quarter, third, and half mile, one mile, two miles, and five miles; riding heats, semi-finals, grand semi-finals and finals at each distance. We will say there are sixteen men who have a chance of winning, the $\frac{1}{4}$, 1-3, and $\frac{1}{2}$ mile championships would each be run as here outlined. First, there are 8 heats—2 men to a heat; second, the 8 winners are paired in 4 semi-finals; third, the 4 semi-final winners are paired in grand semi-finals; fourth, the two winners meet for the right to first and second place; fifth, the two grand semi-final losers fight it out for third and fourth.

In the one-mile, two-mile, and five-mile championships, the heats, semi-finals and grand semi-finals are run at a half mile distance, only the two finals being at the full distance. This makes the eliminations purely sprint affairs, bringing only the best sprinters into the point standing and keeping out the distance men who lack speed. It is figured that if they were to put the entire field in a two- or five-mile championship race without heats, too much teaming would result, in which case the winner would be the member of the strongest team and not necessarily the best man. Obviously, heats couldn't be run at the full distance, for by the time the riders reached the final their pep would be gone. It may be interesting to note that the ultimate winner of the championship doesn't win all the first places, in fact the men are so evenly matched that he may win only five or six first places out of the twenty-four, relying on a high average of second and third places.

The curious thing about this sprint championship, is that although the classiest and fastest men are pushing pedals in America, they don't have the right to call the winner the world's champion, the various controlling bodies manage to keep the world title events over there, just like the Olympic Games are kept over there for several years. Only once were the title events held over here; that was in 1912, when Kramer won with Grenda second. Evidently the American stars can't get enough money over there to make it worth while going over. Most of the best foreign stars compete over here as the money comes in much easier.

In 1913 Walter Rutt won the world title in Europe. Rutt competed over here a great deal and Kramer was always his master. Owing to the war the championships were discontinued till 1920, when Bob Spears of Australia won; from 1921 to 1924, inclusive, the title was held by Peter Moeskops, of Holland, a veritable giant. He competed in this country quite a lot and was defeated at different times by our riders. Then the title of world's sprint champ went to Ernest Kaufman, of Switzerland, another giant.

AGE Makes but Little Difference IF THE GLANDS ARE KEPT STRONG AND STURDY

Your Body Contains Many Glands Upon Which Your Health, Happiness and Appearance Depend. When They Weaken and Wither You Grow Old. Help Keep Them Strong with the Master Treatment.



Remain "Young".
Let the Years
Pass You By.

The most astonishing and far-reaching discoveries in medical science, during the past few years, have been concerning the Glandular System of the Human Body.

The JAMES MASTER TREATMENT is wholly and purely a STIMULATING TONIC TREATMENT containing NOT ONLY iron and ordinary tonic ingredients, BUT ALSO 100% TEST GLAND SUBSTANCES OF PROVEN MERIT.

When you are not feeling quite up to par—or if age or dissipation have weakened you—TRY THE JAMES MASTER TREATMENT.

Just send your name and address, using the coupon if you wish, and a liberal test treatment will be sent you entirely

FREE

The JAMES MASTER TREATMENT is so far ahead of any "gland tablets," or other advertised remedies of that character, that there can be no fair comparison between them.

The JAMES treatment combines 2 WAYS of using Gland Substances. You will understand this better when you receive your FREE treatment.

And each dose of the treatment is sealed in a gelatine globe to preserve its strength.

You will probably notice a difference in the way you feel even after the first day or two.

There is a great difference between the gland substances used in the treatment for MEN and the treatment for WOMEN.

So when sending the coupon be sure you mark which treatment you wish.

We are sending out 50,000 of these FREE Treatments and if you wish one you had better send at once, as the free offer may be withdrawn with next month's publications.

You will want to keep a package of the JAMES TREATMENT always on hand after you try it.

JUST SEND YOUR NAME ON THIS COUPON FOR FREE TREATMENT

The James Co.,

James Bldg., Dept. 24, 1420 So. Michigan Ave., Chicago, Ill.

Please send one of your Demonstration Treatments—without cost to me now or ever. I will try it.

I wish the treatment for

MEN

WOMEN

(Check opposite the one you want.)

Note.—If you WISH, you MAY send 10 cents to help pay postage and packing.

Name.....

Address.....

Town.....State.....

Magic

Learned
Easily
At
Home



Dr. Harlan Tarbell
Master of Magic
who has mystified
first magicians
as well as laymen
with his marvelous
tricks.

Astonish Your Friends—

Gain that magnetic popularity that makes you the center of any crowd. Business and social success is assured the man who can perform mystifying tricks. You can earn big money either on the side or as a professional, as well as being the most popular person in your crowd. Why envy others' skill? You can learn Magic yourself, quick and easy.

Earn \$250 to \$1000 a Month

Even sleight-of-hand, generally supposed to require long practice, is NOW made simple to learn. For Dr. Harlan Tarbell, one of the really Great Magicians, has finally opened up the secrets of his profession in a completely illustrated course offered at a merely nominal cost. Through the wonderful Tarbell System you will be able to mystify and entertain your friends with simple tricks taught in your very first lesson. After that Dr. Harlan Tarbell takes you through the entire maze of sleight-of-hand, card tricks and elaborate stage diversions. The apparently superhuman doings of the accomplished magician becomes as simple as ABC when you just know how.

Mail Coupon for Special Offer!

There is a tremendous demand for magic entertainment. Clubs, Lodges, Charity and Social affairs—all will pay high fees to the man who knows Magic. Dr. Harlan Tarbell really gets as high as \$250 for a half hour's work right now. Opportunity everywhere to make money aside from your regular occupation. Salesmen find it a tremendous asset. Find out all about this unprecedented opportunity to learn Magic. The coupon brings full details without any obligation. Mail it TODAY.

Tarbell System, Inc.

1926 Sunnyside Ave., Studio 97 75 Chicago

Tarbell System, Inc.

1926 Sunnyside Ave., Studio 97-75 Chicago

Tell me all about Dr. Tarbell's new and simple system by which I can learn the secrets of MAGIC. No obligation on my part.

Name.....

Address.....

Age.....

The American series are by far the hardest to go through, as they last practically all summer, while the European events are over in a few days. The American all-around title, decided by totaling every race for the season, was won the last couple of years by Cecil Walker, an Australian, who also finished second in the sprint title series both years. Alex McBeath, who came here from Australia with Walker, is about the next best all-around man. Walker replaces Alfred Goulet, likewise of Australia, who used to win the all-around year after year, besides figure in the sprint series. Goulet was, without doubt, the greatest all-around and distance man. The five and ten mile races used to be a pretty sure thing for him when he went after them; he was also the greatest of six-day winners. To have seen him at his best, winning a five miler was worth remembering. Up to the last lap "Goullie" would be anywhere back in the line-up; then, just as the bell would start to ring for the last lap, a huddled form would shoot out from the middle of the pack, in jack-rabbit fashion and one after another he would pass the others, to win the race by nipping the last man at the finish.

Goullie has long had the ambition to win the sprint title, and, although he has given a good account of himself each year, he has been unable to capture the crown. Probably the real reason for this is the fact that he made a practice of riding all the distance races throughout the season. Followers of the game have held the opinion that would he have given up the long distance affairs he could have won the sprint title, at least one year.

The Australians are a wonderful lot of distance men, including Goulet, Reggie McNamara, the "Iron Man" of six-day fame; Alfred Grenda, Cecil Walker, Alex McBeath, and a host of second raters and coming stars who always manage to give a good account of themselves. Then there was Jackie Clarke, a great little rider of several years ago, and Bob Spears, a champion sprinter of recent years who has also figured prominently in distance races.

Now a new star has come from Australia, who promises to shine at all branches of the game—Harris Horder, a little fellow, may be champ once he is thoroughly acclimated. The reason for starting the Australian invasion some years ago was that when Frank Kramer was in his prime he won so many races it almost killed the game; the sport had no competition, people knew he would win and quit going to see the same old thing. It's the uncertainty of the thing that makes sport popular. In recent years, it has happened only once where one man copped pretty near all the races in the championships; in 1920 in a series of nine races for the title, Art Spencer won eight, getting second in the other which his brother Willie won.

During the summer of 1912, shortly after coming to this country, Goulet rode in Salt Lake City, Utah, and won the Western sprint title, the riders being split into Eastern and Western groups.

Kramer won the Eastern title and the two were to meet in a deciding final but it never came about. A lot of records were created in Utah and Colorado, back in those days, and some authorities don't like to acknowledge, claiming the light air of such high altitudes makes it unfair to compare those records with records made elsewhere.

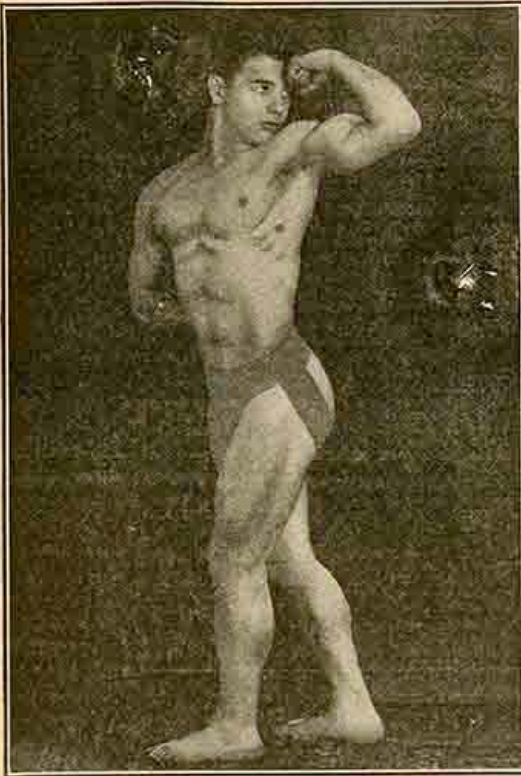
The racing bike is a very light machine, weighing but a few pounds; the tires are made of silk, inflated to an extremely high pressure, and are easily punctured by splinters. One reason for the great speed at which bikes are ridden, is the fact that the athlete gets the use of his whole leg and buttocks, thereby putting a lot more power into each revolution of the pedals. He has his feet strapped to the pedals, and sits in such a position on the bike that as one leg pushes the other pulls, using the legs the same as you would turn the pedals with your hands, thus bringing into use the large biceps of the thighs and the buttocks.

The outdoor meets are wound up with a motor-paced race, where the riders follow the pace of a motorcycle, keeping the front wheel of the bike within a few inches of the rear wheel of the motorcycle, and average around forty miles an hour in most of the distance races, though at times they hit something near a mile a minute. Some riders in Europe, using huge specially built pacing machines, equipped with windshields, have made astounding speeds, the record being that of John Brunier, a Frenchman, who rode over seventy-five miles an hour; but we are dealing now with racing over here, where the riders are not aided with windshields and large pacing machines. On our tracks regular motorcycles are used, and when the European stars come over here they are no better than our boys. The official American mile record is one minute, four and a fifth seconds, made by Menus Bedell, at Philadelphia in 1917. At the same time he rode five miles in five minutes, eighteen and two-fifths seconds, and ten miles in ten minutes, fifty-nine and three-fifths seconds. Generally, forty mile races are finished in less than an hour. Last year the motor-paced title was won by a young lad from Iowa, who has been riding but a short time, Victor Hopkins beating out Frank Keenan, of Boston; Vincent Madonna, of Italy, and George Chapman, of Newark, who has held the title for some few years. Madonna was also a former champion.

The bike racers are well remunerated, the stars making small fortunes each year. Some of the top-notchers receive a good sum to sign up for the season and then clean up in the winnings. The six-day game adds a handsome sum to their bankroll in the winter.

As far as physical perfection goes, these boys just about have it, their leg and chest development being of very fine mold; so if you are interested in witnessing these wonder men of the racing bike, I should advise you to visit one of the bike tracks on your first opportunity and see the boys who are trained to the utmost degree of endurance, speed, cleverness and gameness.

The "Overnight" Strong Man!



TITUS Built This Panther Man in 30 short days

At first nobody believed it! "Incredible!" they said. "Impossible!" "No one could build such a body in 30 days!" Then Harry talked; "You're right," he said "no one but TITUS COULD do it!"

You've heard of Harry Politi—the fellow who rocked the whole physical culture world to its very foundation with feats of strength never before thought of.

You've heard how trainers all over the United States raised the cry: "Who is this young mountain of muscle?" "Where did he come from?" But have you heard the answer? Did you find out that Harry Politi, the "Over-night" strong man was another TITUS triumph?

Broadway still buzzes with his fame. He won't be forgotten for years! When he came to me he was a sight. There's his picture below. See for yourself. Even after all my years of experience I had a sinking feeling when I looked at him stripped. I was afraid he'd faint.

In thirty days he looked like the big picture at the left. In thirty days my system had once again demonstrated its supremacy. Never in the history of Physical Culture had a more marvelous change been made in a man in so short a time. I made Harry a panther-man and I'll do as much for YOU! This is no idle boast. I GUARANTEE it.

Panther Muscles or CLUMSY BEEF?

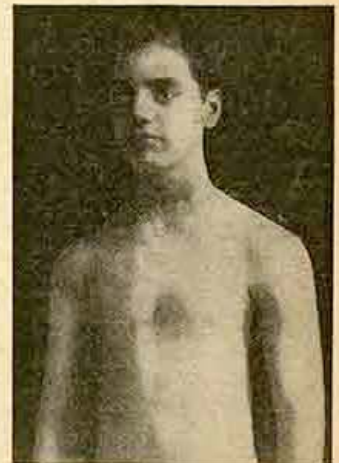
Do you want a heavy, sluggish, awkward body? Is that the kind of a body you would let others see? Or do you want a clean limbed, lithe, supple body, geared for swift, flashing action? Every sturdy muscle under perfect control, loaded with crushing power. Not useless chunks of beef. Not flabby, cream puff muscles; but the rippling, powerful sinews of the panther; the perfect, superb development of a thoroughly trained athlete.

I'll Give YOU a New Body in 30 Days

I'll show you how fast TITUS scientific training piles real, solid muscles on your arms, back, chest and legs! Boy! In 30 short days I'll give you a body like Harry Politi's or better I know you want muscles fast—overnight! And I can give them to you. You can bet your bottom dollar on that!

In 30 snappy days I'll develop every cell, every organ, every tissue in your body—and if it's possible to jam an extra muscle into your body I'll do that, too!

First thing you know, you'll want to crush a lamp-post. But come on, friend, let's get started. Give me 30 days and I'll give you a NEW, super-powered body! Let's GO!



Here is Harry Politi BEFORE taking Titus Training. Compare this with the picture above, showing him AFTER. He says, "No other instruction and apparatus can touch yours. When the human body will hold another muscle, Titus will put it there."

Wear This Medal



Every TITUS graduate gets this magnificent, solid staturary-bronze medal of merit. To many strong men it was the beginning of a collection of medals, cups and prizes won by their feats of strength. Get yours and begin your career. One of the finest and most artistic medals ever designed for an athletic event. Free to all TITUS graduates. WRITE NOW!

Better Built Bodies

MY NEW BIG BOOK IS A KNOCKOUT
AND IT'S YOURS FREE!

Also Full particulars of my
\$2,000.00 Prize Contest for 1927

What an amazing record of muscle building! What convincing proof of my methods. It's filled with actual photographs of myself and men I have rebuilt all over the world. Jammed with real live stories. Packed with helpful authoritative How to Keep Fit tips. Read for yourself the story of Mr. R. I. Gaynor, a former invalid, who couldn't stand on his feet. See what a muscular marvel I made of him. It's a thrilling, moving story.

Fellows, if that body of yours is worth 2c—invest it in a stamp and shoot the coupon along now for your copy of this amazing book. Make this a red letter day in your life. Mail it NOW.

No Strings, no obligations, no red tape—"Better Built Bodies"—is yours FREE! Address Dept. X-114.



A Post Card is good too!

Don't
send
one
cent
-it's
FREE

TITUS, Dept. X-114,
105 E. 13th St., New York City
I'll say, I want the book. Send me "Better Built Bodies" packed with muscle-building facts, health hints and photographs of famous strong men you have trained. I don't send a penny. I don't obligate myself to anything.

Name

Address

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

The One and Only **TITUS** 105 East 13th Street
New York City

IF YOU ARE WEAK YOU CAN REGAIN STRENGTH IF YOU ARE STRONG YOU MUST RETAIN IT

Health is Strength

BOTH MEN AND WOMEN

Heed the Principles of Nature

The health-giving properties of the Kola Nut, from which Kola Astler is derived, were first discovered by the Natives of darkest Africa. Absolutely harmless vegetable product and non-habit forming, Kola Astler is extensively used today to increase strength and endurance, build resistance to fatigue and overwork; and to restore vitality after severe cases of:

Grippe Influenza Bronchitis Malaria
Pneumonia Anemia Typhoid etc., etc.

The dynamic men and women of Latin countries, known the world over for their remarkable health and beauty, have been using Kola Astler for years to keep physically fit. Also used by athletes to increase energy in all tests of endurance:

Boxing Running Jumping Rowing
Wrestling Swimming Cycling Baseball

If you are weak, run-down and ailing, Kola Astler is nature's own remedy to restore vitality and strength.

If you are overworked, tired and listless, Kola Astler works wonders in overcoming fatigue and restoring you to vigorous health.

FREE Interesting booklet "More Precious Than Rubies" and Guaranteed Trial Offer. Write at once!

Gallia Laboratories, Inc.

Dept. 105, 332 Broadway, New York, N. Y.

Stop Mouth Breathing and Snoring

The Perfect Breather, a new invention to overcome dangerous habits of Mouth Breathing and Snoring, often the causes of ear, nose, throat, tonsil, bronchial and lung troubles. Assures perfect rest while sleeping. The vapors from inhaler, placed directly under nostrils and filled with medicated cotton, soothe and heal inflamed tissues of nose and throat. Set consists of Perfect Breather, detachable inhaler, inhaling balm and full instructions. Has helped thousands. Price \$2.00 (\$2.50 outside U. S. A.) Send cash or pay on delivery, plus few cents postage. State if for child or adult. Money refunded if dissatisfied.

Women find the Perfect Breather an aid to beauty. Its use prevents baby facial muscles, double chin, etc.

PERFECT BREATHER CO.
2966 Edgemont St., Dept. S, Philadelphia, Pa.

Moles

HOW TO BANISH THEM
A simple, safe home treatment—16 years' successful practice. Moles (also Big Growths) dry up and drop off. Write for Free Booklet.

WM. DAVIS, M.D., 124-F Grove Ave., Woodbridge, N. J.

Catarrh, Etc.

Only your blood containing fruit acid can dissolve any mucus or "paste" in your system.

Mucus-Making Foods

In its passage through the body mucus is secreted in various organs, causing disease. The effects or symptoms are then named variously according to location, but the source of the trouble is the same—fermentation, chiefly from butter, cheese, cream, fat, oil, salt, etc., in excess.

100 Names for 1 Disease

Mucus causes catarrh of the eyes (conjunctivitis), of the nose (rhinitis), of the ears (otitis, deafness), of the bronchial tubes (bronchitis, asthma), of the lungs (tuberculosis), of the stomach (gastritis), of the appendix (appendicitis), of gall bladder (gall stones), of gums (pyorrhoea), etc.

Eat for Efficiency

Juice from grapefruit, without sugar, also tomato juice, berries, some oranges, apples, etc., when used as freely as water, combined with suitable brain-and-nerve foods, laxative vegetables, prepare your blood to dissolve mucus, and remove acidity.

A clerk wrote: "No mucus, voice stronger, head clear as a bell, gained 20 lbs., now earn 4 times as much." Educational booklet 10 cents. **KRINKLER SCHOOL OF EATING**, Dept. 20-S 138 W. 72nd St., New York, ©

(See Old at 23; p. 64)

A Perfect Figure for Every Woman

(Continued from page 32)

time you try the next health giving movement, you will notice quite an inclination on my part to tire you out by asking you to stand on your toes. Yes, dears, there is method in my madness—you see, if you want nice lovely rounded calves to satisfy your vanity, that is the way to get them—keep on the toes and work, and likewise mold the ankles to shapely proportions. Place the hands on the hips, raise on the toes and squat; then, keeping the balance on one foot, swing the other out in front so that the toe is pointed as far to the front as you can stretch it. This is illustrated in Figure C. Be sure to keep on the toes of the supporting foot, and repeat the movement till you are comfortably exerted. You are not supposed to raise and squat with each count, the movement simply consists of swinging the one foot from the floor to a position out in front of you. Change to the other leg and repeat till it is fully exercised.

Exercise No. 4—For the next scene I will give you a chance to rest those important calf muscles. Procure a stool or chair without a back, and we are ready to go on. As swimming is such a wonderful exercise in itself, we can hardly do better than to copy a natation movement as one of our health stunts; so we will proceed by lying face downward on the stool, as shown in Figures D and E. To begin with you stretch both arms overhead, palms downward; the legs should be extended with feet together. Bending the elbows slightly, start the exercise by bringing one arm back towards the hip by describing a downward and backward sweep. When the hand touches the hip, start the other arm backwards and swing the first arm forward; keep both elbows bent slightly all the while. Continue this alternate arm action at a comfortable rate of speed, but don't work too fast. Meanwhile, the feet should be kept thrashing up and down, swinging from the knees and keeping the toes well pointed. This movement is not exactly like the famous crawl stroke, but for the purpose of exercise it is possibly a little better. Continue till your circulation is causing the skin to glow and you are breathing a little deeply.

Exercise No. 5. You may now assume a standing position for the next valuable movement. With feet well apart raise the arms out to the sides on a level with the shoulders. The exercise consists of bending forward in a snappy manner and swinging the arms so that they fold over the chest; now quickly snap back up to the erect position bringing the arms to the outstretched position from which you started. The first and third positions are shown in Figure F; the second position is illustrated by Figure G. In performing this movement, you should endeavor to keep the knees straight and use the hips as a hinge, as it were.

Exercise No. 6—The last number in this set is something on the order of a stationary run, and like most of the others, performed on the toes. To start this exercise bend the arms at the

elbows and clench the fists; raise on the toes. Now commence to bring the knees up toward the chest, alternating right and left, at the same time swinging the arms vigorously back and forth. As the right knee comes up, swing the left arm forward and the right arm as far back as you can; then as the left knee comes up, the right arm comes forward, etc. Make this stationary running motion as fast as you can, but continue for only about one minute, unless your breathing does not cause you much trouble, then you can continue as long as you like. Hold the head up and keep the chest well arched. This exercise is illustrated by Figure H.

There is a little point which, seemingly, I have neglected to consider so far in this council on health giving movements. This is the matter of telling you what parts of the body receive benefit from following above advice. To save possible confusion, I have purposely left this for the last. Exercise No. 1 is for the entire leg, though chiefly for the calf and ankle. The second movement is largely for the hips, but is also excellent for the back and the entire leg. The third exercise is given with the idea of improving the shapeliness of the legs and waist, at the same time perfecting the poise of the body in general. Number 4 can be relied on to improve the general physical contour. The fifth stunt is recommended for the improvement of the abdomen, hips, back, shoulders, arms and chest, at the same time having a beneficial effect on the calves.

