

Strength

Is Your Spine Straight?

JANUARY

25¢



W. V. CLEMENT

Ice Skating
Building Strength and Symmetry
Once An Athlete-Always An Athlete

Our Bar-Bells Bring True Your Dreams of Physical Perfection



THE TYPES OF MEN BAR-BELLS PRODUCE

You can't tell us you haven't dreamed more than once of being physically powerful and beautifully built. You can't tell us you don't believe physical strength and stamina are as important as brains in making a success of your life. But you could tell us, if you cared to, why in the world you haven't tried our Bar-Bells as a means of making your ambitions of physical power come true. We can't understand this, for the Milo Bar-Bells and the Milo Complete Course on how to use them compose the surest and most logical means of getting rapid and life-lasting results.

Don't take our word for this. Ask any one who knows; ask any one who has ever seen or used a Milo Bar-Bell. Our long experience, the thousands of physically perfect men we have already produced, and the additional hundreds we are producing right along are a few of the reasons that make us positively sure of our methods and make you doubly sure of Enormous Strength and Superior Physical Proportion. Your results will equal your wildest dreams.

WHAT IS YOUR DESIRE? A BAR-BELL CAN SUPPLY IT

Are you one of those who want great Strength? Are you so weak you despair of ever becoming normally strong? Then let the Milo Bar-Bells go your hopes and desires one better by making you unusually strong.

Are you normally strong but seem to stick right there regardless of your efforts? Buy a Bar-Bell and watch yourself surmount this difficulty from the very beginning.

On the other hand, do you happen to be one of those who crave a wonderfully-muscled body from head to foot—proportions that will make friends and even painters and sculptors rave over your physique?

If you are in any one of these classes, fill in the coupon below and send it in to us immediately. It costs you nothing to possess this Large Booklet of ours, and a better built group of men than those shown therein cannot be produced.

Most likely you desire both great Strength and an Incomparable Physique, as well as Suppleness and Endurance. When your Bar-Bell arrives so does your physical rejuvenation.

GET AWAY FROM THE IDEA THAT BAR-BELLS MEAN HUNDREDS OF POUNDS TO BE LIFTED

It is true that our Bells do run into the hundreds of pounds. This is so because you will eventually need greater weight to cope with your ever-increasing strength. But the Milo Bells are adjustable also. This means that no matter how puny you are now, a weight well within your present strength can be had. Furthermore, your physical condition is taken into consideration and you are started off on the correct weight and exercises by one of, if not the best authority on physical training with a Bar-Bell. This expert is none other than Mr. George F. Jowett himself, who personally assigns you your exercises, weights to start with, and any other special information that pertains to your individual case, which he is exceedingly capable of giving you.

OUR GUARANTEE IS THE BROADEST IN THE HISTORY OF BODY CULTURE

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

We make Bells of various sizes and shapes and our prices do not overtax your wallet. Note by the accompanying illustrations that while the Bar-Bell is the main part of the set, it is not by any means the complete set in itself. There are in addition, two kettle bells for single hand use and a short-handled dumb-bell for certain exercises. Besides these, there are numerous plates of graduated weights which fit easily and snugly into the spheres. Can't you imagine your elation at seeing the expressman carry in your bell and the great thrill as you unpack this beautiful and result-producing peer of all body developers? But if you do nothing more, at least GET THIS FREE BOOKLET. There are sixty-four large pages of real strong men—men whom Bar-Bells have made. There is also to be found a more thorough description of our course and many pages showing the numerous types of bells we manufacture. This booklet is the "real stuff" and you'll be proud to possess it and pleased with its contents.

We are giving this booklet free, for whether you buy a Milo Bar-Bell or not we want you to know what they have accomplished for others and what one will do for you. Fill out this Coupon this instant, and your booklet will be on its way immediately.



AS THEY LOOK WHEN MADE UP SEPARATELY

THE MILO BAR-BELL CO
Dept. 118,
2739 N. Palethorp St.
Philadelphia, Pa.

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

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

MAIL THIS NOW!

THE MILO BAR-BELL CO.
Dept. 118,
2739 N. Palethorp St. Philadelphia, Pa.

WHAT I THINK OF PELMANISM- *By Judge Ben B. Lindsey*

PELMANISM is a big, vital, significant contribution to the mental life of America. I have the deep conviction that it is going to strike at the very roots of individual failure, for I see in it a new power, a great driving force.

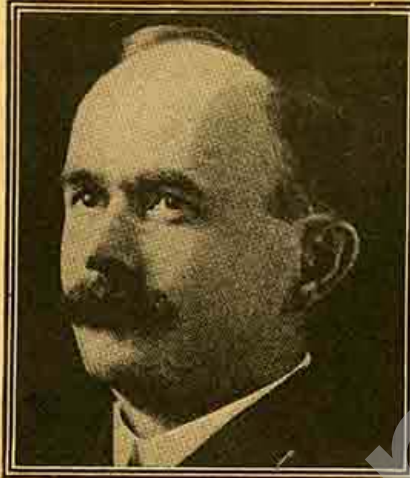
I first heard of Pelmanism while in England on war work. Sooner or later almost every conversation touched on it, for the movement seemed to have the sweep of a religious conviction. Men and women of every class and circumstance were acclaiming it as a new departure in mental training that gave promise of ending that preventable inefficiency which acts as a brake on human progress. Even in France I did not escape the word, for thousands of officers and men were *Pelmanizing* in order to fit themselves for return to civil life.

When I learned that Pelmanism had been brought to America, by Americans for Americans, I was among the first to enroll. My reasons were two: first, because I have always felt that every mind needed regular, systematic and scientific exercise, and secondly, because I wanted to find out if Pelmanism was the thing that I could recommend to the hundreds who continually ask my advice in relation to their lives, problems and ambitions.

Failure is a sad word in any language, but it is particularly tragic here in America, where institutions and resources join to put success within the reach of every individual. In the twenty years that I have sat on the bench of the Juvenile Court of Denver, almost every variety of human failure has passed before me in melancholy procession. By *failure* I do not mean the merely criminal mistakes of the individual, but the faults of training that keep a life from full development and complete expression.

It is to these needs and these lacks that Pelmanism comes as an answer. The "twelve little gray books" are a remarkable achievement. Not only do they contain the discoveries that science knows about the mind and its workings, but the treatment is so simple that the truths may be grasped by anyone of average education.

In plain words, what Pelmanism has done is to take psychology out of



JUDGE BEN B. LINDSEY

Judge Ben B. Lindsey is known throughout the whole civilized world for his work in the Juvenile Court of Denver. He says, "The human mind is not an automatic device. It will not 'take care of itself.' Will power, originality, decision, resourcefulness, imagination, initiative, courage — these things are not gifts but results. Every one of these qualities can be developed by exercise."

the college and put it into harness for the day's work. It lifts great, helpful truths out of the back water and plants them in the living stream.

As a matter of fact, Pelmanism ought to be the beginning of education instead of a remedy for its faults. First of all, it teaches the science of self-realization; it makes the student *discover* himself; it acquaints him with his sleeping powers and shows him how to develop them. The method is *exercise*, not of the haphazard sort, but a steady, increasing kind that brings each hidden power to full strength without strain and break.

The human mind is *not* an automatic device. It will *not* "take care of itself." Will power, originality, decision, resourcefulness, imagination, initiative, courage—these things are not gifts, but results. Every one of these qualities can be developed by effort just as muscles can be developed by exercise. I do not mean by this that the individual can add to the brains that God gave him, but he can learn to make use of the brains that he has instead of letting them fall into flabbiness through disuse.

Other methods and systems that I have examined, while realizing the value of

mental exercise, have made the mistake of limiting their efforts to the development of some single sense. What Pelmanism does is to consider the mind as a whole and treat it as a whole. It goes in for mental team play, training the mind as a unity. Its big value, however, is the instructional note. Each lesson is accompanied by a work sheet that is really a progress sheet. The student goes forward under a teacher in the sense that he is followed through from first to last, helped, guided and encouraged at every turn by conscientious experts.

Pelmanism is no miracle. It calls for application. But I know of nothing that pays larger returns on an investment of one's spare time from day to day.

(Signed) BEN B. LINDSEY.

Note: As Judge Lindsey has pointed out, Pelmanism is neither an experiment nor a theory. For almost a quarter of a century, it has been showing men and women how to lead happy, successful, well-rounded lives. 650,000 Pelmanists in every country on the globe are the guarantee of what Pelman training can do for you.

No matter what your own particular difficulties are—poor memory, mind wandering, indecision, timidity, nervousness or lack of personality—Pelmanism will show you the way to correct and overcome them. And on the positive side, it will uncover and develop qualities which you never dreamed existed in you. It will be of direct, tangible value to you in your business and social life. In the files at the Pelman Institute of America are hundreds of letters from successful Pelmanists telling how they doubled, trebled and even quadrupled their salaries, thanks to Pelman training.

"Scientific Mind Training" is the name of the absorbingly interesting booklet which tells about Pelmanism in detail. It is fascinating in itself with its wealth of original thought and clear observation. "Scientific Mind Training" makes an interesting addition to your library.

Your copy is waiting for you. It is absolutely free. Simply fill out the coupon and mail it today. It costs you nothing, it obligates you to nothing, but it is absolutely sure to show you the way to success and happiness. Don't put it off and then forget about it. Don't miss a big opportunity. MAIL THE COUPON NOW.

THE PELMAN INSTITUTE OF AMERICA

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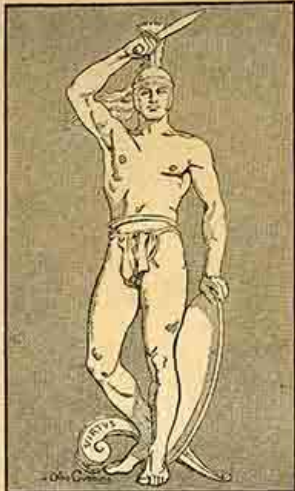
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Suite 341, 19 West 44th Street, New York

Please send me without obligation your free 64-page booklet, "Scientific Mind Training."

Name

Address

City State



Strength

JANUARY, 1926

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We Guarantee to Improve Your Voice 100%



Read how to do it in "PHYSICAL VOICE CULTURE", the greatest book ever written on voice building. It will show you the one scientific, tested way to build a powerful singing or speaking voice. Send coupon below for—

Free Book!

Glad to Tell Everybody What Your Course Did

I shall certainly be delighted to tell anyone what your course did for me. In fact, I have been telling people for the last three years and started several people in the work in Japan.

When one lives in New York, as I do now, and sees the number of wholly unqualified people who are teaching singing, it seems as if there ought to be some test for teachers. I think that learning ten operatic roles, one after another, is a pretty good test of the condition of a person's throat, don't you? My voice doesn't seem to have suffered in the least from it.

Florence Mendelson,
New York City.

Wouldn't Part With Course for \$1,000.00

I have a great deal to say about this wonderful course, and want you to know that I am a happy man since taking it up. I needed your course badly, very badly. Being a teacher, I have to speak, at times, quite loud, and the strain on my throat was acutely felt, and hoarseness followed. My voice is absolutely clear and resonant now, in fact, I have no words to thank you enough.

I wouldn't part with my course for a thousand dollars.

Julio C. De Vosconcellos,
New Bedford, Mass.

Realizes the Dream of Her Life

A feeling of thankfulness comes over me to think I have found such an opportunity to cultivate my voice. It is the one great thing in my life to develop a beautiful voice, and to think that it is daily improving through your wonderful method brought right to my own door.

I will now make you happy by saying it is certainly the best investment I ever made.

Florence M. Clarke,
1488 11th Ave., Vancouver, B. C.

Lost Voice Restored—Sings Better Than Ever

I am very glad to be able to inform you that the study and practice of your exercises is making a great change in my voice.

You may appreciate what this means to me when I tell you that an illness while in France, weakened my throat to such an extent that I feared I would never sing again. However, after studying your lessons, I find that I can sing better than ever, in fact, I was told by a friend who had heard me sing at a reception that I had never been in better voice than I am now.

J. Ralph Bartlett,
Newton, N. H.

THE four letters on this page tell amazing stories of vocal development. They are from men and women who have learned that *Physical Voice-Culture* is the one, infallible, tested, scientific method of voice building. They are just a few of the thousands telling the same stories of success, in many cases, after all other methods of voice building had failed.

Your voice has fascinating dormant possibilities that you may not even realize. The new book, *Physical Voice-Culture* will show you how to build up a superb voice by the development of muscles whose existence you never suspected. No matter what condition your voice is in now, it can be improved at least 100% or every cent of tuition will be cheerfully refunded without question when you have finished the course.

Just a few years ago, Bert Langtre's voice

was almost destroyed by catarrh and asthma. An impediment in his speech caused him untold embarrassment and suffering. Now he is singing in Grand Opera in California. "An unusual case," you say. Not at all. He merely took advantage of the opportunity you are given here.

Build up your voice the simple, easy, natural way by silent physical exercises in the privacy of your own home. The *Physical Voice-Culture* method is ideally adapted to home study. It is being taught as successfully by correspondence as by personal instruction. No one need know that you are studying until you have developed a strong, beautiful voice. When you are constantly urged to sing or speak at your church, at private receptions or public functions—when you are the most popular person in your circle of acquaintances, then you will know the rich rewards of *Physical Voice-Culture*.

If You Can Pass These Tests You Can Develop a Superb Singing Voice

1. Can you open your mouth wide enough to insert two fingers between your teeth?
2. Can you swallow five times in succession?
3. Holding your hand to your throat, can you feel the cords vibrate when you sing "e-e-e"?
4. Can you hold your breath for 30 seconds?
5. Are you determined to sing or speak well?

If you answer "yes" to these questions, you have a potentially fine voice that can be developed amazingly by *PHYSICAL VOICE CULTURE*.



Now
FREE

Mail This Coupon

Find out at once about the wonderful possibilities of your voice—possibilities that you have never realized! Simply send coupon for FREE book. Read the astounding true stories of what others have done. This may be the turning point in your life. Mail coupon today.

Perfect Voice Institute
1922 Sunnyside Ave. Studio 57-71 Chicago, Ill.

PERFECT VOICE INSTITUTE, Studio 57-71
1922 Sunnyside Ave., Chicago, Ill.

Gentlemen: Send at once, free and without obligation, your beautifully illustrated book "Physical Voice Culture" and full information regarding your home study method of voice building. It is understood that I do not have to pay a cent for this book, either now or later, and that I do not have to return it.

Name

Address

What Will You be Earning One Year from Today?

A practical plan that is doubling men's salaries

You have said good-bye to Yesterday, with its failures and disappointments. A new Tomorrow lies ahead of you. What are you going to do with it?

To the man who gives little thought to his business progress, one day is much like another—filled with routine work—rewarded by routine pay. He has *no right* to expect great things of the future.

But—how different the outlook of the man who is *training* for promotion, and what a difference a mere twelve months can make in his earning power!

Give a thought, for instance, to the experience of S. N. Williams, a Kentucky man, who has specialized—with the co-operation of LaSalle Extension University—in *Salesmanship*. "My salary was practically doubled a short time ago," writes Williams, "but my greatest satisfaction comes from knowing that the amount of business I have written this year is easily five times greater than before." Williams, you see, has a *real future*—because he is constantly *preparing* for it.

Increases Salary 150%

Again, consider the experience of Arthur W. Weber, now Assistant Secretary of the Ohio Savings Bank and Trust Company, one of the largest and most influential banks in the state. One of his earlier letters reads as follows:

"Since I have been training, my salary has been increased 150 per cent. This increase is an annual return of 1,107 per cent upon my investment. Not so bad when you consider that most conservative investments net only 6 or 8 per cent. Incidentally, LaSalle training has aided me in jumping from the job of timekeeper in an automobile factory to my present position as assistant auditor of the largest and best bank in Toledo in less than eighteen months.

"There is one outstanding point about

LaSalle Extension University—it is not your excellent text-books or your well-built organization, but your willingness to help and encourage the student to succeed. It has been my experience that an enrollment with you is not a cold-blooded business proposition, but a real, cheerful, sympathetic willingness to help the student."

More recently he writes as follows: "Monthly dividends are being paid me on my investment in LaSalle training in

many, many times is evidenced by the fact that during only six months' time as many as 1,248 LaSalle members reported definite salary-increases, as a result of training under the LaSalle Problem Method, totaling \$1,399,507. *The average increase per man was 89 per cent.*

The records of these 1,248 members—representing every state in the Union and every province of Canada—are all recounted in a fascinating book entitled "A Geography of Success." The following are a few of the promotions here recorded:

"From \$110 to \$385 a month."

"Clerk to Branch Manager, at \$10,000 a year."

"Salesman to Sales Manager; salary doubled."

"From \$1,400 to \$5,000 a year."

"Passes C. P. A. examination; now partner in \$20,000 firm."

A copy of this book will be sent you for the asking. And—it's well worth sending for!

Send for Salary-Doubling Plan—Free

Yesterday is past. Let's not be hampered by it. Tomorrow is ahead of us. Let's make the most of it!

Below this text there's a coupon—just such a coupon as Williams and Weber once signed, and hundreds of thousands of others who, thru home-study training, have added greatly to their earning power.

You know your ambitions. They will decide for you the training you should undertake.

You do *not* know your *capabilities*. But—they will unfold for you more wonderfully than you could dare to hope, once you begin with seriousness to fit yourself for bigger things.

Start today toward that better place, that bigger salary, by checking, signing and mailing the coupon NOW.



the form of increased salary at a rate in excess of 125 per cent per month."

You Have the Same Good Opportunity

Skeptics may suggest that the records of Mr. Williams and Mr. Weber are exceptional. And—if these men had won their advancement *without* the aid of home-study training, we should be bound to agree with the skeptics. For men are rarely promoted to positions they are not qualified to fill. When men have fitted themselves for advancement, however, such promotions are not exceptional at all.

That their experience could be paralleled

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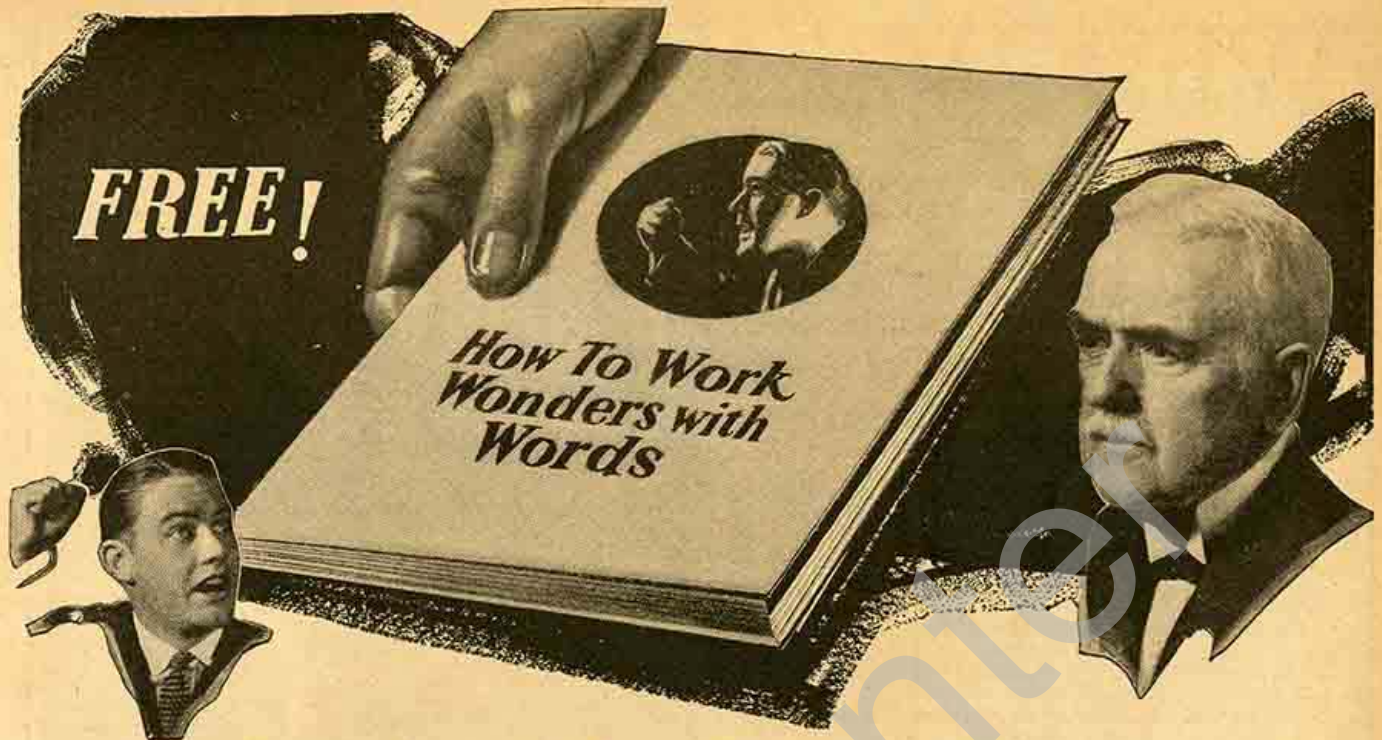
Chicago

I shall be glad to have details of your salary-doubling plan, together with complete information regarding the opportunities in the business field I have checked below. Also a copy of "A Geography of Success," all without obligation.

- | | | | |
|---|---|--|--|
| <input type="checkbox"/> Business Management: Training for Official, Managerial, Sales and Departmental Executive positions. | <input type="checkbox"/> Law: Training for Bar; LL.B. Degree. | <input type="checkbox"/> Industrial Management: Training for positions in Works Management, Production Control, Industrial Engineering, etc. | <input type="checkbox"/> Modern Business Correspondence and Practice: Training for position as Sales or Collection Correspondent, Sales Promotion Manager, Mail Sales Manager, Secretary, etc. |
| <input type="checkbox"/> Modern Salesmanship: Training for position as Sales Executive, Salesman, Sales Coach or Trainer, Sales Promotion Manager, Manufacturer's Agent, Solicitor, and all positions in retail, wholesale, or specialty selling. | <input type="checkbox"/> Commercial Law: Reading, Reference and Consultation Service for Business Men. | <input type="checkbox"/> Modern Foremanship and Production Methods: Training for positions in Shop Management, such as that of Superintendent, General Foreman, Foreman, Sub-Foreman, etc. | <input type="checkbox"/> Business English: Training for Business Correspondents and Copy Writers. |
| <input type="checkbox"/> Higher Accountancy: Training for position as Auditor, Comptroller, Certified Public Accountant, Cost Accountant, etc. | <input type="checkbox"/> Traffic Management—Foreign and Domestic: Training for position as Railroad or Industrial Traffic Manager, Rate Expert, Freight Solicitor, etc. | <input type="checkbox"/> Personnel and Employment Management: Training in the position of Personnel Manager, Industrial Relations Manager, Employment Manager, and positions relating to Employee Service. | <input type="checkbox"/> Commercial Spanish: Training for position as Foreign Correspondent with Spanish-speaking countries. |
| <input type="checkbox"/> Expert Bookkeeping: Training for position as Head Bookkeeper. | <input type="checkbox"/> Railway Station Management: Training for position of Station Accountant, Cashier and Agent, Division Agent, etc. | | <input type="checkbox"/> Effective Speaking: Training in the art of forceful, effective speech, for Ministers, Salesmen, Fraternal Leaders, Politicians, Clubmen, etc. |
| <input type="checkbox"/> C. P. A. Coaching for Advanced Accountants. | <input type="checkbox"/> Banking and Finance: Training for executive positions in Banks and Financial Institutions. | | |



Name..... Present Position..... Address.....



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

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

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

Either You Become a Powerful Speaker —or your training Is Free

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

what they want by the sheer power of convincing speech. You are told how to bring out and develop your priceless "hidden knack"—the natural gift within you

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.

which will win for you advancement in position and salary, popularity, standing, power, and real success. This simple, easy, sure and quick training is guaranteed to do this. If it fails, your training will not cost you a single penny.

Easy for Any One Only 15 Minutes a Day Required

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

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

Make This FREE Test

If you will fill in and mail the coupon at once you will receive, besides, this remarkable new book, "How to Work Wonders with Words," an amazing five-minute test by which you can determine for yourself whether you are one of the seven men out of every nine who possess the "hidden knack" of powerful speech, but do not know it. Decide for yourself if you are going to allow fifteen minutes a day to stand between you and success. You, like thousands of others, can quickly and easily learn how to bring out and develop your "hidden knack," and gain for yourself high position, standing, money and power. Just send your name and address now—thousands have found this to be the biggest forward step of their lives. If it has played such an important part in the lives of many big men, may it not in yours?

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Please send me FREE and without obligation my copy of your famous book, "How to Work Wonders with Words." Also your FREE five-minute test by which I may make a self-examination.

Name
Address
City State

Can You Guess This Man's Age?

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

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

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

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

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

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

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

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

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

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

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

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

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

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



HOBART BRADSTREET, THE MAN WHO DECLINES TO GROW OLD

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

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

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

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

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

Name

Address

You Can Banish Weakness BY HEARKENING TO STRONGFORT



STRONGFORT

Dr. Sargent, of Harvard, declared that Strongfort is unquestionably the finest specimen of physical development ever seen.

free. Just check the subjects on the free consultation coupon on which you want special confidential information and send to me with a 10c piece to help pay postage, etc. It is a man-builder—a success maker and a life-saver. Send for my book right now—TODAY.

LIONEL STRONGFORT
Physical and Health Specialist for over 25 Years

Dept. 96

Newark, New Jersey, U. S. A.

Don't be a weakling another day. You can become strong. You need not go on shuffling, shambling through life like a cur dog with his tail between his legs. You needn't be laughed at by men and shunned by women. Don't stand the gaff; you can be a vigorous, powerful fellow with rolling muscles, a grip like iron and a punch that will make the bullies sit up and take notice. Of course you feel hopeless about your condition if you are all run down, fagged out and devitalized. You haven't ambition enough left to do anything or get anywhere. But don't be discouraged.

I CAN HELP YOU

I have put thousands on their feet after they had been dragged down so deep they thought they never could be real men again. I gave them stamina, pep, vigor, energy, ambition. I built them up inch by inch—internally and externally—by my original methods—until they were robust, powerful fellows who commanded attention everywhere—some of my pupils becoming famous athletes and strong men, devoting themselves to physical instruction and exhibitions of feats of strength. I have hundreds, yes, thousands of testimonial letters proving that by my unique system I have worked wonders with men's bodies—first by restoring them to health, then developing them into wonderful specimens of muscular strength.

STRONGFORTISM

Science of Health and Strength

It was through the methods I used in developing my own body until I won the world's record as the finest specimen of muscular development and championships in feats of great strength, in Europe and in the United States, that I constructed the science of Strongfortism. It is through it that I reclaim wrecked and weak men, make them into new beings and give them a body and arms of which they can boast. I require you to use no apparatus. No drugs or medicines are prescribed. No inconvenient hours are required. Only a little of your time in the privacy of your own home is necessary to follow my easily understood instructions—and, oh man, how glad you'll be that you listened to me, once you've started on my course. It means a new day for you—that's sure as you're alive.

You can banish your weakness. You can be a man to be feared in physical combat. There is no doubt about it. I can prove it if you'll just sit down and tell me frankly that you are willing to guide by what I tell you.

Send for My Book

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

FREE CONSULTATION COUPON

Mr. Lionel Strongfort
Dept. 96, Newark, N. J.

Please send me absolutely free your Book on the Promotion and Conservation of Health, Strength and Mental Energy. I enclose a ten cent piece (1 dime) to help cover postage and have marked (x) before the subjects in which I am most interested.

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| .. Colds | .. Increased Height | .. Weak Heart |
| .. Catarrh | .. Pimples | .. Manhood Restored |
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| .. Headache | .. Short Wind | .. Round |
| .. Thinness | .. Constipation | .. Shoulders |
| .. Rupture | .. Indigestion | .. Lung Troubles |
| .. Lumbago | .. Nervousness | .. Muscular |
| .. Flat Chest | .. Rheumatism | .. Development |
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Is So Popular We Have Decided To Repeat the Offer

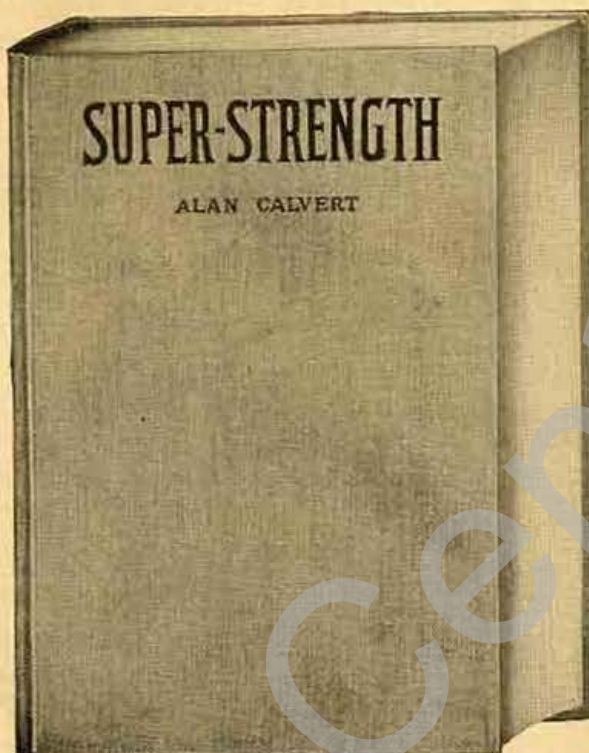
Hundreds are getting this book at the popular price of \$1.75, post-paid.

Written by the Greatest of Authorities

The book, "SUPER-STRENGTH," by that greatest of authorities on Strong Men and how to become one, ALAN CALVERT, is just what you have been looking for. The reading of this great work will be far more than a pleasure. It will make you, too, an authority on all things pertaining to every branch of strength and muscle-building, as well as acquaint you with the World's Strongest Men and their achievements.

This book's two-hundred-odd pages are law upon the subjects it gives you. After reading this book, no one can tell you black is white on the many questions that arise in discussions on physical training and feats of strength. You'll know what you are talking about.

The illustration shown on this page gives you an idea of the outward appearance of this book. Nothing but the actual reading of it can give you an idea of its valuable contents. "SUPER-STRENGTH" is of the popular novel size.



220 Pages,
80,000 Words,
183 Separate Pictures

These figures will give you some idea of the volume of information "SUPER STRENGTH" contains; but only the book itself can impress you with the super-quality of its pages. None of the few present-day authorities on strength, development, exercise and weight-lifting are better fitted to write such a book as "SUPER STRENGTH" than Alan Calvert. He has spent practically his entire life among strong men, both amateur and professional. He has studied the science of lifting and muscle building as few men have. Therefore, he knows his subjects, and best of all he has written so clearly you cannot fail to get correctly the meaning of every phrase.

At the cost of only \$1.75, you will learn more about Body Culture, Lifting, Strong men and everything pertaining to the afore-mentioned than you can pick up piecemeal in years. You have always wanted this Book, and now there is no reason why you cannot get it.

Just Think What it Means to You to be Able to Get a Copy of This Great Book at Half Price

It means that you will become very familiar with all great strong men, past and present—familiar with their lifts and training methods. It means that you, too, will become a man of Strength. This Book will show you how to develop each and every part and muscle of your body. This Book gives you many lifting records and sets you right on many claims of lifting prowess that are untrue.

No man or boy who is interested in his own health and a perfect and strong body, should be without this Book another week. The price of \$3.50 may have been the reason you did not get it before; but by offering you a copy at the low figure of \$1.75, we feel sure we have moved this obstacle from your path.

Here Are a Few Of the Twenty-Five Highly Interesting Chapters

Harness and Platform Lifting, Professional Exhibition Work, Some Worn-out Superstitions, the Secret of the Bent Press, Statuesque Development and Many Others just as Interesting and Instructive.

S-1-26

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USE THIS COUPON FOR SOILED COPY

These People and Thousands of others say they— Cured Their Rupture

In This New, Safe, Clean, Comfortable Scientific Way. You, Too, Can
Make This FREE Test

[Just Mail the Coupon Today]



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



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

didn't realize I was wearing it," he writes in his grateful letter.



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

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

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

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

Thousands Healed

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

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

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

Send Coupon Now

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

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



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

**Tear it
out now.**

**Sign it
now.**

**Mail it
today.**

FREE TRIAL OFFER

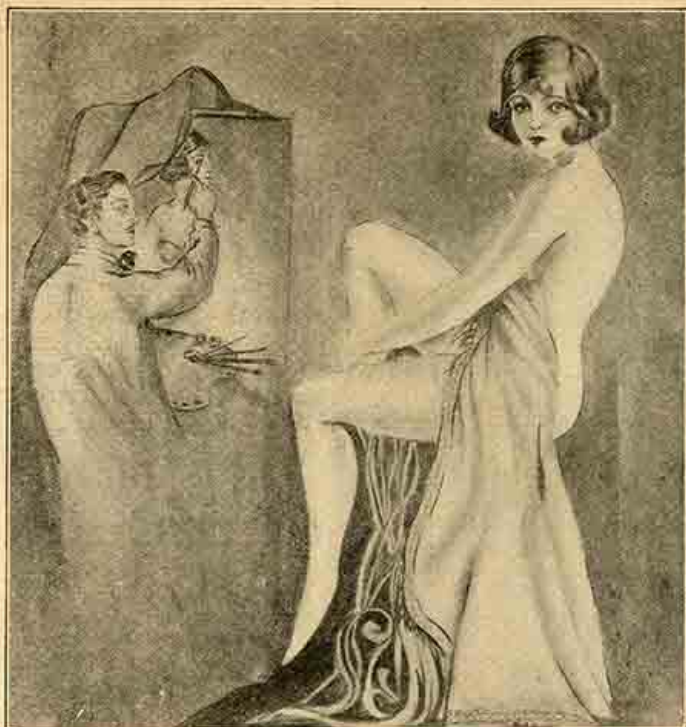
Brooks Appliance Co., 189C State Street, Marshall, Mich.

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

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Artists and Art Schools always desire new and good models. You can always be engaged ahead if you have a good physique

and know how to pose. This holds good for female models as well as male models.

YOU CAN BE AN Artist's Model

THIS NEW COURSE
By CHARLES MacMAHON

Teaches You How To Get Into This
Fascinating, Lucrative Profession

It is a course that teaches you how to pose and shows you the "ropes," as it were, of how to actually go about getting engagements posing for big artists and at Art Schools. There is nothing difficult about entering this thrilling profession when you know how. An artist's model is his or her own boss and the pay is good.

Good Models Are Always In Demand

Muscle Control Is Another Big Feature Of This Course

Besides complete instructions on posing and becoming an artist's model, this course includes all muscle control feats and each feat is illustrated as well as thoroughly explained. When you get this course you will

very soon be able to control and move your muscles about as you have seen muscle posers do on the stage. Furthermore, muscle control brings out the muscles and makes them more defined.

Beautifully and Lavishly Illustrated, Making It Good to Look at and Plainly Understood

Not only those who desire to become models, learn muscle control and how to pose need this course, for it is also valuable to the artist or those about to begin studying art. There are illustrations showing professional artists and students at school actually at work. There are pictures of ordinary class poses, classical poses, tableau posing, right and wrong poses, etc.

In the muscle control section are pictures by experts

of the abdominal, trapezius and latissimus isolations, the one-sided abdominal isolation, and all other muscle control feats. The numerous elusive secrets and knacks that make muscle control both possible and yet difficult to grasp, are clearly given you. Without these knacks you cannot perform muscle control feats. And if you tried to find them out for yourself, you would be a long while at it. Learn muscle control properly and quickly from this new course.

It Instructs You Where To Pose and How To Pose

This course instructs you how to go about becoming a professional artist's model from the beginning to the time you actually take the stand for the pose. Every step of the way is clearly mapped out to you in this unusual course. Just as I found it through years of experience in this field, I pass it along to you in the form of a course. You can rely on what I tell you concerning your chances of becoming an artist's model.

Charles
MacMahon
Studio A-40-X
180 West
Somerset Street
Philadelphia, Pa.

Please find enclosed \$3.00, for which send me immediately your new course, "Muscle Control and How To Become a Professional Artist's Model."

Experience the Sensation Of Seeing Your Likeness Made
Into Works Of Art and **GET PAID WELL FOR IT**

Female Models Are In Great Demand

All Artists Should Also Get This Course

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THE ONLY COURSE OF ITS KIND—ACT NOW!



Why Dance in the Old Fashioned Way —When It's So Easy To Be Up-to-Date?

Want to be truly popular? Want to be invited everywhere? Want to enjoy parties and get real joy out of dancing? Here's how! Learn to dance the new peppy way and see how you begin to be in demand as a partner.

NO one enjoys dancing with a "walk around" who thinks he's getting by because he knows a few old-fashioned steps. You simply can't dance that way to the new ballroom music. You must know the latest steps, the joyous modern steps that everyone is doing!

Those lumbering dances they used to do before jazz laughed its way into the ballroom—those awkward, old-fashioned steps—get rid of them! Learn to dance the new way and see what a difference it makes. Not only will you be more popular, not only will you be a favorite partner, not only will the girls like to dance with you, but—

You yourself will get more joy out of dancing!

No longer will dancing be a ballroom duty, but a pleasure! At the end of a dance you won't feel tired, but exhilarated. You can dance all night the new way and enjoy each dance more than the one before. It's great!

Arthur Murray's Famous At-Home Method

Of course you want to dance the new way! Why don't you let Arthur Murray teach you—his fascinating, quick, at-home way—without partner, without music, in the privacy of your home? You'll get real pleasure out of it. Quicker than you'd imagine possible you'll learn how to do all the modern jazz steps that make a dancer popular.

To prove it, Mr. Murray is willing to send his new, illustrated book, "The Short Cut to Popularity," to any one who requests it.

Send for this FREE book—TODAY!

This free book describes Mr. Murray's unique method of teaching in detail, and also includes a special test



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lesson from his famous course **FREE**. Just send the coupon (with 10c to cover cost of printing and mailing) and this interesting book with the free lesson will be forwarded at once.

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Please send me your 32-page book and Special Test Lesson. I enclose 10c to cover postage, printing and mailing.

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Break YOUR OWN Lifting Records

With This CAMBERED BAR We Give You Free

IN order to stimulate greater interest and to enable our members to get the best results out of their efforts, we always aim to place before them something of real value.

Weight lifting science proves that a lifter gets the best results in all his one-hand lifts by using a cambered bar. The camber is so adjusted to the exact degree that a greater volume of force without rebound takes place when lifting. The greatest lifters would not use anything else than a cambered bar. It is solid steel of high grade quality. The actual cost of this bar is \$7.50. This we are giving free along

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with one year's subscription to the Strength Magazine, to all who take advantage of this offer to secure membership in the A. C. W. L. A.

With your enrollment you are given a year's membership card, a beautiful lapel button with the insignia of the order inscribed and all the benefits that the association offers to you. The enrollment fee is \$7.50 and with it you are made a present

of goods that total a value of \$10.00; i.e. the cambered bar \$7.50 and one year's subscription to Strength \$2.50. Consider the point, \$17.50 all for \$7.50.

Make this Splendid Offer Your New Year's Gift To Yourself



- All A. C. W. L. A. Members, "Strength" Readers, and Milo pupils who are interested, can get the names of all other representatives not given below by writing to Mr. Jowett.*
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Grand Rapids Weight Lifting Club
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 - A. A. SCHIEMANN
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 - M. N. CAMPBELL
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 - R. F. KELLEY
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1720 Logan St.
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 - CHAS. W. DURNER
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904 Eastgate Ave.
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226 E. 51st Street
Portland, Oregon
 - M. G. OMEROID
1724 Hampton Road
Akron, Ohio
 - ED. O. MARTIN
602 Brady St.
Attica, Indiana.

You can join a dozen different associations, but there is only one Body Building society. Other organizations have no comparison. You pay considerably more to join and are given considerably less. But, none of these contain the real, red-blooded he-men who are 100% fit in every way, that make up the American Continental Weight Lifters' Association. Every man is an idealist. He has an object in view. He works for the physical betterment of himself and his country. The Association helps him to attain these ends. We have an advice department that is free to all members, and, furthermore, we are continually running contests of one thing and another that enables every member to win something. The prizes consist of medals, cups, bar-bell outfits, books and diplomas. All members are admitted free to all Strength exhibitions, which in themselves are a big saving. Each exhibition is extremely educational. There are no strings tied to any offer we make; they are all entirely free and for the real benefit of our members. You never know when you need a pal. With us every member is a pal. Strange boys coming to town are always afforded a welcome. Our aim is to help all we can.

Will You Back the American Athlete?

Apart from our individual ideals, one is definitely set with us all. We are determined that America will have a place in the next Olympics. All the honors in strength contests have been won by our foreign friends, simply because other American athletic bodies have never been interested in giving our boys who follow weight-lifting as a sport, a chance. George F. Jowett was the man who stepped out to unite all lifters and others interested in this sport. He built this organization, and now thousands are behind him supporting his efforts on our behalf. It is a colossal work and no better proof of the high sportsmanship that prevails than the manner in which every officer works. No man receives a cent for his labors, from the President down. We are all out to help the cause. Won't you step in and back your countrymen and the cause that interests you? The initiation and membership fee is only \$7.50 and with it you are given the cambered solid steel bar and Strength Magazine.

S-1-26
GEO. F. JOWETT
 Pres. A. C. W. L. A.
 2739 N. Palethorp St.
 Philadelphia, Pa.

Dear Sir:
 Please find enclosed \$7.50 for one year's membership into the A. C. W. L. A., for which I am to receive one year's subscription to Strength and the solid steel cambered bar free with my membership.

IF YOU LET THIS OPPORTUNITY SLIP YOU WILL REGRET IT.
 Fill Out Attached Coupon and Mail With Your Remittance AT ONCE to
GEO. F. JOWETT, Pres. American Continental Weight-Lifters' Association
 2739 N. Palethorp Street, Philadelphia, Pa.

Name

Address

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

They no longer call me "that sickly Mrs. Simonds"

The story of a weak, ailing and unhappy woman and how she transformed herself into a new being—gloriously healthy, vigorous and youthful!

BEFORE I was married, my health and my figure were that of the normal girl. Even during the first years of my wedded life I still retained my youthful appearance.

"Then, so slowly that I hardly realized it, my face and my figure began to mature. My body began to lose its youthful lines and grace, I grew far too large around the hips and waist. My health, that once was so superb, seemed to have disappeared. I suffered almost constantly from backaches, 'bearing down' pains, chronic colds and a host of other ills.

"My entire physical condition, in a few years, became that of an aging woman. Though I was seldom really sick enough to call a physician, yet I was always so tired, so worn out. I had to give up nearly all my social activities, because I was too weary to exert myself.

"My poor physical condition was reflected in my appearance. My face was drawn and haggard. My eyes became dull and sickly-looking. My complexion was 'pasty,' and colorless.

"But these physical troubles—bad as they were—caused me not one-tenth as much grief as my mental anguish.

"Although I had always been happy and even-tempered, I became nervous, fretful, irritable. I found myself snapping at my husband, causing disagreeable scenes that only made me feel worse than ever before. And the children, bless them, were always being shouted at by me for the most trifling reasons—or for no real reason at all.

"I had no idea that my ailments were unnatural. I supposed that every

woman simply had to go through years of mental and physical torture. And my belief in this silly idea was strengthened because the nostrums, the pills, the medicines, the lotions and everything I tried, never did me the slightest good.

"Then one day I overheard someone refer to me as—'Poor, sickly Mrs. Simonds!' What a shock it was to hear that! How angry I felt! But my anger soon gave place to a feeling of shame that I should become an object of pity.

"I decided, then and there, to find 'the way out!' How well I did can be seen by just looking at me.

"My secret is simply that of Annette Kellermann's methods! I read, in a magazine, the story of Annette Kellermann's life—how she, who is called the world's most perfectly formed woman, was once practically a cripple; puny, ailing, always sickly. I read of the remarkable fact that she has not changed *one-sixteenth of an inch of her perfect proportions in twenty years!*

"The story of how she dragged herself out of misery and actually made of herself the lovely, healthy, beautiful woman she is, gave me new hope and new faith. I wrote to her for her book 'The Body Beautiful,' which describes her methods.

"To that little book, I can truthfully say, I owe the wonderful health and the exuberance of spirit that is mine today. It opened my eyes to the fact that it is totally unnecessary for women to suffer as they do. I learned that every woman—unless she has a serious organic derangement—can live a life as vigorous and strong, and free from pain, as a man's.

"Today I am practically *never* tired. I am never nervous or irritable. I never have any of the petty ailments from which so many women suffer. I look fifteen years younger. My step is springy, my eyes are bright, my skin is firm and clear, my body is slender and graceful as a girl's. I dance again as I used to. I play tennis again as I used



to. I am gloriously happy with my husband as I used to be. Nobody refers to me now, I assure you, as 'that sickly Mrs. Simonds.'

"And because I know that there are thousands of women who are now living as I did, because I know every one of them actually can be a *new* woman, with health and beauty such as they never knew existed, I am glad to tell them about this simple way out of their troubles."

Miss Kellermann is anxious to give every woman the benefit of her simple, 15-minute-a-day system and invites you to write a letter or mail the coupon below for her new book, "The Body Beautiful." There is no charge or obligation. No salesman will bother you. The book will be sent free, if you will only write for it. And you can judge at your leisure whether or not you can afford to miss this opportunity to make a "new woman" of yourself, as Mrs. Simonds did, and as 30,000 other pupils have done.

Send for Miss Kellermann's book at once—now, while your determination to do something about yourself is strong.

ANNETTE KELLERMANN, Inc.
225 W. 39th St., Dept. 441, N. Y. City

Annette Kellermann, Inc., Dept. 441
225 West 39th Street, New York City

Dear Miss Kellermann:

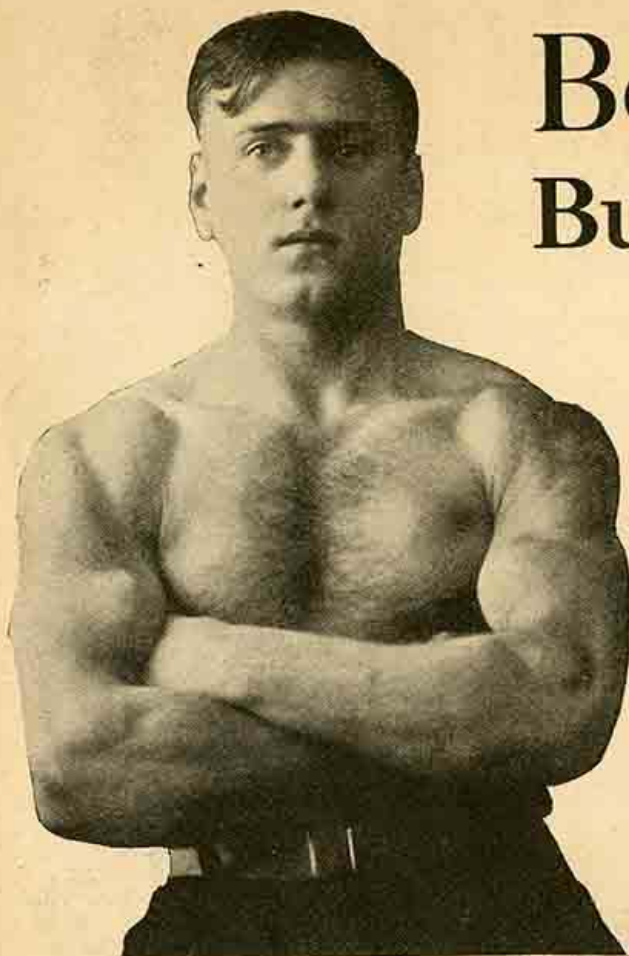
Kindly send me entirely without cost, your new book, "The Body Beautiful." I am particularly interested in

Body Building Weight Reducing

Name

Address

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



Gasper Di Giovanna, 153 Wilson Avenue, New York City
A fine 21-year-old example of all around body-building. He writes:

"The Knowledge I have obtained through your Encyclopedia has not only given me a body equally developed outside and inside, but has also made me gain in strength to such an extent as to enable me to perform some strength feats—iron bending, spike breaking, weight lifting, etc. All this I owe to you and want to thank you for what your Encyclopedia has taught me. Hope these few lines will inspire those who may have the chance to read them."

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 his most wonderful work.

The Encyclopedia of Physical Culture.

This marvelous work gives invaluable information on fasting, diet, exercise, and hydrotherapy for both health and beauty building. It gives thorough and extensive treatment on the laws of sex, the attainment of virile manhood and womanhood, and happy successful parenthood, together with details for correct diagnosis and treatment of all sexual diseases. It contains many handsome charts on anatomy and physiology.

It is neither dull nor technical, but is 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. You haven't any idea how valuable it will be to you, or how many dollars it will help you save each year. What, for instance, would it be worth in actual dollars to you to be able to instantly identify in its earliest stages any sickness that might overtake you or any member of your family? What would it mean to you to have glorious health, almost complete freedom from sickness or disease, no doctor's bills to meet, no hospital bills to pay, no days of suffering or worry, no salary lost through absence from business?

No price would be too great to pay for the benefits that can be obtained from this wonderful work.

Be Strong — Build Big Muscles

And back of the big muscles see to it that you have that rugged, sturdy foundation which means every organ in your body is tuned and every nerve in control—be 100% physically fit.

You can count scores of athletes with powerful physiques—build and development all that you might wish for—who have fallen far short of being able to compete with disease. Shevlin, Yale's greatest football star; Mathewson, of the New York Giants (probably the greatest pitcher of all time); both succumbed when in what should have been their prime of life. These are but two examples of hundreds that might be listed.

Why is it that so many, who should live, die? Why is it that thousands of others with big muscles, and outwardly splendid bodies, after a few years, look the same but are burned out, withered inwardly and finally live their days out mere shells of man. This is something to think about—something to worry about.

Be strong—yes. Build big muscles—yes. But don't stop there. You have only done half of it. See to it that you are fortified against disease. Your heart, your lungs, your liver, your kidneys, your stomach—what good are big muscles unless every organ in your body is sound and strong? It's the thing you can't see that should concern you most. And it is just as easy to take these precautions as it is to neglect them. Decide for yourself whether you are going to be half a man (with big muscles and no concern for the rest of your body) or 100% physically fit.

How to—

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

Read the Details of Our FREE Examination Offer on Next Page

Amazing Stories From People Who Know

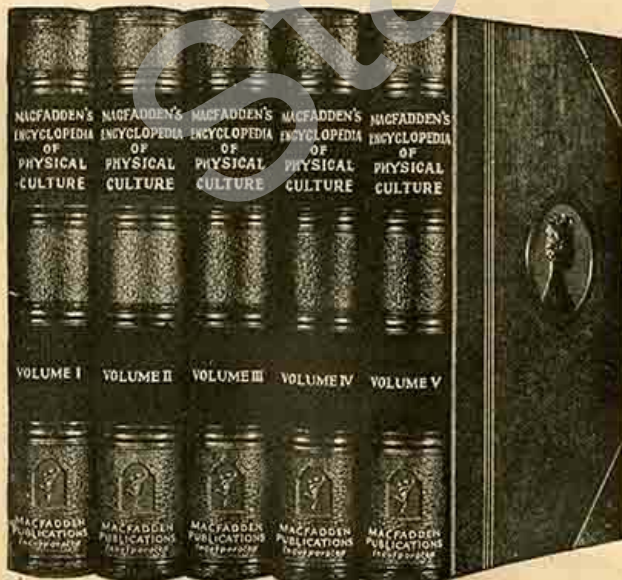
There is now no excuse for any man or woman to be ignorant of Nature's laws regarding health. Bernarr Macfadden has authorized us to send to anyone requesting it, on 10 days' free examination, all of the five beautiful volumes of his Encyclopedia of Physical Culture. And the request does not in any way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

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

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

The Average Person Pays Thousands of Dollars in Doctors' Bills

Nature is merciless. If you do not understand her laws and her methods of preventing and curing sickness, you suffer. She knows no excuses—she accepts no apologies. Animals instinctively know what to eat and how to exercise to avoid sickness. And even if through close confinement or when wrongly fed they become ill, they quickly recover their health when allowed to eat and exercise as their intuition guides them. The person who does not understand Nature's method of preventing and curing sickness is ill an average of 21½ days each year. In fact, it is estimated that the average person in a lifetime spends \$4,100 on doctor and hospital bills, loss of time from business, medicine and other expenses due to illness. Thousands of people are living half-powered lives because they are ignorant of the laws of Nature. Many of these people will fill an early grave, when they might easily have lived to enjoy a ripe old age.



George F. Buttner (picture at right), Bayonne, N. J., Jersey Harrier A. A. former one-mile and cross-country champion of New Jersey, writes:

"I suffered from headaches, could not sleep, I always was constipated. One day at a friend's house I became interested in the Encyclopedia of Physical Culture. From that day on I started to live as a human being should. I joined an athletic club, took up boxing and long distance running, my weight increased 15 pounds—all this while working 14 hours a day in my grocery business. I think Bernarr Macfadden a great benefactor of mankind."

Felix Walter Roehr, Physical Instructor, Mount Vernon, New York Turn Verein, says:

"Taking the entire work as a whole, I cannot imagine where one can find a better treatise on anatomy, exercise, all kinds of ailments, and treatment appertaining to same, dietetics, advice to the married and unmarried, and last but not least and most important of all the care of our children to make them future Americans of the right type—red-blooded men and women. I personally recommend it to all."

Edward Johnson, Fort Worth, Texas:

"My story dates back 10 years when I was 43 years of age. On account of my physical condition I was compelled to quit work—very discouraging. A friend from Chicago told me about the Encyclopedia. I at once procured the volumes. In 30 days I was back at my old job—a new man indeed. My trouble was in not knowing how to keep the inner self clean as well as the outer. I am today a better man at 53 than I was at 25."

Mrs. Donald S. Long, Joplin, Mo.:

"I was blue and despondent and wanted to die for months and months. But now I'm never blue—am full of ambition and I can hike as far as anyone. My nerves which were worn to a thread have improved. The miracle has been wrought in me through the Encyclopedia of Physical Culture."

Harold A. Packard, Lincoln, Nebr.:

"I bought a set of the Encyclopedia some 8 years ago and the education I have derived from the pages have added years of enthusiasm, pep, vitality, life and happiness to my life. They have brought me what I have sought for years—made a new man of me and a new world in which to live. I would tell any man to buy and when it came to price I would state further—buy at any price and let Macfadden set it."

In the last week over 100 letters were received from owners of this wonderful set of books—every day more such letters come to us. These we give here are examples of what thousands of owners are ready to testify to. Can you afford to be without this greatest of all health works?

Send No Money

We don't want you to send one cent now—we do not want one single penny from you unless you feel positive that these five books will be of wonderful help to you in building and sustaining your health.

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

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

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

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

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



Free Examination of All Five Volumes

So sure are we that after a brief examination of these books you will appreciate how wonderfully they will unfold to you invaluable methods and secrets of perfect health that we will gladly send the five volumes for your own personal FREE examination, for ten full days. The five volumes are:

- Vol. 1—Anatomy, physiology, diet, food preparation.
- Vol. 2—Physical training, gymnastics, corrective exercises, physical culture exercises for women, sports, athletics, beauty culture.
- Vol. 3—Fasting, hydrotherapy, first aid, spinal manipulation, mechanical diet and regimens.
- Vol. 4—Diagnosis and detailed treatment for individual diseases alphabetically listed.
- Vol. 5—Sex hygiene, physiology, motherhood, pregnancy, maternity, baby care, disorders of men and women.

You may have all of these five volumes for your free ten days' personal examination right in your own home and without sending one cent in advance.

5 Massive Volumes,
Over 3000 pages,
1300 Illustrations,
Beautiful Fabricoid Cover.

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1926 Broadway,
New York City.

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

Name

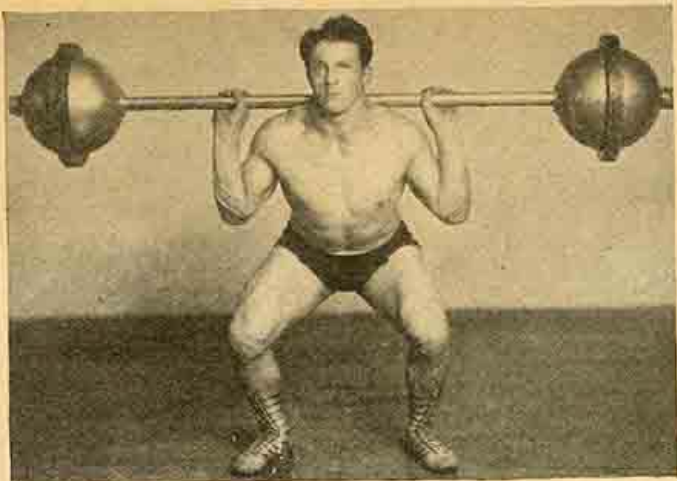
Occupation

Residence

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Business Address

Macfadden Publications, Inc., 1926 Broadway, New York



HENRY STEINBORN MILO

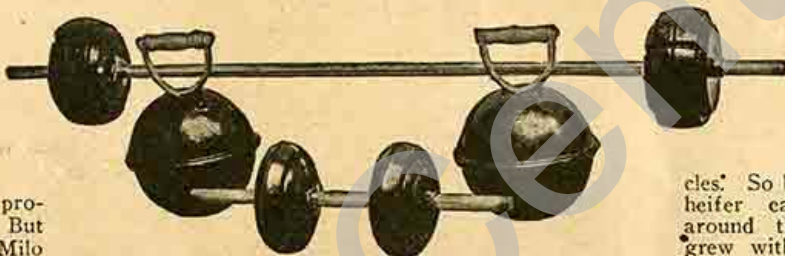
The Present Day Milo Henry Steinborn Milo

is here seen with an exhibition bar-bell in practically the same position as Milo of old carried his heifer bar-bell. Milo, of Greece, was compelled to wait upon the gradual and slow growth of his live bar-bell, whereas Milo of the present day, you or anyone else using a Milo Bar-Bell, simply slip a plate or two of the desired weight increase upon the bar. In this way you get rapidly increased strength and development.

There is no method of body and strength building more progressive than bar-bells. You can progress by leaps and bounds or in a small and gradual way. That's why the Milo Bells and Instructions fit every one's individual case. And it is also one of many reasons why you should begin and complete your training with a Milo Bar-Bell.

Who Was MILO of Greece?

Milo, of Greece, was the strongest man of ancient times. He gained this distinction by following a sound principle of progressive body and strength building. Milo unknowingly originated progressive weight lifting. But it remained for the Milo Bar-Bell Co. of the present day to develop Milo's sound principle into the efficient body and strength building apparatus that Milo Bar-Bells are noted for being.



This is Milo Duplex—the Best Looking Sets Made

Milo of old, because there was nothing like a bar-bell in those days, found a growing heifer the most convenient means of developing his strength and muscles. So by shouldering this same heifer each day and walking around the arena, his strength grew with the increasing weight of the heifer. While the heifer was most convenient for Milo, the Milo Bar-Bells are most convenient for you and far more efficient, although the original principle still remains.

Listed Below Are a Few of the Reasons Why Bar-Bells Are the Best Developers

- Can be made light enough for the weakest beginner.
- Can be made heavy enough for the strongest strongman.
- The oldest and best form of body and strength developers.
- Used the world over by the world's strongest men.
- No real strongmen use any other apparatus.
- Is the only true way to gauge one's strength.
- Is the handiest and safest method.
- You are not fooled as you are by other apparatuses which become weaker from usage.
- You always know just how much your strength is increasing when you use a Milo Bar-Bell.
- You will have to have a bar-bell eventually in order to complete your training, so why not get a Milo set now.
- With a Milo Bar-Bell every muscle you possess is thoroughly and quickly developed.
- Milo Bells produce a symmetrical physique, as well as great strength and large proportions.
- You should use a Milo set because there are 3 highly efficient courses of instructions given with it.

SEND FOR THE MILO FREE BOOKLET
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Philadelphia, Pa.

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JANUARY
Strength and Physique Shows
JANUARY 9, 1926
Milo Building, 2745 N. Palethorp Street
Philadelphia, Pa.
JANUARY 16, 1926
Bryant Hall, 728 Sixth Ave., near 42nd St.
[Times Square] New York City



MILO OF GREECE

Let European Gland Surgeons Show Results Equal to This Simple Home Treatment

You will be amazed, as I was amazed, when you find out the facts disclosed in the article below. The world has been electrified by the newspaper reports of the work of famous European Gland Surgeons. BUT they themselves admit the limitations of medicine and surgery. Now, a well known American scientist has developed a simple treatment that any man can use in the privacy of his own home—and it has been used already by 20,000 men with quick, positive results—in many instances almost miraculous.

By Byram C. Kelly, A.M., L.L.D.

BECAUSE I am just past 40 myself is probably the main reason why I made the investigation which disclosed to me a number of startling new facts about old age.

I had begun to wonder if I would soon start to "break"—to lose my old time pep and aggressiveness, my resistance to disease, when through a mutual friend I made the acquaintance of the scientist who has recently brought to light most interesting facts about the peculiar condition of men past middle age. And it is surprising what a multitude of ailments and weaknesses commonly ascribed to advancing years, have a real definite cause in a tiny gland.

Why Many Men Are Old At 40

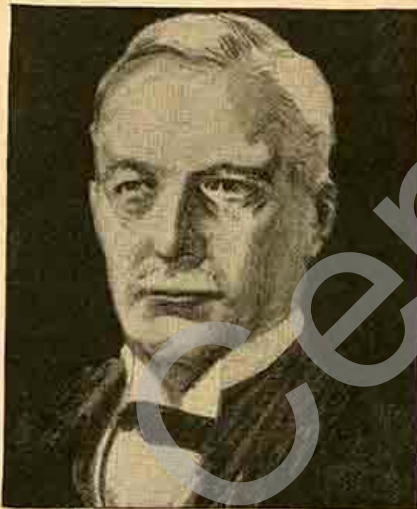
I have learned that nearly two-thirds (65%) of all men past a certain middle age have a disorder of a little gland called the Prostate. And Prostate Disorder is not only the direct cause of much distress, but it displays itself in many parts of the body, mental as well as physical.

Common Symptoms

It is not always easy to diagnose Prostate trouble from the fact that little or no pain may be felt in the direct region. However, many of the ailments heretofore have been simply taken for granted as old age symptoms—sciatica, aches in back, legs and feet, nervousness and irritability, frequent dizzy spells indicating high blood pressure—frequent nightly risings—are well known symptoms of Prostate trouble.

20,000 Men Find Relief

But here is the most amazing of all the things I learned: *Right here*



treatment has been quietly and scientifically tried out. And now it has been definitely proved that the results are beyond question and that the treatment can be effectively used by—and has been used by—men in every walk of life, statesmen, bankers, lawyers, doctors, etc.—men of all ages up to ninety.

All Explained in Free Book

If you are troubled with or threatened with any of the disorders mentioned above, if you have Prostate trouble—or especially if you are in a frame of mind where you believe that your years are simply having an effect upon your health, and your physical or mental activity, this message should be one of utmost importance to you. The discoverer of this treatment has written a wonderfully interesting book, which tells every man approaching middle age or older the full facts about Prostate trouble and its far reaching effects. It will be

sent to you absolutely free if you will simply mail the

coupon below. It describes the splendid treatment and shows how you may regain your youthful vigor and be free from certain disorders. No obligation. But mail the coupon at once—The Electro Thermal Company, 6453 Main Street, Steubenville, Ohio. Western Office, Dept. 64-U, 711 Van Nuys Bldg., Los Angeles, Calif.

The Electro Thermal Company
6453 Main Street, Steubenville, Ohio.
Western Office, Dept. 64-U, 711 Van Nuys Bldg., Los Angeles, Calif.

Please send me free and without obligation, copy of your interesting book, "Why Many Men Are Old at 40."

Name

Address

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

Indisputable Evidence



"Had trouble with my Prostate Gland for five years. Sent for Electro Thermal Treatment and about the third treatment felt much better. Can recommend your treatment to any one afflicted as I was."
—D. W. Cornelius, Pittsburgh, Penna.

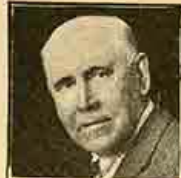


"It has wonderfully relieved my prostatic decline and bladder trouble and simply routed constipation and piles. It also imparts an exhilaration and buoyancy that is indeed very gratifying."
—M. H. Miller, Reedley, Calif.



"Had enlarged Prostate Gland. Had to be up ten to fifteen times at night. Spent hundreds of dollars trying to get relief then began using your treatment. I feel that the trouble is entirely relieved."
—Dr. J. Frank McMichael, Union City, Tenn.

J.W. Casey found quick relief after being a sufferer for thirty years.



Above are printed four testimonials selected by the writer of this article from thousands of such letters received by the Electro Thermal Company

in this country, more than

20,000 men have used a new treatment in their own home with astounding results. There have been no newspaper articles, no publicity. The



Are You Eating Your Youth Away ?



If the food you eat lacks the vitality that your body needs, your body will lack the vitality that you need. Read below how foods will keep the same people young or make them old before their time.



Alfred W. McCann

THE call of the world is for youth. Go to any athletic contest where even a man of 30 is contending against a younger aspirant and listen to the sympathy of the crowd. It is all with the younger blood. "Youth must be served" is the cry you hear from all quarters. Go into any business office and see who are holding the positions of importance. Once again it is youth. The demand of the hour is: "Give us more action and pep—we want young blood."

But look again into this business office. Take another and closer look at that fellow who seems to be literally sweeping things before him. Why he actually has gray hair above his temples—yes, and look, he has a bald spot on the back of his head! Why he must be 45 or 50 if he's a day. Right you are. In fact that fellow is closer to 55, but you would never know it. He never lost his virility or pep. He has lived a number of years and has seen and enjoyed as much of life as some of those other men who appear to have withered up and crawled into a shell, but he knew how to live. He still retains the vigor and animation of his youth.

The answer is simple. Age depends on the abundance of life and health in the body tissues and glands—not on the number of years one has lived. The man who has the priceless possession of perfect ruddy health is *young*, no matter how many years he has lived.

Food and Health

Health depends largely on a certain few chemical elements. Without them—or without any single one of them—we slowly die. The body is continually going

through a change of tissue. Old tissue decays and is carried off by the blood and through other channels. Without the proper elements to form new tissue and new bone particles our flesh deteriorates and our bones become brittle. Our glands cease to function. We lose the virility and animation which we possessed in our youth. This is soon followed by such diseases as gout, anaemia, high blood pressure, hardening of the arteries, etc.

The glow of youth then depends on wholesome food—foods which supply the tissues, glands and the bones of the body.

The Science of Keeping Young

Keeping young is a science. The study of this science teaches us that prolonged youth or premature old age depends on the kind of food we eat every day. It shows us just which foods prevent glandular decay, aching bones, flabby muscles and watery blood—and every other symptom of premature old age. It reveals some amazing things about our daily diet—things which the reader will find hard to believe, even when definite proofs are given.

In "The Science of Keeping Young," Mr. Alfred W. McCann, one of the greatest authorities on food in the United States, puts before the reader the startling truths about food. He points out exactly which foods furnish the greatest amount of nourishment for the various parts of the body and just how they furnish it. He shows clearly why some of

the most common foods—foods that we eat every day of our lives—are responsible for the diseases and breaking down of the glands which makes people old at 40. Every page of this remarkable book contains information which cannot be reckoned in dollars and cents. Every chapter you read adds years to your youth. When you have finished reading this book you will have a clear conception of how to avoid becoming old while in your early 40's.

"The Science of Keeping Young" changes your entire outlook on food—it opens your eyes to a great many things about health and youth which you are now unaware of. It shows you the way to glorious new health, strength and youthful vitality. People who were run down, tired out and "old" at 40 are astonished to find themselves bubbling over with new energy, virility and youth after following the suggestions given by Mr. McCann. It is one of the most marvelous books in modern science and is written in a fascinating style that will grip you and thrill you with its startling revelations.

10 Days' Trial

If you want to keep your youth thirty years longer—if you wish to retain the virile powers of youth on through middle life and even into your sixties and seventies—if you want to live to a ripe old age, if you prefer knowledge, health, success and longevity to ignorance, disease, failure and premature old age, send for a copy of "The Science of Keeping Young" NOW.

If YOU would avoid the drug store, if you would be spared the terrible suffering of disease and save the enormous expense in money and opportunity that sickness incurs, order your copy at once as the present edition is limited. If you are not delighted with the book after reading it for 10 days return it and your money will be refunded at once. Just fill out the coupon and mail it now, as the present edition is limited to 1000 copies. Address

EUGENICS PUBLISHING CO.

Dept. 91 1658 Broadway New York City

Eugenics Publishing Co.
Dept. 91, 1658 Broadway, N. Y.

Gentlemen: Enclosed please find \$3.00 for which send me prepaid, Alfred W. McCann's wonderful book, "The Science of Keeping Young," with the understanding that if I care to return it in 5 days you are to refund my money in full. (Sent C. O. D. plus a few cents postage, if desired.) Orders outside U. S. must be accompanied by money order for \$3.25.

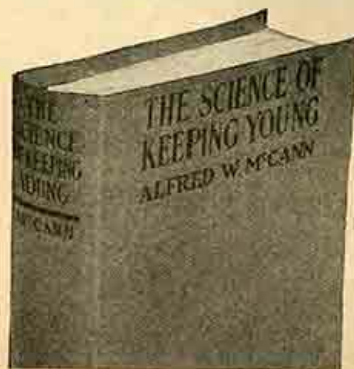
Name

Address

City

State

[] Elizabeth A. Monaghan has written a valuable cook book based upon the scientific principles of "The Science of Keeping Young." The regular price is \$1.50. As a special combination offer, we will send you this book for only \$1.00 when ordered with "The Science of Keeping Young." It wanted place an X in box



Editorial

Two Great Athletes

ONCE a football player told me that there was one big difference between a football player and a track man. If the football man got a kick in the leg and a charley horse, the trainer told him to run a mile and finish with a sprint *after* practice, to see if that wouldn't help; while if a track man thought he had a cold in the head he knocked off practice for a week.

Maybe that is a correct diagnosis, and strangely enough, it must work, if it is true, because both football coaches and track coaches are held rigidly to results, and they cannot afford to employ any methods except the methods that bring results.

Two things ought to stand out as astonishing in the past year's athletics, and the two things are closely connected with the year's two greatest athletes, Nurmi and Red Grange. Nurmi came to America and ran his races against a watch on his own wrist. This was a real innovation in middle distance running, and so obviously a good thing for all concerned, that why no one ever tried it before is past imagining. When we stop to consider how much ingenuity and energy have been wasted on pacing in the past, the simple solution of the Finn should make a lot of track men hold their heads.

Nurmi's Wrist Watch

Champions have been paced in races by team mates able to bring them around at the desired speed, and then forced to drop out. Champions and near champions have been run off their feet and eliminated by the tactics of a rival coach, who had sent in one good man to win the race, and another to run the favorite ragged, before the race was half over. Now no miler will be worried when he is going along at what he knows is about the right pace, if some one flashes past him like a race-horse.

Of course so simple a thing did not make Nurmi the unquestioned king of the track, but it certainly enabled him to carry on his extensive campaign without worry and undue strain, and the addition of this simple stunt to their stock in trade has helped increase the speed of almost every middle distance man in America.

What made Grange a great star, if not the greatest running back of all time, is a hard thing

to diagnose. He seemed, in his only game in the East, to have everything. Opposed to a line which was rated, prior to his coming, as the best in the country, he simply ran wild. In the Pennsylvania game alone he was supposed to have gained about 350 yards out of the 450 yards his team made. He ran with the ball thirty-six times for an average of almost ten yards at a clip.

Grange

The Penn team was not nearly as bad as it looked and presumably neither Grange nor Illinois were as good as they looked, but Grange was good enough to completely paralyze the Penn defense, and dishearten the offense, making Young's team look like a very poor aggregation, indeed. But Penn was not the only team against which Grange carried the ball more than thirty times in the course of the game, and for a substantial gain at that.

No man can go through such a physical ordeal without being in superb physical shape, and of course his summer training ice man stunt has come in for a lot of praise and emulation. Whether lifting ice is a really good form of weight lifting or not, is more than problematical, but there can be no doubt that it is one form of weight lifting. That lifting ice did not make Grange the great back he is, although it did contribute, is a certainty.

When Grange carried the ball he seemed to take his time about getting under way, and he certainly picked his holes, and when he started to go he could travel, and when some one hit him they never seemed to be able to stay with him. If it was necessary he could reverse his field, pivot or shake them off, and he never seemed to tire.

Perhaps the most important thing he did was make up his mind where he was going before he started to go. Some men get up on their toes and plunge head-long into a stone wall defense, and wear themselves out uselessly, not only in football but in every thing they do. Watching Grange is a beautiful demonstration of the futility of such tactics. No waste effort, no lost motion, no false starts. Every move he made was calculated to give him the best results, and it was not only calculated but made in accordance with the calculations. (Continued on Page 85)

Exercise: Beauty

Good Health and Good
Hand — Exercise Plays
the Beauty

By Ralph

IT has been a fixed idea of men that women were vain creatures, at least more vain than men are. This may or may not be true, but at any rate it has enabled women to actually show an interest in their own good looks which men, if they had them, were compelled to keep under cover.

Think of the great number of beautiful women whose pictures are published month after month in any number of magazines, and realize that practically nowhere do the male stage or screen stars get by on beauty alone, let alone any candidate for the more usual forms of masculine preferment. There have been male beauties, but these men have almost always tried to run away from beauty as an recognizable asset.

If this whole attitude was much more than a pose, there would not be so many barber shops and hair tonics in existence as there are; but at any rate it has enabled women to be frank about an interest which is present in a large proportion of the members of both sexes. However, women do not seem to have realized how large a part exercise can play in the development of their charms, and there has been practically no recognition of the fact that good health and good looks are very apt to go hand in hand.

Since women have long felt that their physical attractiveness was a matter with which they could concern themselves, without this concern being in any way a reflection upon themselves, it is strange that the methods of body-building which women can and should use are not better known.

Perhaps this is due to the rather false tradition on which women's interest in their personal appearance and men's supposed lack of interest in their was built.

STAN
N.Y.

The Road to and Health

Looks Go Hand In
an Important Part In
Question.

Hale

The happy thought was that woman's job was to make herself attractive to man, with the idea of ensnaring him; and conversely man's object was to escape ensnarment.

Hence, attractiveness is an attribute to women and a disadvantage to men. This theory must have been evolved by the unattractive men. Certainly it does no one else any good.

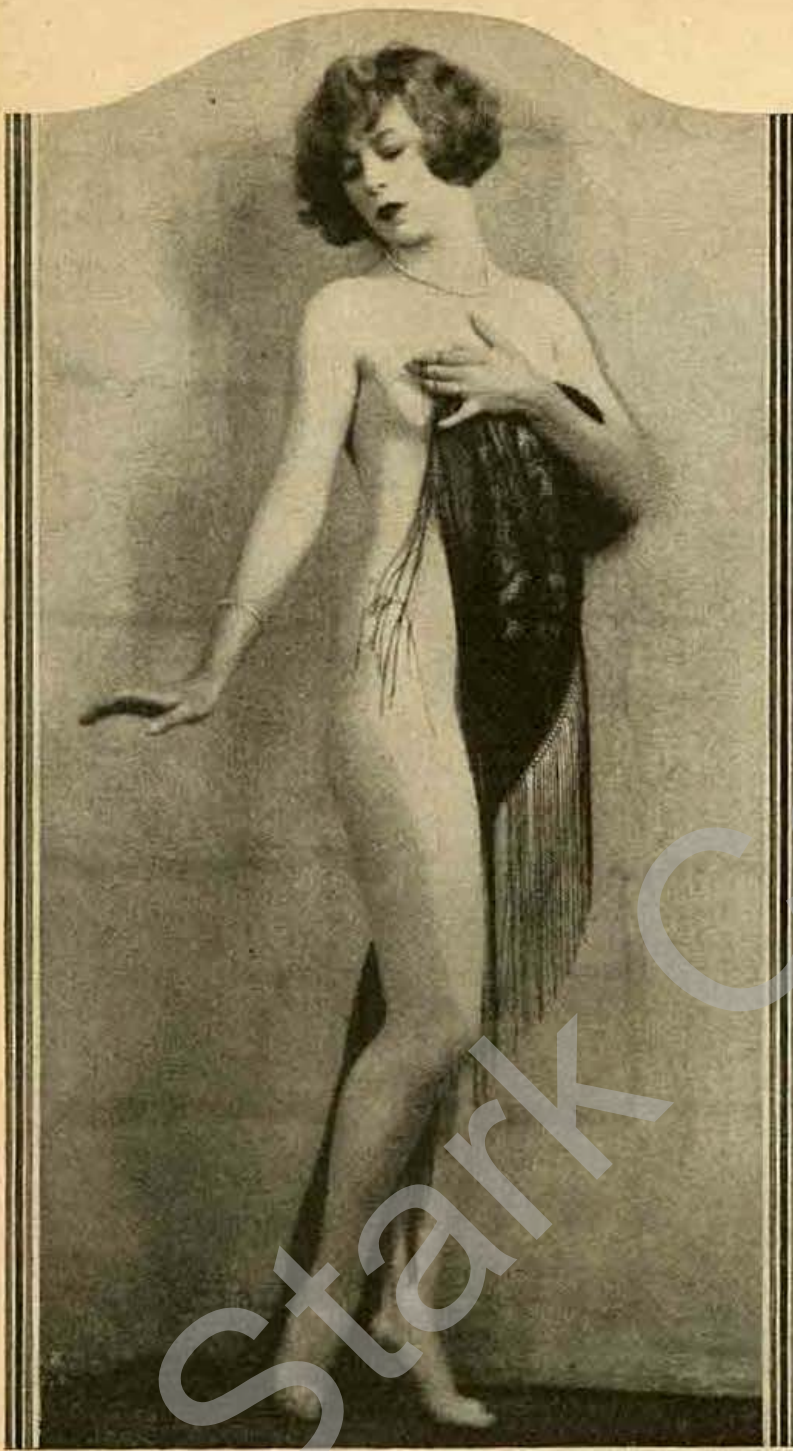
No ambition is really more important for either men or women than a desire to make the most of themselves physically. Now it is our contention that a well-developed, well-proportioned, healthy body must be good to look at. Of course, such a body will set off evening clothes or a swimming suit, and it is perfectly natural for people who desire either of these ends to pursue a sound body, but whether or not you are interested in making yourself attractive physically you should be interested in making the most of yourself.

Undoubtedly the girls of today are healthier and better looking than the generation that preceded them. The pictures that accompany this article will go a long way to prove that. Nothing can go further to prove it than their own confidence in their charms, as expressed in the present styles of clothes for women. The girls of today are not merely wondering about ways and means to improve their figures. Most of them have found some means, and the results have been accomplished. With the achievement has come the willingness to prove said fact as evidenced on every hand.

Like all good things there must have been more than one contributing cause in so far as this change is concerned. Perhaps the largest single change has been in the great spread of athletics and athletic training among girls. When cro-

Mary Marcelini. A show girl today cannot afford to put on weight—it would be a tragedy.





Copyright by De Mirjan.

Miss Douglas. The girl on the stage might like to take things easily but she cannot—not without paying her price.

quet was a violent sport, it neither claimed nor got much in the way of physical development from the devotees of the game. I am not an expert in the gentle pastime, and may under-estimate the degree of skill required for attaining excellence, but it seems to me that no one can under-estimate the amount of physical energy burned up in an afternoon spent at the grand old game.

Of course croquet was a sport encouraged only among the wealthy and leisured classes, since such strenuous exercise could not be undertaken under ordinary conditions, and since the less leisured classes had lots of other things to occupy their minds. No doubt the peasant girls of Europe, until they marry and produce large families and their own physical breakdown, more or less

simultaneously, have always numbered many girls with perfect or nearly perfect figures. No one has to go to Europe today to realize this. On many small American farms where the daughters of immigrant fathers are induced or compelled to work in the fields, the farms not only produce profit because daughter is not paid, but sometimes, and more often than you would suspect, a daughter who eventually finds her way to the Follies or the movies.

Not all good figures are produced in swimming pools or on athletic fields. No more are all strong men produced by a voluntary following of rigorous training methods. Some of us get there in spite of ourselves. The number that are on the stage as a result of hard work producing a beautiful body is much larger than the average person realizes.

There is one joker in this good figure question, and it is the same joker that pops up in the after life of the college football players who run to too much weight. Hard exercise, voluntary or involuntary, taken on the farm or in the gymnasium, over a long period of time, not only builds a splendid physique, but also a first class physical condition. It builds habits of eating which are not easily forgotten, and it builds a digestive system that is nearly perfect.

If the full-back from the dear old school has graduated into a brokerage office and found the picking rather easy he is likely to show signs of it quickly. The girl athlete who graduates onto the stage might like to take things easily but she cannot, and she certainly has that much on the full-back anyway. If all the longevity tables are true, and the life insurance companies are betting on them every day, she is a whole lot better off. Incidentally those life insurance figures are a perfectly good reason for anyone to wish to look well in a bathing suit.