The last exercise can be said to have an almost identical effect as the one just enumerated above, though in a more active manner, and the calf and leg muscles are given somewhat more strenuous exercise.

Now let me give you a warning, just reading these exercises and trying them only once will bring you no benefits. If you really want to gain ideal physical proportions and shapeliness and become known as a girl or woman with a beautiful form to be envied, it is up to you to really give this little set of exercises a fair trial. Then, no matter whether you are in abbreviated bathing costume or in the shortest skirts dictated by fashion, you will have nothing to be ashamed of, and will have cause to envy no woman her possession of physical charms.

Before saying adieu, it is only proper for me to add a few words on the all important subject of diet. Truly, there is no reason to become a nut on the subject by restricting one's self to one kind of food, but then you will do best to limit the taste for such things as candy, cakes, pickles and pastry, and to endeavor to eat quite a lot of fruits and greens and all sorts of wholesome foods. The girl who is too stout would do well to limit the quantity of potatoes, bread and cereals she consumes; while the girl who wants to gain weight must try to eat more vegetables, mashed potatoes, cereals, cream and puddings.

Must Men Suffer *after 40?*



Must men approaching old age be cheated out of health and sleep by getting up five to ten times at night? Must men past a certain middle age be handicapped by embarrassing health faults—constantly harassed by foot and leg pains—sciatica-chronic constipation?

FREE...



THIS frankly written book tells of a new kind of hygiene that stimulates the vital prostate gland in a new, natural way that has never before been duplicated. It is the recent discovery of a prominent American scientist, member of four national scientific societies. It has been tested by more than 20,000 men. It is used and endorsed by physicians, osteopaths, and great sanitariums. A former New York physician, says:

"Your prostatic treatment is a hundred years ahead of modern medicine—a thousand years ahead of the surgeons' knife!"

The importance of this discovery for millions of men past 40 can hardly be over-estimated. Two out of three men past middle age—and many much younger—have hypertrophy of the prostate gland, according to scientific men. You may not know you have this trouble. No pain is involved when this gland begins to slow up. You may think it is the natural and inevitable accompaniment of approaching age. But any competent medical authority will tell you that a dull swollen prostate gland is frequently the direct cause of bladder and kidney trouble, pains in the feet, back and legs, chronic constipation, sciatica, dizziness, etc.

Other common indications of prostate gland failure are loss of vitality, a feeling of debility, with life gone, dull, drab, gray.

Now it is possible to get relief, in many cases, almost overnight!

Amazing Results

This new home hygiene usually "Picks you up" immediately. Martin H. Miller of

Amazing New Facts About Old Age

Reedley, California, says, "I tell my wife I am getting my second youth." It is pleasant and easy to use, and as harmless as washing your face. Results reported in thousands of cases have been nothing short of amazing. These few letters are typical of an astounding mass of testimony:

Up 15 Times At Night

"I had an enlarged prostate gland and had to be up ten to fifteen times at night. I spent hundreds of dollars trying to get relief. On receiving your treatment I began using it, until I feel that the trouble is entirely cured."

Dr. J. F. McMichael, Martin, Tenn.

Prostate Trouble

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

H. H. McIntire, South Bend, Indiana.

Half Living

"I am 50 years old and was troubled with a depressed, discouraged feeling for sometime past. I lacked pep and vigor and was troubled at night by having to get up. After using your treatment a short time I felt like a different person. Courage came back and I went about my work cheerfully."

Geo. W. Williams, San Bernardino, California.

Don't let prostate troubles run on. Don't wait another day. Already more than 20,000 men have used this new home hygiene. Already physicians and osteopaths in every part of the country use and endorse it. The fame of this new treatment is rapidly spreading around the world. Hundreds of letters pour in from every state and many foreign countries.

Scientist's Book FREE

If you have any of these common symptoms, send today for this frankly written book. See how this treatment often restores men to buoyant health and strength. Here are facts of vital importance to every man, whether 40 or 80. See if they apply to you. For a free copy of this book simply send the blank below to

The Electro Thermal Company

6469 Main Street Steubenville, Ohio

W. J. KIRK, President,
6469 Main Street,
Steubenville, Ohio.

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

Name

Address

City State

Western Office—Suite 64-M, 303 Van Nuys Bldg., Los Angeles, California.

Make Your Muscles Efficient

And Subject Them To the Power of
YOUR MIND

By Thoroughly Learning the Secrets of
MUSCLE CONTROL

If you don't seem to be able to get the best out of your muscles, you can make them stronger by subjecting each single muscle to your will. Then, when you have a difficult feat to perform, your muscles will respond instantly. In this way you can bring out their greatest capabilities.

**The Strongest and Best Built Men Are All
Masters of This Secret**



**Show the World How Good
You Are
Learn the Art of Posing**

By mastering the art of posing, you will be able to get better photographs of yourself. Many finely developed men and boys never get any recognition because their pictures don't do them justice.

Artists are looking for models. This course will show you how to qualify as an artist model and earn excellent money at easy work.

Posing is a dignified profession. Get my course and learn the art thoroughly.

CHARLES MacMAHON, Studio A-56-X
180 W. Somerset St., Philadelphia, Pa.

Please find enclosed \$1.00, for which send me immediately your course, "Muscle Control and How to Become a Professional Artist's Model."

Name

Address

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

**CHARLES
MacMAHON**

Studio A-56-X

180 W. Somerest St.

PHILADELPHIA, PA.

A Complete Course On **SELF-DEFENSE** AND **WRESTLING**

For
\$1.00



Knowledge of the
Art of
Wrestling and Self-
Defense
May
Save Your
Life

**You Should Be Able to Protect Yourself If
Attacked or Insulted By a Bully
LEARN TO WRESTLE**

It is a Great Sport and a Sure Way to
BECOME STRONG AND MUSCULAR

Every Hold,

Counter,

Block and

Break is

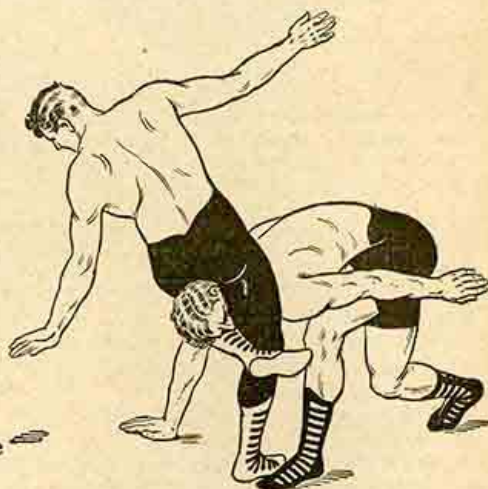
Thoroughly

Explained

and

Illustrated

In My Course



**Many Prominent Wrestlers Who Know the Game
Highly Endorse My Course**

**Many Holds and Wrestling Tricks That You Never
Heard of, are Included In This Course**

PIN A DOLLAR BILL TO THE COUPON

**YOU CAN'T GO
WRONG**

For the Sum Of
\$1.00

Get this course and become a good wrestler, and be able to protect yourself if ever attacked.

CHARLES MacMAHON,
Studio A-56,
180 W. Somerset St., Philadelphia, Pa.
Please find enclosed \$1.00 for your
Wrestling Course.

Name

Address

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

Ask the Doctor

(Continued from page 38)

tance, and they could tell the time, but I couldn't make out the hands. How is this? Would glasses help me to see things at a distance more clearly?

S. J., Maryland.

ANSWER: Your symptoms sound a great deal like neuro-circulatory asthenia.

The doctor finds it difficult to treat anyone for asthenia who is obliged to still reduce his weight, unless that person is greatly overweight for height and age, which you certainly do not seem to be. I certainly would not take any chances on further reduction, especially if you are wiry and muscular at present. Have your eyes examined by a competent eye specialist to see if you need glasses, as eye strain itself causes a lot of nervous trouble.

For your nervous condition and general health try a number of back-bending exercises, such as bending the crab from the floor position and relaxing by going all the way forward again. Stimulate the brain center by head or hand stands frequently during the day. Lie with the foot of the bed higher than the head, to stimulate nerve centers.

Finally try the following prescription for a while:

Liquor potassii arsenitis, 12 drops.
Strontium bromide, 3½ drams.
Tincture hyocyamus, 1 dram.
Tincture gentian compound, 1 ounce.
Elixir digestive compound, q.s. ad. 4 ozs.
Two teaspoonfuls half hour before meals.

QUESTION: I am a constant reader of STRENGTH magazine, and would be glad to get something to secure relief and would be grateful if you would give me something to benefit my condition. I am twenty-eight years of age and weigh 165 pounds, am bothered with sick stomach nearly all the time, but do not vomit. I see little specks and long circles before my eyes all the time. I feel lazy, tired and weak and have a little tenderness in upper part of stomach at times, am somewhat nervous and do not rest very good at night. My tongue is coated nearly all the time and I am very pale and yellow at times. I do not suffer with constipation, but when my bowels move they are very light in color and I have a bad taste in my mouth. Also suffer with headaches a great deal.

G. L. W., West Virginia.

ANSWER: You are no doubt suffering from a chronic inflammatory condition of the liver or gall-bladder, which affects the stomach reflexly. This condition alone is responsible for all your ills, as most stomach specialists are familiar with.

The modern treatment of such condition is known as duodenal drainage, which is both of a therapeutic and diagnostic benefit. Our advice is to consult a stomach specialist before taking such natural means as corrective exercises.

If operation is not desired, primarily your only salvation is as before stated, duodenal drainage and a dieting regime. Your condition is not to be tampered with.

Your diet should be easily digested foods, avoiding heavy fried, smoked, and spiced foods. Keep bowels open by daily dose of sodium phosphate, two teaspoons every morning.

QUESTION: Have read some of your articles in STRENGTH and would greatly appreciate it if you will answer the following questions. My sister, aged forty-nine, has diseased tonsils and doctor advises an operation to remove them and to use an anesthetic. She is very delicate so I would rather she could be cured through natural methods. She has had asthma, colds, coughs and pleurisy and sinus trouble for the past two winters, but gets over them during the summer.

She has had arthritis in finger joints which left them knotted. Doctors think it is due to diseased tonsils. She also has sore throat and tonsillitis occasionally the year round. My sister uses sal hepatica daily for years. I have read that osteopaths can cure diseased tonsils by draining them, also that they are a necessary part of the anatomy and should not be removed. I also read that they can be cured by proper diet, and hope you can recommend a natural treatment whereby she can avoid an operation. She has low blood pressure.

Can you suggest a cure for noises in the ears like escaping steam? This lady is in her forties and has had the noises constantly for eight months, with an occasional sore feeling in one ear and it aches slightly when weather is damp. Her hearing is not affected, but she fears it will be in time if allowed to continue.

What is normal blood pressure for a woman of forty-six?

Does high blood pressure always indicate hardening of the arteries?

How high can it go before the arteries begin to harden?

Is eating candy injurious to an adult when they eat a well balanced diet besides, such as whole wheat, raw fruit, green vegetables, milk and some meat and baked potatoes?

R. H. F., New York.

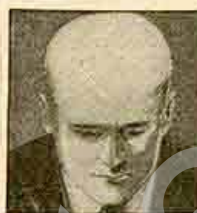
ANSWER: It is evident from your letter that your sister is suffering from a general infection of upper respiratory passages—nose, throat, possibly eustachian tubes, and middle-ear. Arthritis arises from this condition. Associating with best physicians, they advise the removal of the infected processes, either by operation or by some specified means advocated by a specialist.

The rheumatic condition of the joints can be cleared up as before stated. Body building and health cannot be associated with foci anywhere.

High blood pressure does not always indicate hardening of the arteries. However, it may mean Bright's disease, brain tumor, sometimes undetermined, then called Hyper-Pyresia. Any blood pressure consistently over 160 systolic, or 105 diastolic is bad, with kidneys mostly at fault.

Candy, when pure, is of benefit at times, depending on whether or not you are in good health. It is tolerated by most individuals, except in cases of diabetes. It may be used in such cases when advised, with taking of insulin. In fact candy is used as a stimulant before major operations.

Falling Hair Dandruff Itching Scalp are Signs of Approaching BALDNESS



The Result of Neglect

hair—and eventual baldness.

NATURE HAS WAYS of warning us when certain parts of our body are sick or under-nourished. In the case of our hair the danger signals are itching scalp—dandruff—and falling hair. If neglected, these conditions will result in thin, lifeless

Curable through HOME TREATMENT

PROFESSOR MAURICE SCHOLDER, the internationally renowned specialist on ailments of hair and scalp, who has heretofore treated patients only at his Clinic, now offers a course of Home Treatment to any sufferer who is unable to come to his Clinic. Professor Scholder's Home Treatment

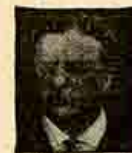
System is based on the principle of individual analysis, diagnosis and prescription. In other words, he analyzes and treats each case as an individual ailment. This diagnosis and prescription, together with his secret formulas and individual treatment, account for his uniform success in stopping loss of hair, and actually growing strong, new hair, in cases where less gifted and less experienced practitioners have failed completely.



Professor Maurice Scholder

The newspapers in this country and abroad have proclaimed Professor Scholder as the marvel of his profession. Now, in his advancing years, Professor Scholder is not content to call a halt to the accomplishments of a long and honorable career. He is retiring gradually from treating patients at his Clinic and is devoting three days a week to treating patients by his Home Treatment System. His successful cures are numbered in the thousands and among his grateful patients are men and women of highest prominence.

Send a Sample of Your Hair for Analysis FREE



Prof. Roosevelt Scholder's many famous patients

Professor Scholder will accept no case that is incurable. To enable him to determine the condition of your hair, send a few of your hairs (ordinary combings will do) in an envelope with this coupon. Professor Scholder will subject them to his laboratory tests and send you a report as soon as the analysis is completed. There is no charge made for this analysis and report.

Free Analysis Coupon

PROFESSOR SCHOLDER INSTITUTE	S-5
101 W. 42nd St., New York	
Professor Scholder:	
I am enclosing a few specimens of my hair for your analysis with the understanding that you will tell me what to do to save my hair and renew its growth. This places me under no obligation whatever.	
Name
Address
City	State

WHAT DO YOU KNOW ABOUT SEX? ? FOUND ?

WHAT IS YOUR KNOWLEDGE CONCERNING THE MOST IMPELLING IMPULSE IN EVERY NORMAL MAN AND WOMAN ?

FOUND—The solution to the most important question since the world was created. Sex instincts and impulses are inborn in every normal man and woman, boy and girl, and their use and control determines the characters of men and women.

FOUND—How the unmarried man or woman can lead a life free from health destroying worry, by knowing the science of sex.

FOUND—How the married couple can better understand the desires and natural impulses of one another, so as to make their life together congenial and conducive to the highest state of mental and physical efficiency. The science of sex is thoroughly understood after reading

THE MOST PLAIN-SPOKEN BOOK ON THE SUBJECT

“Sex Problems Solved”

William Lee Howard, M.D., (The Author)
Says,

“I have no excuse to offer for my plain language, the avoidance of euphemism or the fact that the book is free from technical expressions. What I say is based upon the latest scientific knowledge and a professional experience of many years.”

This 200-Page Book of Plain Sex Facts Only

\$1.00



DO YOU ?

KNOW THAT neither man nor woman normally endowed can keep a health balance if natural functions are not permitted full opportunities to operate?
UNDERSTAND the difference in natures between man and woman? Why one can easily lead a life entirely different from the other?
KNOW how to thwart evil tendencies in children?

Pin a Dollar Bill to This
Coupon and Mail It To

PARENTS!!!
GET THE REAL FACTS TO YOUR SONS AND DAUGHTERS THROUGH THIS BOOK, AND YOU CAN DO WONDERS WITH THEIR CHARACTERS — DON'T WAIT!

The Fairhill Publishing Co., Suite S-5-2
178 W. Lehigh Avenue,
Philadelphia, Pa.
Gentlemen:
Kindly send me, as soon as possible, a copy of "Sex Problems Solved." Enclosed find \$1.00
Name

Address

City State

What Will Tunney Do?

(Continued from Page 45)

championship of England in 1808 and was regarded as the champion of the world. These same friends were astonished when he handed both titles over to Tom Cribb without meeting him in combat. Gully said: "No, having achieved my first ambition, I must give my attention to the others."

He also said that he was going in for racing and expected to become an owner of race horses and also intended to enter parliament.

He then started in as a bookmaker and made a very good success of it and acquired considerable wealth. He next purchased a very useful bunch of horses and won several first prizes and was now ready for his political career. He contested against Lord Mereborough, who made considerable reference during the election campaign about what an indignity it would be to be represented in parliament by a low pugilist. Evidently the electors had a different viewpoint, for the noble lord was beaten, and the indomitable Gully became a conspicuous figure in the political life of Westminster.

Gully and the present champion seem to have some characteristics in common. Tunney has the intelligence, physical ability, and ambition which were so strikingly combined in Gully. Tunney's intelligence is universally acknowledged among the sporting writers and those who have had an opportunity to know him. Tunney does not have the muscular development and strength attributed to Gully, but likely his other physical qualities make up for any differences in strength and development. Tunney's quickness, timing and co-ordination of movement would certainly compensate for any lack of sheer force. Tunney's victory over Dempsey tends to prove this. Whether or not Tunney has other ambitions that will cause him to quit the ring like Gully did, is a question difficult to answer.

Perhaps Tunney may develop some interest that will take him away from the boxing game entirely like the one time champion William Thompson. Bendigo, as Thompson was better known, beat Burke on a foul in ten rounds at Ashby, England. He gave many years of brilliant work to the boxing game, but finally tired of it and turned to religion as an outlet for his energy. He became a parson. The people flocked to the chapels where he preached, probably because of his fame as a champion. One of his former sparring partners said, on hearing him expound the teachings of the Bible: "Now that Bendigo can't find any man to stand up to him, he's tackling the devil."

A rather interesting tale is told concerning Bendigo that tends to prove that, notwithstanding his religious interests, he still retained the natural combativeness that made him a world champion. It seems that one day he was extolling the benefits that accrue to those that lead Christian lives when a gang of half a dozen roughs interrupted

his sermon. They spoke aloud while he was preaching and referred to his pugilistic past. He swallowed his wrath and completed his sermon. Then he said aloud: "My Lord and Master, for more than six months now I have unflinchingly looked after your interests. Do you now give me six minutes in which to arrange my own affairs?" Then he fell upon those roughs and in a short time administered a physical lesson to them. He then returned to his pulpit and made the following piquant remarks: "May this lesson prove effective. Sit where you are. Having to listen to my words may punish you still more than my blows. Behave yourselves or I may have to punctuate my sentences again."

While we can see no reason to expect Tunney to become a second Billy Sunday, yet there is likelihood that he may forsake the ring for some other profession just as did his predecessors, Gully and Bendigo.

He and Corbett both belong to the scientific side of the boxing game. They are both highly intelligent and real gentlemen out of the ring. Corbett lost his championship by defeat at the hands of Fitzsimmons, but we doubt if Tunney has as formidable opposition at the present time. Of course we do not

know what the future will bring.

The boxing game, at the present time, is commercialized to the saturation point. A present day champion cannot escape this commercial influence. The commercial associations of a present day champion are such that his business ability is enlivened and he develops a broader financial outlook. The more that interest in the financial end of the game is stimulated, the less desire there is for boxing "in itself and eventually this leads to promotion, rather than to the competitive idea. The trend is to become a handler of money rather than of gloves. If the intelligence is equal to the demand, this often results in the boxer becoming a promoter or a financier. Tunney's predecessor Dempsey became more and more interested in the financial aspect of the game. He took to handling more and more of his own investments until his time was devoted to his own personal interests and his fights were few and far between. Tunney, so far, has shown very good indications of being possessed of sound judgment and business acumen. Just where Tunney's interests will finally lead him is a matter of conjecture. Until the future reveals there can be no adequate answer to the question: "What will Tunney do?"

Girth for the Small Boned Man

Continued from page 36)

this program which is after all of the most importance.

Now let us see what the legs can do for us. I said that the thighs were the third important sector for us to concentrate upon, but I want you to realize that this includes the hips also, for what affects one usually affects the other. The thigh muscles are long and heavy, and an inch gain in circumference means quite a little help to swing the scale dial higher. As the hips become firmer they will provide weight, but never worry about the fact that you may build up too heavy in that region. You will not, particularly if you do not have a wide pelvis. Do not think the only muscles of the legs to develop are the large ones on the front of the thigh. Not at all. There are those on the inside of the thigh, just above the knees, and those that lay upon the back of the leg. Work on all of these and you will build up a finely shaped pair of legs.

I guess that I have explained the reasons why these three sectors are the most important, and now I will pass on to a few exercises that I have all the confidence in the world will give the small boned man, who is out to secure more pounds and inches, real satisfaction.

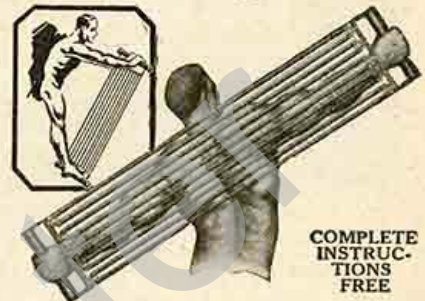
For spreading out the back and putting brawn upon it, I do like the following four exercises. The first is the old swinging movement where you take a kettle bell in one hand, and swing it from between the legs to a high front position. Start with about fifteen or twenty pounds, and stand with the feet apart with the disengaged hand pressed upon the corresponding knee. As you

bend forward to grasp the weight, bend the knees, and keep the lifting arm always straight. In one movement throw the weight out in an arc, and as it returns, repeat the movement. When you get good enough at it, you can catch the weight in the other hand, and alternate your swings in that manner. Do not do too much of this, for it is hard on the legs as well as the back, and is apt to set the heart racing and make the breathing short. It is a great exercise to give you pep, and you usually feel the whole body tingling with invigoration afterwards. I often do it as a bracer first thing in the morning, and thoroughly enjoy it.

The second exercise is a variation of the old reliable pull in to the chest with a bar bell, but I think this is a little better. First load up a dumb-bell and place it between the feet, and with the other hand grasp hold of some immovable object that is a few inches off the floor. As you pull the dumb-bell to the chest, pull hard upon the other object, and as the weight descends, again tighten upon the grasp and pull. These two actions cause an opposing spreading pull on the muscles which is what is desired. In the movement you keep bent over from the waist all of the time, and do not straighten up as you pull the weights in. Instead, point the lifting elbow outwards, until it is on a line level with the shoulder. This is important. Do it when practicing the slow pull in with a bar bell also.

I still like the two dumb-bell pull in, where you stand bent over, feet apart, with a dumb-bell in each hand held an inch off the floor. Pull them in to the

Get Strong QUICKLY and Stay So!



COMPLETE INSTRUCTIONS FREE

DEVELOP your muscles this quick way. Get big broad shoulders. Fill out your chest. Become the strongest man in your town by using the famous GIBRALTAR EXERCISER—the strongest tensioned apparatus made! Many famous athletes and strong men use it to keep in trim.

The GIBRALTAR EXERCISER can be adjusted to from 10 lbs. to 200 lbs. resistance. Every man, woman and child should have one in the home. Made of the finest quality. Genuine Para rubber elastic cables. Guaranteed 50 rubber strands to each cable. Do not compare this apparatus with cheap imitations.