Increased weight after thirty-five is dangerous, and it is more or less inevitable in many cases, unless something is done in the matter. Something may mean diet, rubber corsets, or watchful waiting, but real results can only be gained by a combination of diet and exercise, meaning exercise to the point of perspiration.

No athlete ever expects to attain physical perfection except by his own efforts and no one can hope to attain a perfect physique except by effort. Straight legs and a straight back, a generally well proportioned body may be yours as a starter in this life, but you cannot keep them without an effort, and if you did not start with such an advantage your task in acquiring a perfect form is that much more severe. It is true that some people are so handicapped physically that they can never overcome their disabilities, and some others are so handicapped that they dare not even try to better themselves for fear of injurious results upon themselves. However, no one should assign themselves to this class without first consulting a good physician and conversely, once consulted

and assigned, it is extremely dangerous to decide that he made a mistake. Should any such idea occur, consult another and, if possible, more reputable man. Do not attempt work or exercise that any competent person has advised you against unless you can find another and a better authority.

For the average man or woman no claims too great can be made for the benefits of exercise. To those whose physique will not stand the strain, exercise can do incalculable harm. Presumably every one is aware of this and yet it must be made clear time and again to avoid disastrous results.

Probably most of the made beauties in this world first determined that diet is going to be the means by which they will gain a perfect physique. This is undoubtedly true of the great class who are most interested in weight reducing. Nowadays it is not unusual in girls' schools, and in offices and shops all over the country to come into contact with girls who have resolutely adopted and are resolutely following a well-planned diet scheme and who are getting results from it. Any number of them do not eat bread or potatoes, and pass up sweets altogether, and never take a second helping of anything else. Besides they eat some green vegetables and whole wheat bread or bran as a part of their regular meals.

Such a diet will accomplish wonders. Most of them combine this diet with exercise of some sort and the combination is doubly effective.

Real as the problem of the girl in private life who wants to reduce may be, there is no question that putting on weight for a girl on the stage today is a tragedy. Averting this tragedy has become a constant study with stage girls and it has resulted in not only the above outlined diet, but also in a growth of private gymnasiums and training schools in the principal cities of the country. Many girls go in for acrobatic dancing as an aid in their general work and as an immensely effective form of exercise.

From such schools have come the "Gertrude Hoffman Girls," girls much more expert and much better instructed in dancing than not only the average run of chorus girls of ten years ago, but even more than the average run of girls of today. When the "Tiller Girls" first appeared in America they seemed, as a group, to be so much better trained than any of our home-grown girls that it looked as though we would never develop a chorus that would approach them. Whether we have developed their equals or not may be doubtful, but there is no doubt that they have been the cause of a general improvement in chorus dancing, as a whole, in this country.

Rope-skipping, one of the best of all reducing exer-



Neva Lynn. Straight legs and a straight back, a generally well proportioned body may be yours, but you or the show girl cannot keep them without an effort.

Copyright by De Mirjian.

cises, has certainly come into its own. You cannot go into a gymnasium today where they do not make a point of it. Of course rope-skipping has been a part of the play of every little girl in the country, and a part of the training of every prize fighter, for almost as long a time; so the gymnasiums which are endorsing it and teaching it are not making any very radical steps, but they merely are helping the girls to reduce.

Girls, like men, who are rather thin and want to develop rather than reduce have a much larger problem on their hands. Mr. Paulinetti, (*Continued on Page 90*)

Years and Inactivity cannot take from an Athlete the Spark that Makes for Greatness.

Pat McDonald, Olympic Winner and conqueror of men less than half his age in many events. He is fifty-two and expects to win championships for at least ten years more.



Once Always An

What is So Inspiring About Refuse to Bow to

By T. Von

"Throwing it over the house?" asked Robbie, incredulously.

"Yep," said McDonald. "Av course, the houses aren't so high in Ireland, but he was throwing it over the house, and my grandfather was catching it on the other side."

Of course, Pat has the right idea of never letting real facts interfere with a good story, but there is more to it than just that.

Once a man is an athlete the chances are he will always be an athlete.

Just the other day I met Jack Kelly, the greatest oarsman of modern times. Jack was many years becoming a world's champion. He rowed for fun at first, then gradually built up to the stage where he became a national champion, won two Olympic crowns and reigned so com-

pletely above the field that there were none to challenge his sway.

When I met Jack he was donning a basketball suit. He has made a brilliant success in the business world, where in the past five years he has become a prominent contractor.

"What are you doing in this gym?" I asked. "Thought you were too busy for this kind of stuff."

"I thought I was, too," said Jack. "Fact is, I did quit all forms of sport for a long time. But I began to feel off-color, although I was working hard enough to suit almost anybody. Now I'm rowing just a little bit again, and I get in here several times a week to play basketball and handball and swim or box. And then, too, you find your mind resting a bit easier when you're participating in some sort of athletics. Guess I just can't keep away from sports."

There are many such figures in sports.

Those who have achieved outstanding prominence in sportsdom have been athletes born in the regal purple of the sports world, natural athletes.

There are few who will dispute that. The athlete is born. And once he is an athlete he is always an athlete.

It was after one of the big eastern football games this year in which Harvard took a terrible defeat. I was riding homeward in the train with one of the officials, and

FIFTEEN years ago, in 1911 to be exact, Pat McDonald won his first national shot-put championship.

Pat is still one of the world's greatest weight throwers, an Olympic winner, conqueror of men less than half his age in many events; six months ago he was still good enough to win a sectional title. He is in the vicinity of his fifty-second year and expects to be winning championships for at least ten or fifteen more years.

Last summer Pat went back home to visit the folks in Ireland. When he returned to the United States he met Lawson Robertson. Robbie, who succeeded the late Mike Murphy as trainer of the University of Pennsylvania athletes, and coach of the track team, used to be a great sprinter himself when he and McDonald were team-mates on the old Irish-American A. C. in New York.

"How were things in Ireland?" Robbie asked.

"Foine," answered McDonald, who hasn't quite lost the brogue despite his years on the New York police force. "I had a foine time with my father. The ould man is still a bit of an athlete himself."

"What's he doing?" asked Robbie.

"Well," said McDonald, "you know he always could put the shot pretty good. He was throwing it over the house."

An Athlete Athlete

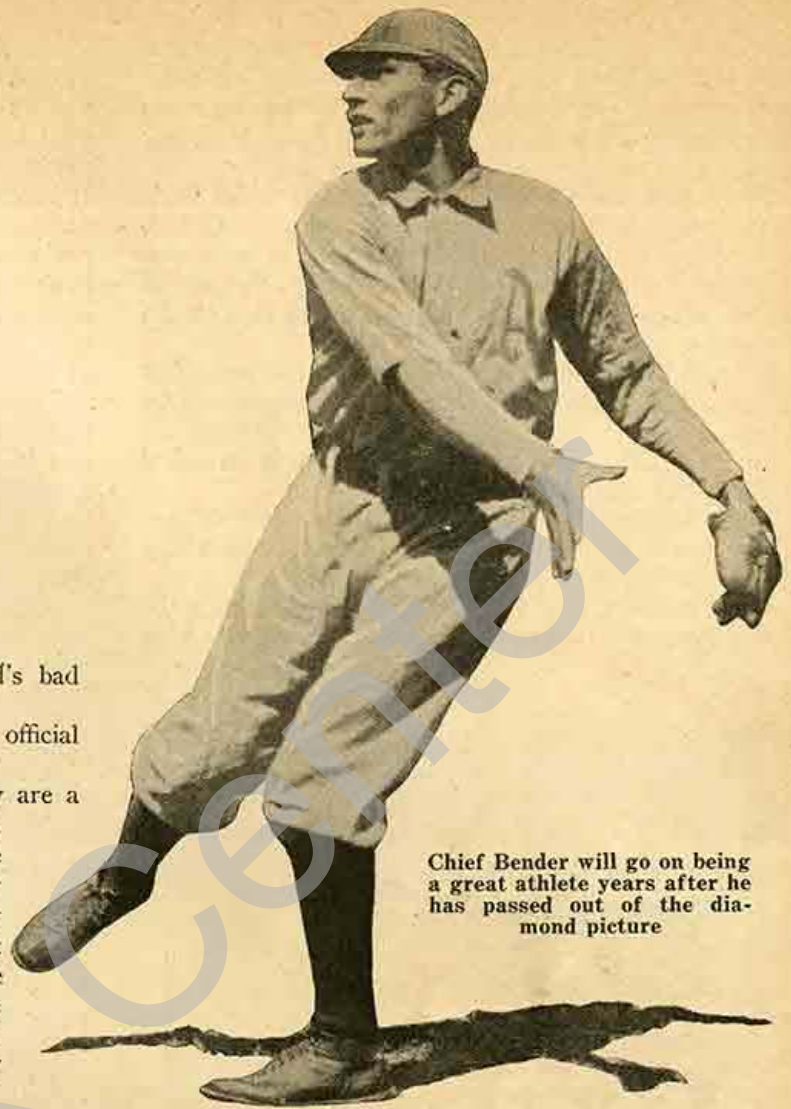
Those Old Fellows Who
the Dictates of Time?

Ziekursch

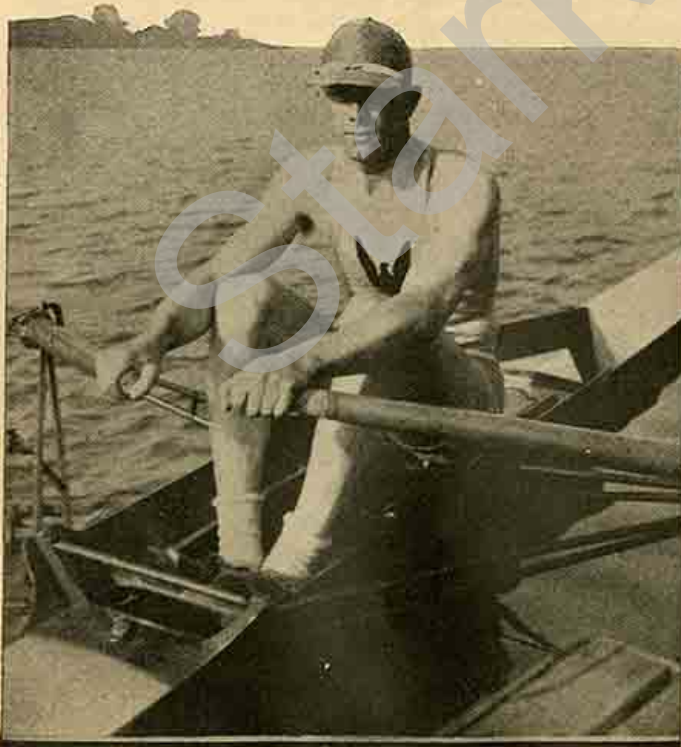
the discussion turned to the causes of Harvard's bad showing.

Various reasons were advanced. Finally the official to whom we were talking offered his ideas.

"I felt sorry for those boys," he said. "They are a game bunch and a fine, big team. What's more, even though it might have looked like a rout to the spectators up there in the stands it wasn't. They were fighting just as hard at the finish as they were at the first kick-off. But they just are not natural born football players. They don't act like football players, and all the coaching and practice in the world won't make football players of them. The football player is born, and coaching only



Chief Bender will go on being a great athlete years after he has passed out of the diamond picture



Copyright by Keystone View.

Jack Kelly, the greatest oarsman of modern times.

developes what instincts he has for the game naturally, it doesn't make him."

There are still some remarkable examples of the "once an athlete always an athlete" theory in baseball.

During the past summer I was talking to Ty Cobb on the subject. Ty is slowing up after twenty years in the major leagues during which he certainly burned up more energy than any player who ever lived. Ty doesn't want to play any longer, or thinks he doesn't. His throwing arm that used to be deadly has lost most of its pristine vigor, and they are getting triples on long wallops over his head that he used to settle under with ease. He has tried to put younger men in his place at center field with the Tigers, and he very likely will start some youngster there again this coming season. But when their hitting doesn't measure up to what he knows he can produce, and when their brains don't function as his does, the old fire rises and out they come, to be replaced by—Ty himself.

He just thinks he doesn't want to play. When you figure that Ty Cobb holds the world's record for having batted better than three hundred for twenty years, and has a grand average of around .370 for a full generation in the fast set, during which he was a marked man, with every pitcher using his last resource of cunning whenever the great Georgian came to bat,

then you have some idea of his unforgettable greatness.

He also holds the record for having been at bat more times than any player who ever lived, for having made more hits than any other, for scoring more runs, for greatest total of bases—and he isn't through yet.

There are other sides to Cobb, too, sides which he is just developing. He is a devotee of the hunting field, works his own bird dogs, and he is developing into a corking golfer and tennis player in order to be proficient at some other lines of sport when his active days on the diamond must come to an end.

He will be prominent on the golf course years after he has put away the spiked shoes of the diamond—if he lives.

Once an athlete always an athlete. That is an axiom of the sports realm.

There is something inspiring about these old fellows who refuse to bow to the dictates of time, and withdraw behind the refuge of the years.

When watching Eddie Collins play second base for the White Sox, or in closer association with the great king

of the keystone, it is impossible to think of him as the veteran of almost a generation in the majors, a hero in world's series strife fifteen years back. Who would give even a moment's consideration to any thought of displacing Collins in favor of some energetic youngster? It isn't being done.

Another grand veteran, closely connected with Collins again, as he was long years ago, is Chief Bender, the ancient Chippewa Indian who offered the only real resistance to Christy Mathewson and the New York Giants when they conquered the Athletics in the world's series of 1905.

This past season Collins brought Bender back to the major leagues as coach of pitchers with the White Sox, and in a few weeks the Chief had more than earned anything the Sox paid him, for he took a kid pitcher, Ted Blankenship, who had every natural quality but couldn't seem to produce, and made a star of him in short order.

But that wasn't all. One day in August when the Sox were beginning to draw attention by their remarkable showing, I sat on the bench talking to Collins while Bender was pitching to the batters in practice.

"The Chief is still good," said Eddie. "I will probably use him in the box if I need him."

But Bender will go on being a great athlete years after he has passed out of the diamond picture. He is, without doubt, one of the world's greatest trapshots, and he plays a fine game of golf. In addition to that, the Chief is a remarkable figure in the hunting field. Out on the mountains he covers twice the territory of the average man, and is such a remarkable shot that one region where he formerly used to be invited now hopes that he will never come back because he never misses and gets the best of the game:

I don't know of any more remarkable case of "once an athlete always an athlete" theory than Johnny Dundee, in the boxing ring.

Dundee has been in the ring these past fifteen years. He was a grand little fighter when Johnny Kilbane won the world's featherweight title, and for thirteen years he chased that championship before he finally won it. Then he took it from Eugene Criqui, the Frenchman who had wrested it from Kilbane.

Before he became a crowned king in the rosined ring, Dundee had engaged in more than four hundred battles, a record that is unique.

Considering the peculiar style of Dundee, his amazing jumping tactics and the pace at which most of his fights are carried on, it is almost unbelievable that he should have gone on, and might still be at the top if ambition had persisted.

Perhaps there is no more conclusive bit of evidence to prove that once a man is an athlete he is always an athlete than a case afforded in the weight events.

It is the case of George Gray, the one-time famous Canadian, who won our national championship nine years in succession, from 1887 to 1896.

He was without serious rivals and hung up all the records with the big ball.

Then he disappeared from the bright glare of athletic competition. His lumber interests kept him far up in the forest country and the sports world forgot all about him. Only the real dyed-in-the-wool followers of the weight events remembered that such a person had ever existed.

(Continued on Page 89)



Copyright by Keystone View.

Jimmy Dundee, another example of the "once an athlete always an athlete" theory.

Gripping for Strength

A Remarkable Method of Exercise That Brings Development and Strength.

By Jack Russell

THERE is probably a time in everyone's life when he wishes to be stronger and have more endurance. This may first make itself known in boyhood, in an argument with the school bully, or it may manifest itself in middle age, when a man commences to feel himself slipping. If you would ask one hundred boys if they would like to double their present strength, you would probably receive one hundred answers in the affirmative. The answer is revealed in the Bible adage, "The glory of young men is their strength."

Regardless of age, however, there are very few people who would refuse to increase their strength, improve their appearance, and experience all the joys of living a physical culture life, if they could acquire these things without too much effort. The plain truth of it is that most people are lazy. They will not exert a sufficient amount of energy to the care and welfare of their bodies, which if left undone will cause them to slip backward rather than go forward.

If more people realized the



Fig. 2



Fig. 1

importance of devoting only ten to fifteen minutes daily in the maintenance of physical perfection and the care of it, there would be far less dyspepsia, rheumatism, under nourishment, or obesity. If people only knew what it means to possess robust health, strength in abundance, and the feeling of satisfaction that accompanies a well-muscled body, physical cultur-

ists would be in the majority rather than in the minority.

Strength, then, is life, and life in the big sense means achievement and happiness. To get it, one must be willing to exert effort. Exercise, then, for the cultivation of strength, for the sake of effort, and for the ideal of a life of effort as the means of building strength. You may consider it from either a mental, moral or physical standpoint. The man who is incapable of effort is dead. You

will find that strength is a part of everything that will help to make your life more worth while. So long as you have strength, anything and everything is possible; without it you are nothing.

STRENGTH is a magnificent word. Make it your motto.

I must reiterate for your impression, that if you hope to get strong, to win the battle for strength, then you must, by all means, emphasize the importance of injecting effort into your training; and, to achieve the fulfillment of your desires, you must do the kind of exercises that require effort. One of the finest systems of exercises that requires a great deal of effort, and one that gave me a development sufficient to start in with the heavy lifting of weights, is that system of exercise

Fig. 3

called "grip system" or tensing exercises, advocated by the great Eugene Sandow. I made this system my means of exercise when I first started in to train; and I am presenting it to you without the complication of the Sandow course, but with original variations I devised for my own use.

If you are to succeed, you cannot be lazy; and, furthermore, I really think you are wasting your time to read further if you are the type of person who has not the gumption to exert a little effort. This article is dedicated to the philosophy of effort—effort put forth for the cultivation of strength. I said the "grip system" is good for building up the muscles. Yes, it is that. It gives foundation for the undertaking of bar bell work, which is the greatest of all body building exercises. My opinion is due to the fact that I actually saw physical

and nervous wrecks transformed into live, energetic beings that radiated happiness and joy wherever they went, as a result of sticking ardent-ly to the work at hand.

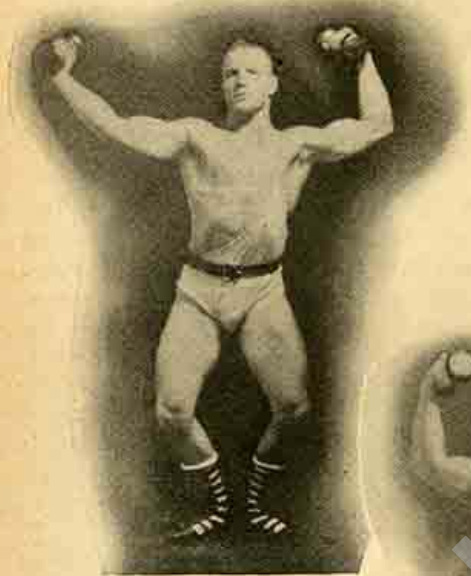


Fig. 4

Let me tell you a little story about a boy who had one ideal in life—to be strong. Now that boy was ostracised for sticking steadfast to his purpose because his mockers were narrow-minded and were afraid to get down to "brass tacks." Among themselves they thought the boy was absolutely an idiot, and considered the movements he performed day in and day out as absurd, painful, and idiotic looking. He knew, however, that by doing these movements he would enlarge and strengthen the puny framework that was his. When he finally succeeded in his purpose, they became ashamed. However, read the story; it may be a tonic for you.

An exceedingly delicate boy became absorbed in a very old script of *STRENGTH*, and as he read page after page he became greatly enthused with the idea that he, too, could emulate the magnificent specimen of manhood portrayed in the maga-



Fig. 5



Fig. 7

zine that was so vitally interesting to him. The illustrated pictures were of Eugene Sandow, and the more he gazed with awe and admiration at the beautiful figure portrayed in the magazine, the more he wished to pattern himself in the fashion Sandow presented—but how? He purchased numerous health magazines and commenced to investigate how he best could train. He experimented with many courses, in order to get the best method to obtain results; he secured every bit of information about strong men that he could gather, in order that he, too, might some day become as perfect in physical proportion as they were. From all his information he commenced on setting up a standard of training. He tried to systematize his exercises and faithfully follow them. He was often discouraged, for many of his classmates ridiculed him and called him a "nut." It got to be so bad that the poor fellow began to hide away in order to enjoy the golden moments his exercise afforded him. Still they ridiculed him and persuaded him to be sane and relinquish his foolish ideas; but this served to make him more determined in his purpose, and he solemnly vowed to make them eat their words and show them by results the necessity of his undertaking.

There came a day when he relaxed his vigilance a trifle. He became deathly ill. His mockers laughed tauntingly at him, when, on his return to school, he started all over again with a new-born enthusiasm. Time went its way very slowly, and it seemed to

defeat his purpose; but whenever some mockery was flung at him he became more fixed in his determination to disprove their thoughts about him. Some humans are exceedingly narrow-minded—they were terribly so. He plugged, sweated, swore, but at last results came. His mockers began to note a change in him. Their tone of indifference changed to one of surprise and curiosity. He, as well, shared in the general astonishment, and as time went still further on he neared his goal. At last he had proved himself, and the cherished dream of emulating the physical proportions of his ideal were his. Today



Fig. 6

his mockers regret that they did not join him in his belief rather than to have discouraged him.

I mentioned this story so that you might be prepared for similar derision; pay no heed to it, however, and you will go on to your goal unhampered.

In the grip exercises all that you need is a small dumbbell weighing anywhere from two to five pounds, or a short steel bar or piping. Even a broom handle would do, so long as a light weight could be attached on the ends to give it a certain amount of resistance, which helps to derive benefits from the exercise.

Again, before I tell you how to perform the exercises, I want to enumerate the primeval factors, which consist of effort, will power, and perseverance. If you judiciously manifest these in your program, then there is no reason under the sun why you cannot enhance your development and realize your ambition. Your effort counts in the exercise. Therefore, you must put all you know in the work if you are to succeed. It certainly is a great comfort to know that you have will power, that you are not lazy, can exert effort, and be in the "live wire, go-getter" class.



Fig. 10

be measured by the tenacity and perseverance acquired through the rigid principles of muscle building.

In the first exercise, plant the feet firmly on the ground, the knees bent enough to give the legs a certain amount of work; flex the right arm with the left arm bent at right angles in front of you. The right arm should be close to the body, elbow pressing in the side, forearm rigidly held parallel to the floor. Have you got that? Take a look at Fig. 1. Now with all you've got, squeeze the handle of the bell, tense the muscles and throw your whole being into them, even if you grunt at first. Now, buddy, don't forget to make a face when you do it. Fig. 1 shows the athlete in the assumed



Fig. 9

Endure the vigorous work put forth by exercises for muscular development, and it never will be said that you are a quitter. Success in other activities can

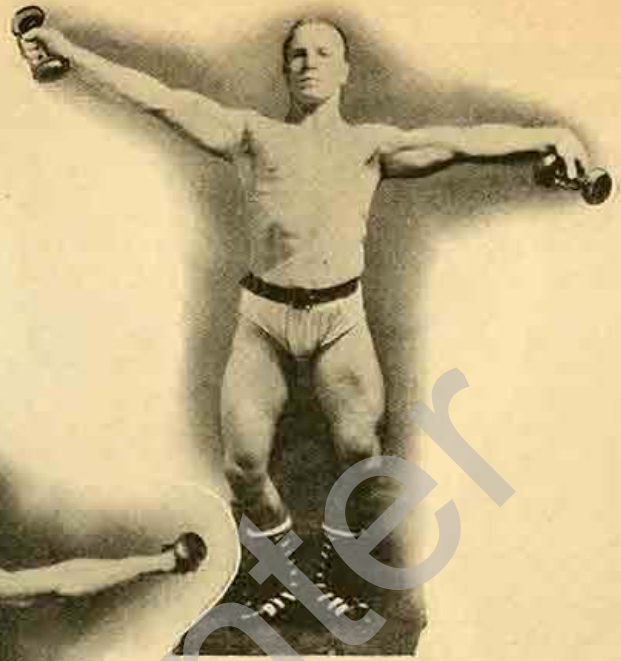


Fig. 8

position, but don't think for one instant that he is exerting pressure. If he did, his face would not be trying to look so nice. Instead, his teeth would be gritted tight, and his facial muscles would be so distorted that even the great Lon Chaney, of motion picture fame, would have to go some to duplicate his fierceness. Look at Fig. 2, will you? I'll bet you couldn't duplicate that face; but, however grotesque it might be, it can be done. Its imitation depends upon the tremendous amount of effort you put into it.

Now let's see what kind of a face you can make in the next exercise. Oh, by the way —when you finish squeezing in the first

exercise, relax the muscles fully, and then slowly change the arm position to the opposite side, and exert pressure by gripping the bells hard and tense the muscles until they seem to burst, ever the while keeping the feet planted firmly on the floor with the knees bent. Now, ready for the second? Same position as in Fig. 1, excepting the left arm. Have that out straight in front, not bent this time. Legs same as before, see Fig. 3. Now, grit your teeth, squeeze! squeeze! tense those muscles, push the left arm as far front as the body will allow it to go without changing the original position, and ever so slowly try to curl the right arm. Gosh! what a face you make. Still, it could be worse. Come on, put more effort into it. That's the stuff. That is what I'm looking for. Relax completely, change position of the arms and start the squeeze going again. This exercise is very good for the trapezius muscles, located between the neck and the shoulders, and, in fact, every exercise in the whole grip system aids in the general muscular development. The forearms, and especially the triceps, are given much benefit by the vigorous tensing stipulated in the exercise.

Take the position shown in Fig. 4. All set? Squeeze, make the arms shake from the pressure. Relax, change arm position, squeeze again, (Continued on Page 86)



Tableaux posing.

THE general conception of artists' models seems to be that they are born, *and not made*. Therefore, it may surprise you a little to know that it is just as possible for you or anyone else to become a model from a course of training, for the purpose of entering the model profession, as it is possible for you or anyone else to become an accountant, stenographer, bookkeeper, etc., from courses studied for entering these professions. That is to say, you can be trained to become an artist's model and have just as much chance (likely more) of becoming one as you will have of becoming an accountant, stenographer, etc.

Of course, like everything else, those born with a liking for posing work are more liable to succeed at it. There are some people who could *never* become an artist's model, which is well, because it makes it difficult enough to make it worth doing. Further on I will tell you just how to go about getting engagements—or "show you the ropes," as it were.

There are really two classes of posing to be obtained. One is posing in student classes in Art

How To Become An Artist's Model

Are models born or are they made? How is it possible to become one?

By Charles MacMahon

Schools. An art student is generally considered well advanced when he is allowed to work from life. The classes in which a model poses partly or entirely nude are called life classes. There are also "portrait classes," in which the model usually is clothed. Then there are the "head classes," in which a person's head only is painted, drawn or modeled in clay. These two art classes are of little importance to the professional model because they pay less, and because there are too many students learning art while living from hand to mouth who are glad to take work now and then at a reduced price per hour to help keep the landlady quiet. Then there are the other extremes—artists who have plenty of money, but who are out for experience and, consequently, willing to try anything once without pay.

The beginner class is termed the "antique class." These beginners work only from plaster casts which are usually reproductions from the works of the great Masters of the past.

There are several other classes of artists as, for instance, "designers" and "illustrators," both of which give some work to models.

The other class of posing to be obtained is from the professional artist who has graduated from Art School and is making a living drawing, painting or modeling (sculptor). In this class of posing the pay is likely to be a little better than in the schools, but the engagements will be decidedly shorter and the work more difficult or easier, depending upon the temperament of the artist himself or on the particular pose he wants.

Finished artists are more particular in selecting their models than the Art Schools. The artist is always looking for a certain type who will fit in with the characters he is portraying, while the schools are glad to get any fairly good model, regardless of type.

What Art Schools Desire

To become a model in an Art School requires little or

no experience in the art of posing. The schools do desire, of course, a fair physique. Often they are compelled to use models who have really ugly physiques, because they must keep their classes going and because they could do no better on account of the shortage of good models. Therefore, a new good model is very welcome. Good women models are very scarce and, consequently, needed badly.

The Art Schools and private art classes usually require the models, both male and female, to pose almost nude. The reason for this is that the student can more easily see and draw the swing of the pose, and how the human body really looks in any position or pose. There is not so much nude posing required by private artists, as they mostly paint illustrations of stories for magazines and rarely require the nude figure.

The schools, furthermore, want models who are punctual and reliable. Models who have a habit of being late and absent hold up the students in their work and do not give them the required time to finish a painting, drawing or modeling.

Some schools have a rule that the model pose 20 minutes and rest 10 minutes out of a half hour. Other schools make it 25 and 5 minutes rest out of a half hour; but rarely does the model pose this long at a time, as the monitors (or student heads of the classes) are lenient. You are usually engaged for two or three weeks. The number of hours varies according to the size of the school. In the academies or larger schools, three hours is a session, and a good model can be booked months ahead in the one school because of the number of different classes he can pose in.

Finally, in order to pose for Art School classes, you must have a fair physique, endurance enough to hold a natural pose 15 to 25 minutes, and you must be punctual. These are all the requirements necessary; but, naturally, the better your physique is the more engagements you will get.

I might add that art students like the symmetrically-muscled figure, rather than the abnormal over-developed-in-parts figure.

The Type of Models Professional Artists Want

Real artists naturally want the best models and are prosperous enough to pay them fairly well. Artists usually are looking for a certain type of model that will be somewhere near in appearance and character to the person he is trying to portray. Consequently, an illustrator might want an old man or lady as well as a young man or young lady. But, of course, the demand is much greater for the well-formed, good-looking young man or lady.

Most private artists simply let you rest whenever you want to. This is not always out of sympathy for the model, but because they know that after a pose is held for



An unfinished clay modeling. Easy posing.

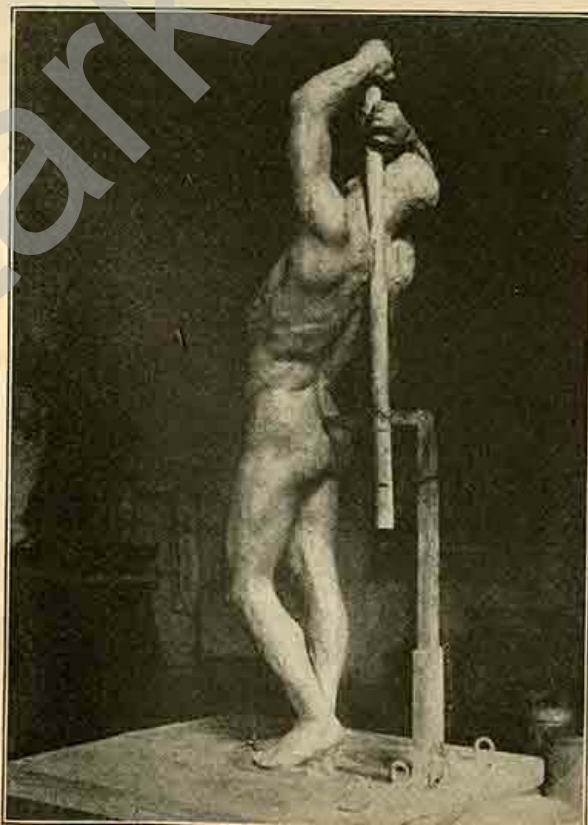
a while the model will lose the spirit of it and, consequently, the artist will lose the spirit also in his drawing.

Engagements with private artists are of short duration, except when a sculptor has a big job or commission, as it is called. The sculptor work on large monuments often takes years to complete and monuments containing many human figures (usually life-size) make long engagements for good models. The artist may use the same male model for all the male figures and the one female model for all the female figures.

So, to pose for the best private artists, you must be an A-1 model with experience.

How to Get Posing Engagements

Assuming your physique is good enough and you desire to at least try the posing profession, the first thing to do is to look in a 'phone book for the addresses of Art Schools and artists and jot them down in a note book. Then go to these schools and artists and apply for engagements. If there are no open dates at



A difficult pose.

the time, they are usually glad to take your name and address for future use. It is best, until you become known, to carry a picture or two showing your physique in a good pose. In Feb. STRENGTH I will explain why I say "in a good pose."

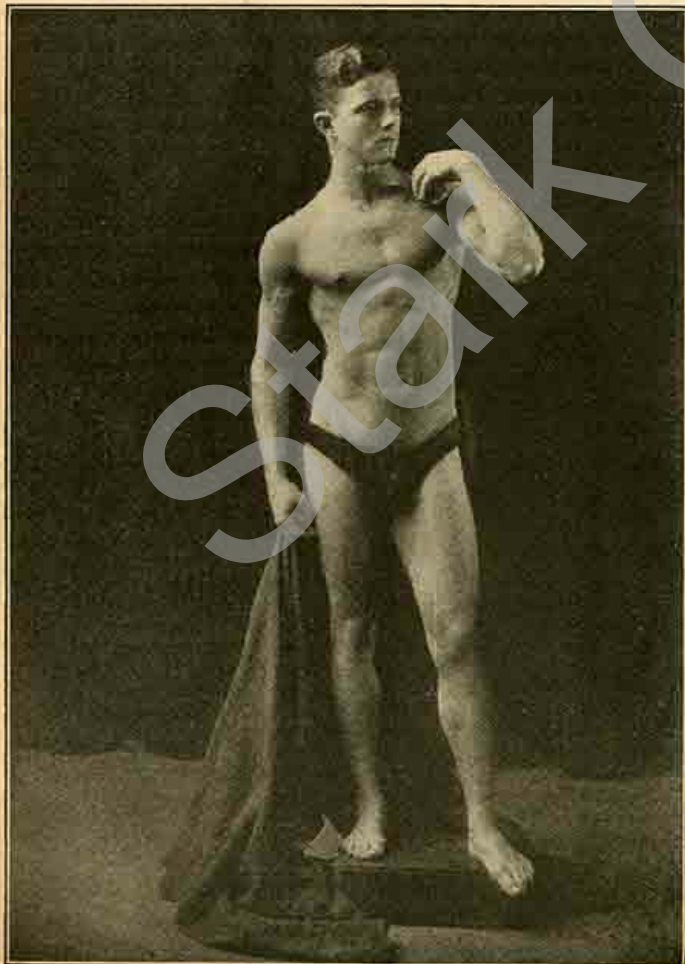
It is best to make the rounds of the schools about the last of September, because that is when they book ahead for the coming season. The private artists work winter and summer as a rule, and it is always possible that they might need a model. After you become well acquainted, schools and artists will send for you if you are considered a good model.

When being given an engagement, be sure you take down the hour and date correctly, so that there will be no mix-up, like a class expecting you at 9 o'clock today and you show up at 9 o'clock tomorrow, and so forth.

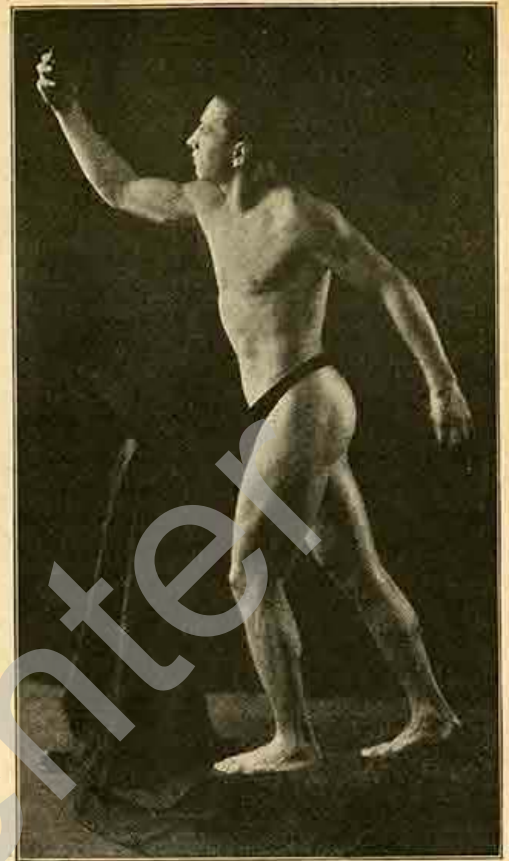
Any one who aspires to become a model or just wants to try it out can get engagements in the evening classes at schools. This will give them a chance to see what it is like and carry on their usual daily occupation at the same time.

After You Have Been Engaged

Suppose your first engagement begins at 9 o'clock in the morning. First, get to the school in time to be ready to pose at 9 o'clock. Often you will not be called until 5 to 15 minutes after 9 o'clock, because Art Schools are, as a rule, not so strict with their classes as other types of schools are. So, if there was a class party the night before or the monitor is out unusually late, the class is liable to be late starting. Remember that, no matter how late you start to pose, you stop at the end of your three-hour period and the lost time is never made up by you—one of the



An imitation of that work of art entitled "David" which actually surpasses the original



George Dembuski in a graceful and easy pose.

beauties of the posing profession. Another beauty of posing is that when you are engaged you are paid whether you pose or not, unless it is your fault that you are not on hand.

So if you can be undressed and ready to pose in five minutes, then five minutes before 9 o'clock is time enough to get into your dressing room.

After you are ready to pose, stay in your dressing room until the monitor (or head of the class) calls "time" or "pose, please." Then, and not before, should you show yourself. The idea is that if the model shows himself the class or the few students who might be talking in the class room will be reminded to get to work.

When "pose, please" is called, you should leave your dressing room promptly and proceed to the dais (or posing stand). It is best to have a bath robe to wear in going between your room and the stand, although this is not absolutely necessary.

Now you are ready to pose; but first a pose that suits the class must be selected. Sometimes the monitor or some student will have in mind a pose, and after seeing you in it will decide to keep it without further ado. Other times the students do not know what they want, and then you must fall into 5 or 10 poses of your own, until one is struck that strikes their fancy.

Right here is where many a beginner has failed, and the reason they failed was because they did not realize that there are easy poses, difficult poses, and impossible poses. Furthermore, that the latter two are always avoided as much as (Continued on Page 71)

Winter Exercises That Are Good Fun

If You are Tired of the Exercises You are Doing Now, Try These

By Margaret Sargent

"TELL me," I addressed the sparkling young lady opposite the desk, "how can you do all this? Early in the morning you practice your music for two hours, then you are off to your office for a strenuous day, then you come here at nights to take your place as head of one of the fastest growing Women Clubs in this section. How can you manage to keep it all up—plan all the affairs of the Club, work for them and attend them; hold an important position during the day and still find time for music and other things like that? You never seem in a hurry, never get excited and you are always looking healthy, happy, and young."

"Yes, I would like to know how she manages to do it all, too," chimed in a sister member, "and she keeps it up all year round. Look at me. I'm about all in, just from holding my position and little odds and ends. Tell us your secret."

The president of our Club looked at us and smiled.

"It is no secret, and you know it as well as I do. It is just common sense. Don't you think I exercise enough all summer to keep in trim—tennis, swimming, golf, and no end of other sports? I got a kick out of them and I owe my health to them. Now I—"

"Yes," interrupted the sister member, "we know that; but right now we are in the midst of winter. Surely you are not playing tennis or golf or swimming in the open air. Furthermore, I positively know that you have no time to indulge in these sports indoors at the present time. Look at me, I played tennis, swam, rode and everything else, but that don't hold me over the winter. As soon as I give them up I get that awful tired feeling, headaches, and besides I always put on



Fig. 1

more weight during the winter."

"Not so fast, my dear, I am coming to that. I have said that summer sports keep me in trim—but there are winter sports, too."

"Oh, yes," the other interrupted again. "There is ice skating, sledging, tobogganing, skating; but the water doesn't always freeze, it doesn't always snow, and sledging and tobogganing are nearly out of the question for us here."

Fig. 2

"Well, I don't exactly mean that kind of sport—it is sport to me, but it may not be so to others. Did you ever try to exercise?"

"Exercise—why—yes, but I wouldn't call that sport. Besides, exercising is so monotonous. Just a series of movements in absolute quiet, almost reminds me of Egyptian mummies—no fun at all attached to it. Is that the way you keep in trim?"

"Yes, it is, but I don't find it at all monotonous. Not the kind of exercises I do. At first I did, but at the beginning of this winter my youngest sister started to go to dancing school and one night she came into my room while I was going through your so-called monotonous movements. She stood watching me for a while. Then she burst out: 'Do you know, I bet you would just love to do the kind of exercises we have to do at school, and they would do you tons of good. Why don't you try them?'"