FREE

16 Booklets Telling All About Your Body



We have made arrangements with a prominent author and publisher, who is an authority on physical culture, to present you, ABSOLUTELY FREE, with 16 complete booklets on every subject pertaining to your muscles and internal organs. Each booklet is 5 x 7 inches.

These should be in every home, and it is only by special arrangement and additional expense to us that we are able to offer you this wonderful premium ABSOLUTELY FREE OF CHARGE with each and every exerciser purchased from us.

ONLY FOR 5 Cables \$3

FOR 10 Double Strength Cables ONLY \$5

SEND NO MONEY

All 16 booklets will be shipped free to your home with the exerciser, and you simply pay the postman the price of the exerciser, plus a few cents postage. When ordering, mention that you want a 5 cable or 10 cable exerciser. We fill all orders promptly. If you live outside the U. S. send cash with order.

REMEMBER!

The Name Gibraltar on an Exerciser means as much as Sterling on Silver.

GIBRALTAR EXERCISER COMPANY,
Dept. 105, 225 W. 34th St.,
New York City.

Please send me your 10 cable EXERCISER
 5 cable

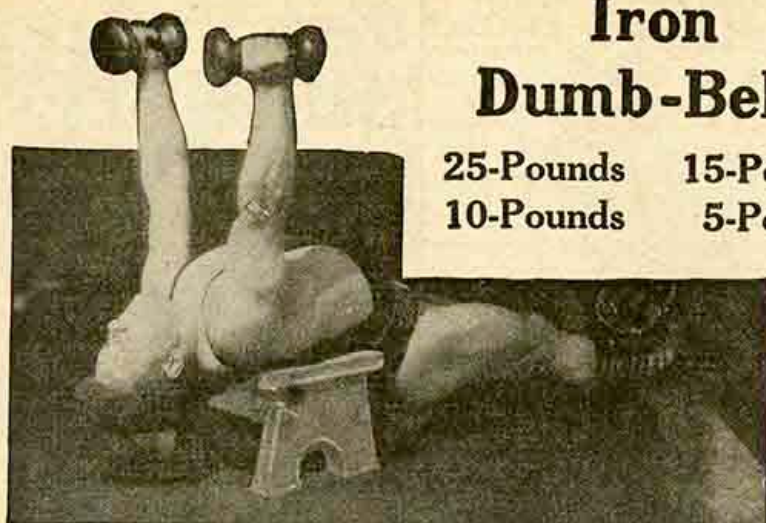
(Check the exerciser you want.)

It is understood that I am to get the 16 booklets on the body absolutely free with this order.

Name

Address

City State



Mr. Geo. F. Jowett, Demonstrating How the Chest May Be Developed

Iron Dumb-Bells

25-Pounds 15-Pounds
10-Pounds 5-Pounds

Every Athlete and Weight-Lifter

SHOULD OWN AT LEAST ONE PAIR OF IRON DUMB-BELLS FOR PERFORMING CERTAIN EXERCISES FOR THE CHEST REGION

Iron dumb-bells quickly develop the arms, shoulders and back, and give you a large, roomy, well-muscled chest; the legs can be thoroughly developed, if you use a pair of 25-pound bells. Those who walk a great deal, will find dumb-bells ideal for keeping the upper body properly exercised. Buy yours now.

The Milo Bar Bell Co.
Dept. S-5-27,
2739 N. Palethorp St., Philadelphia, Pa.
Gentlemen:

Enclosed please find { cash
check
money order } for

\$5.00 for the 25-lb. dumb-bells—Pair 50 lbs.
3.00 for the 15-lb. dumb-bells—Pair 30 lbs.
2.00 for the 10-lb. dumb-bells—Pair 20 lbs.
1.00 for the 5-lb. dumb-bells—Pair 10 lbs.

Name

Address

City.....State.....
Shipping Charges Collect.

Just the Thing for the Busy Man
They Save Time, Space and Money

The Milo Bar Bell Co.

Dept. S-5-27

2739 North Palethorp Street

Philadelphia, Pa.

A Reward of 1000 Dollars for bald-headed and beardless



An elegant growth of beard and hair can be produced when using Comos Hair-Balsam during 8 days. This balsam causes hair and beard to grow on all bald-headed persons or persons with thin hair. "Comos" is the best product of the modern science of this domain, being the only balsam which really produces hair and beard even on persons of old age. "Comos" brings the dormant Papillae of the hair to grow again after having been used in a few days, and within a very short time you will have a very vigorous growth of hair. Harmlessness is guaranteed. **If this is not true, we will pay a net amount of 1000 Dollars** to all bald-headed and beardless persons, or persons with thin hair who have used the Comos-Balsam for three weeks without any result.

One parcel of "Comos" costs \$5.—two parcels cost \$8.—
"Comos" gives to the hair and beard a becoming wave, as well as a soft and delicate texture.
"COMOS" is sent in a registered packet against prepayment—money order, cheque or bank notes (C. O. D. Impossible.)
THE COMOS MAGAZINE CO., Copenhagen V. Denmark 12. (Europe)

HYPNOTISM

Would you possess that strange mysterious power which charms and fascinates men and women, influences their thoughts, controls their desires and makes you supreme master of every situation? Life is full of alluring possibilities for those who master the secrets of hypnotic influence; for those who develop their magnetic powers. You can learn at home, cure diseases and bad habits without drugs, win the friendship and love of others, increase your income, gratify your ambitions, drive worry and trouble from your mind, improve your memory, overcome domestic difficulties, give the most thrilling entertainment ever witnessed and develop a wonderfully magnetic will power that will enable you to overcome all obstacles to your success.

You can hypnotize people instantaneously—quick as a flash—put yourself or anyone else to sleep at any hour of the day or night or banish pain and suffering. Our free book tells you the secrets of this wonderful science. It explains exactly how you can use this power to better your condition in life. It is enthusiastically endorsed by ministers of the gospel, lawyers, doctors, business men and society women. It benefits everybody. It costs nothing. We give it away to advertise our institution.

Write for it today. (Use a letter with a 5-cent stamp.)

Sage Institute, Dept. 609B, Rue de l'Isly, 9, Paris VIII, France



chest alternately, and keep the elbows out, and you will find some real back action secured.

Here is another you may like to try. Take a dumb-bell or a kettle bell in each hand, and press them overhead together and while held overhead throw the head back and look up. Also turn the hand back on the wrist so that the distance between the hand and the elbow is shortened. This done, keep the arms rigid and bring the wrists together, but positively do not bend the arms at the elbows or lean too far back. This brings a different pull on the shoulder blades, which is the important part of the exercise.

For the chest I like the two arm pull over, the lying down crucifix, and the exercise where each arm does a one arm pull over in a complete half circle, but where each arm operates separately, and I do like the chest inspirational exercise where you stand erect and press one dumb-bell after the other to arm's length. I described all of these exercises in last month's issue.

Another good exercise is the dip, but I like to do it with the feet raised upon some object. This is done by placing the hands upon the floor and lowering the body until the chest touches the ground, and then press back to straight arm position. It gets the breast muscles nicely besides opening the chest and giving the back some work to do.

An exercise you will like is performed with a fifteen pound bar bell. Stand erect with the feet together and the bar bell hanging in the hands across the thighs. Breathe in and slowly raise the weight until it is held level with the shoulders. Do not lay back as you raise the bar bell; fight to keep the erect pose and you will feel the tension in the back, chest, and thighs.

The thigh exercises are not so many and they are not absolutely essential. In fact, one must always be careful not to overtax the thighs. Stand erect with a bar bell held in the hands behind the back, and by bending the knees, endeavor to sit upon the heels, then rise. This has a little different influence on the thighs for it keeps you straighter, and less weight is handled, causing a more direct pull upon the muscles that lie at the back of the thighs. You can also practice the deep knee bend while resting a bar bell across the neck. Also stand straddle over a heavy weight, grasp it with one hand in front and the other behind, stand straight up and then make only a slight deep knee bend.

Another good exercise for the thighs is to walk with a bar bell resting across the back of the neck.

I have given you quite a few exercises, but that does not mean you should include them all in your schedule of training. That would be too much. Start out with two of each, and build up as you feel able. The idea of the number of exercises is to give you a selection. Change about so that the muscles are developed from every angle. They become accustomed to one movement and then the results become less.

One thing never should be forgotten. After each exercise period massage the muscles thoroughly. Keep them pliant

so that they will respond better to growth. Never get discouraged, just battle away; you are bound to get some gratifying results. Muscle is a queer thing in a way. As much as it is associated with strength, the latter is often found more abundantly than the former. That comes from becoming too enthusiastic and forcing results. Take your time, especially when you are out to secure additional girth. Always give full extension as well as full contraction to the muscles, so that they will grow long and full. Some men have those strap-like muscles that make one think that they are starved to death. They have too much separation, and while that person is no doubt of the wiry type, he will find it a little more difficult to get size. His progress will be slower, but he will always be very strong, more so than many sturdier looking men. The reason is that he is alive with nerves. He is just a bundle of them. His nerves consume so much fuel that he apparently does not have the chance to accumulate weight. He should study his diet a little so that all he eats actually counts, and will be converted into muscular tissue. Good hours and plenty of sleep are great factors towards body building, and the mind should be kept free from all morbidness. I have always found it to be a great help to keep the mind fastened on the subject, be ever conscious of what you are doing so that there will be no danger of falling into any slouchy habits.

The muscles are all subject to growth. No matter what disappointments have been experienced I know that the small boned man has a chance. He always becomes the most shapely athlete. In that respect, nature is kind to him. He acquires symmetry and pleasing proportions easily.

When considering the chest, always figure the depth through from the chest bone to the spine. Just the same with your legs. Depth and a balanced circumference is what counts. After the body has been developed to a satisfactory degree from this training, you can turn your attentions towards other parts of the body, but I feel quite sure that they will be influenced by the other muscles so much that you will be given a pleasant surprise.

Do not hesitate to follow this program every day if necessary. If you do, be a little more conservative on the number of repetitions for each exercise, and do not include too many exercises. Use your own judgment; your own physical condition will always be your best guide, and with a little thought will lead you to success.

One of the finest examples that the world has before it, of what a small boned man can achieve, is the one afforded us by Thomas Inch. Here is a man who stood five foot nine inches at the age of twenty-one, and weighed a little over one hundred and twenty pounds stripped. Even at that he was an accomplished athlete and possessed unusual strength. He believed that he had reached the natural extent of physical size, as portioned out to him by nature. Secretly he had big ambitions,

Health and Strength Are Mainly a Matter of Nerve Force

Thousands of people conscientiously exercise to build up their muscular power and improve their health without realizing that *Nerve Force* is the basis of all strength and health. A muscle is only as strong as the amount of Nerve Force back of it. The same applies to digestive power, or the power of any vital organ. You can have an arm as thick as your leg and still not be able to lift a hundred pounds, unless the necessary Nerve Force is there to give the muscles power.

Endurance also is mainly a matter of Nerve Force. Allan Calvert, that well-known authority on strength and muscle building, in an article entitled "Great Bodily Strength—What Is It?" very wisely emphasizes the fact that without Nerve Force there can be no strength and endurance. It is the fluctuating degree of Nerve Force in an athlete that accounts for the fact that one day he will make a record that for weeks thereafter he will be unable to duplicate.

It is absurd, therefore, to exercise and exercise to build greater muscle and forget entirely that which is of far greater importance—Nerve Force. Similarly, it is foolish to use the utmost care in the selection of a diet and forget that the condition of the nerves that govern digestion is what, in reality, determines the benefit that is derived from the food.

Most people, not knowing anything about the Nerves,

Nerve Force, and Nerve Weaknesses, ruthlessly squander their Nerve Force without knowing it. Of course, they know that loss of sleep and other dissipations undermine the nervous system, but these evils are but a few of many that wreck the nerves.

If it is your ambition to be strong, healthy, and possessed of vitality, WATCH YOUR NERVES.

Scores of books have been written by nerve specialists intended as guides in caring for the nerves and restoring Nerve Force. Unfortunately, these books do not meet the need of the general public, as they are written in technical and complex language. The most practical and comprehensive little book thus far written on this vital subject is by the well-known Physical Culturist and Nerve Specialist, Paul von Boeckmann, of New York, entitled "NERVE FORCE." In this book he discusses the importance of Nerve Force in two directions; that is, for Strength and for Health. He shows how we, in our hundreds of various

ways, waste our nervous energy and how our nerves become weakened instead of strengthened through injudicious physical exercise.

Don't fool yourself into believing that because you may have a steady hand and muscles that do not twitch and tremble that your nerves are sound. After you have read this book, you will understand that it is the *internal nerves, nerves that have nothing to do with trembling hands and twitching muscles, that are the most important nerves.*

Yes, WATCH YOUR NERVES. We are living in an age of speed; we are leading a mile-a-minute life that is tearing our nerves to shreds and undermining our health and strength. If you feel tired, mentally depressed, lack mental endurance and concentration, and are generally run down, think first of your Nerve Force and don't be deceived into believing that some magic system of physical exercise can restore your nerves.

Perhaps you have chased from doctor to doctor, seeking relief for a mysterious "something the matter" with you. Each doctor tells you that he cannot find any organic trouble, and yet you know that there is something the matter. It's your nerves, and there is no drug or any stimulant that will do you any good. They can be restored only by giving them proper care and rest, and how to do this you will find prescribed in



PAUL von BOECKMANN

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

the book, "Nerve Force."

The cost of the book is only 25c, coin or stamps. Address Paul von Boeckmann, Cellini Building, Studio 1415-S, 48 West 48th Street, New York City.

Order "Nerve Force" today. It is not a pamphlet, but a real book, 64 pages, illustrated, and is on file in many public libraries, and at the Medical National Library at Washington. Thousands owe their recovery from nerve exhaustion to reading this book. Your money refunded if the book is not all you expect.

A physician writes as follows: "I am writing you as a Graduate M.D. to say that I have carefully read your excellent book on 'Nerves.' It has done me more good already than anything I have seen or tried and I think it easily worth a hundred times what I paid for it. It is impossible to read it without feeling the wonderful truth it reveals."

A school teacher writes: "I had the opportunity of reading Paul von Boeckmann's 64-page book 'Nerve Force.' I completed it in one reading. One feels at home and understands unfathomed ideas concerning nerves, mind, and body. As I was reading a stranger approached and remarked, 'That book cured me from what doctors called heart trouble, then stomach trouble, etc. I had nothing of the kind, I am now a well man.'"

What Sort of a Book Is This **Super-Strength?**

IT HAS

220 PAGES
80,000 WORDS
180 Large Size Photographs

(Reproductions of which are shown here)

WRITTEN by a man who knows how to put over the subject in a manner that will make you read every word and then re-read it.

IT CONTAINS a full course in physical training and weight-lifting, completely illustrated by large photos, posed for by perfect men. All the most effective exercises for every part of the anatomy and the best-known training stunts of famous athletes are included in the pages of this book. For instance, one chapter deals with "Individual Training;" another, "Making Yourself Over;" another, "Professional Exhibition Work;" and still another, "Effects of Exercise," while several others deal with the development of various parts of the body, and numerous pages are devoted to little anecdotes that make you more familiar with the inside of the "physical culture business" and "strong man game." This book is simply crowded with knowledge, the addition of timely stories tending to make it

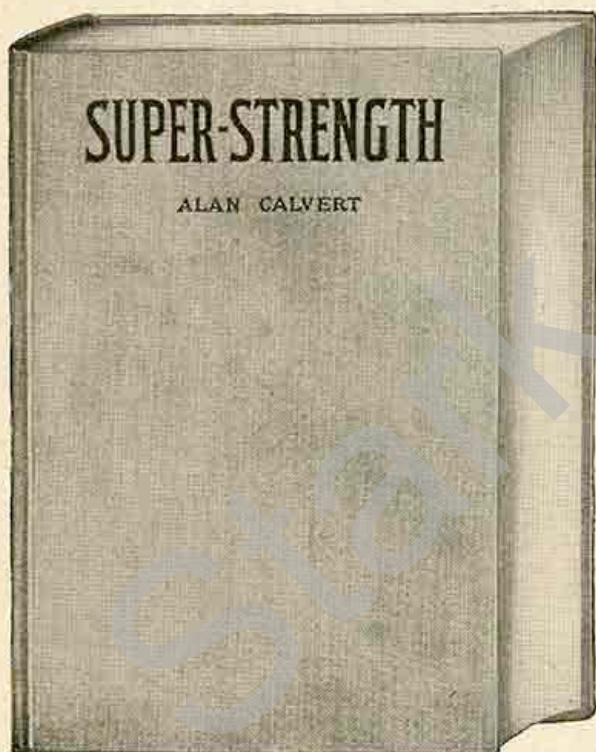
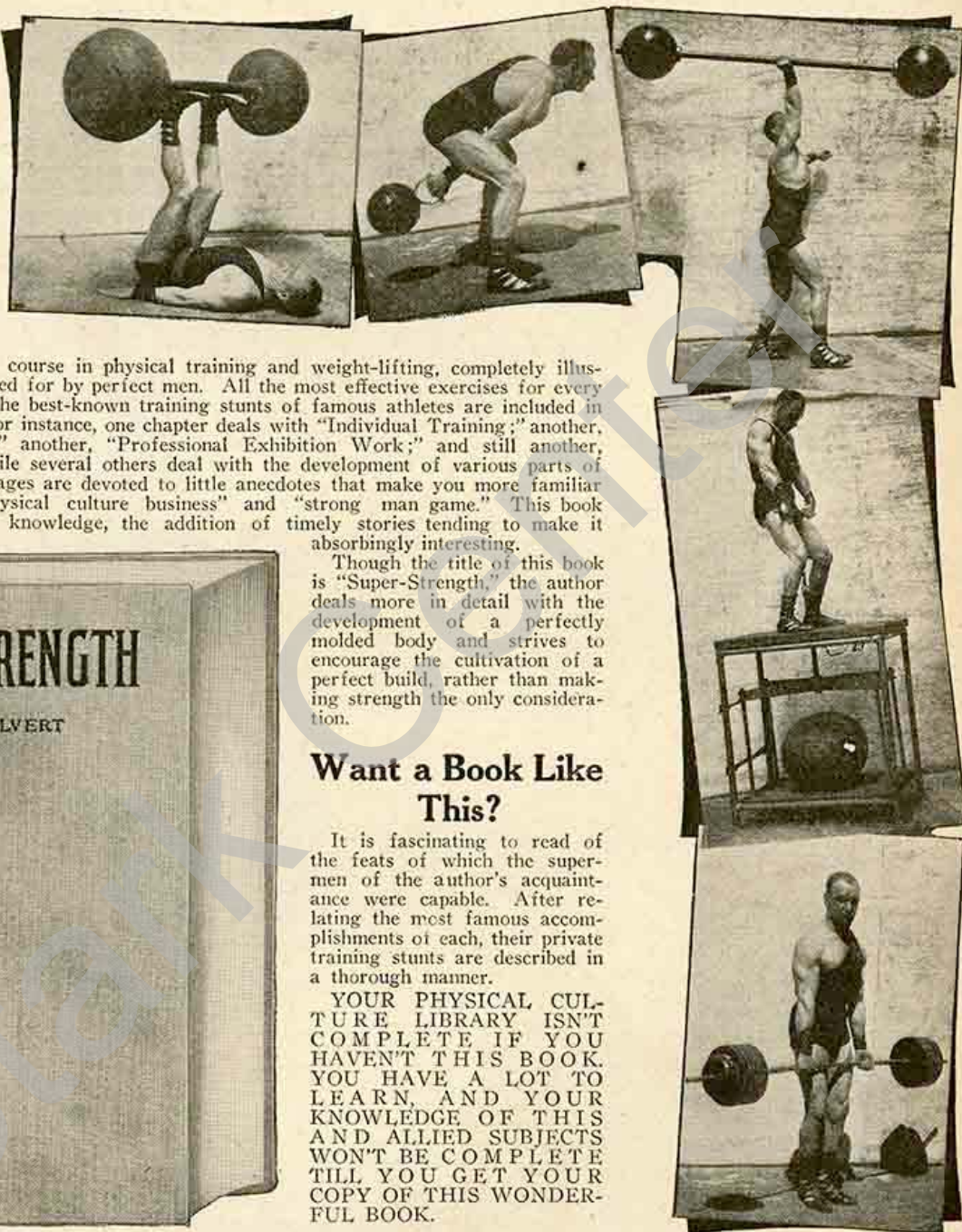
absorbingly interesting.

Though the title of this book is "Super-Strength," the author deals more in detail with the development of a perfectly molded body and strives to encourage the cultivation of a perfect build, rather than making strength the only consideration.

Want a Book Like This?

It is fascinating to read of the feats of which the supermen of the author's acquaintance were capable. After relating the most famous accomplishments of each, their private training stunts are described in a thorough manner.

YOUR PHYSICAL CULTURE LIBRARY ISN'T COMPLETE IF YOU HAVEN'T THIS BOOK. YOU HAVE A LOT TO LEARN, AND YOUR KNOWLEDGE OF THIS AND ALLIED SUBJECTS WON'T BE COMPLETE TILL YOU GET YOUR COPY OF THIS WONDERFUL BOOK.



The demand for this book shows the high estimation in which the readers of this magazine hold the author's writing and teaching ability.

SUPER-STRENGTH,
at \$1.75 a copy
in combination with
STRENGTH MAGAZINE
at \$2.50 a year

Both for \$3.25

USE THIS COUPON FOR
SUPER-STRENGTH ONLY

The Milo Pub. Co., Book Dept., S-5-27
2739 N. Palethorp St., Philadelphia, Pa.

Gentlemen: Enclosed please find \$1.75, for which send me immediately a copy of Super-Strength.

Name

Address

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

USE THIS COUPON FOR STRENGTH
AND SUPER-STRENGTH

The Milo Pub. Co., Book Dept., S-5-27
2739 N. Palethorp St., Philadelphia, Pa.

Gentlemen: Enclosed please find \$3.25, for which send me immediately a copy of Super-Strength and enter my name for a year's subscription to Strength Magazine.

Name

Address

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

the dream of his life was to be big and a world beater. Little of this he said to anyone for it always brought about an embarrassing situation for him. Just the same he trained determinedly and believed he had found the secret. Gradually he became larger and soon he stripped at one hundred and sixty-one pounds, with beautifully shaped muscles. He won a world's championship at his weight and became the wonder of that time. He was not large boned by any means, and never acquired large bones, for that matter. His hands were so small that he could wear a woman's glove, and wear a woman's ring on his fingers. People marveled at him and scientists claimed he had done the impossible, but he rejected that statement by claiming a man can build up to any size, providing he has the height and knows how. He was not believed, so he made a wager that within six months he would increase his then forty-four inch chest to fifty inches, his sixteen and a half biceps to eighteen inches and all other measurements in proportion. The wager was accepted, and he was measured and checked up by a number of physicians and interested parties. As you can imagine, he was watched with unusual interest. When the time came he met the same parties who had checked up on him, and those with whom he had made the wager. Not only did he

get the required proportions, but he even exceeded them. His chest was fifty-two inches and his biceps twenty, thighs twenty-seven inches and calf seventeen inches. He proved, under a strict test, what I am telling you can be done, but, personally, I am against people striving for huge proportions. It is so unnecessary. Surely you should have proportions worth while, and muscles shaped with symmetrical contour, but never overdo a good thing. Not that Inch did. His size was a business to him and proved of inestimable value, but few of my readers are professional strong men, or want to be.