"Right there she went through a series of limbering-up exercises—the kind they give you at dancing school, and I tried them



Fig. 3

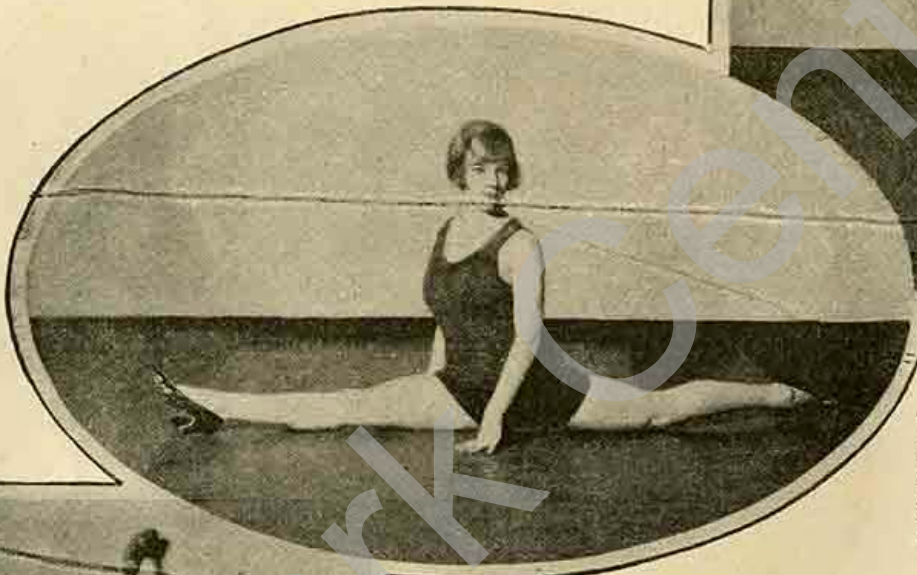


Fig. 4

with her. Of course, I could not do them one-third as well as she, but I think that today I am as good at them as she is.

"The day after I tried those exercises with her I

could hardly move around; every muscle in my body ached. They brought muscles into

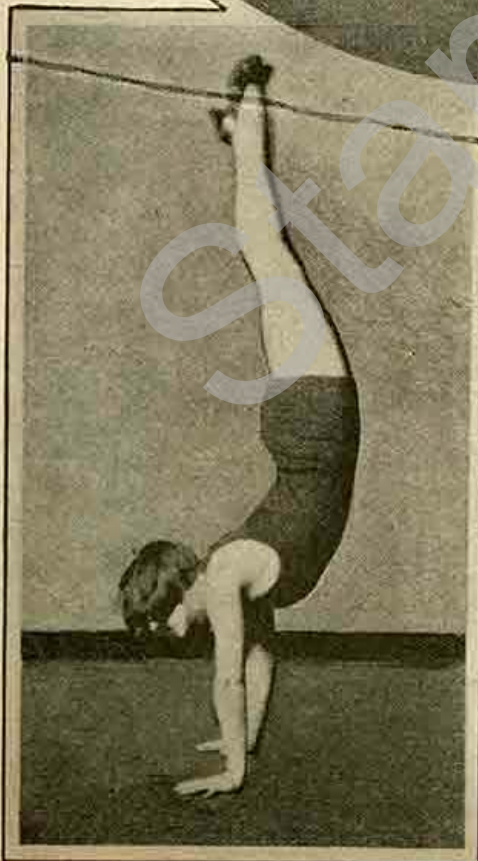
play that tennis, swimming, or any other sport, never touched. Before you go home tonight, stop in and I'll give you a list of those exercises. Try them, but if you can get someone to practice with you, you will enjoy them much better—they won't seem like work at all. Every night before we go to bed my sister and I practice these exercises. That is where I get my 'health, happiness and youth.'

"Besides, if you would ever think of taking up acrobatic dancing, you would have a good start. Now run along, I'm busy—but don't forget to stop in for the exercises before you go. You'll not regret it."

The other girl got her list of exercises, although she was very dubious as to how she would enjoy doing them. Now three or four times a week she has a crowd of girls from the club come up to her place, and they have a great deal of fun besides developing themselves into very healthy and shapely young women.

No girl athlete lets herself get stale during her off period. Why should the average girl let herself become stale? That is the big reason so many fat girls get discouraged. In the summer when their friends are "gone" over summer sports, they urge her to "come on along—you'll reduce in no time." She goes along with them, and she actually reduces ten to fifteen pounds and feels better than she ever did in her life; but as soon as Boreas peeps in she creeps back into her shell of inactivity, and in a few months is right back where she started.

Fig. 5



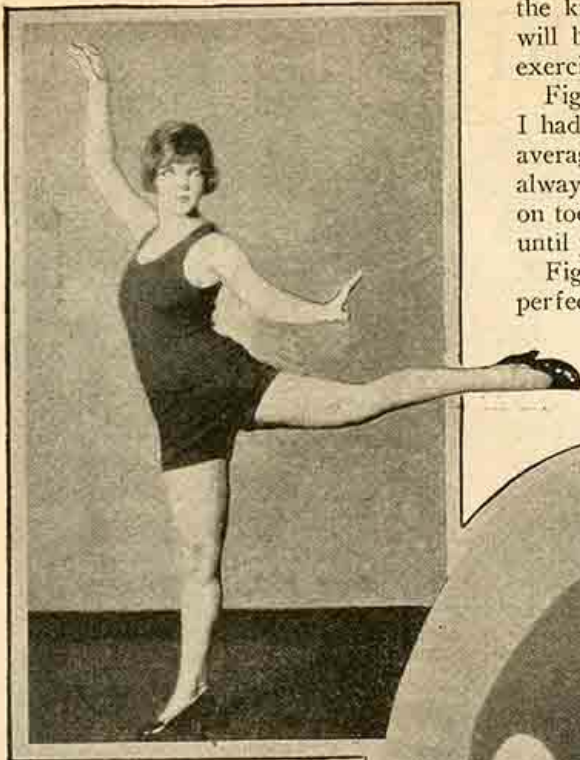


Fig. 6

Now the list of exercises that our club president outlined, combined with all summer sports in the summer, will insure any girl against a short, unhappy and unhealthy life. They are exercises with a purpose behind them. The purpose of the dancing teacher is to limber up her pupils' muscles so that they can perform difficult and seemingly impossible stunts. My purpose is not only that, but also to give exercises from which a girl can derive great fun and a love of doing something which everyone else cannot do. To take pleasure in something you are doing is like assuring yourself of at least seventy-five percent results. These exercises will also help to keep in shape the vital organs and muscles that very few other exercises can reach.

Miss Madeline Shaw, a member of the show "Sky High," highly recommends the exercises which she herself illustrates in this article. Miss Shaw says that was the way she first became interested in going on the stage. She had practiced similar exercises until some friend remarked on how well she did them, and suggested that she take up acrobatic dancing. From a dancing school she stepped on the stage and she hopes to attain much fame. She looks very promising to us and we wish her success.

Look at Miss Shaw's pose in Fig. 1. Certainly you cannot do that right from the start, but with persistent practice you will get there. Rise on one foot, and extend

the other to your side as high as you can. Keep the toes pointed and the knee stiff and arms extended in front. Ten to fifteen repetitions will be sufficient, and each time you practice this or any of the other exercises you will notice a greater improvement.

Fig. 2 shows Miss Shaw doing the deep knee bend or "the squat." I had some difficulty in trying to get her to hold the positions like the average girl would. Miss Shaw is best at her high kicks, and she would always hold her legs higher up than the average girl could. Rise high on toes with arms folded across the chest. Then come all the way down until you are in position Fig. 2. Repeat from about ten to fifteen times.

Fig. 3 illustrates a "high kick." The knee of the standing foot is kept perfectly stiff. The high kick is easier to do after you have learned to do the "split," which is shown in Fig. 4. You must practice the split on a smooth floor and it is best to wear dancing

slippers. Let your arms hang at your sides, and when you go down, as soon as you feel the pull, let your palms rest on the floor, and thus save yourself from straining. You can do yourself no harm, but you do not want to unnecessarily strain the muscles. Constant practice will enable you to perform the "split" and "high kick" as illustrated.

The "hand stand," Fig. 5, affords a great deal of fun to practice. The beginner should try it against a wall first; then with someone supporting their legs.

Fig. 6 illustrates a popular dancing pose, "the arabesque." The knees are stiff and the toes
(Continued on Page 90)



Fig. 7



Fig. 8

Stunts That Build Strength and Symmetry

An Attractive and Fascinating Way to Use Your Bar Bell Outfit.

By George F. Jowett



A muscle builder does not have to put up with the continual hum-drum monotony of routine exercise. I don't care how enthusiastic a young man is, there is always a time when he feels his work monotonous, and he wishes there was something else he could do that would give him the same results, just for a change.

There are many fellows who do not care about practicing lifting weights to see how much they can lift. Some feel they are not built for it, and others don't find the appeal, but all want results. There is no question that we all love versatility, and the more spectacular and skillful the thing we

SOME time ago, I wrote an article entitled "Weight Lifting as a Sport In Germany." I received many letters of favorable comment on that article since, and many requests have come through asking for more articles explaining the various uses that weights can be put to, in an interesting way.

To the average bar bell user, heavy weight lifting and exercising for development completes the use of a bar bell outfit. The reason for this belief is simply because he has never seen the various uses that weights can be put to. When I introduced Jongelieren, or juggling weights, many enthusiastic advocates saw the novelty of the sport, and right away wanted to learn more about it. It was impossible for me to explain the versatility of weights in a single letter to my correspondents, so I finally decided to write this article.

This subject comes at a fortuitous time of the year, when every person interested in building up his body is full of enthusiasm, and eager to absorb any new material. Particularly if it has the appeal of novelty.

The one great feature of a bar bell outfit is the numerous wonderful uses it can be put to. No other form of body building can come anywhere near it.

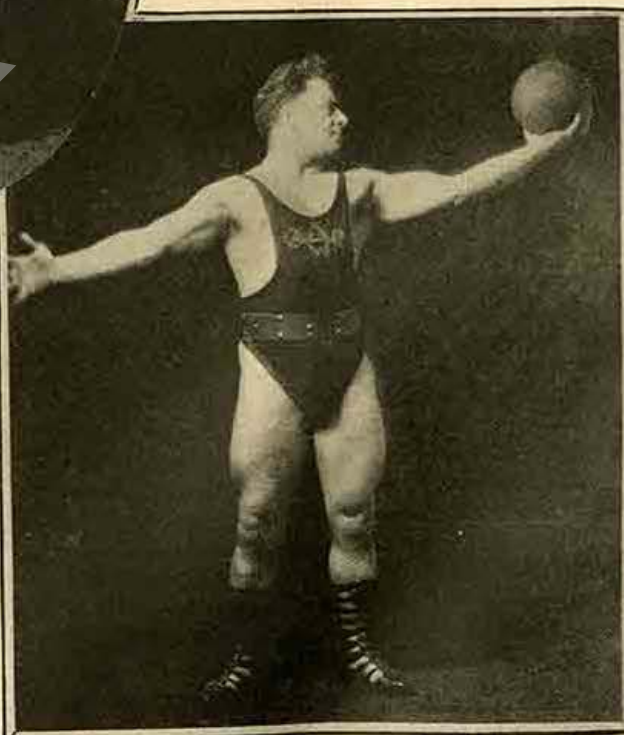


Fig. 1. The start of a great test of grip—wrist and arm strength.

Fig. 2. The finish with the ball of iron still balanced on the flat 56 lb. block surface.

Fig. 3. First stage in the arm roll with ball weight.

do, the greater pride we take in our ability to do it perfectly.

Some years ago, when the strong man exhibitions were headliners at the vaudeville houses, some remarkable feats of combined strength and skill were witnessed.

The performers used many various methods to exhibit their prowess, juggling with a bar bell, spinning kettle bells, tossing balls of iron into the air and catching them on different parts of the body. For variation, they would roll the balls all over the body in a very surprising manner and juggle with fifty-six pound block weights in a series of stunts that never left the audience in doubt as to how the performers obtained the wonderful arms that they possessed.

Nowadays we never see these acts. Any such acts that we see are generally foreign. Europe has always been the home of specialized training on strong man stuff and over there some rare talent could be seen in almost any local club. The English were the best I ever came across on handling fifty-six-pound block weights. It was common to come across boys who could put up a fifty-six-pounder in each hand, or muscle them out in what we term the crucifix. For an ordinary man to do either of these stunts is no mean feat. In pressing the two block weights overhead, the lifter has to have a good grip

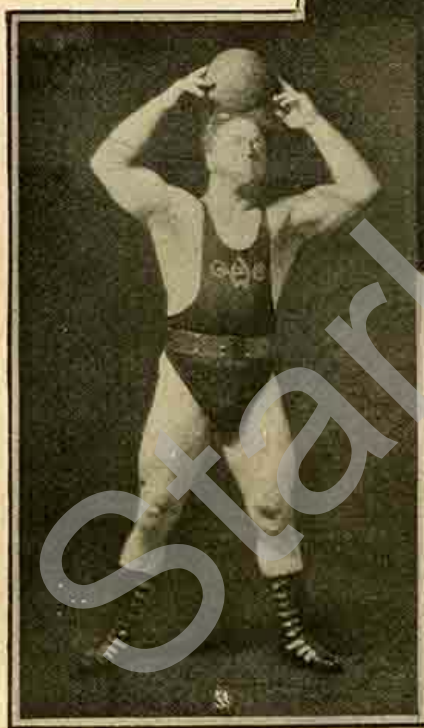


Fig. 4. How the ball weight continues to roll from the hand across the shoulders and down the other arm.

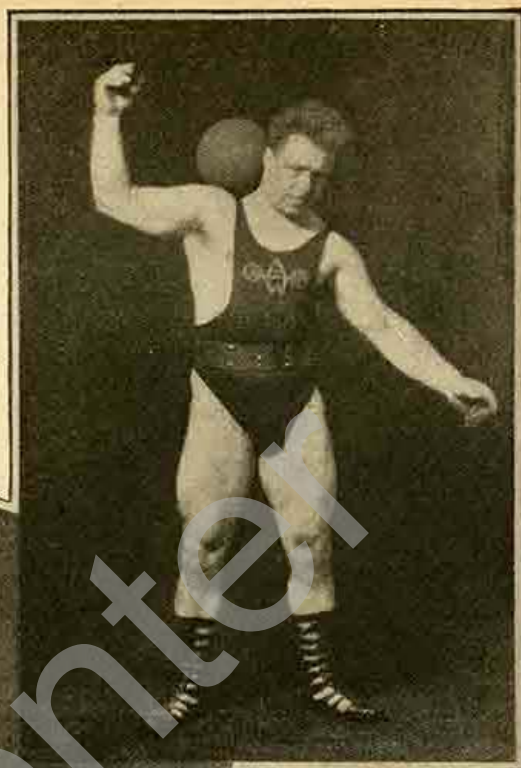
Fig. 5. Ball weight checked at shoulder, rolled off chest and caught on thigh.

Fig. 6. The start of a pretty stunt.

in order to prevent the block weight from falling sideways against the wrist. If this happens, the flesh is generally cut or bruised.

The way I am holding the block weight in Figure 1 is the manner in which it should be held. Of course, to muscle the two fifty-six weights out is a feat for any man. Nevertheless, I have seen many a husky English lad do it, and not think he was doing anything extraordinary.

Give me an assortment of weights, such as a bar bell, dumb-bell, kettle bell, ball of iron and a block weight, and I would never lack variety. I could play all day long and be happy and never think I was exercising.



Yet I would really be doing more than just exercising. I would be acquiring a sturdy development with tons of strength, and at the same time developing skill in an artistic form of amusement.

I remember how absorbed I used to become when practicing a particular stunt. I never thought of becoming tired. In fact, I would quit full of pep, filled with the pleasing sensation of pulsating muscles throbbing with life.

None of the stunts that illustrate this article are very hard. They just require a little practice, a sense of balance with good timing, and strength grows accordingly.

Years ago, when across the pond, I became greatly interested in this sport after witnessing an English strong man do a series of stunts with a block weight. This athlete was not a heavy man, but he had a

splendid muscular formation, particularly his arms. Perhaps some of the old followers of the iron game remember the athlete to whom I am referring. He was Wm. Caswell, affectionately termed "Billy" by his many admirers. He was a wonder with fifty-six-pound block weights. How he would throw them around, in every direction, until you would think he was going to be struck with the block weights. But that never happened. He was too much a master of the situation and had lots of confidence.

There are many feats in handling a fifty-six-pound block weight that call for an enormous amount of strength. For instance, the stunt of picking the block



weight up by the edges with the fingers only. This is very difficult, and one of the best men to pick a block weight up in this manner is Robert Ruckstool, of Philadelphia, a bar bell enthusiast, well known to readers of *STRENGTH* a few years back. The strength in his hands and fingers still remains from practicing this stunt, and he can perform this feat any time without any practice.

I remember seeing a lifter snatch a fifty-six-pounder off the floor by the sides and catch the weight by the handle before it descended to the floor.

Just like spinning kettle bells, a regular routine can be made up, although spinning kettle bells is easier, more spectacular and artistic. But if a fellow wants to get a pair of arms on him, block weights will do the trick. The continuous picking up and swinging from one feat to another develops a wonderful grip. Not only that, but the whole body comes in for plenty of work. As a weight is swung and left go, it involves the legs considerably. If the weight is swung behind the back to be caught in the other hand, the back and waist muscles must respond quickly and strongly, in order to make the catch.

The mere fact of pushing a weight overhead with one hand is nothing, but combine it with a juggling feat, and you will feel all the muscles in the body quivering with effort, in order to help control the balance.

Take the feat where I am balancing a ball weight upon a fifty-six-pound block weight. The movement has to be performed in the same manner as a one-arm Military Press. But the apprehension of preventing the ball from rolling off, and the control

required, make the feat much more difficult and spectacular.

I used to include this stunt in an act I did. To make the feat more impressive I would allow the ball to roll off once and just miss my head. As the ball weight crashed to the floor, the spectators realized it was "iron," which made them appreciate the feat when it was completed. It never failed to bring a good hand.

There was another feat I used to perform with a block weight, which was a wonderful wrist and forearm developer and which I found very few real strong men could do correctly. I would stand erect and motionless with a fifty-six pounder hung at arms' length by my side. Very slowly I would

begin to make a reverse hand curl, or a single hand rectangular fix. By this, I mean that the weight is curled with the palm of the hand down, and is not raised any higher than the point where the forearm is at right angles to the body. I allow the hand to hang downwards from the wrist, so that when the arm is at right angles to the body the weight is hanging under the arm, and the wrist bent so that the distance between the hand and

elbow is shortened. Pausing at this point, the arm remains rigid, then, by a wrist movement only, the hand describes a circle until the weight is brought from the under hand to rest over the top of the hand as in the manner I am holding the block weight at the shoulder in Figure 1.

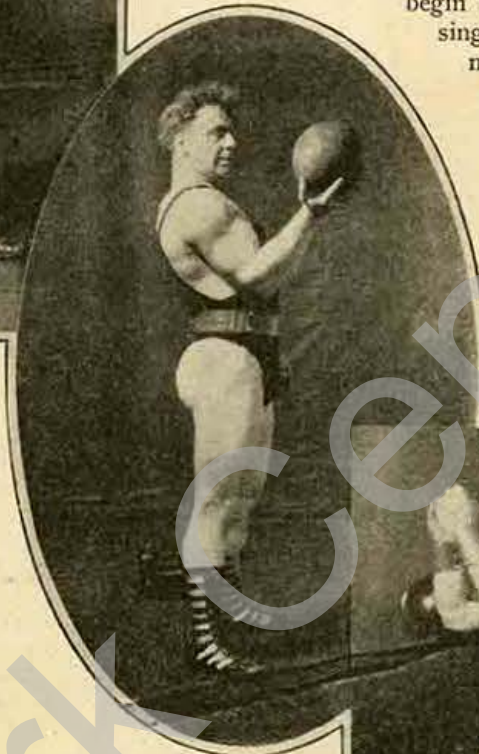


Fig. 7. Ball weight caught on trapezius muscles after rolling off hand.

Fig. 8. Where the "muscle rebound" stunt starts.

Fig. 9. Juggling a bar bell for strength and agility.



Throughout the stunt a grip must be taken on the bar so that the weight does not fall alongside of the arm. No swing is gotten. The arm is held clear of the side so no hip support is gained, and the entire body is held motionless throughout. Try it! You will find it a corker.

Another good one, not very difficult, but a nice entertainer and developer, that we used to practice was to sit on the floor with two block weights, one alongside of the hip and the other against the knee. Now the trick is to lift the one against the hip slowly off the floor, and transfer it over the top of the other one until it is placed directly in front. Yes! Many say they can do it. It's easy to heave it off the floor and swing to the position described, but that is not the way. The weight



must be picked up gently. No bending of the body is allowed. The other arm must be kept off the body, with the legs straight, and kept on the floor throughout the entire feat. The "fifty-sixer" is to be placed in front of the other under full control. This little stunt gets you all over.

Another nice one, and easier than the last, is to take the block weight while sitting down and lift it from the floor up between the legs and then to the outside of the other leg and back to the original position in slow motion, and without touching the thighs. This involves great waist movement; but never try to swing the weight. Do it by sheer strength. You will find that every muscle in the body becomes tensed, and there is lots of fun watching your friends' legs fly up, or to lose their bodily balance.

A boy by the name of Hawkins used to be real good on spinning block weights. I have seen him toss a block weight in the air where it would spin like a top, and always he caught it by the handle in its descent. This is no stunt for the beginner, and the practiced performer should be put out into a ten-acre field when practicing that particular feat.

Spinning kettle bells is easier. The first step is to swing the bell between the legs, and as the bell is swung to about the level of the eyes, let go, and at the same time give a downward flip with the hand on the handle. This will cause the bell to make a circle, or spin, as we say, in the air. You catch it as it revolves. Catch it with one hand, then the other. Then spin it twice. From one stage advance to another; throwing in the air and catching behind the back; over one shoulder

to the other hand. There are many ways that a skillful performer can twist and twirl kettle bells. In all the old European acts, kettle bells played quite a unique part in the performance.

One act that appealed to me was played by two brothers. They tossed the kettle bells to each other in all manner of ways, finishing the act by spinning a kettle bell in each hand to waltz time, emphasizing the step movements by striking the base of the bells with the hands as they revolved.

One catchy Burlesque Kettle Bell stunt I saw was pulled off by a German performer going through his routine with ball and kettle weights. He took up a kettle bell of huge circumference and struggled to hold the weight at arms' length, without success. Claspng the weight in his arms he gave the top a twist, which opened up and disclosed three wine glasses filled.

Taking them out he drank the wine. Then the stunt was easy. But the fun was here: before he lifted the kettle bell, he offered a certain amount of money to anyone who could hold the bell out as he would. Of course, there was always someone willing to try. Imagine their surprise when they saw the performer

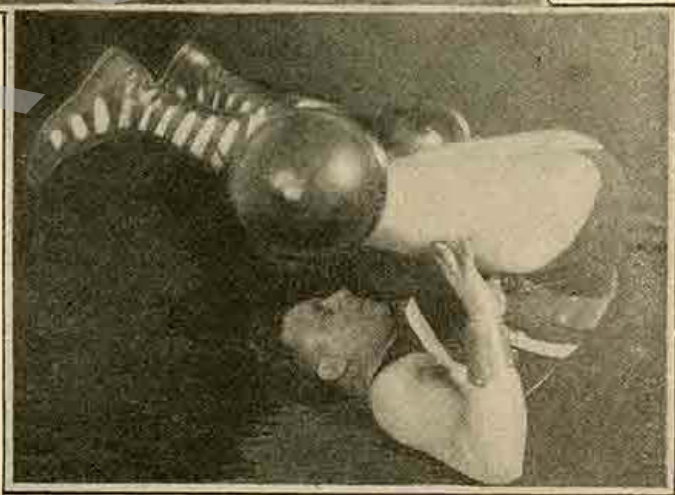
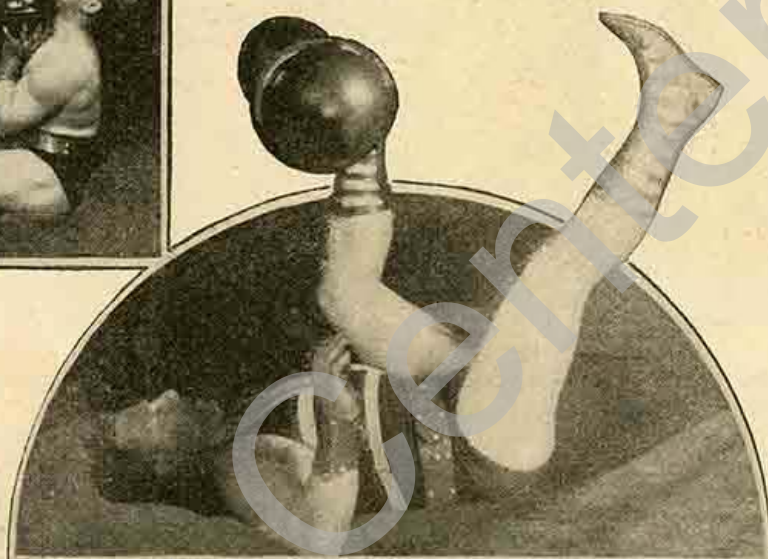


Fig. 10. A balancing start that will test your physical ability.

Fig. 11. Spinning the bar bell on the foot.

Fig. 12. The joy of a bar bell. It can be used with the legs to as great an advantage as with the arms.

take his drink. They were ready to flee the stage, but he held them by filling up the glasses. They were willing to partake but lost faith in the bell being heavy. They were badly fooled, as the performer was exceptionally good in this feat, and I never saw his weight held out.

It was real showmanship (Continued on Page 66)



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The combined ice hockey team of Princeton University expects to make a clean sweep of the rinks this year.

The Revival of Ice Skating

High Spots on One of the Finest
of Winter Sports.

By Casper Nannes

DOWN the smooth stretch of ice the racers come, bodies bent double, arms swinging back and forth like two pendulums, eyes staring straight ahead, faces white with the strain. On, on they come, their polished skates cutting over the ice's shining surface in quick, sharp strides. The black sea in the stadium wildly cheers, their red faces move forward in one concerted motion, the stamping of cold feet and clapping of frost tingling hands ceases, a tense quiet settles over the noisy throng as they intently watch the figures below racing, neck to neck toward the finish—a spontaneous roar rolls over the field as the racers glide swiftly across the line, then the crowd once more remembers the cold and jumps about to warm themselves while turning its attention to those lining up for the next race.

The foregoing is the vision that sweeps across one's mind when competitive ice racing is mentioned. Yet how many of us who follow the fortunes of present day ice skating, and who consider ourselves well informed on

the comparative abilities of present day stars have any knowledge of the inception, foundation and general growth of the sport? A very few, yet it is impossible for one to clearly understand or fully appreciate any sport unless he knows to some extent its past history, past efforts and, above all, past heroes. No game worthy of the name has ever lived without traditions and their recollections; no person interested in a sport can afford to remain uninformed of them. I shall, therefore, hastily sketch the "high spots" of ice skating before surveying the plans for the present season.

The origin of skating is shrouded in the darkness of antiquity. Its possibilities were probably first noted by primeval man during the ice age, and used not merely as an easy mode of travel but also as a means of escaping their many enemies. This early birth of skating was mentioned in a collection of Icelandic literature compiled about 1056 by Saemund the Wise under the title "Edda Edda."

The skate first used consisted of a brisket bone of an ox, which was strapped to the sole of the foot and around the ankle. Not until the fourteenth century did the wooden skate, shod with iron or steel bottoms, make its appearance, while the first crude all-steel skate made its bow late in the sixteenth century.

Though skating had been growing in Europe for several hundred years the first public organization wasn't formed until 1774, in Edinburgh, Scotland, under the name of Skating Club of Edinburgh. The next public encouragement of the game as a competitive sport was afforded by Holland's promotion of official racing. England, however, has the honor of recording the first race. This event occurred only a little over a hundred years ago—1823—at Maze Lake, Hertfordshire, and was for a distance of five miles. A man by the name of Blenkinsop won the race, receiving a bowl valued at one hundred twenty-five dollars as the prize, from a field of six. Surely a modest beginning when we consider that a local championship in New York drew several hundred entrants last year.

The late 1830's witnessed the rise of America's first star, Charles June, from that cradle of ice champions, Newburg, N. Y. In 1849 America's first skating club was formed in Philadelphia, to be followed by one in New York eleven years later. Central Park was opened to the public in the winter of 1858-59, and boomed the sport tremendously among all classes.

William "Turkey" Smart was the first recognized world champion, gaining his title after several stirring duels with "Gutta Percha". See in 1854. The year 1878 witnessed the most remarkable record made by any man in any sport. George "Fish" Smart, a nephew of Turkey, winning fifty-five races in succession against the best men of his time. This amazing performance has never been



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Joe Moore, of New York, international indoor champion, has long been known as one of America's finest on the ice.

equaled, and probably never will by any champion.

Several years before the National Skating Association in America organized, 1880, Tim Donoghue began the rise of that famous skating family. Tim was champion for a number of years, giving way to Tim, Jr., who in turn retired before the greater brilliancy of his younger brother, Joe. Joe was not only the best of the Donoghue's but one of America's greatest, if not the greatest of all speed skaters. Joe carried everything before him in this country and, on being sent to represent the United States in Europe, continued his triumphal march by "sweeping the boards" at Holland and Cambridge, clearly earning the title of "Champion of the World."

Jumping to the main purpose of our article—a surveyal of the coming year—we shall start with the national championship, for that event holds the attention of the followers of any sport. The halo and excitement induced by a championship casts a spell no minor meeting can hope to equal—though they are often more interesting—and attracts the attention of men outside the sport. In this respect skating is no exception to the general rule. Already,



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Harvard University Varsity Hockey Team has one of the strongest ice hockey teams in quite a time, each man being an expert at his post.

though the championships won't take place until late February, there are rumblings in the ranks of prominent contenders, and speculation by the crowd concerning the probable winner grows more heated each day.

Last year the national championship was put aside in favor of an international one. This resulted in two American boys capturing the main titles, Francis Allen, of Chicago, annexing the distance crown; while Joe Moore, of New York, took the speed one. In the woman's division we didn't fare so well, a Canadian miss running off with the prize.

The races this year will be held at Newburg, N. Y., as in the past. Though a large field will compete the general opinion favors the chances of O'Neil Sarrell and Edward Murphy, of Chicago, and Joe Moore above the others, with Eddie Meyers, Lou Norris and Les Boyd, all of New York, close behind. This affords a rather pleasing prospect to the spectator who delights in an uncertain result, and undoubtedly will have a marked influence upon gaining the interest of the sporting public.

Next to the national championships the metropolitan title tests, to be held at the St. Nicholas Rink after the more important event has been run off, holds the center stage for ice skating enthusiasts. The "met" meet attracts a high caliber of entrants, being just below the national in that respect.

This year the local championships, which are run under the auspices of the Middle Atlantic Skating Association, are attracting considerable interest outside of racing circles; due mainly to the fact that there appears to be

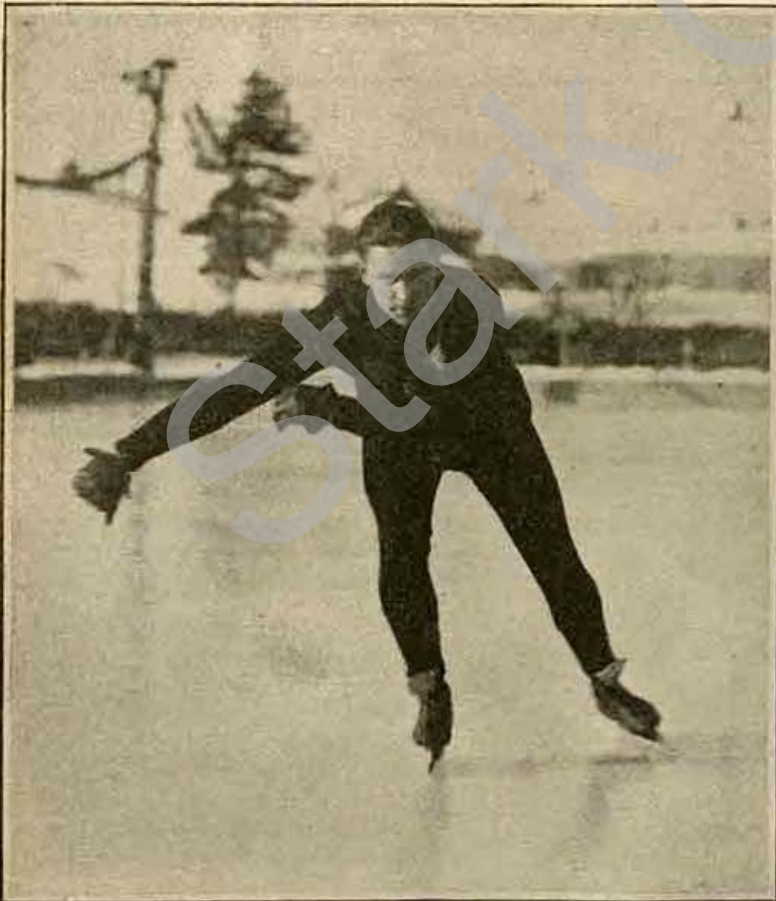
no one contender who dominates the field. Aside from Moore, who will not compete, there are approximately ten men in the metropolitan district on even terms, and each is favored equally well to win by the critics. These men were more or less lost sight of during Moore's long and practically undisputed, surely not seriously, reign, but now that he is stepping aside there should be a sharp battle for the crown. Of the ten, Meyers has been showing exceptionally fine form so far, but the others are coming fast as the season progresses. Louis Morris and Paul Forsman, Silver Skates Derby winners of the past two years, have been practicing faithfully, while Boyd, the international sprint champion, should be well up in the front when the final gun is fired. Among the rest Paul O'Brien, William Murphy, Sam Goldberg, Joe Shapiro, Jack Kirkwood and Eddie Searles appear to be the most dangerous contenders, as they all have an abundance of competitive experience beside their natural speed.

When the skaters line up for the championship a young boy of fifteen will be also toeing the mark. This youngster is Raymond Murray, a nephew of Joe Moore, and one of America's brightest hopes for future international and national honors. His debut in the men's Class A division—he swept the field clean in the younger class last year—will be watched very closely by spectators and contestants alike, for though he isn't expected to seriously threaten any of the recognized favorites he is good enough to "slip" something over if they become careless.

In the race for the women's metropolitan title the crown seems to be destined to rest upon Miss Elsie Muller's fair brow again. Miss Muller occupies to a great extent the same position in relation to her women opponents that Joe Moore holds with the men. Although Miss Caroline Breiter, Miss Dorothy Jackson and Miss Esther Zimmerman are capable skaters, and not to be held too lightly by anyone, it would be a tremendous upset of form for any of these young ladies to depose Miss Muller. The main interest in this event, therefore, will consist of watching for a new youngster to appear as a possible threat for next year's championship.

Another event, independent of the season's ordinary racing activities, that creates a high pitch of excitement among all ice skaters in the metropolitan area, is the Silver Skates Derby, an annual affair run by the *New York Daily News*. This meeting, since its first inception four years ago, has become one of the season's high spots, eagerly awaited by all local skaters. The interest is further heightened by the fact that each year a new titleholder is crowned, previous winners being ineligible.

This rule of refusing to allow former champions to compete indefinitely is of great value as an added incentive for the young, ambitious skater to enter the event, not only for the sport of it, but with some hope of success. As time goes on, and the better men pass out of the Silver Skates competition, the meeting will resolve itself more and more into a sort of schooling ground for (Continued on Page 84)



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W. Murphy, of New York, another speed king who is expected to do big things this winter.

SCOLIOSIS—Curved Spine

Is Your Spine Straight? Do You
Want to Overcome Your Condition?

By Russell Viohl

THE aphorism, "As a man thinketh in his heart so is he," not only embraces the whole of a man's being, but it is so comprehensive that it reaches out to every condition and circumstance of his life. A man is literally what he thinks, his character being the complete sum of all his thoughts.

To illustrate—a mining engineer out in Colorado suddenly developed a strange illness which kept him from directing operations on a huge project that he was in charge of. After many months in bed, he was finally allowed up in a wheeling chair. His beautiful wife stayed constantly by his side, comforting him and nursing him tenderly. His mind became so affected that periodically he would get insanely mad, and often this was followed by a state of worry. Yet, she stayed by his side in spite of it all, but little did he seem to appreciate her untiring efforts.

There came an old college chum one day, bent on aiding the

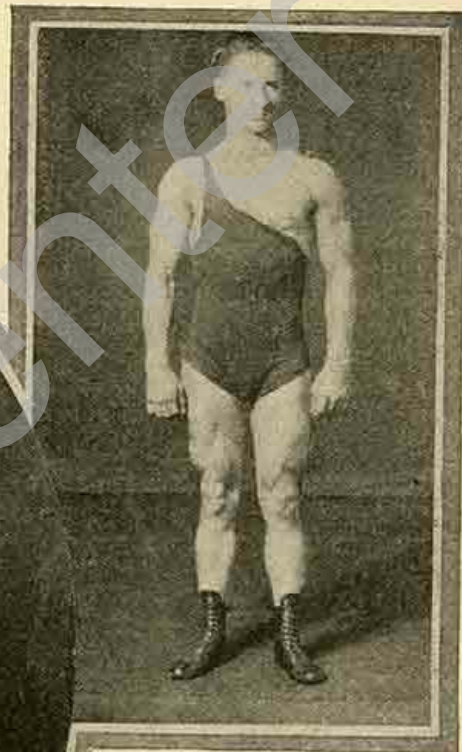


Fig. 1



Fig. 2

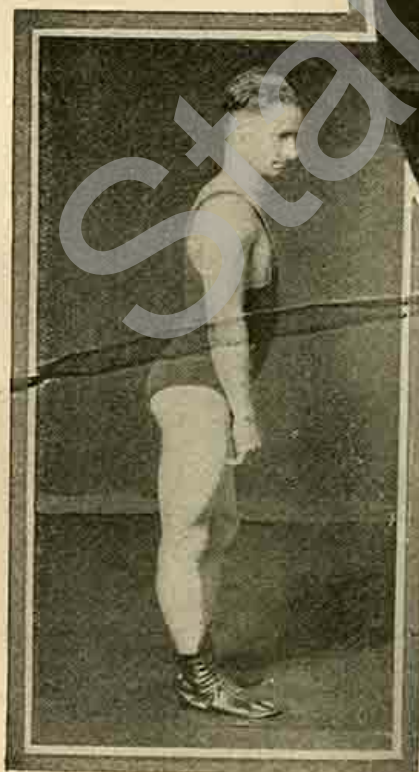


Fig. 3

sick man. He diagnosed the case immediately, and with a definite plan in mind, had a conference with the man's wife and presented certain plans to her. She saw the good of his unique plan, and immediately collaborated with him in carrying it out.

From then on the sick man's wife was continually in the company of his friend who, by the way, was a famous athlete. She commenced to neglect her husband, and at every opportunity excused herself from his presence. She would then go riding or play tennis with the athlete, while her husband was left to brood over his plight. He was deeply hurt by her negligence of him, and he could not bear to see her constantly with his friend. His mind focused its attention on the affair, and for the time being he forgot about his illness.

One balmy summer's evening the nurse wheeled him out on the spacious portico where he was wont to sit and gaze at the moon and the stars. There was something romantic about this particular evening which enthralled him. As his gaze chanced to wander over his magnificent garden, he

espied two dark shadows by the fountain. The shadows moved, and he discerned the forms of his wife and that of his friend; then they merged together as one. He closed his eyes tightly as though to blot out the scene. It was awful. What had he done to deserve this? His wife in the arms of another man.

Then a red rage took hold of him—a cold incalculable rage. He became obsessed with one thought, to kill the man who was stealing his wife. The irony of it—before his very eyes!

He tried to get out of the chair, but he could not; his limbs were paralyzed with long disuse. He espied the pair again still embraced in each others' arms. Cold beads of sweat oozed out on his forehead. He prayed aloud for strength. Not able to withstand his shackles any longer, he gave a tremendous heave and swayed dizzily to his feet, his brain in a whirl. A mysterious power seemed to dominate him. His paralytic limbs responded to his urgings, and step by step he advanced ever so slowly down the portico to the garden. His whole being seemed to change by this marvelous power, and life surged through him anew; but his mind con-

his body to recuperate to normal under any strange condition of sickness. He then proceeded to tell him that a man is buffeted only by circumstances, so long as he believes himself to be the creature of outside conditions; but when he realizes that he is a creative power, and that he may command the hidden soil and seeds of his being out of which circumstances grow, he then becomes the rightful master of himself.