Whatever the small boned man has in mind, he should never forget that while he is engaged in body building, reserve should be an important feature of the program. The program I have outlined assures you of that. You will never run any chance of burning up all those stowed up energies of nature, instead they will be increased, and stored away to keep your body in fitness all the days of your life. That is physical happiness and content, which is far better than financial content and poor health.

When you plan, plan right and if you plan on the program I have outlined here, I am sure you will find yourself on the path where muscular increase, great strength, and abundant health are always found.



They're Off Again!

(Continued from page 27)

rest of the infield in this way: The second baseman, short-stop and third baseman do not have to be so conscious of their pegs. I mean by this that they know their first baseman will get the pill, regardless of a few feet of wildness one way or another. This lends

confidence and does not make them over-careful in pegging. In other words, fear of a mispeg doesn't bother them.

I would like to write more on the other positions in this greatest of all games, but space will not allow me in this issue.

The Most Sensational Offer Ever Made

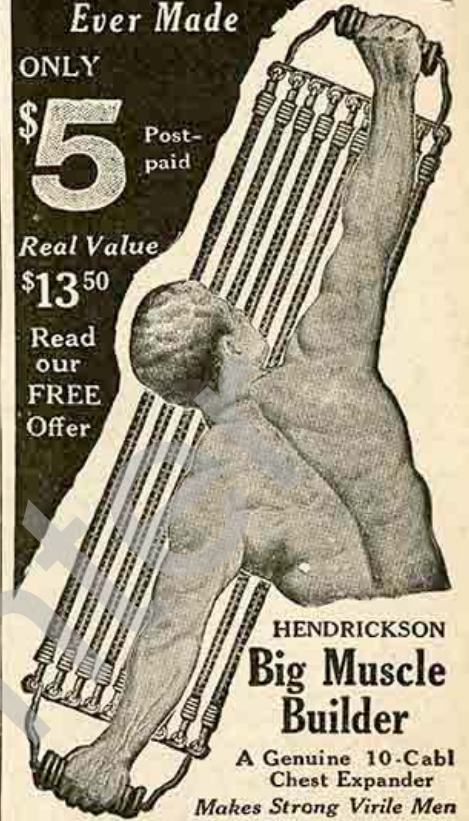
ONLY

\$5 Post-paid

Real Value

\$13.50

Read our FREE Offer



HENDRICKSON Big Muscle Builder

A Genuine 10-Cable Chest Expander
Makes Strong Virile Men

Fascinating, muscle building exerciser that gives real enjoyment and development. As strength increases cables may be added from one to ten, each one added proves your increase in marvelous building up of health and "pep." You can increase the size of your neck, fore-arm, and bicep ONE full inch in a MONTH. Double the strength of your back and shoulders. Recommended by Professors and Athletes as the fastest builder of Strong, Muscular Men.

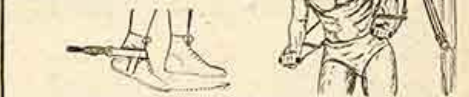
FREE Read What We Give With Each 10-Cable Chest Expander.

HEAD HARNESS

Strengthens the spine, prevents stiffness; increases size and power of neck **\$2.50** FREE. Value

FOOT STRAP

For development of speedy foot-work and leg muscles. **\$1.00** FREE. Value



WALL EXERCISER PARTS

Interchangeable parts transforming the Big Muscle Builder into a perfect Wall Exerciser, with additional course of Physical Exercises "How to Develop the Entire Body." **\$5.00** FREE. Value

Business and Professional Men

and the great strong men, keep physically and mentally fit, with Hendrickson Scientific Method of Exercises. In a few short weeks you will note greater health, strength and vitality. Nature gave you a frame and muscles—develop them to the fullest capacity—be prepared for the big test. No matter when it comes—YOU are ready! Order this outfit NOW!

LIND-HENDRICKSON CO. S-321 Broadway, N. Y. City

LIND-HENDRICKSON CO., Inc.
S-321 Broadway, New York City

I enclose \$5.00. Please send me the "10-Strand Big Muscle Builder", and include FREE, the Head Harness, Foot Strap and Wall Exerciser Parts. Send Postpaid as offered.

Name.....

Address.....

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

© 1927, F. A.



Does a petting party stop with a kiss or does it go further? Is spooning dangerous? At least the question is answered. See "Safe Counsel" Pages.

Are You Afraid To Love?

Has true love come into your life—or didn't you recognize it when it came? Are you afraid now of the baffling, perplexing mysteries of sex relationship? Are you discontented with the stupid lies and furtive ashamed answers the world gives you in place of the naked, fearless truth you desire? Do you want some safe, sane, unashamed advice on sex questions? Do you hesitate asking your doctor certain questions? Clip coupon below, send it today without any money and in a few days you will receive the most startling surprise of your life.

Sex Secrets

At least a book has been published that digs into sex matters without fear or beating around the bush. This startling 512-page book, "Safe Counsel," written by Prof. B. G. Jefferies, M. D., Ph. D., and Prof. J. L. Nichols, A. M., contains just the information you want. You will be amazed at its frankness. Words are not minced. "Polite" phrases are forgotten—the right word is used in the right place. "Safe Counsel" contains nine startling sections: I. The Science of Eugenics; II. Love; III. Marriage; IV. Childbirth; V. Family Life; VI. Sexual Science; VII. Diseases and Disorders; VIII. Principles of Health and Hygiene; IX. The Story of Life. Here are a few of the subjects discussed: Love, Secrets of Marriage, Anatomy of Reproductive Organs, Mistakes of Bridegroom, Advice to Newly Married, Birth Control, Results of Excesses, Spooning, Private Words to Maidens, Rejuvenation, The Social Evil, Sex Magnetism, Answers to Sex Questions, and scores of other intimate subjects. Nothing withheld. Frank and fearless. Over 100 illustrations. 512 Pages. You owe it to yourself, to your health and happiness to read this wonderful book.

Send No Money — simply mail the coupon

Don't send any money now. Just clip and mail the coupon. We will send the regular \$4.00 Gift Edition of "Safe Counsel" by return mail. When it arrives, hand the postman the Special Introductory Price of only \$2.19, plus postage. Examine the book. Then if not satisfied, return the book within 5 days and your money will be refunded. You take no risk. So order now!

----- Mail this Coupon NOW! -----
FRANKLIN ASSOCIATION
 186 N. LaSalle St., Dept. 7625, Chicago, Ill.

Please send me a copy of the \$4.00 Gift Edition of "Safe Counsel" in a plain wrapper marked, "Personal." I will pay the postman only \$2.19, plus postage, upon arrival. Although I am benefiting by this special offer, I may return the book within 5 days, if not satisfied, and you agree to refund my money.

Name.....

Street or R. F. D.....

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

If you may be out when postman calls, send \$2.19 cash with order. You save postage and C.O.D. fees. (Price outside of U. S.—\$2.43 cash with order)

End Your Rupture

In this new scientific way
 Without Pain, Operation or Delay
You Can Try It FREE!



No springs or gouging pads to push into the rupture opening. Its soft, clean, oval air cushion brings the edges of the rupture together. Asleep, awake, at work or rest it works for your cure. It has healed thousands. The most modern and the cleanest healing method known to science.

Gives Absolute Freedom in Motion
 Write today for Free Trial Offer. Don't Delay—Rupture is a dangerous thing.
 Brooks Appliance Co., 183-A State St., Marshall, Mich.

Why Get Spring Fever?

(Continued from Page 40)

ridges, meat and eggs, pancakes and syrup, and a lot of other heavy foods for breakfast; well, that sort of diet won't do for the warmer weather, providing you wish to feel alive all day long. No, sir, to be up and at it all the time, you'll have to eat something sensible: Try a breakfast of grapefruit, a light cereal, stewed fruit (either prunes, peaches, apricots, or apples) and a drink of whatever you are used to drinking—milk, cocoa, coffee, or tea. At noon make it a light lunch, and then in the evening eat a solid meal of whatever you please, so long as the food is wholesome. Don't be afraid of starving on this one heavy meal idea, as I know from personal acquaintance that many famous "strong-men" eat fewer meals than you will imagine; and lots of well-known athletes get along on two meals a day, one light and one heavy. They are generally the type who have been built up and are inclined to take on extra weight, so if you are trying to build up it would be best to make it two light meals and one heavy. The above diet recommendations, understand, are for warm weather, particularly for spring; during the cooler and the cold weather you should profit by eating a little more of substantial food, especially if trying to build up. If you are used to coffee or tea, and seemingly suffer no harmful effects, there can be no reason for an active person passing them up.

If you work indoors, you will do well to keep in the shade at noon, and not exert yourself, providing you wish to feel peppy the rest of the day. I have noticed how many persons will go out at noon and get all sweated up, and it takes them a couple of hours to get feeling comfortable when they go back to work. Eat your evening meal early so that you will have plenty of time for activity in the evening. Allow about two hours' time if you are going to exert at all strenuously, otherwise an hour will suffice. The evening is the time to ride your hobby, whatever it may be, but anyway make it an active hobby of some kind. It may take the form of some home training system, or a trip to the gym, a walk along the avenue, or a short game of twilight baseball.

Speaking of home training exercises, try these few and see if you ever came across any that were better, so far as effective exercises of a light nature are concerned. Light exercise has its many benefits and a place in the training system of every individual who is earnestly after results. The movements given below should not be confused with the usual calisthenics of a free hand nature. In the set here given, there is a forced contraction and range of muscular extension seldom seen in exercises performed without bulky apparatus; likewise the degree of progression keeps pace with the increasing strength.

Exercise No. 1—Stand erect with feet solidly planted on the floor; clench the fists and extend the arms at shoulder height; keeping the fists tightly clenched.

Beauties ?

THESE ARE PIPPINS



24

Creatures of Loveliness Portraying the Feminine Form Divine

ALL RED-BLOODED Strength Fans

Will Appreciate These Reproductions

Art Poses
 Size 6 x 10 Inches
 Suitable For Framing

\$1.00

The Milo Publishing Co. Dept. S-5-27
 2739 N. Palothorp St., Philadelphia, Pa.

Gentlemen:
 I am enclosing \$1.00, for which please send me the 24 poses of beautiful women.

Name.....

Address.....

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

Bring the right hand up and over to a position in back of and between the shoulder and neck, causing the muscles to contract as forcibly as you possibly can; to properly accomplish this it is necessary to raise the elbow as high as you are able. Simultaneously you should bring the left arm downwards and backwards as far as possible without twisting the body. The aim should be to contract the triceps and back muscles to the utmost. Now moving both arms at one time, reverse the positions of each arm by bringing the right down and back and the left up and behind the neck. The best results will be obtained by keeping the muscles contracted and tense throughout the movement. This exercise is very aptly illustrated in Figure 1

The above exercise is intended to give the utmost in full arm and shoulder development, causing as they do, complete contractions of the various muscles involved.

Exercise No. 2—Stand with the feet close together; now, let the arms droop and the shoulders sag forward into an exaggerated street corner slouch; also as befits the type, let the knees bend somewhat; then with as much life as you can command at one moment, bring the shoulders back tightly with the arms bent at the elbow and the fists tightly clenched. Throw the chest out to the limit and bring the chin in against the neck. The knees should also be tensed; in fact the whole body will now be perfectly rigid, as shown in Figure 3. Of course you understand that this complete movement was performed at one time from the upright position. Slouch forward again and repeat the exercise. This is a capital movement for the spine and the muscles that hold the body erect, and will enlarge the chest by several inches in a few weeks time if performed in regularly; but most of all, the vital forces and energy sources are increased wonderfully by a number of days at this exercise. The essential point is to make certain of bringing the chin in tight against the Adam's apple while the chest is arched and the spine straight.

Exercise No. 3—Stand erect with the heels together, clenched fists at the shoulders with the elbows bent. This movement is somewhat complicated, so for the purpose of a clear understanding we will first describe the leg action; first we will take the right leg, this should be extended to the side about as far as you can, while the left leg is bent at the knee and the body inclined far over to the left side, at the same time extending the arms vigorously, so that you will be in the position shown in Figure 4. Return to the first position and repeat, then reverse the movement, extending the left leg and bending to the right side; this is a general exercise for the whole body, and something needed very much in the spring when the system must be livened up.

Exercise No. 4—Procure a piece of rope (about ten feet in length) and holding each end of it in the hands, run it under the right foot; now stand solidly upon the left foot and keeping the body upright, make a two-arm press

Learn How to BOX

Jimmy DeForest BOXING COURSE

DEVELOPS CHAMPIONS BY MAIL

DeForest Boys are On the Road to Fame and Fortune!

The World's Most Famous Trainer Will Make You a Finished Boxer!



Read What Tasker Says

UNDER the wonderful System of Jimmy DeForest, World's Leading Trainer and Developer of Champions, you will master the priceless knowledge which has made champions, and started hundreds of boys to Fame and Fortune.

Jimmy DeForest teaches you all the fundamentals of boxing—right from the very ground up. His 35 years' experience is embodied in this marvelous System of Instruction—the identical methods which made more champions and real contenders for ring honors than any other trainer, either living or dead, ever created!

Every trick, every blow, every defense, every new angle in ring strategy that DeForest taught Dempsey, Firpo, Joe Gans, Kid McCoy, and a host of others, is explained and illustrated in this one and only Complete Course in Boxing. Students testify that anyone can readily understand and master these simple as A B C instructions.

20 Weeks Is All It Takes

20 weeks will make you a finished DeForest-trained boxer—ready to take your place along with the best of the lads who are real drawing cards for bouts at big fights. Soon thereafter, by applying the principles you have been taught, your name will rank as one of the clever boxers in your locality. DeForest-trained boys who were unheard of a year ago, are now fast approaching championship titles, and several of them are actual contenders. Novices in the beginning, they are top-notchers now!

Opportunities Simply Unlimited

See what George Tasker, of Rumford, Me., did. Until he took the DeForest Course he never won a contest in his

life. "Since then", he writes, "I have engaged in nine contests, winning all but one, which I lost on a close newspaper decision. Tasker is only one of scores whom the DeForest Course has put on the road to Fame and Fortune. The same opportunity is knocking at YOUR door—Grasp it NOW, on the eve of the biggest boom in the history of Boxing. Promoters all over America are clamoring for new material. They are constantly asking us to recommend good boys—boys with fighting hearts. Are you that kind of lad?"

Most Remarkable Physical Training System in the World
The DeForest Course has demonstrated it has no equal as a physical training system. Weaklings have been made strong and men physically rebuilt, energy, strength and courage developed. Prominent men and leaders in all walks of life, including Prof. T.W. Seeley, famous Physical Culturist, box regularly to keep themselves fit. It will be a revelation to you.

Send for This Gripping Book

Send today for this new famous book—"The Golden Age of Boxing"—the most remarkable volume of its kind ever written, full of valuable information, photos of great boxers and pupils who became successful overnight. It contains a complete outline of the DeForest Course; week by week, with special picture charts used in most of the lessons. This book will thrill you and open your eyes to the marvelous opportunity that lies before you. Who knows but what your life's fortune is right in the signing that coupon below? Do it NOW and mail it AT ONCE!

JIMMY DEFOREST BOXING COURSE, 347 MADISON AVE., NEW YORK CITY.

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

Sigmund Klein Endorses

Support-O-Jock



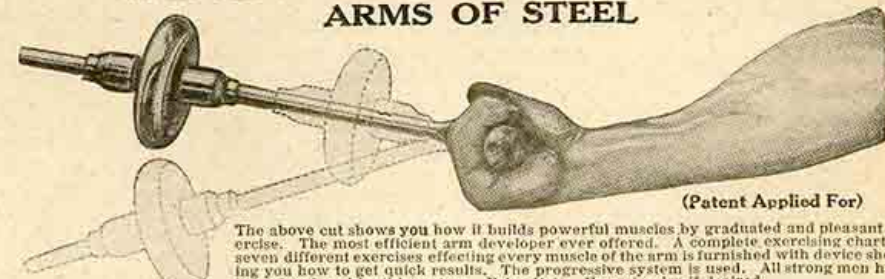
The world's welter-weight lifting champion says: "SUPPORT-O-JOCK" is absolutely essential for all boxers, wrestlers, weight-lifters and athletes to prevent rupture when exercising."

SUPPORT-O-JOCK is made of very heavy, best quality Black Elastic, with flannel chafe-proof pad. Wear the one they all wear—buy a Support-O-Jock for comfort and protection. Give waist measure.

SEND NO MONEY—pay postman \$2, plus postage, on delivery. Money refunded, if not satisfied, after 5 days' trial. Clip this adv. and mail TODAY.

SUNS SPORTING GOODS CO., Inc.
151 W. 23rd St., Dept. S, New York City
Wrestling and Boxing Equipment

THE AUTOMATIC ARM DEVELOPER Will Give You a VICE-LIKE GRIP and ARMS OF STEEL



(Patent Applied For)

The above cut shows you how it builds powerful muscles by graduated and pleasant exercise. The most efficient arm developer ever offered. A complete exercising chart, of seven different exercises affecting every muscle of the arm is furnished with device showing you how to get quick results. The progressive system is used. All strong men have been developed by this system. Price \$3.00. Free circular if desired.

THE VAUGHN MFG. CO.

Dept. 12

Crafton, Pa.

Travel-On "Uncle Sam's Payroll"

Railway Mail Clerks \$158 to \$225 Month-Every Month

Franklin Institute, Dept. J-186, Rochester, N. Y. Sirs: Rush to me without charge—(1) 32-page book with sample Railway Postal Clerk Coaching; (2) tell me how to get a U.S. Government job; (3) send list of Government Positions now obtainable.

Steady Work—No Layoffs—Paid Vacations

Many Gov't Jobs open to Men—Women 18 up

Mail Coupon Immediately
Common Education Sufficient

Name.....
Address.....

with the arms, resisting steadily with the downward pressure of the leg. The movement of the arms should range from shoulder height to arms' length overhead, (Figure 5) after the arms are overhead, press downward with the foot till the leg is straight, resisting with the arms. Repeat several times and reverse to the other foot. This exercise will develop the thighs, hips, back, shoulders and arms. As a result of practicing this movement you will acquire a good sense of balance.

Exercise No. 5—Is a variation of the foregoing exercise, excepting that you grasp the rope at about hip level and make a two-arm curl out of it, bringing the hands from the thighs to the shoulders. Repeat this several times and reverse to the other foot. This is essentially for the biceps and forearms, as well as the thighs and buttocks.

Exercise No. 6—Hold the rope at arms' length to the side and have it passing under the instep of one foot. Now raise the arms as high as you can overhead, keeping the elbows straight, and resisting with the downward pressure of the foot, then pressing downward with the foot resist with the arms. Repeat several times and reverse to the other foot. This is best for the deltoid and trapezius muscles, but also benefits the legs, as in the two previous exercises.

Exercise No. 7—Stand with the feet spread well apart, the left extended to the front; make a baseball throwing movement with the right arm, describing a complete overhead swing with

the arm and finishing with a forward bend, as shown in the illustration No. 6. Repeat several times, keeping the fist tightly clenched; then switch to the left arm with right foot extended and practice a number of throws with the left arm. This exercise is intended chiefly for the abdomen, though it gets quite a few other muscles as well; the greatest benefit will result if you make the forward bend full and complete and perform the exercise with a lot of pep.

If you are out after real results in the way of physical improvement, whether for the general health, muscular development, or increased efficiency, just give these stunts a fair trial for the next four or five weeks; once a day is sufficient, preferably in the evening, and it will never cost you another cent for physical exercise, for you will have a set of stunts that no one could persuade you to quit. The time necessary will depend on the results you are after. For the best results practice each one quite a few times in a thorough manner.

Following this active period, treat yourself to a good bath of tepid water, continued but a few minutes, and about twice weekly take a soap bath. Follow every evening bath with a rub-down, using alcohol or some other emollient, and get to bed early for another day of your new life. For it will be a new life, at least you will have a new lease on life—and wonder where you have been existing all the time before you woke up to the fact that exercise is a sure cure for that condition of physical lassitude known as "spring-fever."

The Wizard of the Mat

(Continued from page 56)

Evan Lewis from the kingship of gripdom, and he was closing in on his fortieth year when he defeated the huge Turk, Hala Adula, "The Sultan's Lion." This playful baby weighed three hundred and two pounds, and was as wide as a city block. When he gripped a man he let out snorts and roars, and blew with enough volume to sweep referee and opponent off the mat. Anyhow, he kept the mat clean of dust, and might possibly have been the Sultan's vacuum cleaner before he had left the land of Turkish delight and many harems. It took the Cedar County light heavy-weight to mop the mat with this giant. Wherever Adula clawed Burns was not there. He darted in with rapier speed, grasped the Turkish beef trust by both ankles and brought him to the mat with sufficient force to jingle his teeth like castanets. The match took place in

Chicago, but the fall could be heard in Frisco.

Burns was forty-seven years of age when he defeated Oscar Samuelson, the two hundred and twenty pound grappler at Des Moines, Iowa, and he has a victory over the brilliant Mat Acton. Altogether he wrestled in over six thousand contests, and won all but seven. I doubt if there ever was another wrestler who could say the same. Burns was not only clever, he was brilliant. He was the original man of a thousand holds, and the true wizard of the mat. Frank Gotch is given credit for inventing the toe hold, but it was Burns that taught it to him. I have a picture of Farmer Burns applying the toe hold to an opponent during one of his bouts, long before the great Frank Gotch began to even think of wrestling. We owe Gotch to Burns; he was a genuine

What I Think of Aviation

By LIEUT. WALTER HINTON



Aviation is here to stay. No one, I think, will question that! It has been tested by the peaceful pursuit of commerce as well as the fire of war. It has grown in a few short years from a dare-devil spectacle to a safe and stable industry. Its future is assured. With such men as Henry Ford actively interested in manufacturing planes and motors as well as using them for transportation — no one can doubt that its progress will be even more rapid in the future than it has been in the past.

Aviation's greatest difficulty is finding trained men to build and fly the planes that are needed in ever increasing numbers daily! This difficulty is enormous. No pilot or passenger would care to fly in a plane that has been designed, built or conditioned by men who did not know their business. The United States Government has recognized the importance of this feature of aviation and now every pilot, engine and plane mechanic, every rigger and inspector must pass a government test before he is allowed to work on an airplane, and much less FLY one. It is absolutely necessary for every man who wants to enter aviation—commercially or for the purpose of flying his own plane—to fit himself by learning the fundamentals of flight!

Aviation today, with the exception of "stunt" flying which is both foolish and useless, has reached a degree of safety which statistics prove to be equal if not greater than that attained by marine transportation in all the years of its existence.

Everyone engaged in the industry is well paid. There is room for thousands of men today! Imagine, if you can, how many more will be needed in five years—in ten! The opportunity offered to men of vision by the automobile, the movies and radio in their infancy is yours today in aviation.

(Signed) WALTER HINTON.

Whether you care to follow aviation as a career, or to fly your own plane, for sport, pastime or a means of rapid transportation, the knowledge embodied in this course is absolutely necessary.

Walter Hinton, famous pilot of the N. C. 4, first plane to fly across the ocean, and pilot on scores of other historic flights will teach you in your spare time at home! Complete course prepares you to pass new air regulations now necessary for pilots, mechanics and inspectors; and teaches you so much about practical flight that from five to ten hours in a plane with a competent instructor will make you a full-fledged pilot!

"Aviation and You" is the name of the absorbingly interesting booklet which tells about your place in aviation in detail.

Don't put it off and then forget about it. Don't miss a big opportunity. MAIL THE COUPON NOW.

AVIATORS PREPARATORY INSTITUTE
475 Fifth Avenue, Dept. 135,
New York City

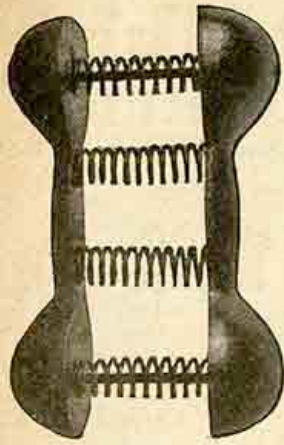
Aviators Preparatory Institute,
475 Fifth Avenue, Dept. 135,
New York City.

Send me without obligation my copy of "Aviation and You."

Name

Address

City State



**2 Adjustable Grip
Dumb-Bells**
A Vise-Like Grip
Wrists of Steel
**Muscular Arms,
Back,
Chest and Shoulders**

**ALL
FOR
\$3.00**

Why use spring-grip dumb-bells? You have to keep your mind on the exercises to hold the bells properly.

You make a strong and everlasting impression on new acquaintances if you have a powerful grip. The old-time village blacksmith had muscles like iron bands because he was always gripping tongs and handles while he continually swung sledges. In modern days, the best way to emulate his system is to use

ADJUSTABLE GRIP DUMB-BELLS,

and daily go through a routine of exercises while gripping them as tight as you can. You'll soon have a pair of forearms and wrists to be proud of.

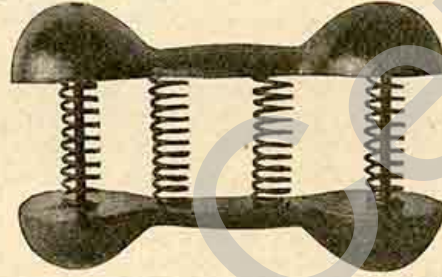
The Milo Bar Bell Co., Dept. S-5-27
2739 N. Palethorp St., Philadelphia, Pa.
Gentlemen: Please send me, immediately, a pair of ADJUSTABLE GRIP DUMB-BELLS. I am enclosing my remittance of \$3.00 to cover cost of same.

Name

Address

City State

Shipping Charges Collect



PIMPLES

Cleared Up—often in 24 hours. To Prove you can be rid of pimples, blackheads, acne eruptions on the face or body, barbers' itch, eczema, enlarged pores, oily or shiny skin, simply send me your name and address today—no cost—no obligation. CLEAR-TONE tried and tested in over 100,000 cases—used like toilet water—is simply magical in prompt results. You can repay the favor by telling your friends; if not the loss is mine. WRITE TODAY.
E. S. GIVENS, 406 Chemical Bldg., Kansas City, Mo.



YOUR LEGS

Are they skinny, too fat or weak? If so, would suggest that you send for my book, "STRONG, SHAPELY LEGS." Beautifully illustrated with half-tone photographs, showing how to obtain a pair of strong, shapely legs. 25c in coin, or 30c in stamps. Send today, before you forget!

PROF. ANTHONY BARKER,
865 Sixth Ave., Studio 131, New York City

GROW TALLER
IT CAN BE DONE—READ HERE

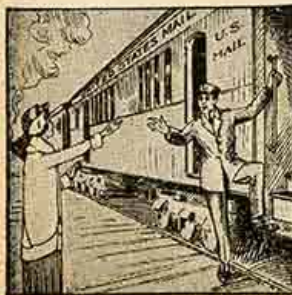
"I have gained 5 1-2 inches since taking your Course (two months ago). I am a real man now and can't recommend your course too highly. It is just wonderful. My age is 22 years I am today one of the greatest ball players in the country, but the lack of size held me down in past years, but your Course helped me greatly. I can hardly give you enough praise."
—D. J., St. Louis, Mo.

Science has found the way to add inches to your height. No need to envy and look up to the big fellows. No need to have the disadvantages of the little man. This Course makes it possible for you to be on a level with your fellow men. Course is easy, inexpensive and results sure. Mail coupon for free information today!

"I started your course in Scientific Height Increasing a month ago, and I can say that it is wonderful. I have followed all your instructions and made the exercises according to the same. I have increased 4 inches and gained 10 pounds. Please send me my next lesson."
H. B., Miami, Fla.

.....
L. CLOVER, Room 2 7, 70 Bulkeley Ave., Sausalito, Calif.
.....
Without any obligation to me, send me full information on how to grow taller

Name.....
Street.....
City.....



TRAVEL FOR "UNCLE SAM"
RAILWAY POSTAL CLERKS--\$1900 to \$2700 YEAR

Mail Carriers—Post Office Clerks
Men—Boys 18 Up
Steady Work. No Layoffs

Paid Vacations
Common Education Sufficient

Many U. S. Govt. Jobs open to women

MAIL COUPON IMMEDIATELY

COUPON

FRANKLIN INSTITUTE,
Dept. J-182, Rochester, N. Y.

Send: Rush to me without charge: (1) Sample Railway Postal Clerk Coaching; (2) List of U. S. Government Jobs now open to men and women, 18 up; (3) Send 22-page book, "Government Jobs."

Name

Address

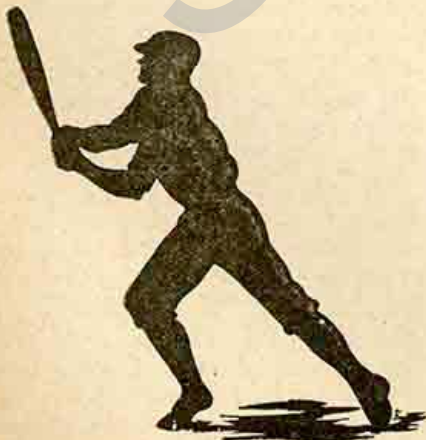
pupil of the great teacher. The moment he saw Gotch at a little country fair, he recognized the great possibilities that were within the young farmer boy and took him under his wing. From then on most of his time was devoted in making Gotch familiar with the intricacies of the sport. Burns became a trainer and guide and led Frank Gotch from the plow to the greatest wrestler of all times. When Gotch met Hackenschmidt and defeated him for the second time in Chicago, his cup of happiness was filled to the brim. He knew then that Frank had proved himself to be conclusively the master of the Russian Lion. Later on the American champion proved his superiority again over the world when he threw Youssif Mahmoud, the terrific Turk and the man whom Hackenschmidt and all the other wrestlers positively refused to meet. It was the wizard that piloted Gotch through that stormy battle, as he did through all his other matches.

By doing this Burns proved that he had the ability to impart to others correctly some of the immense knowledge that he had of the science and art of grappling. Gotch never denied what he owed to his trainer and always spoke in glowing terms of that great master. Burns knew how to train a man. He knew that wrestling did not begin and end with wrestling practice. There were certain muscles to be built up, and to be conditioned in a certain way that was no mystery to him. His own muscles were smooth and silky, full of power and endurance. Gotch was built the same way, only much larger, and so is Johnny Reynolds, the king of the welterweights, also a product of Farmer Burns.

Martin Burns was born in the rural section of Cedar County, Iowa, on February 15, 1861, of pioneer stock. He always was obliged to work hard as his father died when he was only eleven years of age and this threw the responsibility of being the bread earner upon his shoulders. One of the great tributes that all mat lovers have for the Farmer, is to the clean life he always led. He never dissipated, and that is saying something when you consider the times his early days were lived in. Those were the days of the little brown derby and the little brown jug, when all holds in wrestling were legal. Our style was the real rough and ready stuff, and always proved too much for the foreigner. Speaking of this reminds me of a cartoon I once saw in Europe, that a certain newspaper was

caricaturing an American wrestling bout. The subject was between a European wrestler appealing to an American referee over the gruelling tactics of the Yankee grappler. "Foul, Foul," the European yelled. "He has bit my ears off." "Go on wrestling," the American referee ordered, "That's nothing. It ain't a foul until he kills you wilfully." That was supposed to represent that the sky was the limit in wrestling fairness. Of course, that was not so. The thing was that our boys knew so much more about holds, locks and blocks, that the foreign wrestler was often tied up so badly as to bewilder him until he often doubted which part of the anatomy he saw was his or belonged to the other. An amusing joke of this instance was once given in a Dublin, Irish paper. The Irishman was just extricating himself from a fall won by the American wrestler, who had tied the Irishman up in a confusing tangle. The son of Erin still clung to a foot though, and in amazement he said, "Begorra! By all the saints in hiven. Here oive been struggling for that foot for the last half hour, and now I've got it I find it's me own." Well, that was the kind of entanglement Burns could weave with his opponents' arms and legs to the huge delight of all. This alone made him immensely popular, and earned for him the title of the "wizard of the mat."

He had won over such notable performers as Jack Carkeek, Evan Lewis—"The Original Strangler," Dan McLeod, Jess Westergard, Jimmie Parr, Jim Brantsfield, Emil Klank, Sebastian Miller, Charlie Hackenschmidt, Greek George, Mat Acton, Anton Perry and the famous Tom Cannon. His record is one of the most brilliant in the annals of wrestling. He did more for the game than any other grappler by reason of his ingenuity, his willingness to meet anyone irrespective of his own body weight disparity, and his ability to beat them. He elevated the sport and made it what it is in America, the home of scientific wrestling. The world has never seen his like, and may never again, but we who love the game, will always remember him as the cleverest wrestler that ever pulled on a pair of trunks—the real daddie of American wrestling.



Remove Your Handicap

By BERNARD BERNARD
Chief, Physical Culture Consultants

What greater catastrophe is there than a serious drain on your nervous and vital forces? It holds you back, handicaps you terribly in the battle of life and all that life should hold in store for you.

This is a great world, full of possibilities for the healthy and strong, but a "h... of a place" for those handicapped by consequences of a vital drain unfortunately all too prevalent among young men.

But there is hope, my friend. You *can* overcome that handicap—and absolutely eradicate it. The PHYSICAL CULTURE CONSULTANTS specialize in such cases and can show you the way out. We show you testimony each month in "Strength Magazine," and we have hundreds of similar reports in our files.

Here is the case of another fellow suffering the consequences of earlier conduct resulting in a handicap which prevented him from accomplishing his best. Once conquer the handicap and the world is yours. We accomplish our results by scientific physical culture. We stop the nervous and vital leakages, and replenish the weakened nerve centers, building up an abundant nervous and vital reserve.

Case 609.

First Letter, before treatment. "About four years ago, through association with bad companions, I came to practice the habit, but, a year or so later, I managed to discontinue it. A short time afterwards I began to have involuntary losses during sleep, caused by erotic dreams. These still continue, averaging about once every six or seven nights. I have tried my very best to overcome them by expelling Sexual thoughts from my mind, but with no success. This has caused irregular bowel movement and nervousness, loss of ambition and interest in life, and many days of misery. Two years ago I took a course in physical culture, but it did not check what I have mentioned above. I am considered a brilliant student, and a fairly good athlete, but I am not so good as I might be, were it not for my condition."

First Report. "It is now ten days since I began your course, and I already begin to feel and to look better. I had a slight loss a few nights ago, but it is the only one I have had for three weeks. I am following the diet and exercises very carefully."

Second Report. "I have now been under your care four weeks. I am glad to report that I am getting along O. K. My complexion is clearer, and my eyes brighter."

Third Report. "I have been under your care now for six weeks, and am getting along all right with no setbacks to report."

Fourth Report. "It is now eight weeks since I began your course, and I am glad to report that I am getting along fine, I get three or four bowel movements each day. In regard to my sex psychology, I note that I don't think of bad sexual things as I used to do."

Fifth Report. "In this last report I am very glad to say that I am getting along fine. The losses are conquered, and I think I can get along all right by myself now. I have gained 8 lbs. since my last report. I certainly appreciate the sympathetic manner in which you have dealt with me, and the helpful advice you have given. I thank you very much for your help."

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

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

Send, as a Preliminary, for

"Sex Weaknesses, Their Cause and Remedy"

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

CONTENTS

CHAPTER I. Sex Weakness a Pathological Condition. The Physical Basis of Sex Weakness.—Barbaric Habits of Our Forefathers.—The First Step to Perdition.	—Disturbing the Nervous Structure Sexually.—How to Avert Unwarranted Sex Passions.
CHAPTER II. Inheritance From a Remote Ancestry. Heritage From Remote Days.—Sex Control.—Why Sex Excesses Degenerate.—Human Life a Struggle Against Ancestral Passions.	CHAPTER VI. The Heredity Factor. Shall We Sterilize the Unit?—The Mendellon Law.—Predispositions to Sexual Excess May Follow Mendel's Law.—How Sex Excesses Cause Degeneration.
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 VII. The Psychology of Sex Weakness. Mental Functions and the Mental Apparatus.—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 IV. Physical and Educational Neglect. How Physical Neglect Induces Sex Weakness.—How Cases Become Chronic.—Criminal Neglect of An Important Subject.—Drive Away Ignorance.	CHAPTER VIII. A Word of Sympathy. Our Duty to Those in Distress.—Footprints of Vice.—Hope and Encouragement.
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.	CHAPTER IX. Sex Weaknesses and Their Cure. Masturbation.—Involuntary Losses.—Promiscuity Sex.—Hallucinations.—Impotence.—Mental Sexual Obsession.—Prostatitis.—Sexual Neurasthenia.

Price, 75 Cents, Postpaid

To be obtained only from the

Physical Culture Consultants

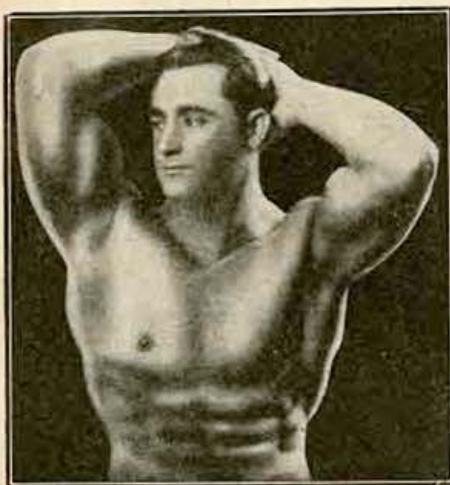
Dept. 2,

70 Bulkley Ave.,

Sausalito, Calif.

Here is the World's Most Perfect Man

For the Second Time in Two Years Charles Atlas Wins the First Prize for Being the World's Most Perfect Man



CHARLES ATLAS

Never before has there lived a man with such a beautiful body as Charles Atlas. Even those ancient Greeks, long considered the ultimate in manly proportions and strength, fade into mediocrity beside his superb physique. Was it any wonder that five famous judges, men who really know, should decide unanimously that he was more perfect physically than any of the thousands entered in the Physical Culture Exhibition held in Madison Square Garden, New York? With tumultuous applause the thousands of spectators showed their appreciation of the judges' selection and the modest Charles Atlas was almost overwhelmed with the congratulations of his many admirers.

Yet Ten Years Ago Charles Atlas Was a Puny Boy

who longed to be strong, who worshiped at the shrine of a beautiful body, who valued good health more than anything else in the world. But he possessed none of these and there was no one to help him attain them. One day he entered the Brooklyn Museum of Art and gazed with awe at the wonderful pieces of ancient statuary and wondered if it were possible for a man in this generation to attain such marvelous strength and perfect physical proportions. They proved an inspiration to him. The longer he thought of them, the more he became obsessed with the idea of becoming like these wonderful specimens which the master sculptors of Rome and Greece have portrayed. He investigated how they lived, so that he, too, might strive to become as perfect as they were. How well he succeeded everyone knows. Thousands of men admiring his gracefulness, marveling at his strength, and envying his beautiful proportions, have entreated him to help them attain his unequalled perfection. And now, at last, Charles Atlas has consented.

Charles Atlas can promise to make any man physically perfect, abnormally strong and beautifully proportioned

through the following instructions, which he lays out for you personally, any man will radiate glowing health, intense energy and enormous vitality in three or four months. The fact that Charles Atlas, through following his unique system, made himself into a perfect Human Masterpiece proves that his methods are as infinitely superior as they are totally different from any other living man's. What can you, who have a better body than Charles Atlas started with, attain through following his instructions?

There are three things that mean more to you than anything else in the world—Perfect Health, Muscular Strength and Physical Beauty. "SECRETS OF MUSCULAR POWER AND BEAUTY," a new book containing rare and artistic photographs of Charles Atlas reveals how these may be attained by any one easily, quickly, scientifically. It is too expensive to send out indiscriminately—it is only for those who really desire to attain these three requisites of earthly happiness, Health, Power and Beauty.

If you are interested send the coupon today. The edition is limited. It will prove the most beautiful, the most vital, the most wonderful, the most inspiring and, above all, the most valuable book you ever read. Fill in the coupon now while this is before you and send it to Charles Atlas, 1674 Broadway, Dept. 669, New York, N. Y.

Charles Atlas, Suite 669,
1674 Broadway, New York City

I desire to follow your example and become radiantly healthy and physically perfect. Enclosed is 10 cents for which send me at once "Secrets of Muscular Power and Beauty," your lavishly illustrated book.

Name

Address

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

STR—May, 27

American Continental Weight Lifters' Association Notes

(Continued from Page 64)

a three-piece orchestra that kept everything lively during the show which wound up with a dance.

The Cincinnati, Ohio, strength boosters have decided to call their club "The Holtgrewe Strength Club," in honor of the famous veteran lifter who first made lifting interesting in that city. Would all who are interested in that locality, get in touch with Mr. Emmett Faris, of 907 Baymiller Street, the club organizer.

For the first time in the Philippine Islands a strength exhibition was given under the auspices of the A. C. W. L. A. of which the Philippine Weight Lifters Association is a branch. All credit is due to Mr. Ernest J. Seva, the president, who has worked hard for it, and who put on a splendid program that thrilled the audience. We are glad to see things started out there, and we wish them the very best of luck. So here's how Philippine iron men!

Florida is also beginning to do something under the efforts of our old friends, the Ayars twins, and A. B. Chapman. They put on a swell show last February, and in a recent visit to this city, Jack Ayars expressed his enthusiasm at the prospects for the future.

Hagerstown, Md., the home town of Bob Snyder, former lightweight champion, has organized a club to be known as, *The Arcade Athletic Association*. Mr. Robt. F. Knodle is the prime mover behind the club, and our old favorite, Bob Snyder, has joined the club. Maybe he will be encouraged to come out of his retirement. We would like to see him back again.

A match took place in Detroit, Mich., between John Valentine, formerly of Boston, Mass., and Dick Hunter, of Detroit, at the lightweight limit. They contested on the Right Hand Clean and Jerk, the Left Hand Bent Press, the Two Hands Clean and Jerk, and the Two Arm Pull Over and Press on Back. Valentine was an easy winner, scoring a total of seven hundred and twenty-five pounds, against three hundred and twenty pounds. Hunter failed on all of his attempts in two lifts. Valentine made a new record on the Back Press, scoring with two hundred and twenty pounds over Schieman's record of two hundred and ten pounds.

A. Friedmont, of Chicago, Ill., stuck up two new records in the light heavy-weight class, performing with two hundred and seventy-six and three-quarter pounds in the Wrestler's Bridge, and three hundred and twenty-five pounds in the Back Press. Both these lifts are world's records.

In the last issue of notes, I overlooked to mention the matrimonial alliance between Miss Grace Attila, of New York and Sigmund Klein, formerly of Cleveland, Ohio, and now of New York. The announcement of their engagement was given out last summer, and the knot was finally tied on Jan-

uary 25th, 1927.

The thousands of iron men that compose this organization, offer their belated congratulations with a sincerity that can only come from the hearts of others who feel a mutual friendship for another who loves a sport as we all love ours. We are delighted to see an alliance between two such famous houses and we hope that long life and prosperity, with never ending happiness will be their lot through life.

Miss Attila is the daughter of the famous Louis Attila, the man who made Eugene Sandow all that he ever was. When Sandow was down and out it was Attila that went to his aid and helped him, after he had broke away from the professor, thinking he was good enough to hoe his own row. Attila built Sandow up. He taught him the Bent Press which Sandow made a success of, and for years gave that lift his name. The professor was a past showman and for hours each day drilled Sandow in gesture and style. It was he who took Eugene to London to meet Sampson and fame, and afterwards brought him over to America.

The professor died at a very advanced age, and during his lifetime developed some famous characters. Two of the best known to us are Warren Lincoln Travis and Lionel Strongfort. The mother of Miss Attila was also a famous American lady athlete, and a wonderful performer with the weights. Madame was known for her beauty and bodily shapeliness, and still takes a great interest in the doings of the men of iron.

Of Klein there is nothing to say, we all know of him and his devotion to the sport he has covered with honor, and we feel sure he will always do so.

Up to date nothing seems to have been done in clinching the match between Gorner and Samson. What the difficulties are we do not know, but we would like to hear of the results as much as our British friends. Perhaps the public is not interested in the match, but according to a letter Mr. Jowett received from Gorner recently the South African German is not in England, though perhaps he will be by the time these words appear in print.

Challenges are flying right and left in the tight little isle. Thomas Inch, the great veteran lifter, has challenged all and sundry to a match on dumb-bell lifting. It is wonderful to see how well that fine athlete wears. He has always been a wonderful inspiration to British body builders and strong men, and deserves a lot of courage for what has been accomplished in Britain. Recent reports have it that W. A. Pullum has accepted the challenge. He surely cannot be serious, for all he could hope to meet Inch on would be a weight handicap match, which is unpopular and not any help to the game. Aston, Inch's old foe, has also accepted the challenge which is more like business. We are



Tobacco Habit Banished Let Us Help You

No craving for tobacco in any form after you begin taking Tobacco Redeemer. Don't try to quit the tobacco habit unaided. It's often a losing fight against heavy odds and may mean a serious

shock to the nervous system. Let us help the tobacco habit to quit YOU. It will quit you, if you will just take Tobacco Redeemer according to directions. It is marvelously quick, thoroughly reliable.

Tobacco Redeemer Not a Substitute

Tobacco Redeemer contains no habit-forming drugs of any kind. It is in no sense a substitute for tobacco. After finishing the treatment you have absolutely no desire to use tobacco again or to continue the use of the remedy.

It makes not a particle of difference how

Mail Coupon today for our free booklet showing the deadly effect of tobacco upon the human system and positive proof that Tobacco Redeemer will quickly free you of the habit.

long you have been using tobacco, how much you use or in what form you use it—whether you smoke cigars, cigarettes, pipe, chew plug or fine cut or use snuff, Tobacco Redeemer will positively remove all craving for tobacco in any form in a very few days. This we absolutely guarantee in every case or money refunded.

NEWELL PHARMACAL COMPANY
Dept. 974, Clayton Station, St. Louis, Mo.

Free Booklet Coupon

NEWELL PHARMACAL CO.
Dept. 974, Clayton Station, St. Louis, Mo.