He went on to say that if a man thinks he is sick, then he surely will be sick, and would be so as long as his mind dwelt on it and told him he was ill. If his thoughts were of a healthy attitude, then his conditions would greatly improve, and his physical health would be enhanced. Circumstances grow out of thought, and every man knows this who has practiced self-control and self-purification, as he would have noticed that the alteration of his circumstance was in exact ratio with his altered mental condition.

Man is manacled only by himself; thought and action are goals of fate, being base they imprison. They are also the angles of freedom. Being noble they liberate. Not what he wishes and prays for does a man get, but what he justly earns. His wishes and prayers are only gratified and answered when they harmonize with his thoughts and actions. Men are anxious to improve their circumstances, but they are unwilling to improve themselves. They, therefore, remain bound.

The case of the mining engineer proves the close relationship of mind and body. This story has no particular connection with my subject, SCOLIOSIS, but nevertheless it is valuable to the reader, since the deformities of the spine can be corrected if the patient will only strive to alleviate his condition. He must first have his mind co-operating for his own betterment. He must not be content to think that there is no hope for him. Once a man gets into this frame of mind, it is doubly hard to administer to him. His mind can be the very basis for his up-lifting, either mental, spiritual or physical. No condition or deformity of the spine is so bad that it cannot be aided. It is up to the individual. If he has gumption, a sense of

pride and manhood, he will make a fight.

If it was not for his friend's timely plot, the mining engineer would still be shackled to his chair, the victim of an illness that was otherwise due to his mental condition.

Keep your mind healthy always. For he who (Continued on Page 78)

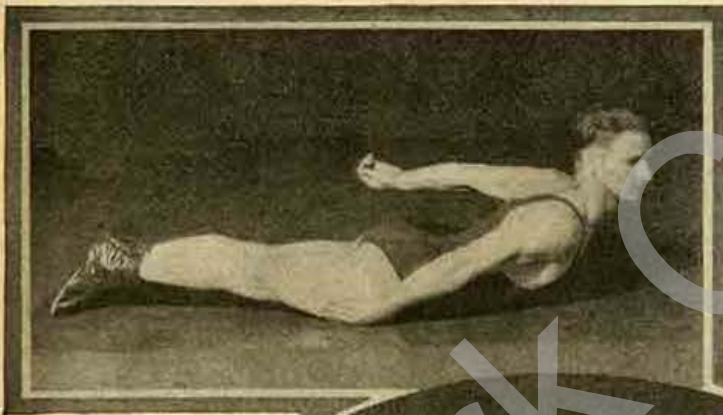


Fig. 4

centrated himself on one thing, to break the man who betrayed his friendship.

The wife gasped with sheer amazement

when she beheld her husband approaching. The athlete, noting the murderous intent of the man, halted him before he could do any harm. Then when the engineer had calmed down, he told him the reason for his conduct. He diagnosed the engineer's case as an unhealthy mentality due to the strain of his work. His mind being ill, there was slight hope of



Fig. 5

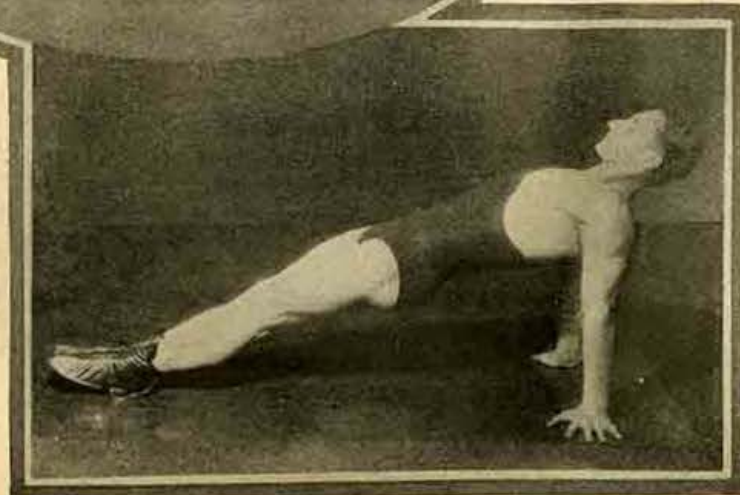
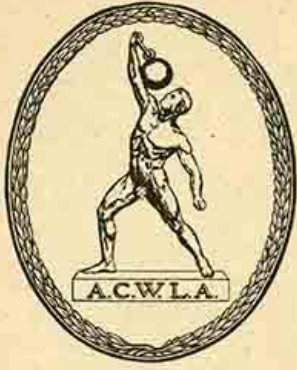


Fig. 6



American Continental Weight Lifters' Association Notes

By John Bradford

THE October show had a touch of the old regime in its setting, with Warren Lincoln Travis, the world's greatest back and harness lifter, as the main feature of the evening. When one thinks of this splendid old-timer, there is conjured in the vision such famous stars as James W. Kennedy, Chas. G. Jefferson, Louis Cyr, Horace Barre, D. L. Dowd, Gasnier, Joe Coyn and August Johnson. Travis hobnobbed with all these famous old-timers in one way or another, and he is chock-full of stories from their lives.

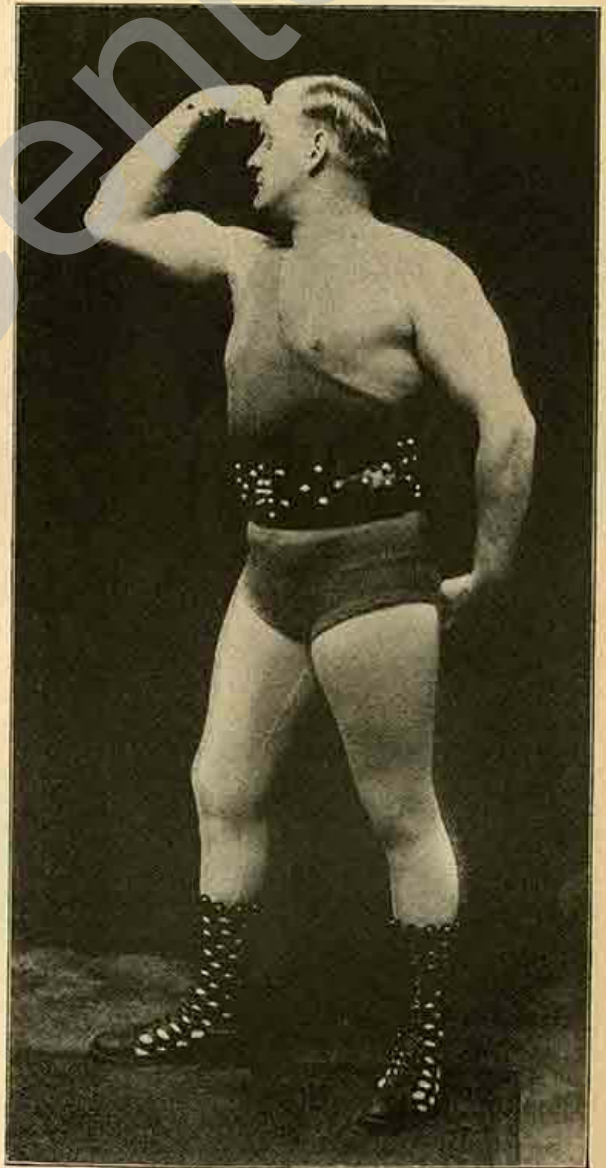
He is one of the few professionals who has been willing to appear before the A. C. W. L. A. and do his stuff under official ruling. When a man does this, you can bet your boots that he has the goods. The genial New Yorker has. Despite the fact that Warren is well along toward the close of his 49th year, he gave the spectators a thrill by his unique lifting on the evening of October 10th.

Next season will see the closing of this famous American iron man's public appearance.

Lifting constantly for more than thirty years, the smiling Goliath feels that he has earned a rest. He has, but we know his interest will always be in the game. No member of the Association works any harder to boost the A. C. W. L. A. than he.

Just to give an idea of his great heart and interest in the Association, when we were building up our program we were minus a star. The parties relied upon were unable to appear. Mr. Jowett wrote to Mr. Travis, and the first thing we knew we received a letter by return mail and the express man was on the doorstep with the great back lifter's outfit. Everybody appreciated the friendly, unboastful spirit of the old Brooklyn boy. If only there were more like him in the game, how much richer we would be. During the years when many people claimed the game was dead, Warren Lincoln Travis was still sticking to it, and had the happy knack of always attracting a crowd to listen to him and view his stunts. He was the one beacon light that never dimmed, and he remains the one connecting link between the days of Louis Cyr and the revival of heavy athletics in our own time.

W. L. Travis will be fifty years of age in February, and on the anniversary of his fiftieth birthday he is going to put on a special performance for the A. C. W. L. A., and establish some new world's records, 'ere he rings down the curtain on his eventful, useful career.



Warren Lincoln Travis, the famous New Yorker, who made a lifting history on October 10, with a two finger world's record lift of 760 lbs.

We will all be there to cheer for the old veteran.

Jack Russell and his partner, Chester Weaverling, started the ball rolling with an act entitled "A Pantomime on Physical Culture." Russell is a very well-built boy, and he handled his partner in their various stunts cleanly and cleverly.

H. Hall next entertained in a solo act, in an effort to break the record in the two dumb-bells anyhow. Harry stripped at 158 lbs. in the heavy middleweight class, and started out with a total that was two pounds in excess of the record put up by the British amateur, Attenboro, but two hundred twelve pounds proved too much for the Philadelphia boy. He made three attempts, each of which came very near to being successful.

Two of the Gallo brothers, of Norristown, next entertained with a series of flip-flaps, somersaults, hand springs and various other tumbling stunts. Their splendid showing brought a great hand from the spectators.

This act was followed by Tony Pellicotte, who stripped as a middleweight at 154 lbs. He tried for a record in the left-hand dead lift, and got it, succeeding with 301 lbs.

The wrestling mat, looking very dusty, excited two young tusslers, who answered to the names of Fielding and Bilotta. They decided to mop it off in a contest for best two out of three. The bout was very spirited and aroused keen enthusiasm. The two falls were taken in ten minutes by Fielding.

Frank Dennis, National amateur middleweight champion, stepped onto the boards to do his stuff. He made another attempt to break the record in the two-hands clean and jerk from behind the neck. This time he had better luck, having no trouble at all in beating his former record, succeeding with 231 lbs., at a body weight of 153 lbs.

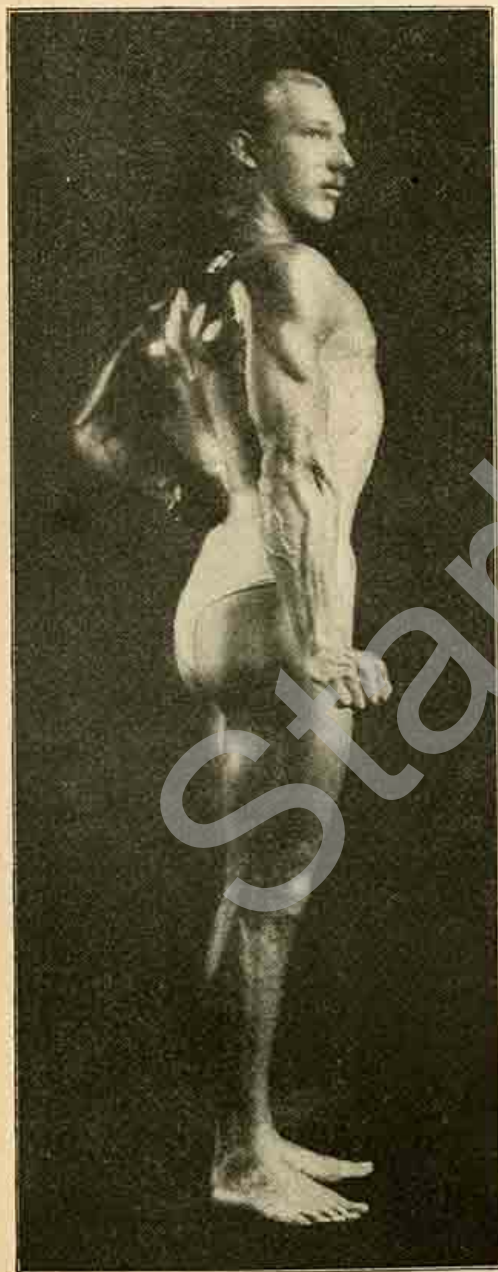
From Harrisburg, Pa., came the next feature on the cards, supplied by the brothers George and Jacob Blymire. George Blymire did the juggling of his brother in a well-polished style, snatching him from the ground and pressing overhead. This, of course, was only one of the many stunts performed. He wound up his act by making an abdominal raise while holding his brother at the back of his neck. This he did three or four times and won a great round of applause from the admiring audience.

Mr. Blymire is to be highly complimented on his splendid showing. No longer a young man, his head is crowned with grey hairs, and his years indicate middle life; but his enthusiasm and general buoyancy is that of a young man.

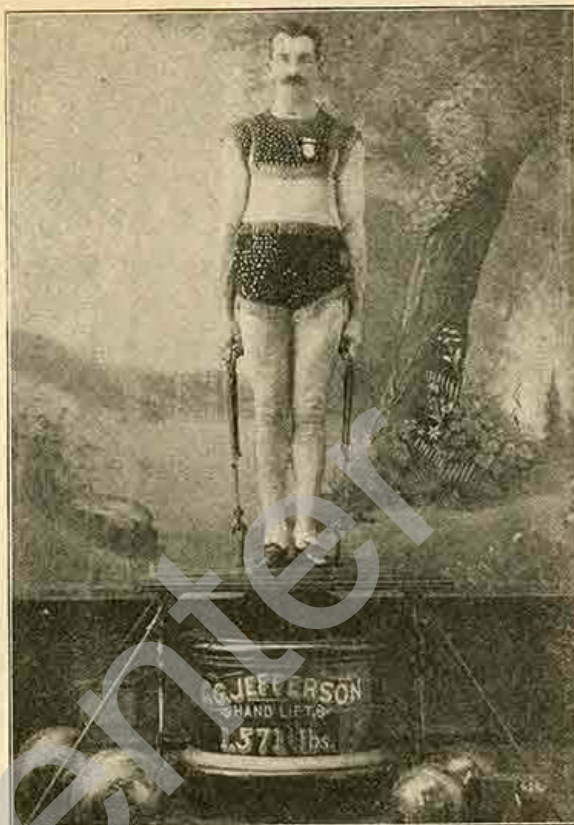
Not over a year ago, our honorable brother member was a physical wreck from sickness. He finally decided to try exercise, and came under the instruction of our president. The results were gratifying, and with his increased health and strength came greater enthusiasm. On the night of our show he put on a strong act, with his brother, that for skill and smoothness rivals the professional performer. We are proud of this worthy brother who works untiringly for the cause.

Robert Snyder, the popular lightweight champion, next entertained with an exhibition lift of 80 lbs. in the one-hand military press.

Whenever Bob comes around the fans crave to see him lift. It does not matter whether it is in an exhibition, match or record performance, his smooth work appeals to them greatly. Bob is always



Wm. S. Petrey, a new Los Angeles heavyweight, who is likely to supplant Burns in the future.



A relic of the past. The actual photo of Jefferson making his historic lift, December 11th, 1890, after whom the lift was named

willing to do his bit for the crowd, which is greatly appreciated. Hagerstown, Md., is a long drive and when a fellow drives two hundred miles one way to see a show, and perform impromptu when he arrives, he proves he has a real sporting disposition. Such has Robert Snyder.

Three young lions of strength sport next stepped out to try and score a high enough total on the five lifts to entitle them to win the silver award. Two of them, E. and W. DeCarro, lifted in the bantamweight class and scaled 111 lbs. and 110 lbs., respectively. A. Parotto lifted in the featherweight class and scored 760½ lbs. E. DeCarro made 653 lbs., against his brother at 670½ lbs. These boys have only been lifting a year and are only in their 'teens.

The semi-windup brought a new performer, from York, Pa., in the person of W. Harlacker, who demonstrated his powerful neck strength by driving big heavy spikes through a board, then pulling them out with his teeth. He drove one very large spike into a heavy plank, and taking hold with his teeth he began bending the spike to and fro, until he broke it off at the board. It was a very unusual stunt and was well received. He drove larger spikes through a greater thickness of boards than Breitbart used in his act. Harlacker concluded his act with a teeth lift of two hundred ten pounds.

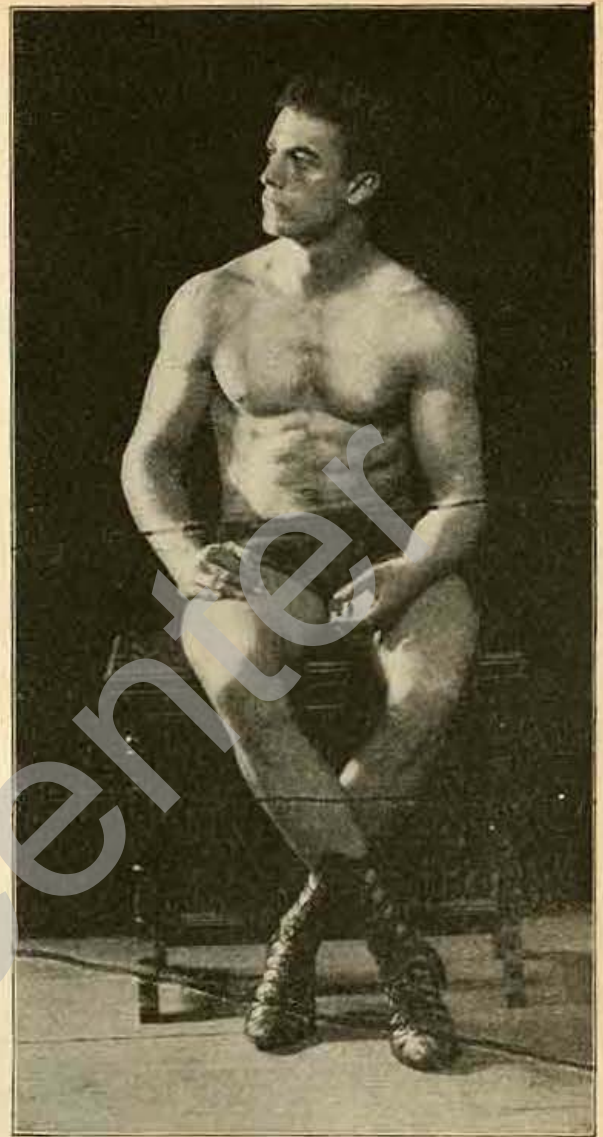
The windup brought the famous veteran, W. L. Travis on the scene. President George F. Jowett introduced him and gave a brief talk on his career, and immediately Travis broke into his act to the tune of a rousing ovation.

His first stunt was to warm up with a light bell with which he juggled. This he followed with a teeth lift of two hundred fifty-four pounds. Of course, this was only an exhibition lift, the poundage being way below what he can do in a record attempt.

Warren now prepared for his attempt to establish a new world's record in the two-finger lift. Part of the load was the famous Zottman bar bell, which it is claimed no man ever lifted. Travis ordered two dumb-bells to be tied upon the bar, and the total was carefully weighed. The load balanced the scales at seven hundred sixty pounds. Everybody craned forward. They could not imagine a man lifting a load like that, employing only two fingers, but Travers did it, and without any undue strain. The spectators were amazed, and evinced their honest admiration with thunderous applause that fairly shook the building. The splendid New Yorker can beat this wonderful mark, but is reserving the feat as one of the lifts he will perform on his birthday anniversary. It was the lift de luxe of his performance.

Travis concluded his performance by lifting twelve men on a platform three or four times. The total weight, including the platform, was a little over a ton, but this was pie for Warren.

Great credit has always been given to Cyr for his marvelous back lift, but I would remind my friends that Travis beat Cyr's best in the Brooklyn contest by forty pounds.



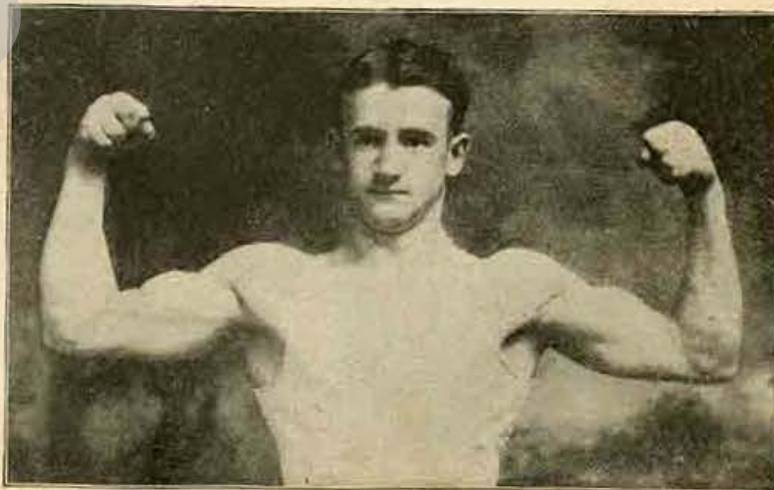
Vice-President Willoughby, whose recent victory places another notch on his record.

It was in that contest that Travis further substantiated his claim as the world's back lifting champion. It must be remembered that Travis's wonderful back lift was performed at the same time he performed a series of

lifts, and all had to be done within a stipulated time. What he could do if he trained for that lift only is hard to say, but we believe he could come close to the two-ton mark.

There has never been a performer appear at our shows who was better appreciated than the likeable Warren Lincoln Travis.

There has been a great deal of talk about old- (Continued on Page 68)



A. Angers, the remarkable Montreal featherweight, who is likely to clash with Mark Berry this winter.

Health—Strength—Beauty

(Our Girls' Circle)

Conducted by Marjorie Heathcote

LAST month I endeavored to point out to my readers the necessity of caring for the hands and their connection with one's health. It, therefore, would not seem fair to pass by the important subject of the care of the feet, although some months ago, in these columns,

For so long a war was waged on the now-extinct "corset"—someone should start a war on tight and high-heeled shoes. Perhaps no article of dress could exert a more dangerous influence on the whole body than improper shoes. They do no end of damage, causing, in the first place, improper carriage, improper circulation, fallen arches, weak ankles, bunions, corns, ingrown toe nails, and many other foot troubles.

The foot consists of 26 small bones joined by ligaments, and the muscles are so adjusted as to give best

conditions for bearing weight and elasticity of walking. Truly, a great responsibility rests on our feet. These bones are arranged into three groups, and their arrangement is such as to present two arches, the first arch between the heel and the ball of the foot, known as the instep, and the arch between the toes and ball of the foot.

The position of the feet has a strong influence on all foot troubles. The best position while standing or walking is with the toes pointing straight ahead, thus throwing the weight of the body on the whole length of the instep and the big toe. This position is natural and strong. If the toes are turned out, the weight of the body falls upon the

I answered a question regarding weak arches and inflammation of the feet.

I have received many letters from women asking for relief for flat feet, fallen arches, and weak ankles; so I will again take up this important subject in a more extensive manner than before.

Women, more than men, suffer from different foot troubles because of their vanity. No girl or woman likes to think or to be told that her feet are large. Consequently, she will wear as tight a shoe as is possible for her to force on her foot. She also resorts to the injurious high heel, because she thinks she would not be as up-to-date as her sister, or because she thinks it improves the appearance of her leg.



Dorothea Schar, a pupil of the Barth School of Dancing, Pittsburgh.

foot at an angle which strikes a point at about the center of the large arch and the rest of the foot takes but a little of the weight, and so the leverage of the big toe is lost. A strain results, and the foot is weakened. The weaker the foot gets, the more tendency there is to turn the toes out. A weak foot will tire easily, and sometimes a swelling occurs. The trouble could be stopped right there by discarding the tight and high-heeled shoe and performing some simple exercise.

However, most women will not bother about these conditions, except to complain. The foot then falls into the next stage—strain. The ligaments around the arches of the foot weaken and relax, and the foot begins to really pain.

This condition goes on until the final stage is reached, that of flat feet, or "fallen arches," as it is commonly called. The muscles and ligaments can no longer hold the bones in their correct places, and they drop. Pressure then falls on the nerves and blood vessels, and a painful condition arises in which the foot and ankle lose their flexibility. I think, from the above description, my reader will be able to determine exactly where her trouble lies and what is causing it.

Now, to begin the cure. The first thing to do is to secure a pair of low-heeled shoes, not too big, but a pair that fit snugly and comfortably. If there is a tendency to swelling and pain, massaging will relieve that condition. Do not massage the foot only, but apply it to the lower leg to improve the circulation. If the arch has fallen, it is advisable to get a pair of arch supporters or plates, temporarily. There are all sorts of arch supporters on the market, but I would suggest that you go to a specialist and have them made from a cast of the feet.

One of the best exercises for the feet is the continual practice of walking with the feet slightly inverted and with the toes pointing straight forward. Exercises for correct walking, balance exercises, slow toe marching, and similar exercises are valuable both for the feet and for posture. All standing exercises should be performed with the feet straight and about six inches apart.

Exercise No. 1. In sitting position, cross one knee over the other, so that one leg hangs free. Extend ankle and push down with toes. Then turn foot inward and upward, in a circular motion, flexing the ankle strong.

Exercise No. 2. Stand erect, rise on toes, then lower the heels slowly with weight on outer sides of feet.

Exercise No. 3. Step forward with one foot, and as your weight comes forward, grip strongly with the advanced foot. Relax the grip as the next step is taken and repeat thus—"step and grip, step and grip."

Exercise No. 4. Endeavor to pick up small articles with toes, such as pencils and small pieces of paper rolled into a ball.

If you want these exercises to be of any value at all, you must practice them two or three times a day, with as many repetitions of each movement as you can comfortably make. Also form the habit of keeping the feet in the correct position. At first you will have to con-



Bench Bentum, whose name and fame have been mentioned many times in these pages. Miss Bentum has closed a very successful season as an acrobatic diver and is now in Florida "getting in trim" for her next season, which promises to be better than ever.

centrate on the position, but soon it will become a very beneficial habit.

* * * * *

The judges who were to determine the winners of the Health-Strength-Beauty Contest could not make a decision in time for them to be announced and their pictures shown in this issue of STRENGTH. However, the winners will be announced in the February issue.

* * * * *

Dear Miss Heathcote:

I recently read the STRENGTH Magazine and liked it very much. I enjoy reading the "Girls' Circle," and am keenly interested in the different girls' letters as to how they keep their figures.

I have tried a good many of the exercises and think they are very good.

Am enclosing a picture of myself in a bathing suit, and am anxious to know if my (Continued on Page 91)

Famous Holds By Famous Wrestlers

Does Specialization Make a Good Wrestler?

By Dean Carroll

MANY times you and I have heard a remark made about some doughty knight of the padded canvas like this: "Boy, Oh Boy, but he is a great wrestler!" Yet how few stop to ponder over the thought of what made the man so good. Offhand, the general idea is that the man was just naturally good, being possessed of barrels of speed, and tons of strength, plus a knowledge of the game

Today the best men are mostly specialists. As far as that goes, all are more or less specialists. Some, being more versatile than others, do not have to resort to a single hope. Others do.

The latter are not so spectacular in action, but they "cop the bacon" just the same.

Anyhow, I am not going to discuss the situation of which style is best. I am satisfied in my belief that all wrestlers are mostly specialists. They all have a pet hold which has taken possibly years to develop, and which spells exit to their opponents when they once get them snarled up in their toils.

It is the degree of perfection attached to a particular hold or lock that has brought fame and fortune to its owner. And, while the public in general does not know it, the grappler does, and he pays as strict attention to the cultivation of his particular hold as the soldier does to his rifle.

Newspaper writers did not pay much attention to the special holds employed by the various wrestlers until the advent of Frank Gotch. Then they began to feature



The Crab—A wicked hold.

which is hard to beat. Generally, this last factor is spoken of least; greater stress is always laid upon the enormous power and speed of the athlete.

We all know that fast movement and great strength are essential, but we also know that men who only possess these two factors have very little show against the scientific exponent of the grappling art.

A working knowledge is not enough. The wrestler has to be one of two things, either very clever and with a large stock in trade knowledge, or else a specialist.



The "Stranglers" Head Lock

the toe hold for which they gave Frank the credit as its inventor. This was not so, however, as I saw the same hold used years before the Iowa farmer was ever heard of, but Gotch specialized on this hold, and made it spectacular by the skillful manner in which he disposed of his opponents.

When Stanislaw Zbyszko first came to this country, he was hailed as invincible. In those days his huge form was very imposing, and he cleaned up some mighty good men in quick order. A match was brought about between Gotch and the Pole, but the American proved himself too much for the gigantic visitor, polishing him off in fairly quick style.

Frank secured each fall with his favorite toe hold, much to the amazement of the sporting public, who at least expected to see the Pole win one fall out of the three.

Frank was more finished in his administration of this hold than any others who have followed after him. Most of them secure the grip and resort to punishing methods, hanging on until the opponent quits or the referee gives the fall, but Gotch generally scored a pin fall. Invariably using the crotch hold as a prelude, he would swing them onto their shoulders, and then grab his toe hold to clinch the fall. Even when securing this hold down on the mat, he had the knack of twisting them onto their shoulders with the locked foot jammed to the floor over their head.

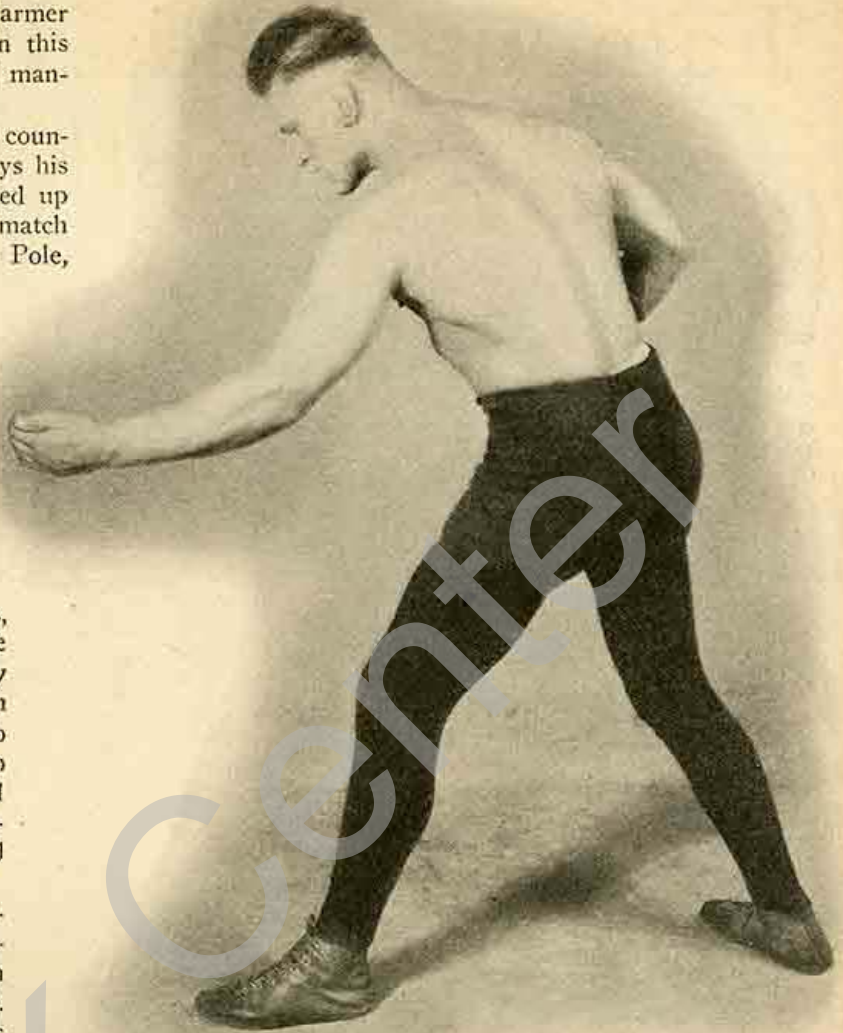
There is no doubt in my mind that the popularity of this hold was the means of developing the many new toe and foot holds, with their varied combinations, that we see today.

Zbyszko showed his great respect for this hold, that had defeated him, by adopting it as his own specialty, and thus continued the reign of popularity for the toe hold.

George Hackenschmidt was great on the reverse waist hold. His colossal strength made it possible for him to be very successful.

Many times I have seen him snatch his opponents off the mat, whirl them in mid air, and crash them down upon their heads to defeat. It was in this manner that he disposed of the valiant Cleveland star, Tom Jenkins, at Madison Square Gardens, when they grappled for the world's title. It was a pretty sight to see him apply the cradle hold. He could wrap up his man neater with this hold than a grocer could a package. Once this tie up was secured, *good night!* All the king's horses and all the king's men couldn't pull Hack apart. The Russian giant always got this trick on his man when standing up. With his left hand encircling the other's neck, he would pull to himself, and at the same time pass his right arm under his opponent's left leg in the bend of the knee. Immediately the hands would form a conjunction by clasping together. This done, he would whirl his opponents off their feet and then throw them over his right knee so that the shoulders laid square on the mat.

The knack in this hold was when the hands made their connection. Instead of hugging the man, the arms should be straightened out. This doubles up or cradles



John Pesek—The Nebraska Tiger Man. The most sensational wrestler today.

an opponent much better, bringing his knee and head together.

This is one mighty good hold we do not see employed any more, for some reason or other. It was a mighty weapon in the hands of the great George Hackenschmidt.

Nowadays we see mostly headlocks. Of course, since Munn has come to the front, a few people inquire what his new crotch hold is like, but it's as old as the hills.

When we think of head locks, we naturally think of Strangler Lewis, the Head Lock King. A great many people confuse this lock with the regular strangle on account of the handle Lewis wears to his name, but it is not. Some years ago there was a wrestler named Strangler Lewis who, between strangling his opponents into a comatose state and running opposition to the Sultan of Turkey in acquiring wives, was quite famous. I do not know if the present Lewis is a relation, or what inspired him to adopt the former strangler's *nom de plume*, but I do know that his head lock is just as wicked and more damaging. He is the only wrestler I know of who can squeeze a cocoanut into the shape of a lemon.

When Joe Stecker was so unfortunate as to allow

this human gorilla to embrace his dome, he lost his crown, and sustained a partly paralyzed neck that put him out of action for a long time. Ever since that day Joe has been aching and praying to get another chance at King Lewis. When you mention the possibility of Lewis clamping the head lock on him again, Joe says "Never again." He figures he would not give Ed the chance before he begins to apply the tailor's implement, the scissors, around the burly one's waist line.

Well, that's for the two of them to worry over.

Then the Zbyszko brothers took a whirl out of Ed, only to land with their domes in the hospital for repair.

Billy Sandow, Strangler's manager, long ago saw the possibilities in developing this hold. He kept Ed working steadily at it. Then a bright idea came to him, and he devised the head lock machine, and what Ed has not done since working with that dummy head is not worth relating.

Lewis secures his lock simply by encircling his one arm around the head and locking his hands; and there he hangs on until his opponent quits or is crushed into insensibility.

It is a terribly punishing hold. So deadly is the Strangler with this bone crushing device that many wrestlers are half whipped by fear or apprehension as soon as they step on the mat.

Much the same condition exists with Joe Stecher, who has acquired such proficiency with his legs in the scissors, that he almost cuts his opponents in two.

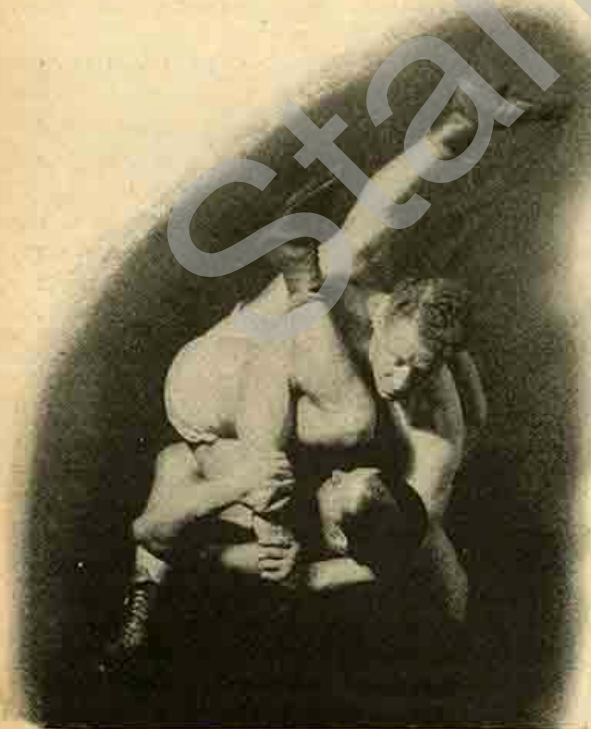
Stanislau Zbyszko went down in defeat to the Nebraskan from the gruelling of this shearing lock. So huge is the big Pole that many thought that Joe could never encircle Stan's waist line enough to hurt, but it is a pretty hard job to beat a man at his own game. Joe has been practicing the scissors for so long that it makes no difference whether it is applied around the waist, arms or legs. The unfortunate grappler feels that he is undergoing an amputation.

Joe is given credit for inventing the scissor hold just the same as many other grapplers are given credit for their favorite holds. Few of them are new, and the few do not include the toe hold, head lock or scissors. I saw all these holds over twenty years ago, but they were never specialized upon until recent years. This method of specialization has not only proved efficient, but it has been instrumental in developing many new variations and combination locks, which are used just as effectively by other grapplers.

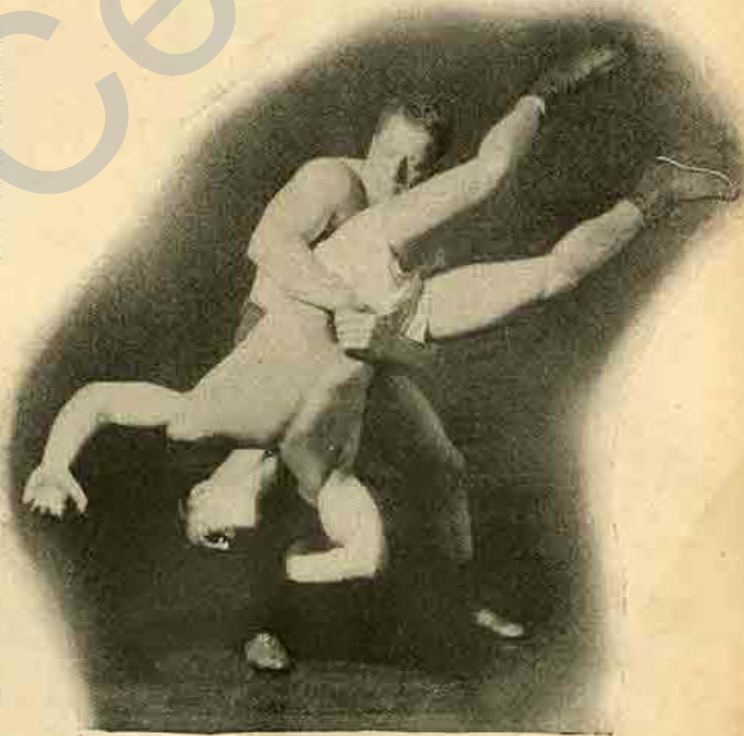
The wrestlers of years ago would have laughed at specialization, but I remember one real old timer who was a wonder. We often refer to him as the Fitzsimmons of the mat. Like Fitz, he was only a middleweight and a light one at that, but he threw them all, irrespective of weight. He was just as grotesque in build as Lanky Bob, all shoulders and long skinny legs, but a regular whirlwind. Joe Carroll, by name, had a remarkably extensive knowledge of the game, but his specialty was the double ankle hold. From a standing position he could dive for the ankles so quickly that the crash of a falling body was the first intimation that the hold was obtained.

They tell a wonderful story of Carrol which is centered around this hold, and it has quite a kick to it.

Tom Cannon, a very famous British wrestler of that



Hackenschmidt Cradle Hold



A fall from the reverse waist hold.

time, was conducting a tournament in Manchester, England, open to all and sundry. Joe Carrol entered with many others; but one night during the preliminaries, a great big husky guy showed up and wanted to compete. He was remarkably muscular, but admitted he had never wrestled. He argued that he did not have to know anything as he was strong enough to take care of himself. Very boastfully he continued to blow, and Cannon thought he would have some fun at the big guy's expense.

(Continued on Page 73)

WHEN a man or woman is actually sick it is too late for 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 problems.