Please send, without obligating me in any way, your free booklet regarding the tobacco habit and proof that Tobacco Redeemer will positively free me from the tobacco habit or my money will be refunded.

Name

Street and No.

Town..... State.....

For The Gymnasium — MATS — The Home

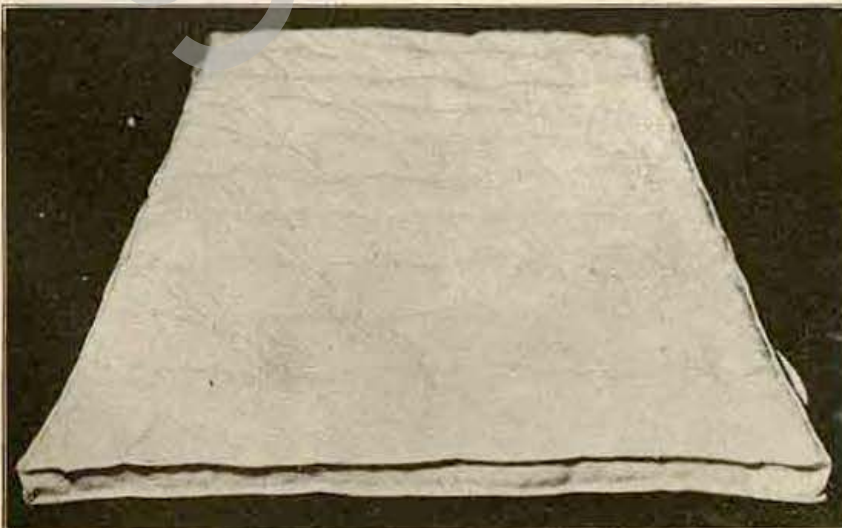
You Save 50 Per Cent. On One Mat

My 3' x 6' mat, which sells for \$9.00, would cost you from \$16.00 to \$18.00. The larger the mat you purchase from me, the greater the saving. In the case of a larger mat, the saving goes well over 50%.

You Will Enjoy Tumbling, Wrestling and Exercising More Than Ever On My Mats

They are made just right—not too soft and pillowy, yet great in fall and bump absorbing qualities. They are well made and durable, and are closely and strongly tufted. (The tuftings are usually the "weak links" in mats.)

My smaller mats are great for the bar bell user in all the reclining exercises and lifts, such as the wrestler's bridge exercise or lift, the push-up with bar bell on feet, the shoulder press and stomach toss, etc.



Many Athletic Clubs are Already Finding These Mats Just Right

My mats are giving unusual service in many athletic clubs and gyms, as well as in the homes of individuals. The prices are low and the quality is high.

Charles MacMahon, Studio A-56-M
180 W. Somerset St., Philadelphia, Pa.

Dear Sir: Please send me the size mat I have checked off below, for which find enclosed

\$.....	3 x 6 ft., \$9.00	6 x 6 ft., \$20.00
	3 x 9 ft., 14.00	6 x 9 ft., 30.00
	3 x 12 ft., 20.00	6 x 12 ft., 35.00
	3 x 15 ft., 25.00	6 x 15 ft., 40.00
	10 x 10 ft., 45.00	16 x 16 ft., 70.00
	20 x 20 ft., \$110.00	

(I can supply you with any other size mat you desire.)

NAME

ADDRESS

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

The Cleanest, Yet Most Outspoken Book Published

The greatest necessity to ensure happiness in the married condition is to know its obligations and privileges, and to have a sound understanding of sex conduct. This great book gives this information and is absolutely reliable throughout.

Dr. P. L. Clark, B. S., M. D., writing of this book says: "As regards sound principles and frank discussion I know no better



When Soul Meets Soul

book on this subject than Bernard Bernard's 'Sex Conduct in Marriage.' I strongly advise all members of the Health School in need of reliable information to read this book."

"I feel grateful but cheated," writes one man. "Grateful for the new understanding and joy in living that has come to us, cheated that we have lived five years without it."

How to Insure

HAPPINESS IN MARRIAGE

Answered by Dr. BERNARD BERNARD, D.Sc. (Phys.) IN HIS GREAT BOOK

"SEX CONDUCT IN MARRIAGE"

It answers simply and directly those intimate questions which Dr. Bernard has been called upon to answer innumerable times before, both personally and by correspondence. It is a simple, straightforward explanation, unclouded by ancient fetish or superstition.

PARTIAL CONTENTS

INTRODUCTION

Sex Blinds All Life in One.
Sex Communion.

CHAPTER I

The Consummation of Marriage.
The Art of a Beautiful Conception.
The Conservation of Sex Energy.

CHAPTER II

Anatomy and Physiology.
Female Sex Apparatus.
Male Sex Apparatus.
The Rock on Which Many Marriages Founder.
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.

CHAPTER VI

Monogamy or Free Marriage?
Hereditary Passion.
The Limitation of Population.
An Eminent Divine and Conception Control.
Unlimited Breeding Involves a Struggle for Existence.
Marriage a Joy to the End.
This book is supplied only to those married or anticipating marriage.

Health & Life Publications,
Dept. 1, 568 S. Dearborn Street,
Chicago, Ill.

Please send SEX CONDUCT IN MARRIAGE. I will pay postman \$1.75 plus postage, on arrival.

Name

Address

City State

If remittance accompanies order we will ship book postage prepaid. Sometimes C. O. D. packages are delayed. To get quickest action send cash with order.

(Cash must accompany Foreign orders.)

informed that Cadine wants to take up the Inch gauntlet since the latter threw the challenge out to the world, including Gorner. How Cadine will be able to meet Inch is rather hard to figure out, for we understand that Cadine and Rigoulot have combined forces and are touring the European continent in vaudeville. The contract is supposed to last the whole season.

Everything is quiet with our big men. Warren Lincoln Travis states that this year will be his last as a professional showman. When asked if he was going to quit the iron game for good, he quickly replied, "No, sir, I shall have more time to play with the weights then."

Common Sense and Health

(Continued from Page 21)

cluded in our daily programs and we should be conscious of the place that all three play in our lives.

We know that some men can and do abuse themselves and apparently get away with it. That some men can stand more physical abuse than others, whether the abuse is self inflicted or not, can be attested to by every trainer of athletes. But the same trainer will testify that no man helps himself by ignoring health requirements.

Some may hurt themselves more than others, although doing the self-same things, but any one who neglects his health suffers from his neglect.

The difference in the care that big league ball players take of themselves proves its value when we consider the length of life of the star players of today in comparison with the stars of a generation ago.

Cobb, Collins, Speaker and Walter Johnson are four men whose records are not approached by the records of the old timers, and their superiority is largely the superiority which is the result of present day health knowledge and present day training methods.

These men would have been great athletes, had they abused themselves, but they would not have been great athletes over a period of twenty years.

They had to know how to get the most out of their physical equipment and having the knowledge they had to apply it.

That more individual players have been mechanically in their class is true and it is also true that their records will in time be surpassed, but the men who surpass them will have to have superb physiques to start with, and will have to know more about taking care of themselves than these great players did at the start of their careers.

We can all profit by what our predecessors have learned, and the champions of the future must build on the knowledge secured by the champion of today, just as we must all build our own success in health building or in any other field on the best information and advice that we can get.

Get Us 50 New Readers
and We Will Pay You
\$100.00

Which Is Equal to 80%
Commission

Talk
Strength
AND MAKE
MONEY

Isn't It Worth
Investigating?

THIS IS OUR OFFER: You must get at least three subscriptions to STRENGTH at \$2.50 each. You keep \$1.00 from each and send us \$1.50 for every subscription you get. Become a regular agent for STRENGTH and keep \$1.00 for every yearly subscription you sign up.

To all who get 50 subscribers we
give an extra bonus of
\$50.00

Make your hobby pay.
Your hobby is Strength,
Why not cash in on it?

SEND IN YOUR FIRST THREE

The Milo Publishing Co., Dept. S-5-27
Subscription Mgr.,
2739 N. Palethorp St., Philadelphia, Pa.

Dear Sir:—I am anxious to become an agent for "Strength" and make money on the side. I am enclosing \$4.50 to pay for 3 yearly subscriptions. It is understood that I keep \$3.00, and also take out a commission of \$1.00 on all other subscriptions I get. Please send me some subscription blanks. I want to earn that \$50.00 Bonus. I am enclosing the names and addresses of the 3 new subscribers.

My Name Is

Address

City State

The Mat

(Continued from page 50)

two hand dead lift of two hundred and fifty pounds fifty times in succession, or I can lift four hundred and five pounds once. I can bend a twenty penny spike with hands alone. I can tear one pack of cards. I have torn a Sears Roebuck Catalog. I can lift the front end of a Ford car.

I wish you would let me know what you think of this as I have not been training very long. I am nineteen years old.

N. PEACOCK, Pleasant Hill, Ill.

DEAR MAT EDITOR:

It is almost a year, according to my diary, since I last wrote you. I expect your memory will not take you back over that long period, as your correspondence must be great. I am now twenty-one years of age, and my specialty is acrobatics. I have studied, and am studying, different methods of gaining strength and figure through systematic practice of acrobatics. My theory—which is gradually materializing—consists mainly of balance. I do not particularly mean hand-balancing, but feats or exercises that require concentrative and delicate balance. It is well understood that to develop muscle, an enormous amount of concentration is required, and you have to concentrate when performing a leg or hand balance. Here are a few comparisons, and maybe interesting feats which I perform: One leg squat six times both legs, with sixty-five pounds in each hand. From the head crab, or it is called the wrestlers bridge, return slowly to standing position holding aloft a ninety-eight pound man. Perform a crab using only the left leg, and right arm and vice versa. I think you will agree that these three leg feats require balance, also strength. I am a great admirer of the marvelous Paulinetti and his wonderful planches. I will confess that I have tackled Planche work and was not successful. Perhaps my weight has something to do with it, being one hundred and fifty-seven pounds stripped. I am five feet eight inches high.

I am submitting for your inspection three of my poses and two feats. The one on fingers with half cwt. in teeth, I can walk five yards thus. The half arm Planche I perform on both arms, from a long arm balance. Before many months have elapsed, I hope to perform the half arm planche on fingers. I don't think this has been performed before.

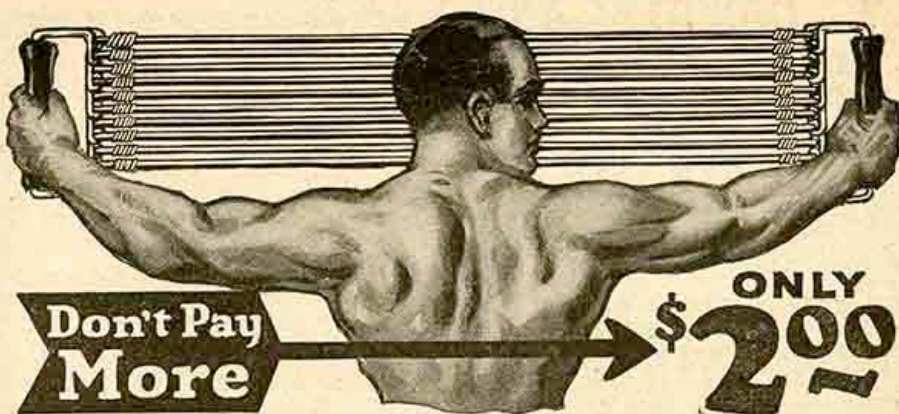
Well, Mr. Jowett, I hope you will forgive the personal tone of my letter, but I thought it might interest you. I peruse your articles with great interest and am an ardent admirer of your splendid physique. England is not so far off from America with the binding link of physical culture between us.

J. A. MARSHALL, Derbyshire, England.

DEAR MAT EDITOR:

Out in Omaha in 1920 I became acquainted with the Finn welter weight wrestler, Gus Kallio. Gus has a truly wonderful physique and his neck and trapezius muscles are especially well developed. Being quite enthusiastic about such subjects at the time I, of course, had to find out how he "got that way." He had an old automobile inner tube hooked over his bedpost and he would go through a routine of exercises with it daily in addition to his regular mat workouts. Those exercises I am herewith passing on to *Strenath Mat* readers.

Procure an old inner tube or a new one, and fasten it up by looping it in a sort of slip knot around something solid, such as a bedpost or iron pipe. I have mine fastened to a handle made of iron pipe and screwed



Don't Pay More

ONLY \$2.00

Giant Chest Expander and Progressive Exerciser



Be a muscular Marvel. Have the muscles of a superman. Become strong for your health's sake or to astound your friends with extraordinary feats which only men of giant strength can do. **Free instructions.**

The Giant Chest Expander and Progressive Exerciser is made with new, live springy rubber so as to give it long wear and great resisting qualities. Sold with a guarantee of 50 rubber bands to each cable and to give entire satisfaction or money back. Made two ways, either:

SEND NO MONEY
Send us once and get your Giant Exerciser at the present low introductory price. Deal with a long established, reliable firm. Don't pay more—order from us—get the most for your money. Use coupon now.

5 Cables or double strength 10 Cables for \$2
The double strength exerciser has resistance of over 200 lbs. for \$4

Use This Money Saving Coupon

PROGRESSIVE EXERCISER CO.

1008 Langdon Bldg., Broadway and Duane Street, New York.

Please send your 10 cable Progressive Exerciser

your 5 cable Exerciser

(Check the Exerciser you want.) It is understood that I will pay postman price plus few cents postage on arrival and if I am not satisfied with this Exerciser, I will return it within 5 days and get my money back.

Name

Street

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



Make Money in Photography!

We train you quickly at home. No experience necessary. Spare time or full time. Photographs in big demand by magazines, newspapers, advertisers, etc. Portrait Photographers make more money today than ever before. Commercial Photography also pays big money. New plan. Nothing else like it. Write today for details and new FREE book, "Opportunities in Modern Photography."

AMERICAN SCHOOL OF PHOTOGRAPHY
Dept. 5775 3601 Michigan Ave., Chicago, Ill.

URINALYSIS

Anywhere by Mail—Send No Money
Every man and woman should have a scientific health test made each year. **9,000 new subscribers added.**

The Robinson chemical and microscopical test is the same accurate and complete test required by leading life insurance companies. It will enable you to

PROLONG YOUR LIFE

Many prominent people use our service regularly. We do not prescribe medicines but recommend medical attention where test indicates it is required. Booklet on request.

Our Liberal Offer to You

Send no money. We will mail bottle and container. You then return sample to us. We give a complete report of 25 determinations, together with suggestions for improvement in health. If you are satisfied with the value of our service send us \$2.50. Otherwise return the report

LOUIS G. ROBINSON LABORATORIES
257 Harrison Bldg. Established 1907 Cincinnati, Ohio

Do your Photos Show your Muscles at their best?

Do you look graceful in your pictures or awkward and strained?

Send now for **Posing for Muscular Display** by Siegmund Klein



Shows you exactly HOW TO POSE to secure the best results. This invaluable book reveals all the closely-guarded secrets of professional poseurs and "Muscular Marvels." Lavishly illustrated with specially posed photograph of the author. **POSING FOR MUSCULAR DISPLAY** sent postpaid on receipt of One Dollar. Order YOUR COPY NOW. Satisfaction guaranteed.

Klein's "SUPER-PHYSIQUE" will show you many new exercises with the bar bell. Sent postpaid \$1.

SIEGMUND KLEIN
Studio of Physical Culture
207 West 48th Street, New York City

Attached is my dollar for your new book, "POSING FOR MUSCULAR DISPLAY."

Name

Address

Check here and enclose another \$1 if you want "Super Physique."



DON'T LET ANYBODY BULLY YOU

Learn Scientific Tricks of Physical Mastery

By a few simple tricks you can have any assailant at your mercy quick as a flash. The astounding secrets of self-defense, used by the New York Police, are revealed in the marvelous, officially recognized system—

Capt. Wallander's Course
All Complete

PHYSICAL TRAINING MANUAL

By Capt. A. W. WALLANDER,
Commander Physical Training, New York Police.

A complete course in physical culture. Scores of gripping action photos showing just how to throw a bigger man and overpower him—disarm a hold-up thug—build up muscle—keep in fighting trim. Hundreds of health hints, too; care of the feet, prevention of colds, correct posture, walk without fatigue. This is the genuine book used by the New York Police, now available TO YOU.

Easy to Learn Let Capt. Wallander give you his great secrets and detective tricks. You'll hardly believe that such valuable knowledge could be learned so easily.

ALL YOURS IN WORLD'S MOST AMAZING COURSE

In Physical Culture and Police circles this volume is world-famous. Send immediately for your copy. **DON'T SEND MONEY NOW.** Send coupon today. When volume arrives, pay the postman \$1.97, plus few cents postage. If you are not satisfied return volume and get money back.

SIEBEL PRESS, 30-G W. 20th St., New York.
Send me Capt. Wallander's Physical Mastery Course as contained in the "Physical Training Manual."

Name

Address

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

(\$2.25 U. S. Cash with order outside the U. S. A.)

AVIATION FREE Information

Send us your name and address for full information regarding the Aviation and Airplane business. Find out about the many great opportunities now open and how we prepare you at home, during spare time, to quality. Our new book "Opportunities in the Airplane Industry" also sent free if you answer at once.

AMERICAN SCHOOL OF AVIATION
Dept. 6775 3601 Michigan Ave. CHICAGO

AN
AMAZING
OFFER!



PACK YOUR MUSCLES WITH POWER

The MUSCLE BUILDER shown above is guaranteed to be the most powerful one made. It has ten (10) cables. Adjustable for progressive tensions up to 200 lbs. A remarkably rapid muscle builder. Broadens and strengthens shoulders; develops muscles of back, arms, chest and abdomen; increases lung power.

Below is our new, patented HAND GRIP—well made and durable. It will give you a powerful vice-like grip and a strong, muscular forearm, in a few weeks.

You Can't Match This Offer
Anywhere

With our marvelous 10 cable MUSCLE BUILDER we give you a pair (2) of our HAND GRIPS and also a profusely illustrated INSTRUCTION COURSE on physical culture (written by an expert).

ALL 3 for \$ 4.50

Direct from the
Manufacturers
Value \$10.00

Postage
Paid to
U. S. &
Canada



5-Strand Chest Pull with pair of Grip Developers
\$2.25

Catalog on Request
MOOSEHEAD MFG. CO.
Headquarters for Physical Culture Apparatus
1139 Tiffany St., New York City
Dept. 5-6

to the door jamb by means of floor flanges.

In the first exercise loop the tube around the back of the head and alternately pull and relax until tired. Be sure and keep the tube high up on the head and not on the back of the neck so your neck will have a greater leverage to overcome. Vary this exercise by pulling back hard and rolling the head from side to side.

In exercise two, stand sideways to the apparatus and pull as before, being careful to exercise both sides evenly.

Exercise three, loop the tube across the forehead and carry on as in the first two. Work assiduously on this one as it trains muscles that need it badly. This exercise is also valuable to counteract a tendency to a forward head position that many men acquire as they grow older.

In exercise four the band is placed across the front of the throat. You will, most likely, have to go rather easy on this one at the start, but you will become toughened to it in a remarkably short time, and will be enabled to resist strangling holds which you are always apt to have fully applied on you in wrestling despite watchful referees. You can also demonstrate your neck strength by allowing your friends to try to choke you with their hands. After considerable practice you will be able to talk while resisting their grip.

BUSTER LORD, Monticello, Ill.

DEAR MAT EDITOR:

Am very much interested in your articles in the *Mat* and have been putting your tips into action. Now here is something I would like to know. I have heard so many arguments relative to the benefits of tensing or concentration exercises that I would like to hear from you the truth about them.

I want to know: (1) Can a man develop any strength by means of those exercises? (2) Can he, as Maxick once claimed, develop as much strength by them as by means of bar bells? (3) When properly executed are not their effects somewhat similar to wrestling? (4) What are the objections to them?

If you could devote a paragraph in *The Mat* on this subject I think it would interest many of your readers. I know it will develop muscle, but how about strength?
P. J. CLARKE, Baltimore, Md.

Each of these letters holds something different, and no doubt they will be of interest to you all. I only hope that it will prompt others to write in and share their views with the rest of the *Mat Fans*. The last letter is one that advances a question more than anything else, and since it involves the name of Maxick, I shall answer the question so that there will be no misunderstanding about that man.

The idea of tensing and concentration exercise covers the one system. The exerciser tenses a certain group of muscles, and then concentrates upon it with all his mind and might, until he has finished going through the series of movements and repetitions, that cover that practice. To simply tense a muscle means nothing. It is only stiffened, to contract it is better, but no man can ever hope to develop man power from that practice. It is possible to create size, but of purely inflated tissue. We must never lose track of the fact that our muscles were given us to fully take care of our bodyweight in all its physical movements of volition. When we seek to strive to develop muscular size and strength by using the body only, it means just one thing—

25 MUSCULAR MARVELS

Large Size Prints

OF

SUPER-MEN

Suitable for Framing



Pictures like the 25 Muscular Marvels will be a source of inspiration to you in your training to get a well-developed body. And at the cost of

Only 65c

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

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

Price Up To Now Was \$2.00

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

The Milo Publishing Co., S-4-27
2739 N. Palethorp St., Philadelphia, Penna.

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

Name

Address

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

that the movements must be made often and with numerous repetitions. When this is done there is always a reaction on the nervous system, simply because the movements are devoid of the requisite physical resistance; and as the body tires, the movements become jerky. Imagine a man performing a hundred "sit-ups", a thousand squats, and three hundred bending movements. I know fellows who do it regularly for a while, then they blow up.

The nervous system must be catered to, not imposed upon, and therein lies the great value of bar bell training. You have the weight to secure the resistance, the movements are few and are purely physical with not the slightest interference upon the nervous system. Recuperation and replacement come faster, neither of which take place, only very slowly in concentration exercise. The continuous training becomes a drain, and altogether is anything but what I would advocate. Now do not misunderstand me. I am explaining this method to build muscle as being wrong and impossible with which to build strength. To use that method to just limber the body up and increase the blood circulation is not bad, for the length of time and number of repetitions required are not so numerous in this case as in the other.

There are some exercises where physical resistance is sufficient, such as balancing the body weight entirely upon the hands, and making a series of dips and pressing up of the body. This is a difficult feat though, and few ever become able to perform it. On the other hand, the floor dip and the press up while hanging between the backs of two chairs, are such which any novice can do, and are really good, but this kind are too few as against too many of the useless type. Maxick never developed his great powers from the tensing-contrative system. He first became an adept hand balancer, and his greatest practice was to perform the hand stand and dip a number of times. He then took up bar bell training and by concentrating on this method of training he became what he was. In the meantime he delighted himself with the control of his muscles, at which art he became so proficient. After he had acquired his powers it was not necessary for him to train as assiduously as formerly. So, by running through a series of muscle control stunts, and dipping from hand stands, he kept his body and power at the peak. Yet he had some practices which we would term eccentric. A

Straighten Up! Breathe Deeply! End Round Shoulders Thru New Automatic Chest Developer

Gets same results as military setting up—only quicker!
Straightens you up at once. Gives a wonderful feeling of health and fitness. Absolutely comfortable—flexible and light.

Science has at last found a marvelous undergarment that fits lightly over the shoulders and works wonders with thin, round-shouldered hollow-chested people—men, women and children. The moment you put it on your shoulders seem to square by themselves. Your chest expands full of fresh air. You begin to breathe deep, and almost at once you feel possessed of new vitality.

Yet for all these amazing results, you forget you are wearing this Chest Developer the moment after you have put it on. Made of a pliant fabric, it is light as a feather and comfortable. It goes round the shoulders leaving the chest free. At once you feel your chest begin to lift with healthy inhalation. Backaches go as the strain is lifted off your spine. Your nerves feel the relief almost instantly. The whole effect is to tone up your system and give you at once an alert military posture. Absolutely invisible—improves your appearance instantly.

Hollow-Chested Boys and Girls Show Marked Improvement

The Weil Military Chest Developer is actually an adaptation of the academy uniform, only it is lighter and more comfortable. It is built on the same principle—that if the weight is taken off cramped lung space your chest will begin to fill out. Frail, skinny boys and girls usually show remarkable improvement in a few weeks. Stoop-shouldered, hollow-chested men and women take on a new vigor and carriage. By throwing shoulders back—by breathing deeply you quickly strengthen your lungs and chest. Doctors and military men everywhere endorse its use.



Try It At Our Risk

Send no money. You can try this Chest Developer for 5 days without risking one cent. Just fill out and mail the coupon. Be sure to give chest measurement. When the Chest Developer comes pay the postman only \$2.85 plus postage. If after 5 days' trial you are not delighted, return Chest Developer and your money will be instantly refunded. Send today. The Weil Company, C-505 Hill Street, New Haven, Conn.



WEIL MILITARY CHEST DEVELOPER

THE WEIL COMPANY, C-505 Hill Street, New Haven, Conn.

Gentlemen:—Please send me the new Weil Military Chest Developer. I will pay the postman only \$2.85 plus postage in full payment. If not delighted after 5 days' trial, I may return the Chest Developer and you agree to return my money at once.

Name

Address

City State

Chest Measure..... Inches

Wait Just a Moment, Mr.!

Before You Light That Cigarette, Cigar or Pipe—
or Take a Chew of Tobacco

REMEMBER THIS:—

That no man can escape the bad effects of tobacco. Its active principle—nicotine—is a deadly poison which, in time, is simply bound to injure your health—perhaps seriously. Most tobacco users realize this. But when they try to quit unaided they find it next to impossible because of the almost unbreakable hold the habit has on them. Thousands of inveterate tobacco users have found it easy to quit with the aid of the



Keeley Home Treatment For the Tobacco Habit

A sane, scientific Treatment based on the prescription of Dr. Keeley, who founded the famous Keeley Institute for liquor, drug and tobacco addicts more than 50 years ago. Quickly and completely banishes all craving for tobacco in any form. Contains no habit-forming drugs. No bad after-effects. Not a tobacco substitute. A wonderful tonic. Improves appetite and digestion.

Money-Back Guarantee If, after taking this Treatment according to directions you can honestly say you have not been benefited, we will refund your money.

MAIL COUPON for FREE BOOK which gives plain facts about the injurious effects of tobacco and tells how easy it is to quit with the aid of this remarkable treatment.

THE KEELEY INSTITUTE
Dept. S-4 DWIGHT, ILL.

The Keeley Institute, Dept. S-4, Dwight, Ill.
Send without obligation your free booklet telling how to rid myself of the tobacco habit.

Name

Address

Wrestling Book Free

Learn at Home



This FREE BOOK tells you about the greatest TRAINER OF ALL TIME. The greatest wrestlers of all, FRANK GOTCH and EARLIER BURNS (both world's champions) are authors of the most wonderful course of lessons ever written on PHYSICAL CULTURE AND EXPERT WRESTLING. Don't fail to get this valuable FREE BOOK—Learn about this greatest athletic school on earth—with 150,000 enthusiastic graduates. All secrets of EXPERT WRESTLING revealed in this book. A physical culture course that SUCCEEDS when all others fail.

Health-Strength-Beauty

Be a real man. Learn at home. Have perfect health—greater ability in sports, business, society. Learn Judo, Jiu-Jitsu. Know how to protect yourself. Handle big strong men with ease. Have a physical body that attracts the attention of everyone—men and women. Strengthen the functions of ALL your body organs. This course fits you to be a winner in ALL SPORTS—running, fighting, baseball, football, wrestling and jumping. Whatever your age or previous experience, YOU NEED THIS FREE BOOK.

FREE Book Yes, we send you absolutely free and without obligation this beautiful 82 page illustrated booklet that will hold your interest from cover to cover—and will prove of tremendous value. It tells the tricks and secrets of the great champion. Send for your FREE copy NOW—TODAY. Send your name and address to:
Farmer Burns School 3455 Railway Exchange Bldg. OMAHA, NEB.

CONSTIPATION BANISHED

Constipation is the curse of 95% of the people—obesity, skin eruptions, digestive and blood diseases, rheumatism and many other ills are directly traced to this cause. Few people die of old age—most of them dig graves with their own teeth—eating wrong foods. It is just as easy to eat your way to health, as it is to push yourself to an early death. Stop damaging your body with harmful drugs and unnatural irrigations. All your vigor, energy, ambition, the essentials of success, promotion of happiness and long life, depend on your keeping in good health—without it, the richest man is poorer than a pauper.

SUN BAKED NATURAL FOOD

Rewards you with a clean body, banishes constipation; yields a peaceful mind, gives efficiency and health. This successful scientific combination of natural whole grain, to be combined with fresh nuts, raw fruits and fresh uncooked vegetables, furnishes thoroughly balanced meals. Complete directions for your menu to be used in connection with SUN BAKED NATURAL FOOD are prepared by our staff of registered doctors—this service is almost priceless. Send One Dollar and we will mail you postpaid, two quart boxes of Sun Baked Natural Food. Shipped C. O. D., if you desire—money refunded, if you are not convinced.

Write for FREE Booklet, "Life Free From Suffering".

Clip this adv. and
Enclose \$1
LOG CABIN PANTRY
(Dept. S)
32 Union Avenue
Jamaica, N. Y.



Scientific Methods of Self Defense

Wrestling, Boxing, Jiu-Jitsu and Defense Against Violent Attacks. Learn to Handle Big Men with Ease. Illustrated from Life Poses. Complete Course in Book Form Mailed Postpaid Only \$1.00.

FREE CIRCULAR ON REQUEST

HERB. WADDELL

World's Greatest Welterweight Wrestler and Famous Self Defense Expert

44 S. Richland Ave. Bellevue, Pa.



Develop Your Bust!

Our scientific method highly recommended for quick development
LA BEAUTE CREME
for improvement of bust, neck, face, arms and legs
Used with great success by thousands. Inexpensive, harmless, pleasant. Successful results or money refunded. Full particulars and proof, mailed free. Write for special offer TODAY.

LA BEAUTE STUDIOS
857DB Hamilton Terrace, Baltimore, Md.

TOBACCO

Or Snuff Habit Cured Or No Pay

Superba Tobacco Remedy destroys all craving for Cigarettes, Cigars, Pipe, Chewing or Snuff. Origin and only remedy of its kind. Used by over 500,000 Men and Women. Perfectly harmless. Full treatment sent on trial. Costs \$1.50 if it cures. Costs nothing if it fails. Write today for complete treatment.
SUPERBA CO. Dept. NS9 BALTIMORE, MD.

MAGIC Earn \$250 to \$1000 Monthly
New! Different! Teaches you Big Tricks, Illusions, Stage Stunts, " patter" and the Principles of Magic. Learn at home. Earn \$250 to \$1,000 a month. Write today for special offer. **TARBELL SYSTEM, INC.**
1926 Sunnyside Ave., Studio 57 75 Chicago, Ill.



Deafness

Perfect hearing is now being restored in all cases of deafness caused by Catarrhal troubles, Relaxed or Sunken Drums, Thickened Drums, Roaring or Hissing Sounds, Perforated, Wholly or Partially Destroyed Drums, Discharge from the Ears, etc.

Wilson Common-Sense Ear Drums require no medicine but effectively replace what is lacking or defective in the natural ear drums. They are simple devices, which the wearer easily fits into the ears where they are invisible. Soft, safe and comfortable.

Free Book on Deafness
Write today for 168 page book on deafness giving full particulars and many testimonials. The hearing of thousands of grateful users has been restored by these "little wireless phones for the ears."
WILSON EAR DRUM CO., Incorporated
579 Todd Building LOUISVILLE, KY.

friend of mine, with whom Maxick lived a long time, told me that every day for one solid hour, he would sit motionless in some position staring at some object. In this way he believed he marshalled his nervous energy. This is another instance of concentration. Concentration is the greatest factor in anything, providing it is applied in the right direction.

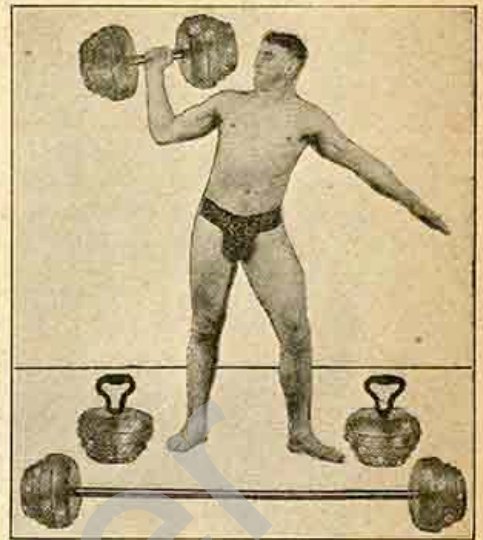
Friend Clarke asks if the tensing concentrative method will produce the same kind of muscle as that of a wrestler. My answer is, no more so than it will produce the calibre of a strongman. A wrestler specializes in the rubbery muscle that is subject to contortion, while the other type creates a tense muscle display in repose equally evident as when under control. That type are never very strong. They are too much on an edge. In repose, the muscles should be smooth, silky, displaying only lines and contour. When displayed, they should leap into action like uncoiled springs, and separate into their respective muscular segments. From this description you get the idea of muscular restfulness in repose, and action in the right place. In such an athlete, you never see the tense nervous muscle display, and you do not want it either.

DEAR EDITOR OF THE MAY:

Your talks are the greatest ever. What can be done for knock-knees. Is it possible to straighten them?

CARL FREDRITCH, New Haven, Conn.

It has always been my contention that knock-knees are more readily corrected than bow legs, no matter how acute the condition may be. There are several causes of a faulty knee appearance, and, strange as it may seem, I have found that the trouble is more often caused by the foot than the knee itself. In fact, rarely is it the knee. If it is not the fault of the foot it is the fault of the hip. Quite often it is found that



We Are Giving Away

FREE

100-Pound MILO Bar Bells

FOR

Fifteen Subscriptions

TO

"Strength Magazine"

Illustration Shows How Each Bell Will Look Fully Loaded

You can become a regularly enrolled pupil of the Milo Bar Bell Co., receive your plate bell (regular price \$15.00, f.o.b. Philadelphia), and both courses of instructions, the course in Body Building and Muscle Developing Exercises and the Second Progressive Course, absolutely free of charge, anywhere in the United States.

To take advantage of this offer, all you will have to do is obtain for us 15 new subscribers to "STRENGTH." The price of one year's subscription to "STRENGTH" is \$2.50.

You do not have to collect the subscription money.

You do not have to deliver the magazine.

Simply write us, using the attached coupon.

With each subscription that you sell, simply let the subscriber forward us the blank. The subscription will be placed to your credit, and, as soon as the fifteen have been received, the bell will be shipped to you at once.

The regular instruction blank will be sent you and your course will be laid out carefully and thoroughly.

Each subscription can be sent in as quickly as it is obtained and absolutely no delay will be caused the new subscriber. Immediately upon deciding to subscribe, he will fill in the blank and send it to us. Upon receipt, we will forward him his first copy.

The Milo Publishing Co.
Dept. S-5-27

2739 N. Palethorp St., Philadelphia, Pa.

The Milo Publishing Co., Dept. S-5-27
2739 N. Palethorp St., Philadelphia, Pa.

Gentlemen: Send me the 15 subscription blanks to "STRENGTH." I want that plate bell as quickly as I can get it.

Name
Address
City State



the angle set by the thigh bone in the hip is swung out too much, which gives the thigh bone a slant towards the knee more than is natural. This brings both knees together, and throws the lower limbs out in much the same manner as is the general condition among women, only this is not as unnatural for women as for man. The wider hiped a woman is the more inclined she is to be knock-kneed.

As a rule a knock-kneed man is poorly developed on the inside of the thighs and calf, and he is apt to wear his shoes out towards the inside of the foot. This places him too low on the inside of the leg and he will be inclined to hit his ankles sometimes as he walks as well as rub with the knees. To prove this, take a straight stick and stand it up so that it becomes a straight line through the center of the knee to the foot, and you will see that the foot is inclined outwards from the straight line. As a first step towards correction, I would advise that the inside sole and heel of the shoe be built up higher than the outside. For a time this will cause an uncomfortable walk, but one becomes soon accustomed to it. Along with this, calf exercise will have to be specialized upon in order to build up the inside of the calf. Leave the muscles of the outside alone. The same applies to the thigh, concentrate upon the biceps, sartorius and the internus vastus of the thighs. As these muscles become stronger and larger, they will draw upon the knee and balance the pull. Particularly will the knock-kneed person be obliged to strengthen the ankles. The quicker this is done the more noticeable the improvement will be.

I am sorry that space will not allow me to go into lengthy details upon this subject, much as I would like to do so. It really would take a very lengthy article to cover it thoroughly and explain, as well as illustrate, the many exercises that are absolutely necessary to bring about correction. Anyhow, no one can go wrong if they will spend a little time in study and forethought on the parts of the leg that I have explained as being the factors to concentrate upon.

DEAR MAT EDITOR:

Who is Apollon or Apollo? Are they the same man? What were they famous for? Was there ever a man in this country called "The German Oak?" How good was Frank Gotch? Could he beat any of our best wrestlers? We have a club and always enjoy the *Mat* and we thought you might answer these questions for us. Thanks.

NINE MAT LOVERS.

Apollon and Apollo, are two distinctly different persons, though the similarity of the names is apt to confuse a person. There have been several Apollo's, all very good men, the two best, as I recollect, were an Italian strong man of that name, and Wm. Bankier, the Scottish Hercules. The Italian is a very old timer, but in his day he had a very shapely figure and was extremely clever in balancing heavy objects. He was a vaudeville performer and combined juggling and acrobatics with his feats of strength. I have not heard of him for many years, the last was that he had retired from the profession. Bankier is also a veteran, but still active. He has spent most of his time in Britain and South Africa. He was very strong and possessed a splendid form. Your question prompted me to look through some old material I had, where I came across his measurements which will no doubt interest you.

He stood five feet six inches and weighed one hundred and seventy-six pounds stripped. Chest normal forty-five inches, expanded forty-nine inches; biceps sixteen and three quarter inches; waist thirty inches; thigh twenty-four inches; calf seventeen inches and neck seventeen inches. This Apollo was also a very spectacular performer, and was responsible for the introduction of Jiu Jitsu wrestling into the British Isles. He was manager to Yukio Tani, the brilliant little Jap, and I understand that they are still together.

Apollon was the French Giant, a huge man possessed of terrific strength. His measurements were enormous, but he was a fine built fellow and a tremendous favorite in Europe thirty years ago. He stood six foot one half inch, and weighed two hundred and seventy-six pounds; his chest was fifty-two inches normal, and waist forty-two inches, but his weight and strength laid like that of Louis Cyr, in his enormously girthed limbs. His neck was nineteen inches; biceps nineteen and a half inches; forearm eighteen and a quarter inches. His thighs measured thirty and a half inches, and his calf twenty-two and a quarter inches. Some man, you will say. He was, but dreadfully lazy, and no one ever knew the extent of his strength. He was severely injured in 1914, which crippled him for life, and ever since he has lived in retirement.

The man you refer to as "The German Oak," was Ernest Siegfried, a beautifully built German wrestler who

Fat Men!

This new self-massaging belt not only makes you look thinner INSTANTLY—but quickly takes off rolls of excess fat.

DIET is weakening—drugs are dangerous—strenuous reducing exercises are liable to strain your heart. The only safe method of reducing is massage. This method sets up a vigorous circulation that seems to melt away the surplus fat. The Well Reducing Belt, made of special reducing rubber, produces exactly the same results as a skilled masseur, only quicker and cheaper.

Every move you make causes the Well Belt to gently massage your abdomen. Results are rapid because this belt works for you every second.

Fat Replaced by Normal Tissue

From 4 to 6 inches of flabby fat usually vanishes in just a few weeks. Only solid, normal tissue remains.

The Well Reducing Belt is endorsed by physicians, because it not only takes off fat, but helps correct stomach disorders, constipation, backache, shortness of breath, and puts sagging internal organs back into place.

Special 10-Day Trial Offer

Send no money. Write for detailed description and testimonials from delighted users. Write at once. Special 10-day trial offer. The Well Company, 505 Hill Street, New Haven, Conn.

THE WEIL COMPANY

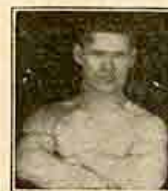
505 Hill Street, New Haven, Conn.

Gentlemen: Please send me complete description of the Well Scientific Reducing Belt, and also your Special 10-day Trial Offer.

Name
Address
City State

\$2000 IN 3 MONTHS

Starting with ad costing \$21, I've sold by mail, 2000 \$1 orders in 3 months. Most cost 12¢ per order. Let me send you copy of ad and tell you how I did it. Write Quincy Co., 791 Quincy Bldg., Chicago.



I POSITIVELY GUARANTEE

or money refunded, to put on you large, powerful arms, chest and back muscles, give you good health and Great Strength by using my exerciser 10 minutes mornings and at night. I guarantee you wonderful results in one week's time! Send \$1.00 for complete course and exerciser, satisfaction guaranteed or \$1.00 refunded.

Dr. J. A. Dryer
Box 1850-A, Chicago, Ill.

Learn To Hypnotize!

Complete course of Hypnotism, Mind Reading and Magnetic Healing 25 fascinating lessons. How to become an expert, hypnotize at a glance, make others obey your wishes, overcome bad habits in yourself and others. Simple, easy system. Learn at home. Equals \$20 course, only \$1. Send stamps, cash or M. O. Guaranteed.

EDUCATOR PRESS, 18 Park Row, New York, Dept. 43

MIZPAH JOCK No. 44



Price, 75c.

For tramping, hunting and all athletic activities. All-elastic—perfect fit—perfect pouch—patented opening in front—less material between thighs prevents chafing—ends thoroughly stayed at joints—heavier webbing for strength and durability—may be boiled to cleanse.

TWO WEEKS' TRIAL—If not satisfactory return and money will be refunded. Mailed on receipt of price, \$75. State waist measurement.

THE WALTER F. WARE COMPANY, Dept. J
1036 Spring Street, Philadelphia
For sale at Haberdasheries, Sporting Goods & Drug Stores

The Famous Keeley **RESTORES** the craving for drink and drugs. **RESTORES** self-reliance and will-power.

Treatment for Liquor & Drugs

Successful For Over 50 Years

No Restraint—No Bad After Effects—Moderate Cost—Correspondence—Confidential Address—S. T. Nelson, Secretary

The KEELEY INSTITUTE
Dwight, Illinois

ONLY \$1.97

BANJO UKE

Become popular. Play the latest song hits. Wonderful professional instrument. You can have this one with maple finish and good quality strings for only \$1.97. Regular \$6.00 retail value. Complete instructions free showing you how to play in 5 minutes. Order now and pay postman \$1.97 plus postage.

Winholt Studios, Box 21, Woodbine, Penna.

START NOW FOR BIG PAY—STEADY JOB
TULLOSS TRAINING BRINGS IT!

LEARN AT HOME QUICKLY in Spare Time World-Famous Tulloss "New Way" Shorthand and Typewriting. Spend of 30 to 100 words a minute in Typewriting—125 to 150 in Shorthand. Guaranteed. Graduates double even better former pay. **SO CAN YOU.** Easy for anyone. Small cost. Limited Special Offer now open. Send for FREE BOOK—Secret Explained. Tells All. Write TODAY—be SURE!

THE TULLOSS SCHOOL, 589 College Hill, Springfield, Ohio

SEX EXPLAINED!

Learn the truth. "The Science of a New Life", Dr. Cowan's book tells in plain language what you should know. **EXPLAINS:** Love, when, why, whom to marry, happy marriage, childbirth, mistakes to avoid, sex, diseases, birth control, etc. 310 pages. Illustrated. Clothbound. (FOUR INSTRUCTIVE SEX BOOKS FREE with each order.) All five books mailed in plain wrapper postpaid for \$2.50. (C. O. D. \$2.69). **GLOBE PUBLISHING CO., Div. 207, SYRACUSE, N. Y.**

FOR FUN OR MONEY—
VENTRILOQUISM

taught almost any one at home. Small cost. Send TODAY 2c stamp for particulars and proof.

GEO. W. SMITH, Room S-177, 125 N. JEFFERSON AVENUE
PEORIA, ILL.

FREE Let Us Help You QUIT TOBACCO

We give free information how to conquer the tobacco habit easily. Permanent results guaranteed.

Anti-Tobacco League Box X, Omaha, Neb.

LIFE OLOGY—The Most Unique and inspiring magazine published. Edited by J. Guy Munsell. America's foremost exponent of The Natural Laws of Life. LIFE OLOGY is eagerly read by thousands each month. Sample copy, 20c \$2.00 per year. **MUNSELL'S COLLEGE OF NATURAL LAW, Dept. 25, Lincoln, Nebraska.**

ARE YOU BASHFUL?

You must overcome Bashfulness—Self-Consciousness—Mental Fear—to succeed in the business and social world. Send 10c for the amazing booklet, "Road to Poise and Achievement." Tells how thousands have conquered bashfulness in a very short time.

SEYMOUR INSTITUTE, 58 Park Row, Dept. 49, New York City

STOMACH SUFFERERS! Diet cures. Our book, "Diet and Common Sense" shows how! Diet cured the author! It will cure or relieve you! Price \$1.00. **Advance Publishing Company, Box 496, San Francisco, Calif.**

came to America a number of years ago. He met some of our best men, but was defeated. However, he is also retired now.

Frank Gotch was, beyond a doubt, one of the greatest wrestlers that ever trod a mat. He was a very determined wrestler and was too rough for any of the foreigners. He demoralized them by his wicked aggression and polished some formidable foes off very quickly. It is a very hard thing to say whether he could beat any of our present day best wrestlers, because science has travelled fast in the mat game since his time. Nevertheless, his strength and furious attack was greater than that of any of our best mat men, who are more or less methodical in their battles. It would not be fair for me to say he is better than Lewis or Stecher, or that they were better than he, but I honestly believe Gotch was one of the greatest wrestlers that ever lived.

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, 1927.

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.

2. That the owners are: (Give names and addresses of individual owners, or if a corporation, give its name and the names and addresses of stockholders owning or holding 1 per cent. or more of the total amount of stock.) D. G. Redmond, 2741 N. Palethorp St., Philadelphia, Pa.

3. That the known bondholders, mortgagees and other security holders owning or holding 1 per cent. or more of total amount of bonds, mortgages or other securities are: (If there are none, so state.) None.