Sometimes it is only by interviewing personally a thoroughly competent physician that he can get the advice that will make his perfection in health and bodily development more sure. Should you write us and should Dr. Rubin find that you are in this class, we would notify you at once. Every physical culturist should know his organic and glandular condition as thoroughly as his muscular system and we wish to aid you in accomplishing this.

We have been receiving many letters every month similar to those Dr. Rubin has answered in this issue and Dr. Rubin will continue to answer such questions as he can and will publish a few letters each month, selecting from his correspondence those letters of the greatest general interest. Enclose a stamped return envelope with the queries and we can assure you of a prompt reply.



H. H. Rubin, M.D.

Ask the Doctor

A Department for Solving Your Health Problems

By H. H. Rubin, M.D.

QUESTION: I am a young man twenty years old and have suffered from a peculiar nervous trouble nearly all my life. A well known physician of Indianapolis tells me that this malady is due to the absence of the thymus gland, without which he said I was born.

This doctor started giving me what he called extracts of this gland. After taking only a small amount of his medicine, I left that city, and have never taken any of his medicine, or any other, since. Also I have consulted another doctor since then and he tells me that the only way to determine the absence of this gland is by the use of the X-ray.

H. R. C., Bedford, Ind.

ANSWER: There has always been an element of mystery about the function of the thymus gland, situated low in the front part of the throat. Disorders of this gland are fortunately not common, although more frequently met with than is generally supposed.

Perhaps the chief function of this little gland is in the metabolism of mineral salts, especially lime and phosphorus. For when the thymus turns an arch, the chief organs to suffer are the bones, muscles and then the nerves—in the order named.

One of the most important facts in connection with the thymus is its relation to idiocy in children. It has

been observed that a very large percentage of idiotic children have only a rudimentary thymus.

Experiments on animals show that the removal of the thymus causes dwarfism. Where marasmus is present in children, especially where it is associated with defective growth, thymus administration or stimulation has been followed by some unusually brilliant results.

Reduced power of the coagulability of the blood is also associated with deficient thymus secretion. Hence, many children subject to recurrent attacks of nosebleed have been greatly benefited by the use of thymus extract.

Lacking a more complete description of your "nervous trouble," I cannot say at this writing whether or not thymus gland stimulation would be of any avail in relieving this condition. My personal experience is that in most cases in which this gland is deficient in activity, there is a lowering of the entire endocrine functioning, particularly in the functioning power of the thyroid and adrenal glands. I believe it would be necessary for you to have poly-glandular stimulation (the stimulation of several of the glands, including the gonads) before any definite impression could be made upon your condition. Better see some well qualified physician in your neighborhood and then let me know what he says.

QUESTION: I recently had a test of my blood taken and same was found to be perfect. As I am working my way through college, I thought I might sell my blood for transfusions, as I am in need of more funds at present. I lead a physical culture life and am fairly strong. Would the loss of my blood in pint or quart quantities be harmful to me?

I also would like to know if canned fruits and vegetables are as beneficial as the fresh.

M. S. C., Binghamton, N. Y.

ANSWER: While I admire the courage of a boy willing to sell his life blood by the pint, in order to pay his way through college, I can only say, as a physician, that if it is at all possible for you to secure funds in any other way, do not part with any of your blood. The loss of your blood in pint or quart quantities would have a very debilitating effect, and might prove definitely and permanently harmful.

Canned fruits are not considered as wholesome as fresh fruits, inasmuch as the vitamine content of some of these fruits is believed to have been destroyed or lessened in their activity, by reason of their preparation and sterilization necessary for canning. However, it is interesting to know that tomato juice from canned tomatoes is being fed to marasmic babies, and to those deficient in this particular type of vitamin found in the canned tomato juice. Also, that this tomato juice seems to have all the anti-scorbutic properties of fresh tomato juice.

QUESTION: I am nineteen years old, am healthy and full of pep, and very strong because of bar bell work.

Up to about a year ago, I did not bother about what I ate, but since then I try to eat of only healthy foods, avoiding fried stuff, white bread and sweets especially. At noon I drink a quart of milk, eat lettuce sandwiches and raisins, grapes, or some other fruit, and then about an hour afterward I feel a sharp pain in my throat, unlike a regular sore throat, and which is not accompanied by stiffness.

Five years ago I had my tonsils and adenoids taken out. Has this anything to do with it? This pain generally lasts for a couple of hours and then goes of its own accord.

A. L. W.

ANSWER: The pain of which you complain is quite frequently met with. I would suggest that, as you are a growing boy, and are doing active work with bar bells and other gymnastic means, you eat a small piece of meat about once a day, preferably rare roast beef, broiled steak or mutton chop or slice of lamb. Your lettuce sandwiches, with raisins, grapes and other fruit, do not give you a sufficient protein content from which the system may build tissue to replace that which is lost in your exercise. I would also caution you to be careful to have at least two free daily movements of the bowels every day, and also to drink plenty of water so as to eliminate, so far as possible, any toxic condition that may develop in the system to irritate your condition.

QUESTION: What is the nature of "Hodgkins Disease of the Glands?" What may cause it? I have heard that one suffers much toward the end; is it true?

M. C. M., Sioux City.

ANSWER: Hodgkins Disease is a disease named after an English physician, Thomas Hodgkins, who died in 1866. The disease is marked by chronic inflammation and enlargement of the lymph nodes. This inflammation commences in the glands of the neck, from which it

travels to the glands in the armpit, the groin and the abdominal cavity. It is associated with enlargement of spleen and also of the liver and kidneys. There is a more or less degeneration in this condition which produces a profound anemia. There is no special pain or suffering connected with the disease, the patient usually dying of exhaustion.

In the early stages it is quite possible that stimulation of the spleen and other blood-making organs by the gamma ray and other means might prove to be definitely helpful. Exercise, diet, plenty of fresh air and sound sleep are also of value. And, above all, the patient must not worry himself into further debility.

QUESTION: About three years ago I was in bed about a week with what the doctor called lumbago. This was the first notice of my trouble, which started at the end of the spine between the hips. There was a peculiar feeling in this region. I had the feeling that if I could back up against something and rub it out, I would be all right. When I would stoop over, bending at the hips, I would tire out and have to straighten up. I knew something was wrong. Although it did not give me much pain, there would be much grating when I would bend and try to loosen this.

I went to a chiropractor and he made so little impression on me with his treatments that I discontinued going. He adjusted my shoulders and neck, when my troubles were in the lower part of the spine. Giving this up, I went to one of our prominent medical doctors. He gave me a thorough examination. Even a Wasserman blood test was given, and not finding any symptoms of any kind, he passed me on to the dentist. There an X-ray picture was taken of my teeth. Results were the removal of a couple of impacted wisdom teeth. After this had cleared up and no better results were forthcoming, it was decided my tonsils were full of pus, and that they would have to come out. So I had this done and, after due time, no noticeable results came. In fact, during this time I could tell my trouble was coming up my spine; I had two acute attacks of rheumatism that were so bad I could not drop my head down, and it would clear away only after I had applied hot towels. I changed doctors again and went to one who was highly recommended. He diagnosed my case as rheumatism of the spine. I took treatments from him for six months. Twice a week he would give me an injection of Sodium Salicylate. He would change medicines by getting the same product from different manufacturers—and I was getting worse. I changed doctors again, only to be disappointed.

I decided to try chiropractic treatments again, because my back by this time seemed so stiff that it felt good to have someone give it a good pounding. This doctor gave me full twenty-minute treatments, adjustments and electro-mechanotherapy. He did limber me up a little. He also reduced the glands in my neck to normal. There had been a small goiter growing. I took these treatments for one year and a half and steadily became worse. Finally I gave it up.

My spine is still sore and grates in every joint. I am sore all over; my joints and shoulder blades crack and pain. I can hardly touch my chin to my chest.

I am 25 years old, weight 154 lbs., am 5 feet 7½ inches tall. I have good color and my skin looks healthy. I have good appetite, sleep well and am nervous occasionally.

I have been eating summer vegetables, bread, butter and milk. No meats at all, although I can eat anything without any trouble. My bowel movements are none too good.

R. C. B., Columbus, Ohio.

(Continued on Page 74)

The Mat

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

Conducted by *George F. Jowett*

Building a Mighty Chest

GIVE me health and a day," said Emerson, "and I will make the pomp of emperors ridiculous."

Without health we can do nothing, all our ambitions are mere shadows. It is the most precious possession in life, yet the majority of people seem to pay the least attention to its cultivation, until, some day, something gives way, then the price begins to be paid.

Personally I have little sympathy for the individual who falls by the wayside from physical neglect. If it was not for the fact that others must suffer along with the person, I would say he got all that was coming to him.

If a person breaks the civil law he is punished; likewise, if we break the natural law we must pay the penalty. You can't tread on dame nature's toes and get away with it. It is the same old story, people prefer to follow the lines of least resistance. As long as they are getting along from day to day, all is well with them.

When we speak of health, we generally think of the chest, and figure that a person has a good pair of lungs because he has a good chest. It is quite true that the man with a good chest is apt to be a pretty healthy specimen, and generally becomes the envy of his friends. The beauty of a well built chest is that it is never hidden by the clothes we wear, like a good pair of arms or legs. The fullness is always apparent to the eye, even at long range.

A full round chest invariably has a fine pair of shoulders attached, but the building up of the chest does not begin and end with the enlarging of the rib box.

For some time back a craze for the Two Arm Pull Over has developed as the sole means of building a bigger chest. Some muscle builders have become obsessed with the idea that it is the only exercise. It is a good exercise, I agree, but it is not as good as it is cracked up to be. What I mean is that this single exercise will not do it all. It certainly supplies a fine basis to work on, but it will not develop all the mass of muscles that encase the whole thorax.

The greatest benefit received from the Two Arm Pull Over is the enlargement of the lower part of the rib box. More improvement is shown here

in the lower region than in the upper part of the chest.

The improvement is a valuable acquisition. A greater space is made for the vital organs to function in, and the chest acquires a square appearance.

By reason of the natural construction of the chest, the ribs are very flexible. This is clearly demonstrated by inhaling and exhaling the air from the lungs or by muscular exertion, when the chest expands and contracts. If this was not so, there would be more broken ribs than there are. This makes it possible for us to take a certain amount of punishment without any ill effect upon the chest.

The Two Arm Pull Over causes the ribs to spread out, which increases the chest measurement, but if the muscle is not built up correspondingly, what size is gained will not be



J. R. Hannam,
Australia



Ow Leong Chye, S. S.

held for any appreciable length of time.

Many are under the impression that by using heavier weights they will increase the chest size more rapidly, and at the same time cultivate more muscle. This is an entirely wrong idea. When a student begins to use too much weight, he is *pulled* out of the position of the exercise, at its most important point, where the small of the back rests on the floor. The weight always feels light up to the point where the bell is lowered two-thirds of the way down. At this point we have least muscular resistance and the bell is harder to control. Everyone who practices this exercise should allow it to be governed by the weight of the bell he is able to handle at this point of vantage.

Apart from lifting the small of the back off the floor, it causes too much of an isolation on the diaphragm, and calls for too much effort of the deltoids. Therefore, I would advise no one to use over fifty or sixty pounds at the most, if they want to obtain the best results from this exercise.

There is an old saying that we can do a good thing too well.

Often a body builder will allow his anxiety to handle more poundage and run away with his better judgment. Greater care should be given to the manner in which the exercise is performed. That is the secret of exercise.

The upper part of the chest is a little harder to develop, but any increase gained here is always very noticeable. A fullness is gotten which creates the high chest. Nothing is more magnificent than to see the swelling of the chest commence at the throat and roll out until it merges into the box formation, added to by the increased lower rib box gotten from the Two Arm Pull Over.

Henry Steinborn, the wonderful German strong man, has a remarkable chest. It is built a lot like George Hackenschmidt's, and is one of the finest chests I have seen in a long time. No picture of Steinborn ever does justice to his magnificent Thorax.

The exercise that I am going to give you for your upper chest is one I have seldom seen practiced. Steinborn uses it quite a lot, which is, no doubt, the reason for his great chest development.

A low stool or a box is required for the exercise; but

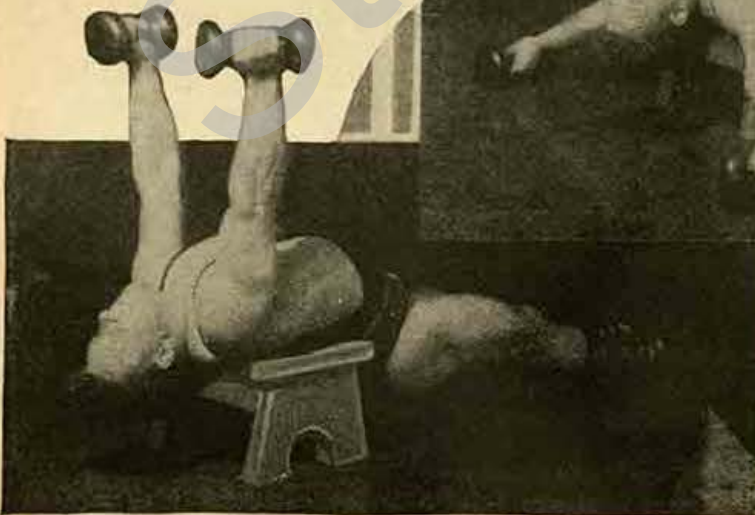


Fig. 1

the width of the box or stool should neither equal nor exceed the width of the back, so that full play is given to the arms and shoulders while practicing the exercise. The position is taken as in Figure 1, with the broad of the back resting upon the box. A pair of light dumbbells not exceeding ten pounds each to commence with (less if anything) are taken, one in each hand, with both bells held at arms' length as illustrated in Figure 1. The whole body should be held rigid. Begin to inhale deeply, and simultaneously lower the arms down sideways in a circular movement. Keep the arms always at an angle parallel with the shoulders while the arms are descending. Never obey the impulse to bend the arms at the elbow. Lower the arms until the bells touch the floor as in Figure 2. Then raise the bells to the original position, repeating the movements until satisfied.

A great tension will be felt upon the breast bone, and a tendency to walk very straight will be found to exist afterwards. A fine feature of this exercise is how well developed the breast muscles become as the chest widens and deepens. This exercise is a fine all-round chest developer.

The pectorals must be developed as well as the serratus magnus muscles, which fit in between the ribs like fingers, in order to build up an all-round well formed chest. These muscles add greatly to the beauty of the thorax.

Most body builders secure their pectoral development by practicing the floor dip, which is a very good exercise. But one must not lose track of the fact that the pectoral muscles are divided into major and minor parts. The floor dip catches the pectorals major but not the minor so much, and a full extension and contraction of the breast muscles are not secured in the dip as with the exercise I have explained. This exercise has the value of both spreading the chest and developing the muscles, better than any other chest exercise I know of.

Though it is good to practice the dip, we should remember that variation in developing one group of muscles is very essential.

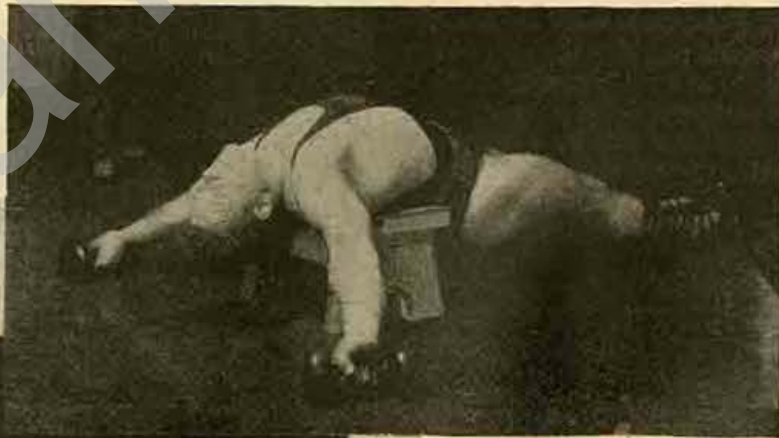


Fig. 2

Another exercise that I found very good is practiced by clasping the hands on the breast. By using all the possible resisting concentration the right hand forces the left across the chest until the right arm is straight. Then the position is reversed, the left hand forces the right hand back, until the left arm is straight. It should always be remembered that as one arm forces, the other resists. Care should be taken to not allow the body to be twisted. If this is done, the value sought for is lost.

This exercise is very valuable where one

breast muscle is larger than its mate. If it is the muscle on the right side, all that has to be done is to force the left arm across the chest until the right arm is straight; and perform this movement with the right until the muscles become balanced.

Crossing the arms over the chest is another fine developer. The arms should travel as far across as they possibly can, and at the same time keep the chest lifted high, inhaling as the arms cross. By alternately crossing one arm under the other, the pectorals minor receive their quota of attention equally as much as the pectorals major.

Summed up, we have five good exercises for getting the best results for the chest. Each exercise has a special quality all its own. The Two Arm Pull Over builds the lower rib box. Lying on the stool gets the

Walter Stratton,
Leetonia, Ohio

upper chest and breast muscles. Forcing the arms across the breast is a fine special exercise to balance the breast muscles, while crossing the arms provides exercise for the pectorals major and minor. Dipping on the floor is good for the pectorals major.

If a person desires to especially build up his chest, he should practice these exercises altogether in the manner explained on specialization in last month's issue of the "Mat." But if entire specialization is not desired, or if a muscle builder wants to do these five exercises and also practice his other routine, he can split them up, practicing some each day or night. However, let the program be balanced. Don't develop the chest muscles at the expense of the chest or vice versa. As a matter of fact, the chest cannot be developed at the expense of the muscles, for it is the muscles that retain the size gained by the chest from exercise.

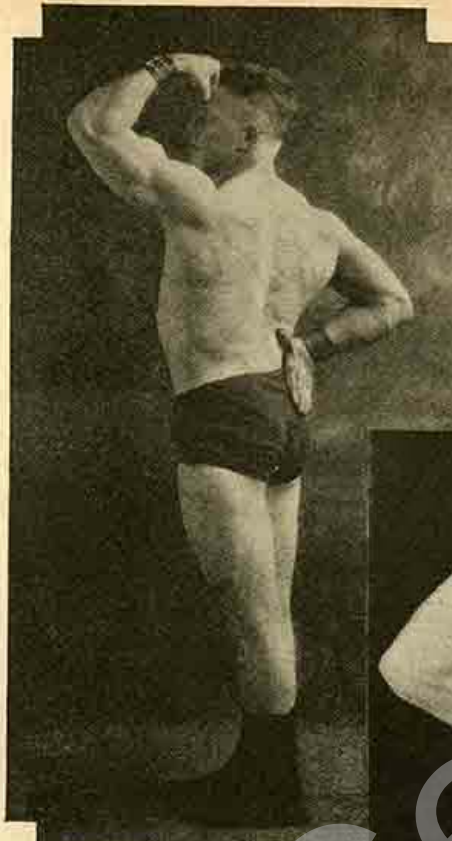
Don't try to see how many movements you can make, or how much weight you can handle. The one thing to bear in mind is to do the exercises correctly.

Let your physical condition be your guide as to how many repetitions should be made of each exercise. Some days you will have worked harder than others, and you will feel tired a little quicker than usual. Then cut down on the amount of repetitions.

Some days you will feel full of pep and also feel that the number of movements performed before are not sufficient. At such a time, they are not sufficient, so do not let yourself be fooled into believing that adherence to a set program is enough.

When the muscles crave exercise, give it to them, and cut down when they don't want it.

I know lots of fellows think something is wrong with them if they cannot make the regular counts. It is not so. What each muscle builder should remember

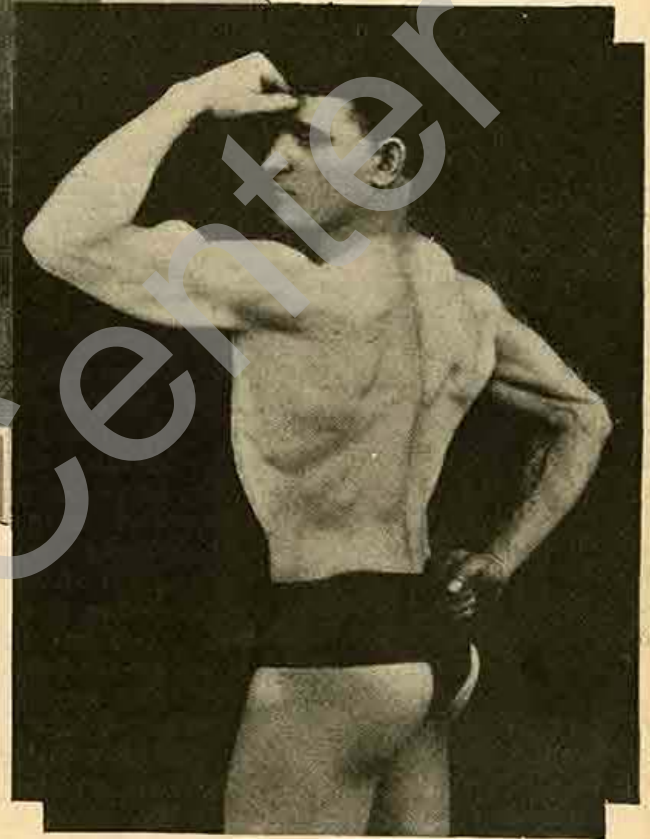


is that he should always obey the natural urge.

When you are hungry your stomach will tell you so. The muscular system acts the same way, so obey it.

The question will come to many minds. Why are beginners told to perform exercises so many times, and if using weights, with a certain amount for each exercise?

The reason is, a beginner has to be guided—a starting point made.



Ben Necheff, S. Chicago, Ill.

This is always done for safety's sake. As the body builder progresses, he finds the exercise becomes more difficult. During the time the culturist has been progressing to this point, he has been learning, and when the difficult point is approached, he must follow the advice which is given here to follow the dictates of his daily physical condition.

Use judgment with all that is attempted and done. Make a goal and co-operate by using brain as well as brawn, in securing the end. The goal will be found much easier and a general satisfaction gotten.

The Bent Press

It will be remembered in last month's explanation of this intricate lift, that I purposely closed my talk at the point where the lifter has bent to his limit in the body spiral movement, without bending the lifting leg.

I am hoping that the lifter has everything, up to this point, clearly settled in his mind, so no confusion will be involved.

The third illustration in last month's article showed

the lifter at the point where the arm was to be locked. In order to do this effectively, he must get under the weight. This was generally done by going over sideways as far as possible before the lifting leg was bent at the knee. Some lifters go so far that they have to seek aid from the non-lifting arm which passes over the

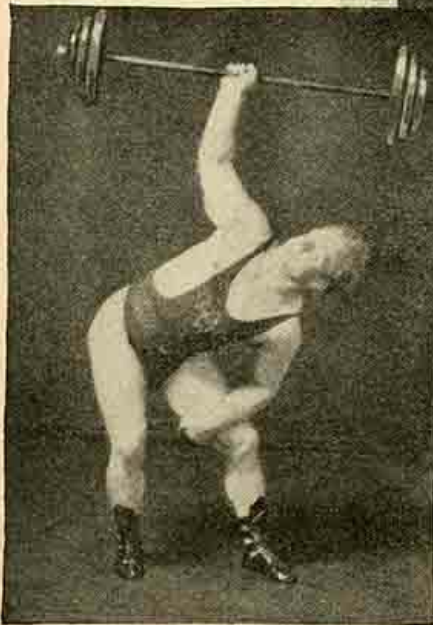


Fig. 1

enables the lifter to lock the shoulder under the bell.

Here is where the trouble starts. The lifter has got the weight to arms' length, but he has become so badly twisted up that he is unable to unwrap himself in order to straighten up. In attempting to do so, control of the weight is lost and the lift is spoiled.

It is not necessary to go to this point. When the lifter has gotten to the point where we finished up last month, he will find that he can hold the weight at that angle without going over any further. Instead of going over any further, maintain a steady pressure on the bell and at the same time begin to bend the lifting knee. The lifter will find that he will lower himself under the weight until he is in a position that places the body and lifting arm in a perfect perpendicular position under the weight. Compare Figure 1 with the old corkscrew position as in Figure 2. Figure 1 is readily seen to be more advantageous than the old style. The lifter raises erect, with his legs and body giving their fullest co-operation. Completely free of any strenuous waist twisting, the lift is completed in safety and under perfect control. The non-lifting arm remains on the corresponding thigh, and a steady pushing of same gives greater support to the lifting arm when the knee dip is being performed; and helps the whole body when rising erect to the completion of the lift. Note position of athlete in Figure 3.



Fig. 2

non-lifting leg. The aid is gotten by clasping the non-lifting hand on or under the thigh of the lifting leg. This pull lowers the body a little more and



Fig. 3

There are two important factors that must be developed in this lift. The first one is the ability of the lifter to hold the weight on the side at the beginning of the lift; the second is to be able to hold the weight overhead once it is there.

More weight can be raised in this lift than in any other lift; not excluding any of the two arm overhead lifts. Therefore, the body must be capable of sustaining an exceptionally high poundage with one hand, if the lifter

is to be successful. This means that a lifter must practice some method that will enable him to accustom the body to sustain this great pressure.

The best way is to practice taking a weight of about forty pounds in excess of the lifter's ability to raise overhead, and hold it on the side. From this position practice falling away from the weight about six inches. No more. Just enough to feel the pressure of the weight, and to call forth the utmost of resistance.

The commencement of this lift is the hardest part of handling the weight.

The second difficult feature of holding the weight aloft can be overcome by jerking a weight in excess of the lifter's ability to press overhead with two hands, and transfer it to the lifting arm by passing the hand, in a series of little straight arm jerks, along the bar, until the center is grasped. Then walk a few steps with the weight held overhead before lowering, or have a friend help get the weight to arms' length. If neither aids can be supplied, the lifter should put a couple of hooks in the ceiling and hoist the weight up to the desired height. Raising up under the weight with a straight arm the lifting exercise can be practiced.

Some may find it objectionable to place hooks in the ceiling, in that case, they will have to build a pedestal on which to load the weight.

The knee bend is the most scientific feature of this lift and should be practiced consistently with a light bar.

Practice of the position and the two exercises that govern this lift, and the lifter can be sure of success crowning his efforts.

Some years ago I was called to Montreal to see a lifter of one hundred and thirty-eight pounds perform a bent press with a dumb-bell of two hundred and eight pounds.

I was asked to officiate, and naturally I was curious to see a man of so light a bodyweight make such a lift with a dumb-bell.

The lifter was Oscar Marineau, then at the beginning of his career.

(Continued on Page 84)

A Bit of Fight History

Once the Brutal Sport of Kings—
Now an Organized Scientific Sport

By Jim Barrett

IT'S funny the way we look at things nowadays. I wonder if people had the same queer mental kinks years ago that we have! I suppose so. They say history is always repeating itself, only the players and the setting are different. The story is the same.

If a guy gets into a scrap on the street and beats up the other fellow, he gets hauled in and is liable to be sent up the line; but you can put on a pair of mitts and slug the daylight out of each other, within four posts roped off, and it is great. Yet, it is funny. If we allow our primitive instincts to stand up for our right, we're all wrong and get pulled for twenty-five or fifty beans. Take that same money and buy a seat to see some of the monarchs flash their flails, and you're preserving the best tradition of the manly noble art. Oh, well! If it was otherwise we wouldn't get any kick out of life.

The fight game is a great game, and it has certainly gone through fire and water, according to popular opinion, in its journey from the gladiatorial arena of B. C. to be the biggest moneyed sport of today.

Most people who see a fight have little knowledge of its origination, but the fact is that fighting was once the sport of kings and emperors. In those far-off days they often fought to the death, only the scepter of the royal hand could spare the fallen foe.

We are told that Theseus, son of Aegus, King of the Athenians, was the man who introduced boxing, over 2,000 years ago.

They did not have seconds or toss for corners, and no referee was necessary; they fought till one was completely beaten. The contest was named *A'xeiyetr'n*, which means, "causing distress;" and the honors did not go to the hero who could hit the hardest or guard the best, but to he who could endure the longest. The man who caused the most distress won, in much the same manner as a knockout today. The only difference being that they did not have the trimmings they have now.

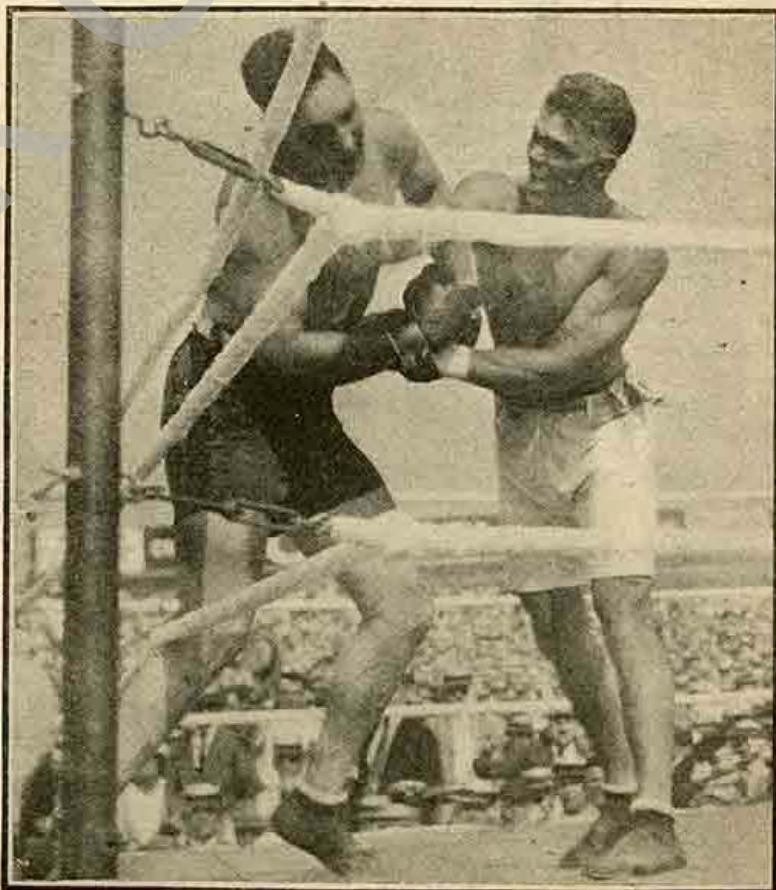
Instead of gloves, they wore an outfit termed "the Cestus." They were made up in various forms; some were made of iron, made to fit the fingers, and others were made of thongs,

studded with brass buttons. The thongs were bound round the hand and wrist, and became terrible death-dealing weapons.

The first Cestus was found at Herculaneum at the foot of Mount Vesuvius, where they were used in the famous gladiatorial stadium near Pompeii.

The brass knuckle dusters used by the present-day toughs are somewhat similar and are the surviving relic of the ancient Cestus.

Homer, in his famous "Iliad," speaks a great deal of the wonderful fights that took place on the plains of Troy during the funeral festivities.



The efforts of Figg and Brougham were stepping stones that turned boxing from a brutal game to a scientific sport.

Virgil also writes of the great fight that took place within the walls in honor of Hector, when Paris was the best boxer in all Troy.

The belt was the emblem of honor then, as now, and was buckled on the hero with great solemnity.

Boxing topped all other physical games and was second only to the famous chariot races.

After the decline of the Roman and Grecian Empires, the blood-stained mailed gloves of Eryx, King of Sicily, were still preserved, displayed in reverence and awe.

This famous fighter met defeat at the hands of Hercules, around whom so many wonderful tales have been woven.

With the passing away of the classic nation, the sport of fighting died out, to be revived, many genera-

tions later, in England, which is generally spoken of as the birthplace of boxing, where for many years the world's championship was held.

The revival of fighting was more on the rough-and-tumble order, until Jim Figg came on the scene. Figg was a splendid all-around athlete, a remarkable swordsman and cudjel player. As a matter of fact, many claim that sword play was the originating of boxing. This is argued as the reason why the French have come up so fast in the manly art. At the present time this is not a good argument, as the French are not so good.

To get back to Figg. He was familiar with the use of the Cestus, and studied how to do away with the brutal side of fighting and introduced the bare knuckles in 1719. Figg became a great demonstrator of the noble art, and although he was a better swordsman than a fighter, he succeeded in beating all who defied him. So popular did he make the sport that he opened up an academy of boxing in London in 1733. This was the first of its kind, and not long after others sprung up.

Figg was never beaten, and became the first recognized champion, and from Figg we begin to name the champs up to the present time.

His greatest fight was against Chris Clarkson, whom he defeated after a half an hour of fierce fighting. Figg stripped around 185 pounds, and stood about six feet.

After his death Jack Broughton fought Tom Pipes and Bill Gretting for the title and won. He gave both these famous old-time bruisers several opportunities to win back the laurels, but they always lost.

Right on the heels of one famous fighter comes another—Brougham, who is often referred to as the "Father of Boxing." He was a man of more than the average intelligence. Just as Figg had disapproved of using any variation of the Cestus and the rough-and-tumble methods of fighting, Broughton felt the necessity of rules to govern the matches. In accordance with his belief he got busy, and in 1743 drafted the first set of boxing rules, which are spoken of as the London Prize Ring Rules.

It might be interesting to readers who follow the fight game to look over the rules as Jack Broughton laid them out.

1. That a square of a yard be chalked in the middle of the stage; and every fresh set-to after a fall, or being parted from the rails, each second is to bring his man to the side of the square and place him opposite to the other, and till they are fairly set to at the lines it shall not be lawful for one to strike the other.

2. That, in order to prevent any disputes, the time a man lies after a fall, if the second does not bring his man to the side of the square within the space of half a minute, he shall be deemed a beaten man.

3. That in every main battle, no person whatever shall be upon the stage, except the principals and their seconds; the same rule to be observed in by-battles, except that in the latter Mr. Broughton is allowed to be upon the stage to keep decorum, and to assist gentlemen in getting to their places, provided, always, he does (Continued on Page 89)



The popularity of boxing spread out of England and America to other countries. Now South America lines up for world's honors with her giant glovemmen.

LIFE IS NOT WORTH LIVING---

---Without Sound Nerves

YOUR nerves govern your life—your efficiency, your happiness, your health. If your nerves are depleted, you cannot concentrate or think clearly; you have not the "pep" and spirit to enjoy your pleasures and sports; you have not the physical comfort and well-being without which happiness is impossible. Is life worth living under these conditions? —No! You merely exist—you are not getting out of life *everything* that it has to offer!

We are living in an age of SPEED; we are leading a "mile-a-minute" life. We crowd two, or even five years of life into a single year! We hurry, we worry, and, often, we dissipate. We commit these sins because we are living in an age of acute competition, tremendously high cost of living, reckless pleasures—conditions that *compel us to strain our nerves to the utmost.*

Yet, we go on living our lives hard and fast, little realizing that we cannot go on for long, that there must come an end to our stock of Nerve Force, and that Nerve Exhaustion is staring us in the face!

Every victim of Nerve Exhaustion, when he is stricken with this terrible malady, firmly believes that he has been stricken *suddenly*. This is *not* true. The fact is, that it has been *years* developing, and that he has had many, many warnings of what was coming—but he did not heed them! Though he passes through years of sub-normal nerve supply, he pays no attention; he believes it quite common—as many misled people do—to feel tired and worn out; to suffer sleepless nights in periods; to feel discomfort after meals; to feel depressed, irritable, melancholy, and, often in a "mental fog." He believes his trouble will solve itself "somehow," "sometime," especially since his physician assures him that there was "nothing physically wrong," that all his "organs are perfect," that all he needs is a "rest" and he will be "all right." A little rest helps a *little*—for a while, and then he is right back where he started, leading the same old life. Finally, he becomes a bit discouraged, believes that every man must endure "a few discomforts," and keeps going *while the going is still good*. Little does he realize that every day he is undermining his constitution, paving the way to all sorts of physical and mental disorders, and going through life only **HALF ALIVE!**

The country is teeming with cases that fit this story like a glove, for we Americans are the most nervous nation under the sun, not barring even the hot-headed Latins. They may be called "near-neurasthenics." A near-neurasthenic is but



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.

a next-door-neighbor to a full-fledged neurasthenic, in the grip of *actual, terrible and complete Nerve Exhaustion—Nerve Bankruptcy!*

There is but one malady more terrible than Nerve Exhaustion, and that is its kin, Insanity. Only those who have passed through a siege of Nerve Exhaustion can understand the true meaning of this statement. It is HELL; no other word can express it. At first the victim is afraid he will die, and as it grips him deeper he is afraid he will not die; so great is his mental torture. He becomes panic-stricken and irresolute. A sickening sensation of weakness and helplessness overcomes him. He becomes obsessed with the thought of self-destruction.

The symptoms of Nerve Exhaustion vary according to individual characteristics, but the development is usually as follows: First stage—lack of energy and endurance; that tired feeling. Second stage—nervousness, restlessness, sleeplessness, irritability, decline in sex force, loss of hair, nervous indigestion, sour stomach, gas in bowels, constipation, irregular heart, poor memory, lack of mental endurance, dizziness, headache, backache, neuritis, rheumatism, and other pains. Third stage—serious mental disturbances, fear, undue worry, melancholia, dangerous organic disturbances, suicidal tendencies, and, in extreme cases, insanity.

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

Perhaps you have chased from doctor to doctor seeking relief for a mysterious "something the matter with you." Each doctor tells you that there is nothing the matter with you, that every organ is perfect. But you *know* there is something the matter. Your doctor may prescribe a drug—a nerve stimulant or sedative.

Leave nerve tonics alone. It is like making a tired horse run by towing him behind an automobile.

And don't be deceived into believing that some magic system of physical exercise can restore the nerves. It may develop your muscle but it does so at the expense of the nerves, as thousands of athletes have learned through bitter experience.

I have made a life study of the mental and physical characteristics of nervous people, having treated more cases of "Nerves" during the past 25 years than any other man in the world (over 100,000 cases).

The result of my vast experience is embodied in a 64-page book, entitled "Nerve Force," a book that is essentially intended to teach how to care for the nerves. The cost of the book is only 25 cents, coin or stamps. Address me—Paul von Boeckmann, Studio 462, 110 West 40th St., New York City.

"Nerve Force" is not an advertisement of any treatment I may have to offer. This is proved by the fact that large corporations have bought, and are buying, this book from me by the hundreds and thousands, for circulation among their employees; physicians recommend the book to their patients; ministers recommend it from the pulpit. Never before has so great a mass of valuable information been presented in so few words. It will enable you to understand your Nerves, your Mind, your Emotions, and your Body. Over a million copies have been sold during the past fifteen years. The following are extracts from letters of people who have read this book and were greatly benefited by its teachings:

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

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

A mother writes: "I always had that 'dragged out' feeling. I could not take any interest in my children's activities; they annoyed me. I could find no relief until I read your book. It taught me how to build up my nerves. Now I am a companion to my children, can play with them, and am interested in their doings."

A college student writes: "I studied so intensely to pass my 'exams' that I broke down completely, and had to leave college. After following your teachings, I was able to return to school and complete my education, graduating with honors."

A young girl writes: "I have been suffering from depression for a long time. I tried many cures, but none succeeded. In changing my mental attitude to life, you saved me from this terrible melancholy."

An athlete says: "To look at me, you would have thought me to be 'the picture of health.' But my appearance was deceiving—I was strong physically, but internally my nerves were shaky and life was a burden to me. Now I understand that muscle isn't everything."

A business man writes: "Your book did more for me for indigestion than two courses in dieting."



A Free Trip To NEW YORK and \$5000.00 in Prizes

WOULD you like to come to New York and walk up Broadway arm in arm with Earle Liederman? Would you like to see all the points of interest by day and attend the big theatres by night? Would you like to leave your home town and spend one full week in the biggest city in the world as Earle Liederman's guest?

That's what I'm doing for the big prize winners in my 1926 Contest. I'm going to buy the railroad tickets and Pullman. I'm going to meet them at the station and pay all their expenses while they are in New York. I'm going to show them the best time they ever had in their lives and it's all on me.

In 1924 I gave away \$2100.00 in cold cash and over one thousand medals (gold and silver).

In 1925 I gave over \$3000.00 (Three Thousand Dollars) plus the gold and silver medals. And then to go still one better I brought the first two prize winners to New York. One came from New Hampshire and the other came from Florida. I paid every nickel of their expenses from the minute they left their door-step to their return. I showed them everything New York had to offer in the way of amusement and entertainment. I put them up at one of New York's best hotels as the personal guest of Earle E. Liederman. The sky was the limit. They had the best rooms in the hotel to themselves. They ate whatever their palates craved. They awoke in the morning wondering what new thrills were in store for them. And so it went on for a full week. One boy brought home \$1000.00 in prize money and the other one \$500.00.

In 1926 I will make all previous years look cheap. I plan to run two contests again. One for the fellows showing the greatest improvement and the other for the fellows showing the best proportioned muscular body. The winner in each event will get the free trip to New York just as the winners did in 1925. But the money prizes will be more numerous than I ever attempted before. Next year I will give \$5000.00 in prizes.

MONEY TALKS

I believe in prizes. I want to encourage competition. Every pupil trying to outdo the other. The winners get the spoils. Everybody has an equal chance. The colored boy on an equal footing with his white neighbor. The poorer the start, the greater possibilities for improvement. Come on. If you haven't sent in your measurements, do it now. Everybody rides. Everybody plays. On the first of October, 1926, the judges meet again. The pot of gold will be ready. Will you get your share? It's up to you.



MONEY! MONEY!! MONEY!!!

How to Get It—

READ CAREFULLY WHAT THE CONTESTS ARE

The first Contest for 1926 is as follows: To the pupils showing the greatest improvement from whatever time they enroll after receiving this notice until October 1st, 1926, I will award prizes as follows:

\$3000.00 in Prizes and a FREE Trip to New York

| | |
|--|--------------------------------|
| Grand Prize | \$1000, gold medal and diploma |
| Second Prize | 500, " " " " |
| Third Prize | 100, " " " " |
| Fourth Prize | 50, " " " " |
| To the next 35 pupils in order \$10 each | 350 and silver medal |
| To all those meeting required standard will be given Honorable Mention Medals— | |
| which will total in value | 1000 |
| Total | \$3000 |

In case of tie for any position, each tying contestant will receive the full amount of prize money offered for position where tie occurred.

The first prize winner also gets the free trip to New York, to spend one week here at whatever time he selects. I am to pay all expenses from the time he leaves his front door till he is safely back again.

To the Best Proportioned Muscular Pupils

The second awards will be given to the pupils showing the finest proportioned muscles regardless of when they enrolled. This will be open to old and new pupils alike. These prizes will be as follows:

\$2000.00 in Prizes and a FREE Trip to New York

| | |
|--|----------------------|
| Grand Prize | \$500 and gold medal |
| Second Prize | 200 " " " " |
| Third Prize | 100 " " " " |
| To the next 20 pupils in order \$10 each | 200 and silver medal |
| To all those meeting required standard will be given Honorable Mention Medals— | |
| which will total in value | 1000 |
| Total | \$2000 |

In case of tie for any position, each tying contestant will receive the full amount of prize money offered for position where tie occurred.

The winner of first prize in this contest will also be given a free trip to New York to spend one full week at whatever time he selects, the same conditions holding true as in the other contest.

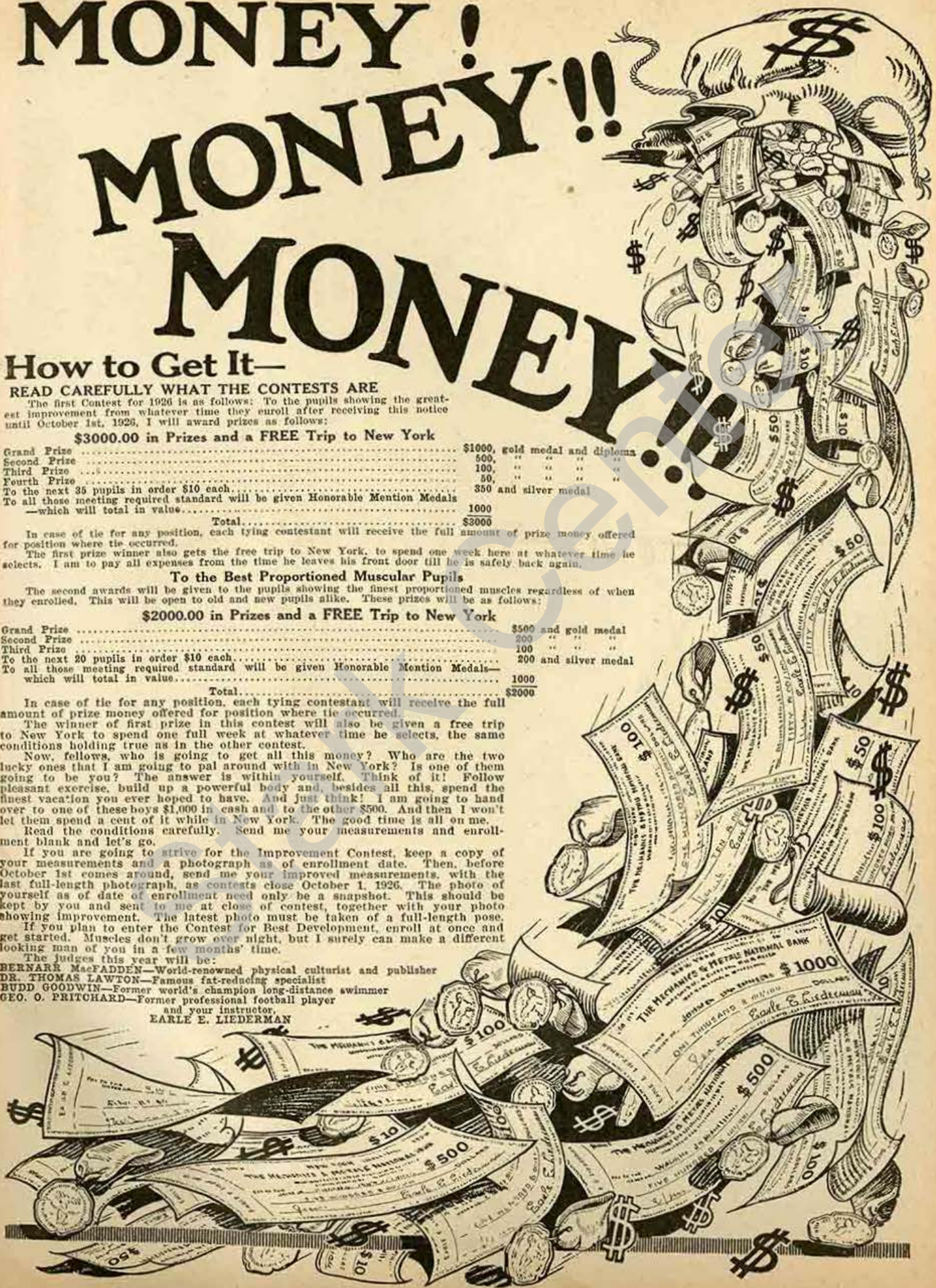
Now, fellows, who is going to get all this money? Who are the two lucky ones that I am going to pal around with in New York? Is one of them going to be you? The answer is within yourself. Think of it! Follow pleasant exercise, build up a powerful body and, besides all this, spend the finest vacation you ever hoped to have. And just think! I am going to hand over to one of these boys \$1,000 in cash and to the other \$500. And then I won't let them spend a cent of it while in New York. The good time is all on me.

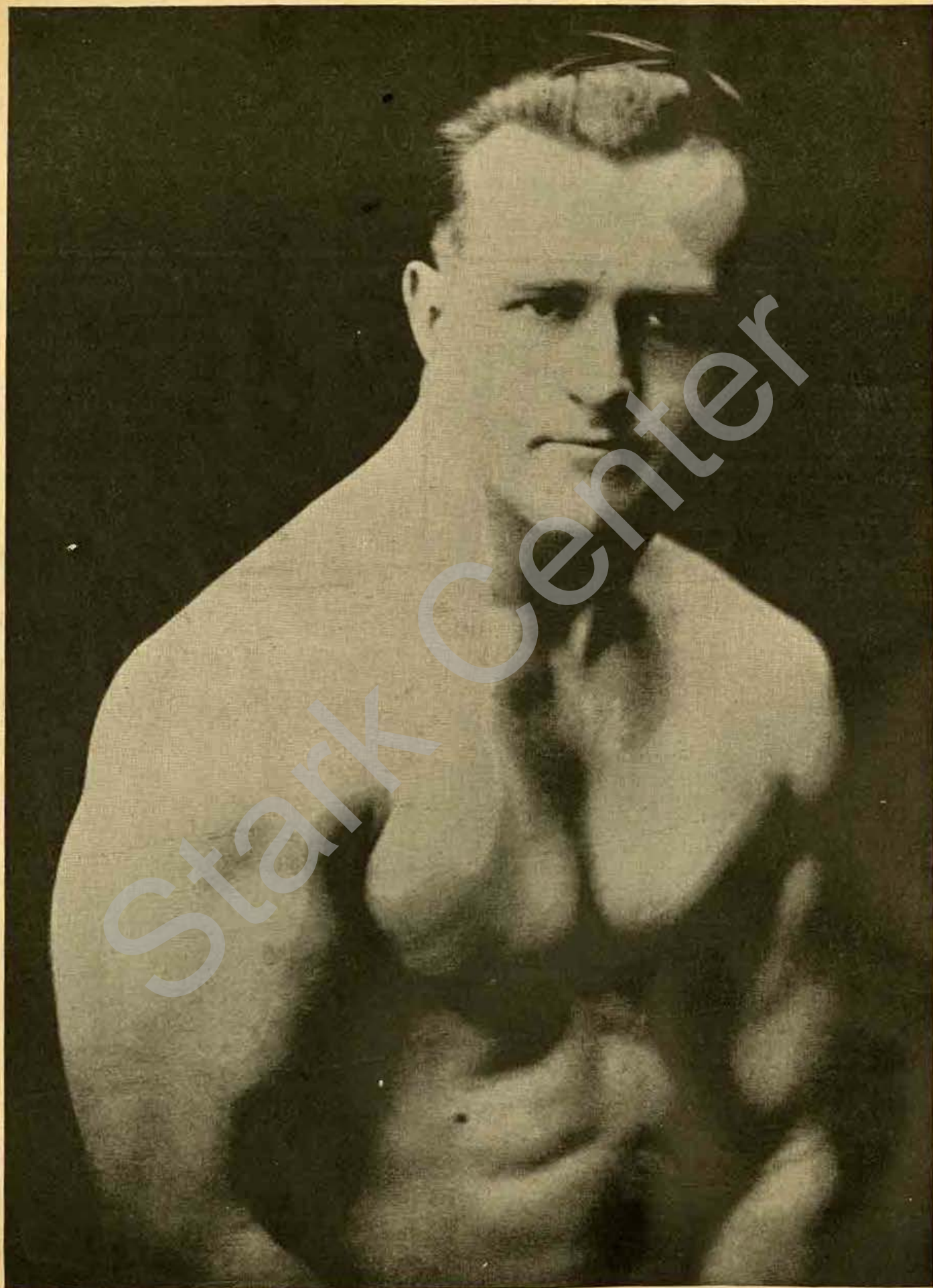
Read the conditions carefully. Send me your measurements and enrollment blank and let's go.

If you are going to strive for the Improvement Contest, keep a copy of your measurements and a photograph as of enrollment date. Then, before October 1st comes around, send me your improved measurements, with the last full-length photograph, as contests close October 1, 1926. The photo of yourself as of date of enrollment need only be a snapshot. This should be kept by you and sent to me at close of contest, together with your photo showing improvement. The latest photo must be taken of a full-length pose.

If you plan to enter the Contest for Best Development, enroll at once and get started. Muscles don't grow over night, but I surely can make a different looking man of you in a few months' time.

The judges this year will be:
BERNARD MacFADDEN—World-renowned physical culturist and publisher
DR. THOMAS LAWTON—Famous fat-reducing specialist
BUDD GOODWIN—Former world's champion long-distance swimmer
GEO. O. PRITCHARD—Former professional football player
 and your instructor,
EARLE E. LIEDERMAN





EARLE E. LIEDERMAN
"The Muscle Builder"

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

How Is Your Bone-Oil?

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

What is Bone-Oil?

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

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

Come to My Repair Shop

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

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

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

Send For My New
64 Page Book—

"Muscular Development"

IT IS FREE

What do you think of that? I don't ask one cent. And it's the peppiest piece of reading you ever laid your eye on. I swear you'll never blink an eyelash till you've turned the last cover. And there are over four dozen full-page photos of myself and some of my prize-winning pupils. This is the finest art gallery of strong men ever assembled. And every last one of them is shouting my praises. Look them over. If you don't get a kick out of this book, you had better roll over—you're dead.

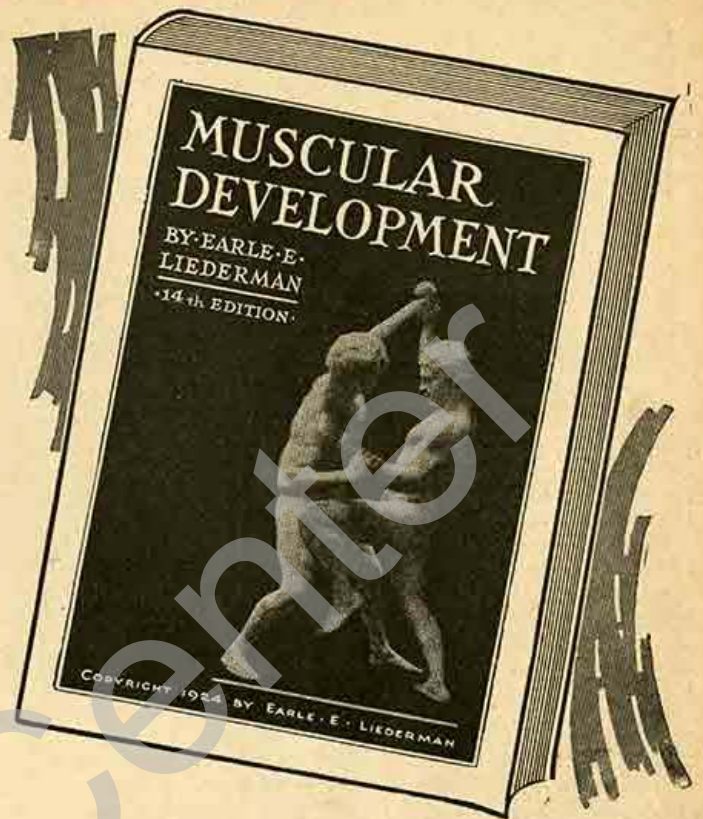
Come on, then. Take out the old pencil and sign your name and address to the coupon. Snap into it. Do it now. Tomorrow you may forget. Remember, it's something for nothing and no strings attached—no obligation. GRAB IT!

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In order to introduce *Nature's Path* a special six months' subscription is offered at \$1. (Regular yearly subscription rate is \$3). And in addition, each subscriber will have the privilege of personal consultation with Dr. Lust on any health subject.

DR. BENEDICT LUST

No. 112 East 41st Street, Desk 8, New York, N. Y.

Stunts That Build Strength and Symmetry

(Continued from Page 39)

and brought sounds of merriment and applause.

Ball rolling is great. It teaches wonderful co-ordination. A man has to be able to move quickly and acquire rhythm with a supple body.

I have seen some wonderful performers. They always excited my envy, and as a young boy I worked hours to master their intricate feats.

The illustrations in this article show just the primary stuff and are very easily mastered.

In Figure 3 we have the first stage of the arm roll. From that position the ball rolls down the arm, across the neck as in Figure 4, and down the other arm to be caught in the hand. Although Figure 4 is really a variation of this stunt, by raising the right deltoid I have checked the roll, and by a quick back motion started the ball rolling on the shoulder onto the chest to be received on the thigh as in Figure 5.

To learn the first stage of this stunt, the ball should be rolled down one arm only. When this is mastered, continue the roll by a quick duck forward so the ball is caught on the trapezius muscles that lay at the back of the neck. From this stage it is very easy to roll the ball down the other arm.

The ball can be rolled backwards and forwards, and as a person becomes more skillful the movement can be alternated, allowing the ball to run across the back to the other hand, and from there down across the front of the chest to the original starting point. Or the ball can be rolled and received on the finger tips. By spreading the fingers, it is easy to receive the ball on the finger ends, which makes a very effective display.

To go back to Figure 4. This stage can be practiced by placing the ball in that position first, then practice catching it on the thigh, just to get the feel of the trick.

Some men catch the ball on the thigh, and let it run down to the toes, and by a quick twist turn it onto the back of the leg and let it run up, to be finally caught on the thigh as in Figure 5.

Figure 6 shows the ball being placed on the head. As the hands let go, the ball is balanced on the head and by a quick bending of the neck the ball rolls off to be caught in the hollow formed by the trapezius. From this position the ball can be rolled down the arm or onto the shoulder.

The trapezius form a natural support for stunts of this nature, by reason of their formation. A very spectacular stunt commonly performed by artists in this line is to throw the ball high into the air and catch it at the back of their neck. It looks dreadfully dangerous, but it is really quite easy. All that is required is timing and confidence.

Figure 8 is the commencing point of the easiest stunt in ball rolling. The ball is held in the hand as shown, then

quickly allow it to roll off the hand down the forearm, as it arrives at the hollow of the elbow and quickly straighten the arm out, as the ball strikes the biceps and the quick straightening of the arm will toss the ball into the air, which can be caught in either hand and kept rolling and sailing from one arm and hand to the other.

Leaving block, kettle and ball weights for now, we will pass on to see what we can do with juggling a bar bell.

Because of the formidable appearance of a bar bell, some very imposing stunts can be performed that will tend to make a very effective strong man exhibition.

I used to commence with the bar held at the shoulders with both hands, and then toss it into the air, catching it into the hollow of the elbows as it descends. Do not linger after receiving the bell, but, by a short knee dip, straighten up quickly and at the same time straighten and heave upwards with the arms. The bell will be tossed into the air again. Do this three or four times and finish by catching the weight at arms' length.

One of two variations of this stunt is to toss the bell and as it descends make a half turn around, catching the bell in the hollow of the arms in the reverse position from where you commenced. Toss again and turn around.

Next hold the bell overhead with both hands, suddenly let go and catch in arm hollows, immediately toss and catch at arms' length with one hand only. This is very spectacular, and when done right is very neat, but the lifter should be sure to have the center of the bar marked correctly, so his catch will not be fouled.

Launceston Elliot, a powerful old-time athlete, had a stand made like those used in jumping contests which he used in his act. The bar was laid about eight feet high. Taking a bar bell in his hands shoulder high, he would stand back against the scenes. After a slight pause he would run forward and throw the bell in the air over the rail. Running under the bar he would catch it in the arms, as in Figure 9.

It may not seem very much, but to the spectators who saw a big man toss a huge bell, and as it appeared to fall on them, run and catch it at the edge of the stage boards, it was a very alarming and impressive stunt, and it always took well.

A stunt of mine was to take the bell and hold it overhead, not quite at arms' length, and in a line more with the back of the head. Suddenly I would let go, bring my hands down behind me, and instead of catching the bell on top of the head, as it appeared it would, I would catch it in the palms of my hands.

In practicing this feat be sure not to let the elbows stick out or the bar will hit them. Keep the arms straight and

you will master a feat that always takes. But quick action is required, as the weight descends fast and the performer must be sure to make the catch.

Any feat that looks dangerous and is not should be catered to. To emphasize the showmanship, exaggerate the danger; pause, have the music stop, and as the catch is made, let out a shout, bang the weight to the floor and have the drum break into a crescendo of rolls.

Lifting a heavy bar bell off the floor and roll it up the back to arms' length and from there jerk it overhead, is part one of a showy stunt. From arms' length the bell is lowered and then laid across the shoulders, the arms lowered by the side with the hands turned up backwards. Give a slight toss and the bell will roll off the shoulders, then catch it in the hands. If you are smart on your feet the stunt can be finished off by jumping in and out of the bar as it is held in the hands.

If you want to test your all-round bodily strength, try the stunt in Figure 10. A very pretty feat, it is also a good test of a body builder's stamina. The feat, when fully performed, commences stood up. The bell is balanced on the hand with the hand held at the shoulder in the same manner as in Figure 10, but standing up, then the performer bends onto one knee. Do not make the mistake of kneeling on both knees, that is not so good. Instead, tuck the right leg under, if using right hand to balance the ball, and fall upon the hips, then you will be in the position as in figure 10. From this position the back is rounded and the performer lowers himself until he is lying at full length on the floor. The upper part of the arm should rest on the floor as a support, then the balance of the arm is not interfered with so much when raising to the sitting-up position and from there to the erect position.

All this will be found too much at the start; therefore, I would advise the beginner to practice the balance in a sitting position. When this is mastered, he can pass on to the erect position or lying down full length.

Figure 11 shows the balance of the bar bell on one foot; from this position the bell is spun around in a series of circles which looks great as a show stunt. At the same time the muscles at the back of the thigh are taken care of.

I can imagine I hear some readers say that this stunt is too dangerous. Not at all. Once the correct balance is secured it is not at all difficult to spin the bell. The spinning is controlled by the other foot. Start the bell going by striking the globe or sphere with the other foot and keep it going that way. When the bell is required to slow up, gradually stop the motion by using the other foot again. The bell can then be taken onto the soles of both feet. Another simple feat is to let the bell roll off the soles of both feet, and catch it in the hollow of the knees, as shown in Figure 12. Any person

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Pyorrhoea

Pyorrhoea is a purulent inflammation of the dental periosteum and gums, with progressive necrosis of the alveoli and looseness of the teeth, and is directly under the influence of the blood and the food which is taken into the body for nourishment.

As a result of wrong feeding the gums become congested and discharge pus from around the neck of the teeth, just as the neck may develop boils or the face may develop pimples; or the tonsils accumulate and discharge pus.

From the lack of proper nutriment the gums become devitalized, flaccid and shrink away from the teeth forming pockets which make a receptacle for particles of food which irritate and cause inflammation by friction and fermentation.

The ONLY basic remedy is to change the elements of the blood through corrective eating. When people are properly nourished the gums are firm, cling to the teeth, and do not form pockets for the reception of particles of food, or emit any pus.

In the course of time calcareous salts are deposited on the teeth and develop another stage of pyorrhoea which requires the removal of the hardened concretions and the services of a dental hygienist to clean the teeth.

Employ a dentist to remove the calcareous deposits. Extraction of teeth destroys any pockets which used to catch particles of food, and also destroys the channel of exit for pus, and may thereby cause a transfer of the cause of pyorrhoea to another region.

Pyorrhoea only develops after general toxemia of the blood and such diseases as catarrh of the intestines, nose, throat, etc. Pyorrhoea merely provides another outlet for the products of toxic poisons. The only satisfactory method of correcting these causes is to begin at the source in removing the pus-forming or mucus-making foods, and habits.

Biological Experiments. Dr. Howe, Professor of Dental Research at Harvard, etc., wrote:—"It was only when we took up the study of foods that we obtained results."

"In the teeth of guinea pigs, by feeding diets of pus formation with loose and elongated teeth resulted . . . similar to pyorrhoea . . . These conditions are regulated or cleared up by the amount of orange juice, etc."

Oral Hygiene Committee, N. Y. The Oral Hygiene Committee of Greater New York wrote:—"The causes of pyorrhoea may be divided into local and constitutional. To these may be added a dietary influence. Experiments by Howe, McCollum and others have produced it (pyorrhoea) in animals like monkeys and guinea pigs. It would seem, however, that diet may at some time be proved to have an influence in this respect in man."

Medical Methods Changed

We will send you a reprint of an article as far back as November, 1919, in the Dental Digest.

"Pyorrhoea Corrected by Suitable Nutrition," written by Alfred Walton, M. D., who overcame his own pyorrhoea in a few days, having his teeth and gums tested before and afterwards by well known professors at dental colleges. He used our method of diet.



Butter, cheese, oil, eggs, salt, in excess or in wrong combinations, or any fermenting foods, produce mucus which, in its passage through the body causes catarrh in the stomach (gastritis), or in the bowels (colitis), or in the caecum near the appendix (appendicitis), or in the tonsils (tonsillitis), or in the throat (pharyngitis), or in the bronchial tubes (bronchitis, asthma), or in the nose (rhinitis), and also in the gums around the neck of the teeth (gingivitis) causing a catarrhal condition called PYORRHOEA, which loosens the teeth. The fermented waste or mucus inoculated with the Pyogenic Bacteria and Spirochaeta Buccalis produces pus which excoriates "pus pockets" and poisons the food as it is taken into the stomach.

The teeth have had nothing to do with the whole process from beginning to end, except that their very existence provides a natural channel in the gums along which the mucus exudes and forms pus pockets and abscesses. Also that malocclusion aids in the development of pyorrhoea and the formation of pus pockets.

Avoid mucus-making foods. Eat, as needed, suitable brain-and-nerve nourishing, solvent, laxative foods, etc.

Five Abscesses Disappear. All Teeth Saved.

File 1885. "Pyorrhoea specialist advised extraction. After two months of Brinkler diet, dentist found that the five abscesses had disappeared and has since fixed all teeth without any extractions."

"Tonsils also saved. Sticky film on my teeth and my pimples disappeared. Joints reduced. Large lump on wrist there for one year disappeared in a few weeks."

"Can now memorize music, and accomplish in half an hour more than formerly in two hours."

Save Teeth. Build Health. You can make your teeth firm again and remedy your stomach and other troubles at the same time by correcting your nutrition. Do not have your teeth extracted unnecessarily. It is a crime against yourself.

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See adv. Page 78

who wants to reduce his waistline should try this, by all means.

With the exception of the fifty-six pound block weights, nothing very heavy should be used. Kettle bells, about fifteen or twenty pounds, are plenty for the beginner and a ball of about ten or fifteen pounds is sufficient.

Use a light bar bell for stunts that require a bar bell. But do not use heavy weights until the feats are thoroughly mastered, then any weight that suits the performer is all right.

I have seen some men spin kettle bells weighing seventy-five pounds each, but a man has to be very strong and skillful to handle that weight in a routine, particularly when spinning one in each hand, which would make a total of one hundred fifty pounds.

I remember seeing a Swede roll a fifty-pound solid-lead ball, and he would throw it into the air and catch it on the back of his neck as though it was nothing. But, when all is said and

done, what is the use of using a heavy-weight? It is the skill that counts, and when a person has gone through a routine with a light weight he realizes that he has had a nice work-out.

The entertaining feature of these juggling stunts takes away all thought of monotony. Not a single muscle escapes its share of exercise. The result is a well-built body, with muscles that are clean-cut and perfectly balanced. Suppleness, strength and grace are features developed that characterize this sport. At the same time, artistic skill is acquired that can easily be turned into profit. A versatile performer with captivating talent is the outcome.

My advice to any young man who wants to build up muscle is to use his bar bell outfit. He can do anything with it, and create lots of fun for himself and friends while practicing the fascinating study of body culture.

American Continental Weight Lifters' Association Notes

(Continued from page 47)

timers like Jefferson and Kennedy, after whom two lifts are named, but so far back are they that little is known of them. The Jefferson lift came up for discussion recently, and Mr. Jowett said that Jefferson did not make his lift with a bar bell, as most people imagine. Our president stated that Jefferson lifted his weight with the hands alone in a position that allowed him to control a big poundage. To substantiate his statements, George F. Jowett produced a relic—an actual photograph taken of Jefferson performing his lift, which clearly shows the manner which the famous old-timer used and his lifting platform. This is a very interesting picture, and I am sure our readers will enjoy gazing upon the actual photographic story of this historic lift. The feat was performed on December 11th, in 1890, a total weight of one thousand, five hundred seventy-one and a quarter pounds.

Mr. D. Masson, of Montreal, the leading promoter of strength contests in the royal mount city, and who is responsible for keeping the game going over in that city, is getting busy once more. Recently, Mr. Masson wrote to our president stating he was going to run a series of weight-lifting tournaments weekly in Montreal, and he welcomed all American boys over to contest with them.

Mr. Jowett is going to try and build a team up to take over, that is, if the boys can spare the time to get away. Anyhow, George F. Jowett will take over our featherweight champion, Mark Berry, to contest against the wonderful Canadian featherweight, Armand Angers. This little fellow is a marvel, and our boy knows he is going up against something; but we always have to give Berry credit for gameness.

He is never afraid to stack up against anybody. That's what we want—men game enough to go up against reputable competitors, and we hope the boys will get behind the president and make the Montreal trip.

Anger's is only a young boy and scales one hundred and twenty-one pounds in the right-hand snatch and one hundred sixty-five pounds in the one-hand clean and jerk, and two hundred thirty-one pounds in a two-arm jerk. Something to bump up against, eh! Well, Mark is game. So here's wishing him luck.

Gordon Strain, of Sedalia, Missouri, is coming along fine. He has Robert Snyder's scalp in view. When he was informed that A. Sundberg was also on the warpath, he began to wet his knife a little more and yelled for us to bring him on, too. Now we have another aspirant in the race for titular honors, Charles Stacks, of Baltimore. This boy is also good and issues a throaty challenge to all lightweights. By this we can expect a real scrap among the lightweights through next year, but the new lifts may upset things.

Unfortunately, the bent press has been neglected of late, and newcomers are not very proficient on it, while boys of the old brigade are. Snyder, Berry and Smith are all good on it, but some of the rest are not so good. This will balance things better. The bent press man is given a chance to catch up on his rivals, and we might possibly see a few crowns change heads next year.

William Weber is becoming quite a fiend on the bent press, and we only hope that his occupation will not prevent him going ahead on this lift, as we would like to see him.

A remarkable lifter on the bent press, of a few years back, was Clarke Wad-

(Continued on page 70)

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"Sept. 21st, 1918.—Discharged from the military service of the UNITED STATES by reason of physical unfitness—Louis W. Albizu."

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Louis Albizu at one time was so frail that he could hardly cast a shadow; so weak that he could scarcely lift a 25-pound weight over his head. He was physically down and out—a hopeless, pitiful wreck.

Look at him today—this picture does feeble justice to his tremendous strength, boundless vitality and amazing muscular development.

Yet for all his massive development, Albizu is as light on his feet as a ballet dancer, as elastic and graceful as a high trapeze performer. And his internal strength even surpasses his external strength.



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But his invention was so new and epoch-making, and so amazingly successful in transforming his own broken-down body-machine into one of the finest and most powerful of modern times, that he was soon convinced that millions of men of all ages and vocations needed just the kind of help and advice that he alone was able to give them.

No Fictitious Claims

There can be no doubt about the genuineness of Mr. Albizu's claims. He personally invented his own apparatus, and used it daily during his notable climb back to health. He personally wrote every syllable of his course of physical training and used it for developing his marvelous physique.

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The Albizu system is progressive. It systematically works on every muscle. Weak and strong men alike are benefited by it. The Albizu exercises are all fun and no drudgery. As you develop strength, the exercises change to meet your every advance in physical power, keeping you constantly interested, fascinated and absorbed.

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Here's PROOF For You!

On October 20th, 1925, at the Exposition at Paris, France, there convened a group of representatives from many different Nations. They met for the purpose of awarding prizes for merit to the most efficient System or Product in every known classification. When it came to choosing the leaders in PHYSICAL CULTURE instruction this learned and experienced group of prominent men awarded the ALBIZU system the Gold Medal for its accomplishments in results and perfection in its plan of personally conducted mail course of PHYSICAL CULTURE.



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It shows you how to conquer ill health, disease, weakness and despair. It takes you along the short, straight path to physical well-being and the right mental attitude. It is profusely illustrated and filled with potent, pertinent and practical suggestions on keeping physically fit and mentally alert for every emergency. All in all, pages of solid and fascinating reading—exciting as a novel, inspiring as the Bible. This book actually contains more real meat than many similar ones selling for two or three dollars. But all we ask for it is ten cents to partly pay the cost of wrapping and postage. Send that dime today, and bury your nose deep into this wonderful thriller and inspirer.

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



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American Continental Weight Lifters' Association Notes

(Continued from page 68)

dell, of Pittsburgh, Pennsylvania. Clarke was not a heavyweight, scaling a little over one hundred sixty pounds stripped at that time. He had a dumb-bell which weighed two hundred and forty-five pounds made to his own specification. So huge and awkward was it in construction that Mr. Calvert, after it was made, said no one would lift the bell. But Clarke did, and easily, too. He used to run a side show at carnivals, and for his ballyhoo he had Baby Jim (so the weight was named) outside. This he would take to the shoulders and bent press, and at the same time play a popular tune on a mouth organ throughout the lift. Never a tremor would be heard in the tune while it was played, and this he sometimes did several times a day. It is recorded that no one ever lifted the bell even to the shoulders, so hard was it to manage.

Professor Herold, the one-time famous German lifter and muscular marvel, actually cried with mortification because he could not do anything with it.

J. L. Dill, our energetic Oregon representative, sends in the report that T. McKeon, of his flock, made a total of seven hundred and fourteen pounds on the five lifts, at a bodyweight of one hundred and thirty-one and a quarter pounds, which entitles him to the bronze medal. Dill is a great worker and is blossoming out into an A-1 lifter. We expect to hear more of this boy in the near future.

By the time these pages are printed several shows will have taken place in various parts of the country, and we expect to see new record marks established at these shows.

At present, Mr. Jowett is trying to bring Klein and Matysek together. This should be a great match, and the results might surprise most of us.

Dennis and Losey are aching for a clash and William Mills is getting back into harness on the one-hand dead lift.

Roy L. Smith is working like a demon to make the triple poundage score on the anyhow lifts, and Wm. Weber wants to beat Joe Nordquest's amateur world's record of two hundred seventy-seven and a quarter pounds. Roy L. Smith is out to beat Antone Matysek's amateur record in the bent press of two hundred and forty-one pounds, which will also eclipse the British amateur mark of two hundred thirty-nine pounds. He also intends to take a whack at the one-hand anyhow, and the one-hand clean and bent press, which record stands somewhere about two hundred and twenty-five pounds.

Gordon Strain says if Levani can't beat his own two-hands curl record of one hundred fifteen pounds, to stand out of the way, because he can. Then another brother writes if Losey can't beat his swing record, he will do it for him. I informed him that Losey had broken it by quite a bit, surpassing his

own bodyweight. As soon as this brother got the word, he rushed down into the cellar where his buried treasure was. What did you say it was? Hootch? Oh, no!—bar bell boys don't touch that. They were bar bells, and he nearly broke his neck trying to beat Losey's record again. But he says he will do it. So the merry-go-round goes, full of competition and fun.

The Los Angeles boys are making things lively with that fine old sportsman, Al Treloar, of physical culture posing fame, at the helm.

They held an interesting lifting competition, at the Los Angeles Athletic Club, on Saturday afternoon, October 3rd, on a special set of lifts, selected by Al Treloar, the club's able Physical Director. It has been decided to hold one of these special contests every month or so, each contest to be on a different series of lifts. These contests (for Los Angeles Athletic Club lifters only) will continue until the entire field of standard and special lifts is covered, the object being to determine the best all-around weight lifter in the club. Competitors in these special contests will not be divided according to their body weight classes, as a lack of contestants among Los Angeles Athletic Club members in the various divisions makes such a procedure impractical. The lifts selected for the October 3rd competition (prizes for the winners being put up by Al Treloar) were as follows:

1. Right hand bent press from shoulder, with bar bell.
2. Left hand bent press from shoulder, with bar bell.
3. Right hand get up (lifter holds bar bell in one hand, coming from a lying position on the floor to a standing position).
4. Left hand get up.
5. Hip lift (with belt). This latter event being performed on the club's specially-equipped Fairbanks Scales. The number of entrants in this particular contest were few, owing to the fact that most of the Los Angeles lifters could do nothing whatever in the bent press, and very little in the other lifts; all of which goes to show the disadvantages of being limited to a few certain lifts.

Dave Willoughby, one hundred seventy-eight pounds, National Light-Heavyweight Champion, had little difficulty in taking first place, even though the lifts he made (with the exception of the hip lift) were all below his best.

Willoughby's poundages in the five events were, respectively:

1. Two hundred four and a half pounds.
2. One hundred sixty-five pounds.
3. One hundred sixty-two pounds.
4. One hundred forty-one and a half pounds.

5. Two thousand pounds (net); total two thousand six hundred seventy-three pounds.

Jere Kingsbury, the very capable heavy-middleweight, came second, with a total of two thousand one hundred forty pounds. Kingsbury, at a body weight of one hundred sixty-six pounds, accomplished the following:

1. One hundred eighty-five and a half pounds.
2. One hundred seventy-five and a half pounds.
3. One hundred forty-four and a half pounds.
4. One hundred thirty-four and a half pounds.
5. One thousand, five hundred pounds.

Third place went to young Romaine Straight, the club's best middleweight lifter, who, at a little over the middle-weight limit (he weighed in at one hundred fifty-eight pounds), did these figures:

1. One hundred fifty pounds.
2. One hundred twenty pounds.
3. One hundred thirty-four and a half pounds.
4. Ninety pounds.
5. One thousand, three hundred pounds; total, one thousand, seven hundred ninety-four and a half pounds.

Raymond Connelly, lightweight star, finished up the program by doing ninety pounds in each of the first four lifts and one thousand three hundred pounds in No. 5, a grand total of one thousand, six hundred sixty pounds.

Judges of the lifting were:

Al Treloar and Ben Price, both of the Los Angeles Athletic Club Gymnasium Staff.

Owing to the vast number of lifters in the country now controlled by the A. C. W. L. A. and lack of official referees, it was decided to install a test. The test covers certain questions every referee should know in order to be qualified to officiate.

We would like to see as many of our members as possible take this test. It will not only solidify all claims to records done, etc., but will be a help to themselves, educating each person in knowing what is right and what is wrong in lifting.

One dollar must accompany each request for referee's tests, for the applicant to qualify for license and be recognized as an official referee. All requests must be sent to me personally.

What about your test? Can you make it? Now is the time to try!

How to Become An Artist's Model

(Continued from Page 32)

possible by experienced models.

The artists and students, in their search for a new and artistic pose, are very liable to suggest a very difficult pose which may be comfortable enough for a while but as time goes on grows very uncomfortable. Therefore, don't hesitate to say so when you think a pose is going to be too difficult. And when suggesting poses yourself, be very sure

Did You Ever Take an INTERNAL Bath?

By T. A. BALLANTYNE

This may seem a strange question.

But if you want to magnify your energy—sharpen your brain to razor edge—put a glorious sparkle in your eye—pull yourself up to a health level where you can glory in vitality—you're going to read this message to the last line.

I speak from experience. It was a message just such as this that dynamited me out of the slough of dullness and wretched health into the sunlit atmosphere of happiness, vitality and vigor. To me, and no doubt to you, an Internal Bath was something that had never come within my sphere of knowledge.

So I tore off a coupon similar to the one shown below. I wanted to find out what it was all about. And back came a booklet. This booklet was named "Why We Should Bathe Internally." It was just choked with common sense and facts.

What Is an Internal Bath?

This was my first shock. Vaguely I had an idea that an internal bath was an enema. Or by a stretch of the imagination a new-fangled laxative. In both cases I was wrong. A real, genuine, true internal bath is no more like an enema than a kite is like an airplane. The only similarity is the employment of water in each case. And so far as laxatives are concerned, I learned one thing—to abstain from them completely.

A bonafide internal bath is the administration into the intestinal tract of pure, warm water sterilized by a marvelous antiseptic tonic. The appliance that holds the liquid and injects it is the J. B. L. Cascade, the invention of that eminent physician, Dr. Charles A. Tyrrell, who perfected it to save his own life. Now here's where the genuine internal bath differs radically from the enema.

The lower intestine, called by the great Professor Foges of Vienna, "the most prolific source of disease," is five feet long and shaped like an inverted U—thus \cap . The enema cleanses but a third of this "horseshoe"—or to the first bend. The J. B. L. Cascade treatment cleanses it the ENTIRE LENGTH—and is the only appliance that does. You have only to read that booklet "Why We Should Bathe Internally" to fully understand how the Cascade alone can do this. There is absolutely no pain or discomfort.

Why Take an Internal Bath?

Here is why: The intestinal tract is the waste can of the body. Due to our soft foods,

lack of vigorous exercise and highly artificial civilization nine out of ten persons suffer from intestinal stasis (delay). The passage of waste is entirely too slow. Result: Germs and poisons breed in this waste and enter the blood through the blood vessels in the intestinal walls.

These poisons are extremely insidious. The headaches you get—the skin blemishes—the fatigue—the mental sluggishness—the susceptibility to colds—and countless other ills are directly due to the presence of these poisons in your system. They are the generic cause of premature old age, rheumatism, high blood pressure and many serious maladies.

Thus it is imperative that your system be free of these poisons. And a sure and effective means is internal bathing. In fifteen minutes it flushes the intestinal tract of all impurities. And each treatment strengthens the intestinal muscles so the passage of waste is hastened.

Immediate Benefits

Taken just before retiring, you will sleep like a child. You will rise with a vigor that is bubbling over. Your whole attitude toward life will be changed. All clouds will be laden with silver. You will feel rejuvenated—remade. That is not my experience alone—but those of 800,000 men and women who faithfully practise this wonderful inner cleanliness. Just one internal bath a week to regain and hold glorious, vibrant health! To toss off the mantle of age—nervousness—and dull care! To fortify you against epidemics, colds, etc.