4. That the two paragraphs next above, giving the names of the owners, stockholders and security holders, if any, contain not only the list of stockholders, and security holders as they appear upon the books of the company as trustees or in any other fiduciary relation, the names of the persons or corporation for whom such trustees are acting, are given; also that the said two paragraphs contain statements embracing affiant's full knowledge and belief as to the circumstances and conditions under which stockholders and security holders who do not appear upon the books of the company as trustees hold stock and securities in a capacity other than that of a bona fide owner and this affiant has no reason to believe that any other person, association, or corporation has any interest, direct or indirect, in the said stock, bonds, or other securities than as so stated by him.

D. G. REDMOND.

Sworn and subscribed before me this 1st day of April, 1927. P. ELMER RITTER.

My commission expires March 6, 1929.



"I'm Going to Make More Money!"

"I'm tired working for a small salary. I know I have just as good a head on me as Fred Moore and Bob Roberts, for we used to work side by side. But they've gone far ahead of me.

"Why? Because they saw the value of special training, and I didn't.

"But I know better now. If the International Correspondence Schools can raise the salaries of men like Fred Moore and Bob Roberts, they can raise mine, too!

"If they have helped others to advance, they can help me. To-day—right now—I'm going to send in this coupon and at least find out what the I. C. S. can do for me."

INTERNATIONAL CORRESPONDENCE SCHOOLS
Box 2385-D, Scranton, Penna.

Without cost or obligation, please send me a copy of your booklet, "Who Wins and Why," and full particulars about the course before which I have marked X:

BUSINESS TRAINING COURSES	
<input type="checkbox"/> Business Management	<input type="checkbox"/> Salesmanship
<input type="checkbox"/> Industrial Management	<input type="checkbox"/> Advertising
<input type="checkbox"/> Personnel Organization	<input type="checkbox"/> Better Letters
<input type="checkbox"/> Traffic Management	<input type="checkbox"/> Show Card Lettering
<input type="checkbox"/> Business Law	<input type="checkbox"/> Stenography and Typing
<input type="checkbox"/> Banking and Banking Law	<input type="checkbox"/> English
<input type="checkbox"/> Accountancy (including C.P.A.)	<input type="checkbox"/> Civil Service
<input type="checkbox"/> Nicholson Cost Accounting	<input type="checkbox"/> Railway Mail Clerk
<input type="checkbox"/> Bookkeeping	<input type="checkbox"/> Common School Subjects
<input type="checkbox"/> Private Secretary	<input type="checkbox"/> High School Subjects
<input type="checkbox"/> Spanish	<input type="checkbox"/> Illustrating
<input type="checkbox"/> French	<input type="checkbox"/> Cartooning
TECHNICAL AND INDUSTRIAL COURSES	
<input type="checkbox"/> Electrical Engineering	<input type="checkbox"/> Architect
<input type="checkbox"/> Electric Lighting	<input type="checkbox"/> Architects' Blueprints
<input type="checkbox"/> Mechanical Engineer	<input type="checkbox"/> Contractor and Builder
<input type="checkbox"/> Mechanical Draftsman	<input type="checkbox"/> Architectural Draftsman
<input type="checkbox"/> Machine Shop Practice	<input type="checkbox"/> Concrete Builder
<input type="checkbox"/> Railroad Positions	<input type="checkbox"/> Structural Engineer
<input type="checkbox"/> Gas Engine Operating	<input type="checkbox"/> Chemistry
<input type="checkbox"/> Civil Engineer	<input type="checkbox"/> Automobile Work
<input type="checkbox"/> Surveying and Mapping	<input type="checkbox"/> Airplane Engines
<input type="checkbox"/> Metallurgy	<input type="checkbox"/> Agriculture and Poultry
<input type="checkbox"/> Steam Engineering	<input type="checkbox"/> Mathematics

Name.....

Street Address.....

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

Occupation.....

If you reside in Canada, send this coupon to the International Correspondence Schools Canadian Limited, Montreal

SECRETS YOU SHOULD KNOW

ETHICAL SEX RELATIONS
Illustrated. Size 5 1/2 x 7 1/2. 640 Pages.
By DR. C. S. WHITEHEAD and C. A. HOVEY

Your future love and success may depend upon your reading **Ethical Sex Relations**. Explains Love—Marriage—Anatomy of Reproductive Organs—Sexual Capabilities—Impotence—Pregnancy—Advice to the newly married—Childbirth—Mistakes to avoid—Diseases peculiar to Women and Men—Symptoms and treatment.

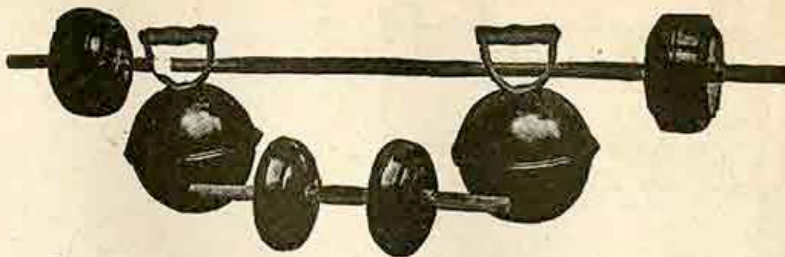
SEND NO MONEY Write for it today—Pay postman \$1.00 Plus Postage—Money refunded if not satisfied.

BOOK SERVICE BUREAU
Dept. 6 1094 Broad St. Newark, N. J.

THE Milo Duplex

IS THE

Most Beautiful BAR BELL MADE



The Milo Standard Duplex
SHOWING ONE OF THE THOUSAND COMBINATIONS

The Standard and Large Size Duplex Outfits are
Alike Except In Size, Weight and Price

The purchaser of a STANDARD SIZE MILO DUPLEX gets two (2) hollow spheres (each of which is made in two parts); he gets a bar bell handle weighing 15 pounds, a dumb-bell handle weighing 5 pounds, and two kettle-bell handles weighing 2½ pounds each. In addition, he gets 105 pounds of iron plates—that is to say, 52½ pounds for each sphere.

With the Standard Size Duplex Bell, you can make hundreds of different combinations of styles and weights, including Bar Bells from 17½ to 160 pounds, Dumb-bells from 7½ to 150 pounds, and Kettle-Bells from 3¾ to 75 pounds each.

Altogether, you get 167½ pounds of material. The spheres and plates are finished in heavy black enamel. The long and short handle bars are made of solid steel and are nickel-plated. The kettle-bell handles are also nickel-plated, and they have revolving wooden grips.

The bar-bell is 5 feet long from tip to tip. The dumb-bell is 22 inches long. The handle bars are 1⅞ inches in diameter. The spheres are 8½ inches in diameter, except at the raised rim, where the diameter is 9¼ inches.

Every customer purchasing a STANDARD SIZE MILO DUPLEX Bell gets, free of charge, all three Milo courses. The First Course in Body-building and Muscle-developing Exercises.

The Second Progressive Course.

The Third, or Advanced Course, which includes Advanced Exercises, Exhibition Feats and the Eight Standard Lifts.

The 1¼-pound plates are a new departure. Heretofore, the lightest plates we made were 2½ pounds each; by using 1¼-pound plates, we now become able to furnish a bar bell adjustable 2½ pounds at a time, a dumb-bell adjustable in the same way, and a kettle-bell adjustable 1¼ pounds at a time. As a matter of fact, those who wish to make very trifling increases in the weight of the bar bell and dumb-bell will find it perfectly practicable to increase the weight 1¼ pounds at a time, especially when performing the two-arm exercises. You can make one end of the bar-bell 1¼ pounds heavier than the other end, then you can easily pick up the bar bell, so that it will balance, or you can pick up the bell with the hands in the

ordinary position and have the heavier sphere by the right hand so as to throw the trifling extra weight on the stronger arm.



A CLOSE-UP OF A MILO STANDARD DUPLEX KETTLE-BELL WITH SPHERES OFF

Champion
JOE NORDQUEST
Says:

"The Duplex is in my opinion, the finest adjustable combination bell ever made. Personally, I am very partial to plate-loading bells, and this new Milo-Duplex Combination, with its hollow spherical ends and wide range of perfectly fitting plates, is, to my mind, the ideal bell for training purposes. Its handsome appearance also adapts it for exhibition work."

Fill In This
Order Blank
NOW

COMPLETE PRICE LIST OF MILO BELLS

500-lb. Plate Loading Bell, plain bars.....	60.00
400-lb. Plate Loading Bell	48.00
Large Size Duplex, with Plates and Spheres.....	40.00
300-lb. Plate Bell.....	36.00
Standard Size Milo Duplex, with Plates and Spheres.....	32.00
200-lb. Plate Bell.....	24.00
100-lb. Plate Bell.....	15.00

3 complete, illustrated courses are given with every one of the above bells except the 100-lb. Bell, with which 2 courses are given.

ORDER BLANK

Date.....

The Milo Bar Bell Co.,
2739 N. Palethorp St., Dept. 167,
Philadelphia, Pa.

Gentlemen:
Enclosed find \$..... in payment for Bar Bell set, checked above. Please ship by

{ Express } to

{ Freight } County

State

My mail address:

Name

Address

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

MEASUREMENTS

Neck Weight

Normal Chest Age

Expanded Chest Occupation

Upper Arm How Many Times Can You Chin the Bar?.....

Forearm How Many Times Can You Dip on Parallel Bar?.....

Waist Check off your aims below:

Hips Improved Health—

Thigh Great Strength—

Calf Perfect Physique—

Wrist To Reduce Weight—

Ankle To Increase Weight—

Height

WE DO NOT PREPAY SHIPPING CHARGES

Strength

Physical Culture Made Interesting

by

The MacMahon Method of instructions in Tumbling and Hand Balancing

If you are going to spend time exercising, why not learn something of practical value? By mastering tumbling and balancing stunts, you will be able to amuse others on the beach and in the gym; and if you are ambitious you can work your way up to a high-class theatrical position. The best musical comedies and revues feature acts of this nature, and locally there is always a demand at smokers and other entertainments. Aside from these advantages, there is the enjoyment you get out of the pastime.

THERE IS AN EASY WAY TO DO EVERYTHING

and by the use of the safety tumbling belt, the most advanced handstands and somersaults are mastered with ease and safety. You can try all feats without the danger of a fall, until you have acquired the knack and confidence to perform them without the aid of the safety tumbling belt.

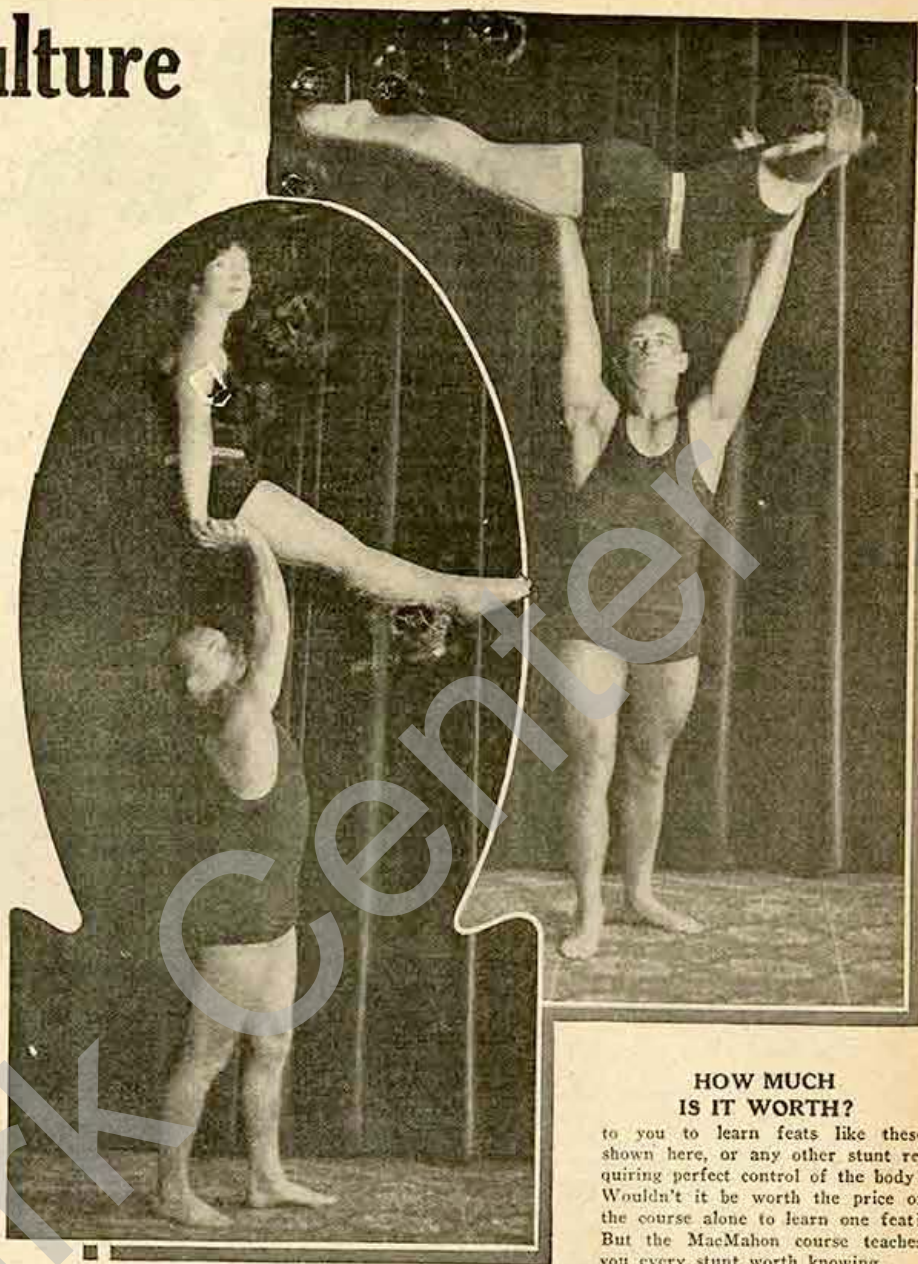
ACROBATIC DANCERS

The safety tumbling belt is a great help in mastering handsprings, cart-wheels and many other feats necessary to the finished performer.



The Safety Tumbling Belt

Fully adjustable to waist measurement and made of the strongest materials. The attachments can be connected in your room or held by two friends.



HOW MUCH IS IT WORTH?

to you to learn feats like these shown here, or any other stunt requiring perfect control of the body? Wouldn't it be worth the price of the course alone to learn one feat? But the MacMahon course teaches you every stunt worth knowing.

These two pupils quickly learned to do hand balancing feats. There is an immense amount of satisfaction in performing stunts like this. If you are instructed by the

Charles MacMahon Method

you will learn quickly.

Anything is difficult when you don't understand it; get the safety tumbling belt and take advantage of this fine sport and exercise without danger of injury.

The greatest thing about my course is that you can practice alone just as easy as though you had a partner to practice with—by using the belt.

TUMBLING AND HAND BALANCING ARE SECOND NATURE with my pupils, after training for awhile with my methods and wearing my belt.



Charles MacMahon

Prepare for summer on the beach by learning first-class stunts; surprise your friends and be the life of the party.

Start in the right way and use the MacMahon method. Then you won't have a lot of wrong movements to unlearn, and save the chance of injury.

Charles MacMahon

180 W. Somerset St., Studio A-56, Philadelphia, Pa.

CHARLES MacMAHON, Studio A-56
180 West Somerset Street, Philadelphia, Pa.

Dear Sir:

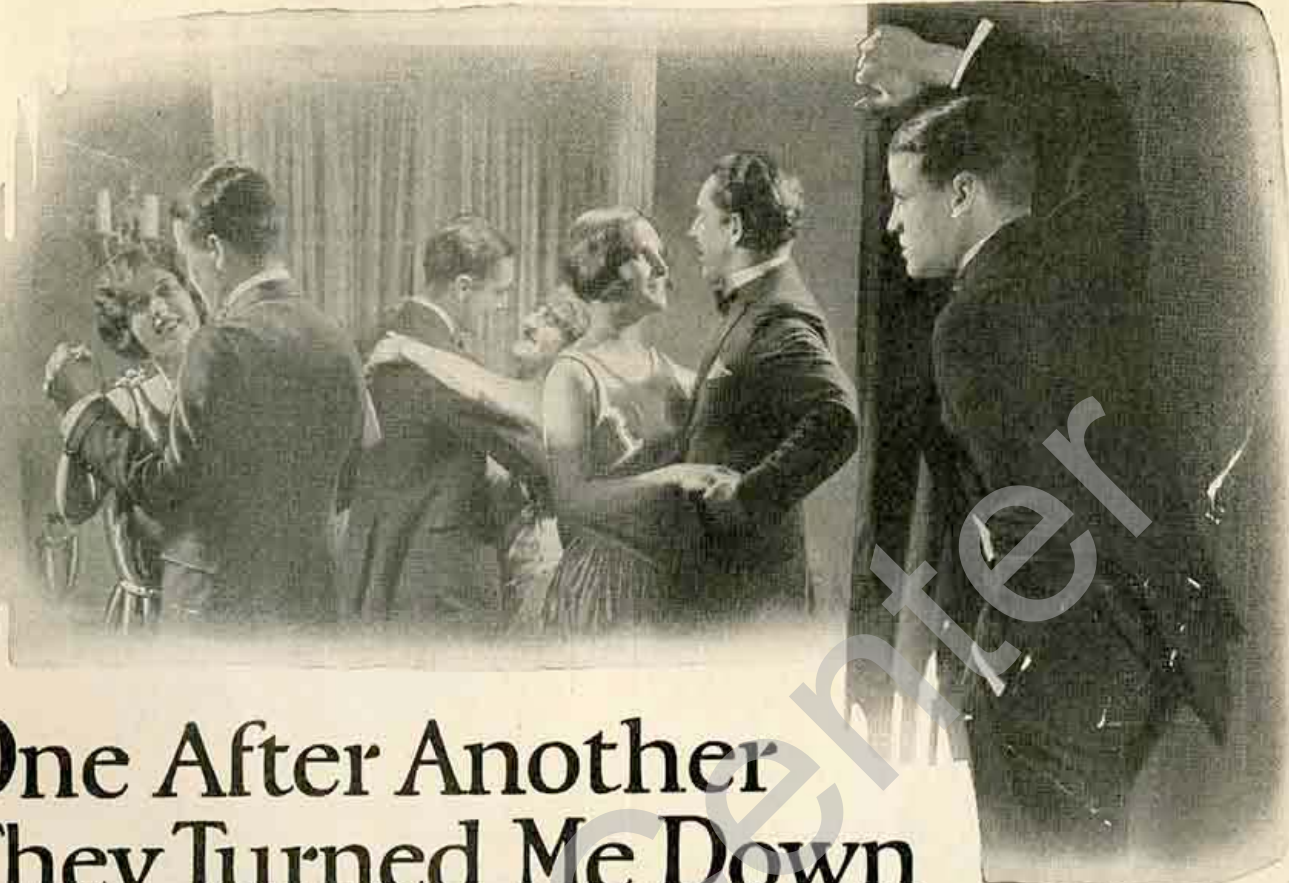
Please find enclosed { \$7.00 for Belt and Tumbling and Hand-Balancing Course.
\$5.00 for Belt Only.
\$3.00 for Course Only.

Name

Address

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

Waist measurement.....



One After Another They Turned Me Down *-but when I finally did get a dance.....*

FOR more than an hour I stood on the sidelines watching the couples glide by. I had asked at least a dozen girls for a dance—and had been politely turned down each time.

Yet, after the mess I made of things at that last party a month ago, there was nobody to blame but myself.

I'll never forget that night. I thought I was a smarty—that dancing was simply a matter of careful observing and plenty of nerve. To prove it I selected the best dancer on the floor. *Mistake number one.*

The orchestra was playing a wonderful fox-trot, so I proceeded to ask her if she would care to waltz. *Mistake number two.*

The rest was just one mistake after another. My feet seemed paralyzed. I had no sense of rhythm—no sense of direction—no idea of poise. And I had no alibis to offer when my partner excused herself from further torture. As a dancer I simply wasn't there!

Tonight things were different, though. I was just bubbling over with confidence—eager to redeem myself—eager to get on that floor with a good dancer and make up for my past clumsiness!

But it seemed as if my chance would never come. All the partners were either taken or resting. I was like a stranger in a new city. One after another they turned me down. Then, just as I was ready to throw up the sponge, Anne Hawley—the very girl whom I had foolishly tried to bluff at the last party—took me by surprise.

"Come on, Don," she said, "don't look so downhearted. I'll give you another chance, but for my feet's sake I hope you've improved."

What a different partner she found me to be. I didn't make a single blunder. She was actually surprised at my smoothness. She marveled at my variety of new steps and praised my skillful leading. From then on it was smooth sailing. You can bet I didn't miss a single dance.

On the way home my room-mate was all curiosity. "Don," he exclaimed, "your dancing actually took the party by storm. But how on earth did you ever become such a finished dancer almost over night?"

"I'll tell you, Tom," I replied. "Time and again I had read announcements concerning an easy, tested way to become a good dancer—right at home without music or partner. But I was a 'know-it-all.' Nothing could convince me that dancing could be learned by mail. Impossible, I decided. When I finally realized that I had been skeptical about the matter long enough, I decided, since there was no financial risk, to find out whether I was right or wrong.

"So I wrote to Arthur Murray and asked him to send me the five lessons he offered free. They arrived promptly and it took me about five minutes to see what a mistake I had been making. For it was real fun following the simple diagrams and directions. The first night I mastered a fascinating fox-trot and Charleston step, and soon I knew I was ready for the best of them.

"But just think of it! I could have been popular months before. If only I had believed that dancing could be taught by mail!"

LEARN TO DANCE AT HOME

This story is typical and it shows you just the chance you've been looking for—a

chance to become an accomplished dancer right in your own home at a small cost.

No matter how poorly you dance now—no matter if you've never been on a dance floor in your life—Arthur Murray's new method makes you a finished dancer in ten days or you don't have to pay a penny for the lessons. You can learn right in your own room without music or partner.

Just think! In ten days' time you'll be able to do the Charleston, the French Tango, the Ritz Fox Trot, the Debutante Waltz, and all the other smart new steps.

FIVE LESSONS FREE

To prove that Arthur Murray can make you a finished dancer in ten days' time, he is willing to send you five lessons from his remarkable course absolutely free! Just send the coupon (with 10 cents to cover cost of printing and mailing) and these valuable lessons will be forwarded at once. Also a free copy of his new book, "The Short Cut to Popularity."

Don't wait. Mail this coupon NOW. Arthur Murray, Studio 715, 7 East 43rd Street, New York City.

Arthur Murray, Studio 715,
7 East 43rd Street, New York City.

To prove that I can learn to dance at home in ten days you may send the FIVE FREE LESSONS. I enclose 10c (stamps or coin) to pay for the postage, printing, etc. You are to include free "The Short Cut to Popularity."

Name

Address

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

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. |



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

Baroness Orczy, Author.
Prince Charles of Sweden.

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

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

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

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

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

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

THE PELMAN INSTITUTE OF AMERICA

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

19 West 44th St. Suite 345 New York City

The Pelman Institute of America,
19 West 44th St., Suite 345
New York City.

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

Name

Address

City State