Is that fifteen minutes worth while?

Send for This Booklet

It is entirely FREE. And I am absolutely convinced that you will agree you never used a two-cent stamp to better advantage. There's a chapter in "Why We Should Bathe Internally" by Dr. Turner that is a revelation. There are letters from many who achieved results that seem miraculous. As an eye-opener on health, this booklet is worth many, many, many times the price of that two-cent stamp. Use the convenient coupon below or address the Tyrrell Hygienic Institute, Dept. 244, 152 West 65th Street, New York City—Now.

Tear Off and Mail at Once

TYRRELL'S HYGIENIC INSTITUTE
152 West 65th Street, Dept. 244
New York, N. Y.

Send me, without cost or obligation, your illustrated booklet on intestinal ills and the proper use of the famous Internal Bath—"Why We Should Bathe Internally."

Name.....

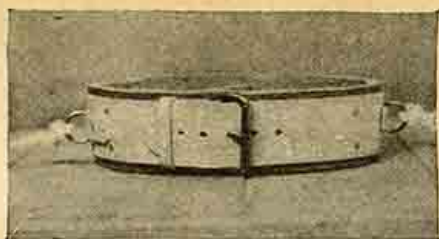
Street.....

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

Pep

from
Every

Stunt



SAFETY TUMBLING BELT

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

See Coupon for Combination Offer

Thrills

from
Every

Flip

THIS great sport of tumbling and hand-balancing is rapidly becoming a favorite. And with one of my Safety Tumbling Belts and my thorough course, there is no excuse for any one failing to become a good tumbler or hand-balancer in a comparatively short time.

The course covers the subjects of tumbling and hand-balancing from the very easy stunts to the most difficult feats. The Safety Belt makes it possible for you to try all feats without the danger of a fall, until you have acquired the knack and confidence to perform them without the aid of one of these belts.

Those who are not timid about feats of this kind, will probably need only the course; but "Safety First" is the best Policy.

Acrobatic Dancers

Those of you, boys and girls, young men and women, who are interested in acrobatic dancing will also find my course and belts a great aid in perfecting the tumbling feats which enter into good acrobatic dancing.

The Most Fascinating Sports

Tumbling and hand-balancing are very fascinating sports. There are thrills galore in handsprings, flips, somersaults, dives, round-offs, hand-stands, etc. There is always a more difficult and more thrilling stunt waiting ahead to be mastered. You will soon perfect these feats by the help of my tumbling and hand-balancing course, and no matter how timid you



CHARLES MacMAHON performing a somersault with two 30 lb. dumb-bells

may be the tumbling belts will further aid you to become proficient at these sports.

Tumbling is great as an internal organ stimulator. Feats of this kind shake up the liver and kidneys and keep them in perfect working order. Your spine is stretched and limbered by tumbling stunts and, consequently, your nervous system is kept in fine condition.

The Beauty of
Tumbling Is
That You Can
Practice Alone

You don't need a partner in order to learn hand-balancing and tumbling, nor do you require a partner to use one of my Safety Belts. You don't need access to a gym either. You can practice tumbling almost anywhere.

I will be awaiting your order, and prom-

ise you prompt attention.

Get Into This Sport
NOW!

Charles MacMahon

Studio A-40

180 West Somerset Street
PHILADELPHIA, PA.

you take fairly easy ones. A model who has a very good figure can get away with easy poses more often than those whose forms are nothing to brag about. There are models who have no beauty whatsoever, but are well liked because they take unusually difficult poses and can hold them.

Strange as it might seem, it appears that a well-muscled man finds a difficult pose more distressing than a woman or thin, soft man. The reason must be, for instance, if the hands are clasped behind the head, the large muscles press against or choke the veins and arteries, causing the arms and hands to "go to sleep," as the saying is. Whereas, in the case of women or a soft man the veins and arteries are not strangled, at least not as much, and the pose can be held with more ease.

Beginners, let me warn you not to take a pose in which you must hold your hands above your head, no matter in what position. Remember that standing evenly on two feet is more comfortable than standing with your weight mostly on one. Besides, when you are evenly on both feet you can shift some of your weight from one foot to the other in such a manner that it will not be noticed, or be objectional to the student, and at the same time will ease your feet and legs, resting them greatly.

Don't assume poses that have too much twist in them. And don't hold your hands out to the sides unless they give you a pole or long stick to hold on to, taking the strain off your arm and shoulder muscles.

After getting the pose desired, there is nothing to do but hold it until the monitor or someone else in the class calls "rest." Then promptly get down from the stand and go to your room and rest. A few seconds bending exercises, either before or after this rest, is a good means of refreshing and limbering your muscles and joints. Then when you are told to pose again, you will be rested.

All novice models should bear in mind that you have just 180 minutes in a three-hour session (the sessions are rarely longer). About 40 minutes in rest periods leave 140 minutes of actual posing, which is broken up into six periods. Every minute you are not on the stand over the 40 minutes rest counts for you and cuts down the 140 minutes of actual work. Therefore, never pose unnecessarily.

By unnecessary posing, I mean you should not pose before being called, no matter how long the class fools around getting ready to go to work.

Don't hold the pose when only one or two are in the class and they are not working from you. Break your pose and stand in a natural, easy position until they are ready. Every second counts when you have only 140 minutes to work.

A model is not supposed to cheat the student or artist by fooling around in the dressing room after he has been called or pretend he isn't ready, but he is not supposed to work unnecessarily.

CHAS. MacMAHON,
Studio A-40
180 W. Somerset St., Philadelphia, Pa.

Please find enclosed

{ \$7.00 for \$5.00 Belt and
Tumbling Course
\$5.00 for Belt only
\$3.00 for Course only

Name

Address

City State

Waist measurement.....

Famous Holds by Famous Wrestlers

(Continued from Page 52)

"Well," Tom asked, "What size man do you want, one hundred fifty, one hundred sixty, or—"

"What," screamed the big man, throwing out his arms, "I don't want babies. Give me something big, give me MEN," suiting the action to the word by pounding his monstrous chest.

"All right. Here you are," Tom replied, bringing Joe forward, who only weighed 158 pounds.

The big man's eyes bulged and the cords stood out on his neck at this supposed affront. At last he managed to gasp out, "This, why he is only a baby."

"Sorry," Tom replied, "but it's the best we can do just now."

Seeing that nothing else could be done to further his bombastic boasting, the Goliath placed his hands upon Joe's shoulders and sadly shook his head. "Never mind, little man," he spoke, "I'll be gentle. It won't last very long. It'll soon be over."

Meanwhile Carrol had been taking it all in quietly without a smile on his face. He looked as placid as a child.

When their turn was called the burly one strutted forward, much like Goliath must have walked when he stepped forward to devour little David. The crowd grinned at the physical contrast.

Time was called, a pompous mortal stepped forward, reaching a mighty hand to crush the insignificant morsel of humanity before it. When *Z-I-P, Crash!* The building shook. Sixteen seconds were called and a fall taken. A stupefied audience and a speechless giant gazed upon the conquering David who stood over the big guy with a wicked grin upon his face. Helping the defeated man to his feet, Joe slapped him on the shoulder, repeating the words, with a wink, that the big man had only uttered a short time before. "Never mind little man, I'll be gentle. It won't last very long. It'll soon be over."

Cannon and the other wrestlers who were in on the joke, laughed themselves silly, while the big man, too badly humiliated to say a word, disappeared as soon as he got dressed.

Joe had secured his double ankle hold on coming to grips, and the sudden impact with the mat had shaken up the big man so badly that before he could recover he was pinned and counted out.

Carrol was very clever. He could twist and writhe like a snake, and what he did not know about wrestling wasn't worth knowing.

Two of the newest holds, that really are new, are the splits and the crab. Johnny Meyers, world's middleweight champion, is responsible for the splits, and Jack Reynolds is given credit for the crab.

Both of these holds are extremely punishing and very effective. I have not seen any wrestler apply either hold as effectively as the inventors. Once they are clinched, they are sure winners.

To Draw a Man's Pay, Learn to Be a DRAFTSMAN!

TEACH a trade on which all other trades depend. It makes any man worth \$10 a day—or more—the world over. No building is built, no machine is made without *mechanical drawings*. Work can't start without the draftsman!



No "talent" needed! You can draft if you can hold a pen or pencil. The most "complicated" mechanical drawing, or architect's plan, is made a line at a time.



A few simple rules you carry in your head; and tools you can put in your pocket. That's all you need. Dobe trained men can handle any job—as any engineering or contracting firm will tell you! For I give you the same work you will later do for money. And I show you how to do it—the right way—the quick way—the workmanlike way.



The class I'm forming now can take a few more men ready for action. My course means business. Begin now, and start right in *drafting* from the hour you get the first material; with the sixth lesson you'll draw parts like this. Within six months you can make finished drawings like that below. And that's worth *money!* My free book explains how anyone can master drafting. If interested in better work at better pay, do something about it now!

Fred'k M. Dobe, M. E.



**Fred'k M. Dobe, M. E.
Chief Draftsman**

He has been drafting and teaching twenty-five years, and has trained a hundred men who are now Chiefs.

Take his instruction by mail, at home. (You don't need any books; this is a course where you see and do the actual work.) Look into this line that makes work worth while and life worth living!

Building Takes PLANS; All Work Requires DRAWINGS; Draftsmen ALWAYS in Demand

Do you realize what a big field drafting is? All building, engineering, or manufacturing starts on paper. Single jobs require thousands of drawings. The simplest things you use were drawn before they could be made; the tools you handle; even the pipe you smoke. *Everything you see around you was first a drawing.*

\$100 A WEEK may sound big to some. It is *not* big pay for draftsmen. Nor does drafting stop there; every Chief Draftsman once worked at the board; it is from the boys in the drafting room that Construction Bosses and Plant Superintendents are chosen. Every architect, and most engineers started at the *drafting table*.

TO PROVE there is a real demand for draftsmen, turn to the Help Wanted section of any big city newspaper. *Twenty calls for draftsmen to every job offered electrical or automotive workers.* A man can call himself an "electrician" and hang doorbells. Or, wash cars and call himself an "automotive expert." Do you want a *title*, or a *trade*?

BLUEPRINTS are needed before a brick is laid, or a wheel can turn. The draftsman comes first. And what an enjoyable job he has! Drafting room hours are

short, and time flies when you're drafting. Or, perhaps the whole day is spent in discussion of some work. Whatever it be, your pay goes merrily on.

What line do you like? Mechanical? Electrical? Or, it may be Building or Engineering. Automobiles. Radio. *They all need draftsmen.* And a Dobe-trained man can fill any drafting need!

If You Answer in Time

You can become a draftsman, and a good one. I guarantee to train you. If you act in time, I'll furnish all the tools. To the next fifty men enrolling, no extra charge for complete working outfit! Full set of imported nickel silver drawing instruments, a Chief's Own drawing table, rules, squares, supplies—all included! So write at once.

These
Tools
Free
of Extra
Charge



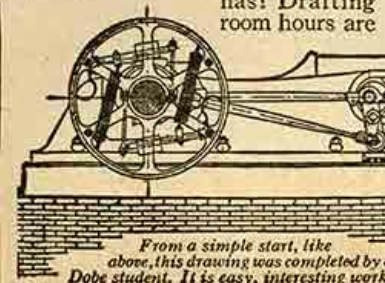
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1951 Lawrence Ave., Div. 16-41 Chicago, Illinois

I want your book **SUCCESSFUL DRAFTSMANSHIP** free and postpaid, full particulars about your personal instruction course, the price, terms, etc. *No obligation.*

Name Age

Address

P. O. State



From a simple start, like above, this drawing was completed by a Dobe student. It is easy, interesting work.

Urinalysis

URINALYSIS AND YOUR HEALTH

2,000,000 people have organic heart disease. Many don't know it. Diabetes is fastening its clutches on a greater number of unsuspecting victims. Bright's Disease also is mercilessly exacting a larger toll. Day by day newspapers feature untimely deaths of prominent Americans. How are you? Well? Sound? DO YOU KNOW? Get facts.

In the beginning Bright's Disease, Apoplexy and High Blood Pressure are usually symptomless to their victims.

Almost all organic diseases can be stamped out in their earliest stages. Urinalysis is a powerful ally in your fight against disease. Know where you stand. Prolong your life. "Very much pleased to learn I am hitting on all 6 cylinders," writes No. 1092, Carrollton, O.

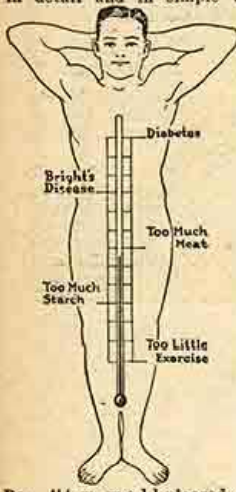
WHAT URINALYSIS IS

Urinalysis is an EXACT analysis of the excretion of the kidneys. It is positive, reliable. Exactly what the microscope, test tubes and chemicals disclose is given in our report which is divided into 25 different classifications. The meaning of each classification is explained in detail and in simple terms. "I had three

other tests by other laboratories when I had my first Urinalysis made," says No. 1001, Chicago, Illinois. "but I found your test to be the best and fullest of the four in every way."

WHAT IT DOES

Urinalysis helps to locate the place of disease. Reveals sugar or albumin in your system even to the slightest trace. If you are on the road to become a victim of dreaded Bright's Disease, Diabetes, Heart Disease, turn off before it is too late. Urinalysis gives facts. "The analysis took a load off my mind," gratefully acknowledges No. 1091, Altoona, Pa. "A m w e l l p l e a s e d w i t h y o u r s e r v i c e."



Pa. "A m w e l l p l e a s e d w i t h y o u r s e r v i c e."

MEN AND WOMEN

Prolong Your Life

Over five thousand prominent people use our service regularly. They are checking up at regular intervals. They are not letting any disease gain a foothold. They are prolonging their lives. Everywhere by mail. Convenient, confidential. Just use coupon. That's all.

The Robinson chemical and microscopic test is the same accurate and complete test required by leading life insurance companies.

We do not prescribe medicines. Where test indicates it is necessary, we recommend that you seek the care and attention of your own physician. Report aids doctor (should something be wrong) in making correct diagnosis and in treatment. Report held by us in strictest confidence.

SEND NO MONEY

Valuable Food Chart with Each Report

We send self-addressed and stamped container and bottle. You return sample to us. We give you a complete report covering 25 different determinations together with a valuable list of foods and their nutritive values. If you are satisfied with value of our service, send \$2.50; otherwise return report. Mail coupon now.

LOUIS G. ROBINSON LABORATORIES
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LIBERAL OFFER COUPON

Louis G. Robinson Laboratories,
216 Harrison Bldg., Cincinnati, Ohio.

Please send bottle and container for my sample.

I am sending \$2.50 with order.
I will send money with container.
Send container or report C. O. D.
I will send money when I receive report.

Name
Address
City State



Ask the Doctor

(Continued from page 54)

ANSWER: Your condition is usually classed as arthritis. Arthritis is a disturbance in joint function which involves all the structures surrounding the joint, including the synovial membrane, which not infrequently may be completely obliterated by the disease.

Medical science teaches us that the disease may originate from injury, rheumatism, syphilis, tuberculosis, gonorrhoea, pus, typhoid, gout or spinal lesions or subluxations, as well as in a worn-out state of the nervous system.

It is generally understood, however, that arthritis is now quite frequently recognized as a manifestation of ductless gland disturbance, in which the adrenal gland and the gonads, particularly and possibly the thymus gland, also, which controls in a remarkable degree the mineral metabolism of the body—are deficient in secreting power.

Patients who are extremely susceptible to the influence of cold, who are easily fatigued, who are "born tired" and who never seem to get enough sleep, who are often depressed and lazy, who have cracking noises in the joints, or whose joints are stiff, swollen and painful, who tend toward relaxation of the walls of the abdomen, who are chronically constipated, are almost invariably hypo-adrenal and hypo-gonadal in type. Those cases are quite uniformly benefited by radiation of the endocrines, combined with a proper dietetic regimen.

In your case also, it will be very helpful to have your spine rubbed morning and night with olive oil. Have some member of your family anoint your spine with the olive oil, and then with the heel of the hand rub briskly, exerting considerable pressure. This will have a tendency to loosen the vertebra and to overcome, to some extent, the tendency toward dryness and brittleness in the membranes between the joints, as the absorption of the oil locally into the parts causes a better lubrication.

Also, I do not believe that your total abstinence from meats and your exclusive diet of summer vegetables, bread, butter and milk, is sufficient for nourishment in your case. I have seen many cases in which a small amount of meat once a day, particularly rare beef or a mutton chop, has served to give added energy and fighting ability to patients of your type.

Needless to say, you should have two free daily movements of the bowels. I believe that you will find Oxy-Crystine, one teaspoonful in a glass of cold water, the first thing in the morning, a most effective measure for this purpose. It might be to your advantage also to try Tolysin, prepared by the Calco Chemical Company. Tolysin is a very excellent uric acid absorbent and eliminant used in five-grain dosage, followed by a full glass of water three or four times a day.

QUESTION: I am troubled with nervous indigestion and constipation. I eat lots of vegetables and fruit and take Kelptol (a mineral oil) every night, but

Strong Hair

How to Save Your Hair And Grow New

You can have a fine head of hair. I am over sixty years of age and my hair is stronger than it ever was. A short time ago my hair started to get thin and fall out. I did not want to get bald, because a bald-headed man always reminds me of a house without a roof. So I started to exercise and massage the scalp. Very soon I noticed new hair growing and I tried my discovery on some of my pupils in my new gymnasium. Their hair also got new life and started to grow thick, strong and luxuriant, so I decided it was my duty to let the public know of my new discovery. My book "Strong Hair" will show you how to keep your hair and grow new hair. Every reader of this magazine should have a copy of "Strong Hair." The first edition will be sold at the special price of 50 cents postpaid.

PROF. ANTHONY BARKER, D. C.
865 Sixth Avenue, Dept. 630, New York City



PERSONAL Appearance

is now more than ever the key note of success, both in social and business life. Bow-legged and Knock-kneed men and women, both young and old, will be glad to hear that my new appliance will successfully straighten, within a short time, bow-leggedness and knock-kneed legs, safely,

quickly and permanently, without pain, operation or discomfort. Worn at night. My new "Lim-Strainer," Model 18, U.S. Patent, is easy to adjust; its results will soon save you from further humiliation, and improve your personal appearance 100 per cent. Model 18 is not like old-fashioned splints or braces, with bothersome straps, hard to adjust, but a scientific, modern device of proven merit, used and recommended for the last 3 years by physicians everywhere.

Write today for particulars, testimonials and my free copyrighted physiological and anatomical book which tells you how to correct bow and knock-kneed legs without any obligation. Enclose a dime for postage.

M. TRILETY, SPECIALIST
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Get Health-Height-Youth



Be Your Own Chiropractor

80% of all human ills are of Spinal origin. This great University Invention, The Cropp Therapeutic Couch, Remakes and Rejuvenates the body—Stretches the Spine, Skeleton, Cartilages, Nerves, Arteries, Muscles and Ligaments. Corrects Curvatures, Deformities, removes causes of arrested growth, gives Height and a Body Beautiful. Ask for free book "The Human Body."

International Health Devices Corporation,
246 West 59th Street, Dept. 62, New York City

High Blood Pressure

Do You Know What Causes High Blood Pressure and Why 150 Is the Danger Point?

High blood pressure is often a symptom of other trouble and is a serious menace to health of both men and women. What should your blood pressure be for your age, weight, occupation? You cannot afford to run the risk of remaining in ignorance of the causes and results of high blood pressure. Simply send your name for free booklet of valuable facts, and explaining methods of both temporary relief and permanent recovery. No cost, no obligation. Write today. H. Wilson, Supt., Kansas General Research Hospital, Box 318, Milford, Geary Co., Kans.

I am not getting much success. I wonder if you could give me some exercises to help me?

I am underweight; drink two quarts of milk, trying to gain weight. I wonder if you would also give me exercises to develop my body, especially my legs and forearms? I also am having a hard time getting rid of dandruff. I use pure castile soap for a shampoo and mange cure just before a shampoo, but I cannot seem to get rid of it. Perhaps you know of a good remedy for it.

L. M. S., Los Angeles, Cal.

ANSWER: Nervous indigestion is sometimes a very difficult condition to cure. First and foremost, you will appreciate the fact that it is necessary to remove the cause of your nervousness. If you have a husband and family, these are the cause of a lot of worry, or if you are worrying because you have not a husband and family, you will have to overcome this cause of worry for yourself, as there is no doctor in the world who can help that. If you are living with people who constantly get on your nerves, if you are subject to the continuous pressure of failing to make two ends meet, if you do not succeed in getting enough sleep at night for any reason, or if for a dozen and one reasons your nerves are upset—they will stay that way until your nervous condition is relieved, or the cause of your nervous condition is overcome.

Also, it is imperative that you get rid of any condition of toxemia in the intestinal canal that may result in constipation. The mineral oil is probably pretty good for the purpose, but mineral oil, as you know, is only a lubricant, and merely facilitates the passage of the fecal mass by oiling the walls of the intestines. I am much more partial to some mild laxative, particularly one with an alkaline reaction, such as Oxy-Crystine. You will see directions for its use elsewhere in this department.

If you could drink two quarts of milk every day in addition to a good, liberal well-balanced diet, you should gain in weight, particularly if this milk contains any cream.

One of the best means of overcoming dandruff I have found is the Dandruff Eradicator and Shampoo, put up by the Marinello Company, and found in most drug stores. This seems to give definite results within a very short time.

So, your chief end and aim will be to get rid of the causes of your worry, the regulation of your diet and elimination of debris from your organism.

QUESTION: I am a girl, nineteen years old, and for the past five years have always been sick. I am awfully nervous and restless; can't sleep at nights and have poor blood circulation. Although I am only 19 years old, I have very deep wrinkles around my eyes just like an old woman, and they seem to be getting worse all the time.

I have also taken up physical culture from an experienced teacher, but the trouble seems to be one that physical culture won't reach. Can you advise me what to do or what to use to make me well and erase those awful wrinkles from my face, for I know that they are not surface wrinkles or caused from worrying, because I have no worry and, therefore, they could not be caused from worry, but sick-

(Continued on Page 78)

Once a Weaking---Now the World's Strongest Physical Director

You, Too, Can Attain Marvelous Strength and Perfect Health Through Following My Instructions

My methods will make ANYONE a masterpiece of physical excellence. They changed me from a 95-lb. weakling into the World's Most Perfect Man. What I have done for myself I am also doing for my thousands of successful pupils. You are no exception! I don't care what condition you are now in, how young or how old you are, I will make you a REAL MAN. That I guarantee under bond. Thousands have come to me pleading for help, for health and strength. Not one of them has been disappointed. I want YOU to enjoy this New Power, New Health, New Life, New Ambition that my surprisingly easy and successful system brings.

Have a Development You're Proud Of!

Here is the sensational New System that will positively bring you mighty, marvelous muscles and a powerful, perfect body **IN RECORD-SMASHING TIME**. Within three months you can be another Perfect Man. You can have five inches packed on your chest, two inches on your arms and convert the rest of your body into hard, solid muscles. This Master Course takes out the scare and puts in the DARE, making you just GLOW with Courage, Power, Nerve-Power, MUSCLE-POWER! These glorious results will all be yours by a few weeks' private training under the personal direction of the **WORLD'S FOREMOST MUSCULAR SCIENTIST**, right in your own home, WITHOUT cumbersome apparatus and dangerous rubber cables that often cause accidents. No other physical instructor DARES compare the results through his methods with those my pupils attain.

Leap over the fence of weakness, out of the field of procrastination, by sending immediately for the biggest and most-inspiring book of the World's Finest Men you've ever seen. I want every man and boy to get their copy of this revised, new book and share in the thrill and amazing benefits thousands have already enjoyed.

"SECRETS OF MUSCULAR POWER AND BEAUTY"

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1926!

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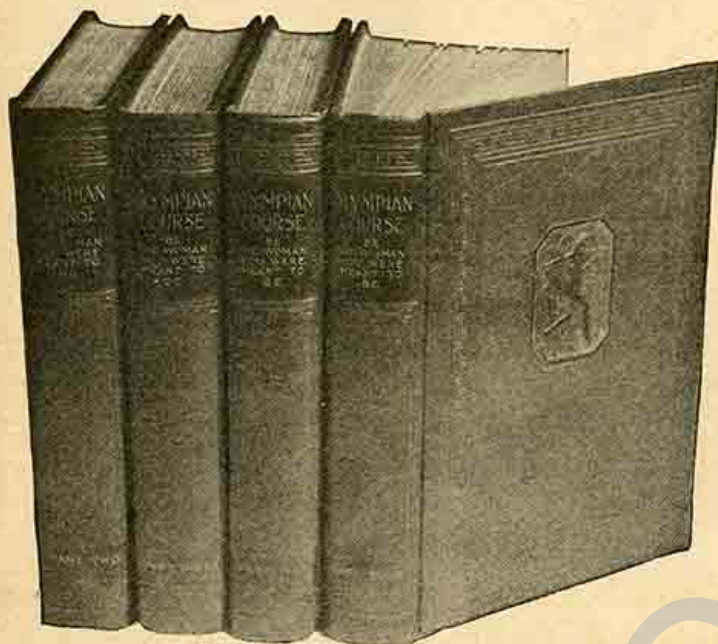
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Strength, Jan., '26.

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Catarrh, Etc.

Your blood, containing fruit acid, is the only substance that 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 the location but the source of the trouble is the same—fermentation, chiefly from butter, cheese, cream, fat, oil, salt, etc., when used beyond your capacity, or in wrong combinations.

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 the bowels (colitis), etc.

Correct Eating Cures



Pure juice from grapefruits, without sugar, and pure tomato juice, berries, etc., when used as freely as water and combined with adequate quantities of the brain-and-nerve nourishing foods with stimulative and laxative vegetables, can prepare your blood for dissolving mucus.

Fresh fruit acids clean a stomach that is suffering from mucus or acidity. Hyperacidity, acidosis, is produced by mucus from fermenting foods, just as vinegar is made from fermenting sugar, syrups and fruits. But fresh fruit acid when correctly combined is always beneficial.

Objectional features of catarrh are expectoration, "hawking," "running nose." In a singer or speaker, a career, a life work, is ruined by a little flocculent matter on the vocal cords producing hoarseness, forfeited engagements, missed opportunities, etc. Deafness hinders advancement in business. Noises in the head make the sufferer irritable, and irrational.

Tubercular Catarrh

A deposit of mucus in the lungs is often suppressed by medicine made from coal tar derivatives. The cough is sometimes quieted, but the mucus remains to form the seat of tuberculosis.

Why Envy the Live-Wire?

Mucus when present in large quantities prevents the nerves from assimilating their due nutriment. It is a cause of undue fatigue.

Stop using mucus-making foods and learn to take brain-and-nerve foods, etc. Build yourself into a go-getter, a live-wire, an untiring person, internally clean, who turns work into pleasure.

One pupil wrote: "No mucus, voice stronger, head clear as a bell, gained 20 pounds and now earn four times as much."

Educational booklet 10 Cents. Sworn statements, Over 6,000 pupils.

BRINKLER SCHOOL OF EATING

Dept. 20, 131 West 72nd Street, New York

See Advertisement on Page 68

Ask the Doctor

(Continued from Page 75)

ness. I have been advised to try yeast; do you think that would help my case?

You can't imagine how I feel when I go out and see all the girls of my age, with their faces free from wrinkles, and here I look ten years older than I should.

M. A. F., Pueblo, Colo.

ANSWER: You have not spoken of the menstrual condition, a most important one in cases like yours. Neither have you stated as to whether or not you have been examined by a physician skilled in treating women's diseases. Prolapsus of the uterus would be quite likely to produce conditions similar to those from which you suffer. If you find this to be the case on examination, would suggest that you have this condition corrected immediately by tampons, or by a very simple operation of the ligaments, if necessary.

Yeast is sometimes very beneficial in certain skin conditions and in auto-

intoxication from intestinal absorption. However, it often has a fermentative tendency, being the actual cause of considerable digestive distress that never was there before the yeast was taken. The nutrition of the skin, as I believe I have before mentioned in these columns, is, to a very large extent, dependent upon the proper functioning of the thyroid gland, and where the skin tends to wrinkle, as it does in your case, there is almost invariably a disturbance in thyroid functioning. Would suggest that you have a thyroid test made some time so as to ascertain whether or not the thyroid may be overactive. If this should prove to be the case, proper stimulation of the adrenals and ovaries will overcome the condition and bring about a restoration in the normal nutrition of the skin. With this, naturally, will come relief from the wrinkled condition of which you complain.

Scoliosis—Curved Spine

(Continued from page 44)

lives constantly in the conception of noble and lofty thoughts, who dwells upon all that is pure, wholesome and healthy, will, as surely as the sun reaches its zenith and the moon its full, become wise and noble and rise into a position of influence and blessedness. His very being, his body, will radiate the joys of a healthy life because his mind is clean and not stagnant. Strength is both physical and mental. To attain it you must first think in the right terms, and then you must exert effort—plenty of effort. It was humanly impossible, it seemed, for the engineer to ever get well; but once his mind had something else to think about he was surprised himself at the miracle that changed his whole outlook on life. Thus this fabric of thought, the relativity of mind and body, leads me to our subject of SCOLIOSIS.

The body is the servant of the mind. It obeys the operations of the mind, whether they be deliberately chosen or automatically expressed. At the bidding of unlawful thoughts, the body sinks rapidly into disease and decay; at the command of glad and beautiful thoughts it becomes clothed with youthfulness and beauty.

Disease and health, like circumstances, are rooted in thought. Sickly thoughts will express themselves through a sickly body. Strong, pure and happy thoughts build up the body in vigor and grace. The body is a delicate and plastic instrument that responds readily to the thought by which it is impressed, and habit of thought will produce their own effects, good or bad, upon it.

George F. Scouten, eminent director of physical education quotes:

"The condition called Scoliosis is a lateral curvature of the spine in which the spine is inclined to one or the other

side of the median line. It is a deformity that, in some cases, makes some people's shape look very hideous. Sometimes it incites laughter through the odd way in which the afflicted are compelled to hold themselves. There are two general types of deformity in Scoliosis. The first type is called "habitual deformity," a condition due mainly to improper attitude, and the changes of the structures have advanced to such a degree, where it is almost an impossibility to help it either by voluntary or passive correction. To illustrate, let us suppose our patient has one leg shorter than the other. There would be a compensatory curve when standing, which would be voluntarily corrected when sitting.

"The second type presents a very grave condition. It is a fixed deformity due mostly to changes in the bones and other tissues which have made connection difficult or impossible. Scoliosis is a deformity and not a disease. We do, however, find morbid changes in the vertebrae, ribs, ligaments and muscles. The vertebrae becomes wedge shaped and thinner on the concave side and thicker on the convex, which hinders the growth and development of the bone on one side and increases the growth of the bone on the other side. The ligaments are then stretched and become thickened; whereas in the former, they get longer, thinner and weaker.

"We find this to be more common in females than in males, and also in the majority of cases in children less than fourteen years of age. It is one of the penalties of incorrect posture, as the force of gravity contributes exciting causes to this condition. Once a curve is started, gravity tends to increase the deformity, and if it is not alleviated in

(Continued on page 80)

Deformities of the Back

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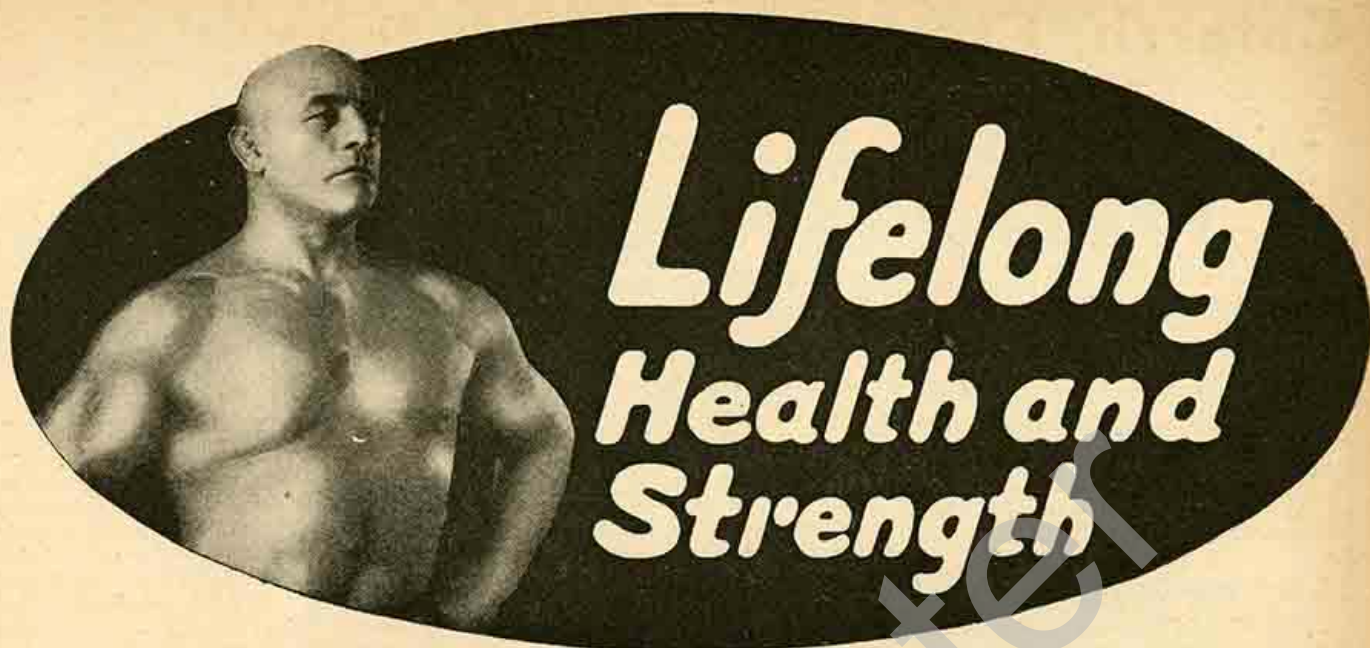
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Here's News! And good news for a million men who want Strength and Health for a Lifetime! Zbyszko—54 year old marvel of muscular development and endurance, is giving to a hungry horde of red-blooded men throughout the world, the secrets of a life time of experience, of patient study, of hard work. What a specimen he is! Think of it! 54 years of age and with the body, heart and vitality of a 20 year old boy. 54 years of age and able to defeat all comers in the most strenuous of all feats of strength—WRESTLING! 54 years of age and because he loves the game, because he is a mountain of energy and vitality, he climbs onto the wrestlers' mat, night after night; he lifts, he pulls, he bends, he performs unbelievable feats of strength and endurance. His physical and mental being cry for an outlet for the power in his muscles—for the sheer love of being alive with healthful vitality. And yet, as a youngster, he was an overgrown, pudgy, wabbly weakling!

But the desire for health and power came to him as it does now to you. And in a lifetime of effort, Zbyszko has evolved the most startling secret of strength building you have ever heard.

Do You Want Health, Strength, Endurance and Vitality All Your Life?

Certainly! Anyone with a true desire to live to the utmost does. Then listen! Zbyszko will give you lifelong endurance, lifelong strength and health; lifelong muscular power. This 54 year old lover of the ancient Greek ideal needs no more money. He has made his mark and his fortune.

He wants to give the world the most treasured possession that is his to give. He wants to share this mighty thing with the manhood of the world. It is yours! Just ask for it. All you need is the impulse to live. Do you want to live longer? Then learn what Zbyszko's method is. Do you want the power of

tremendous strength? Then find out what Zbyszko has for you. Do you want the endurance to meet Life's problem? Then write to Zbyszko. That simple act may mean a new life, a new energy, a new health and years of activity added to your life. Use the coupon and use it now.

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ZBYSZKO

Scoliosis—Curved Spine

(Continued from page 78)



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any way a grave condition results. The condition is varied and takes in many interesting subjects, a few of which I shall mention.

"Congenital deformity of the spine occurs in infants and is particularly due to a constrained attitude before birth. It has its location between the lumbar region and the sacral vertebrae.

"The X-ray in recent years has usually shown that it is associated with other defects and deformities, such as: cervical, ribs and increased number of vertebrae, deficient or fused vertebrae. This type is almost inaccessible to treatment.

"Another grave condition that sometimes results from Scoliosis is a condition due to the secondary conditions resulting within the thoracic walls, which is known as "Empyema" or pus accumulation in the pleural cavity, aggravating process of hesion, in which the final prognosis reveals pleurisy.

"Rickets is also produced by the deformity. It is a condition that predisposes to the deformity of all parts of the body by the lessened resistance of all tissues. The vertebrae becomes softened, owing to the deficiency of bone salts, thus making the prognosis of this case bad.

"Then we have the condition called 'compensatory deformity,' or the inequality of length in the legs, which gives rise to the shorter leg; and the trunk must, therefore, swing over to the opposite side to keep the line of gravity. This produces a curve that usually arises in the lumbar region. However, the prognosis of this type is favorable, for whenever the patient sits, he corrects this deformity; and by fixing the shoes in the act of tying the shoe strings, this condition is usually corrected.

"There are a number of diseases of the nervous system which may cause curvature of the spine. Infantile paralysis is the most common of this type. It is usually due to some paralysis of the back muscles of one side.

"Diseases of the spine, resulting from direct injury, Pott's disease, fracture, etc., many cause a lateral curvature. This may be found in children who persist in faulty sitting positions while in school (assuming that the deformity is caused or aggravated by the habitual attitude during school hours). One can readily see why this condition usually exists in the lumbar region."

In writing, certain faulty positions arise, each causing a form of Scoliosis. Also the habit in standing, of supporting the body on one leg and constantly using the same leg for the purpose, produces a curve in the lumbar region with its convexity to the side of the non-supporting leg.

Heredity is another important factor in the Etiology. Severe forms have been found in the parents that have been transmitted to the children.

The deduction of the whole, when "boiled down," as it were, comes to the question of posture. Correct posture is

well exhibited in Fig. 1. Note the parallel relationship of the feet, the toes pointing straight forward. This correct posture may be described as follows:

Stand erect with heels six inches apart and toes directed straight forward. Imagine that you are pushing some resisting object with your chest. Your body will then be in the proper posture; that is, your chin will be in, your chest arched forward, your neck perpendicular and well stretched, your arms hanging by their own weight along the middle line of the hips.

There is much clap trap charlatry and pseudo-science surrounding the subject of exercise and so-called physical culture. There is really not any mystery about exercise requirements, and the many "marvelous" systems really owe such merit as they possess chiefly to the muscular movement that they require, the arousing of the individual to activity, and often there is a psychic effect, as in all cases where hope of benefit is held out to the seeker after health.

The following exercises for the treatment and remedy of Scoliosis has been drawn from many sources. I have picked out the best, which will not only bring much benefit, but which are comparatively safe and easy to perform. They have no particular virtue, excepting in alleviating this dreaded condition, and causing the patient to use his muscles that have been otherwise neglected. They provide proper co-ordination in the muscular movements and for symmetrical development. No system can claim a monopoly on the idea of completely using the muscular machinery of the body, and these exercises are gotten up simply to better an otherwise grave condition, and to give the muscular system a convenient form of expression.

To further urge you in adhering to the principle exercise, allow me again to quote George F. Scouten, the physical director, Germantown Y. M. C. A., Philadelphia, Pa., to whom I am indebted for much of the facts concerning the deformity, Scoliosis.

"Do not go through life with handicaps that may be easily removed. Do not shorten your life, reduce your earning capacity, and capacity for enjoying life, by neglecting your bodily condition.

"While other men are cheerfully facing death for the cause of our country do not shrink from facing a little trouble and expense to make yourself strong and healthy and fit."

Many cases of deformities of the back have come under this man's attention, and I know of no other man who is better qualified to give advice to the needy.

The treatment for the prevention of the deformity, Scoliosis, includes the avoidance of all the predisposing and exciting causes of this condition.

For the first exercise I would recommend the exercise known as "tree swaying"—note Fig. 2. While in the standing position, thrust the arms straight

(Continued on Page 82)



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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 5th Avenue, New York, N. Y.

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Crystal Springs Sanitarium, Lampasas, Texas. Natural methods. Reasonable rates. Remarkable results. Dr. Gaffney, Director.

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To Have and to Hold, So We Never Get Old. A firm, well nourished Prostate Gland in a healthy body without stomach drugging. Particulars and proof sealed, free. Mark M. Kerr, A. D. N. (Alde-De-Nature), BB84 Lakewood, N. J.

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Marietta, Ohio.

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

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

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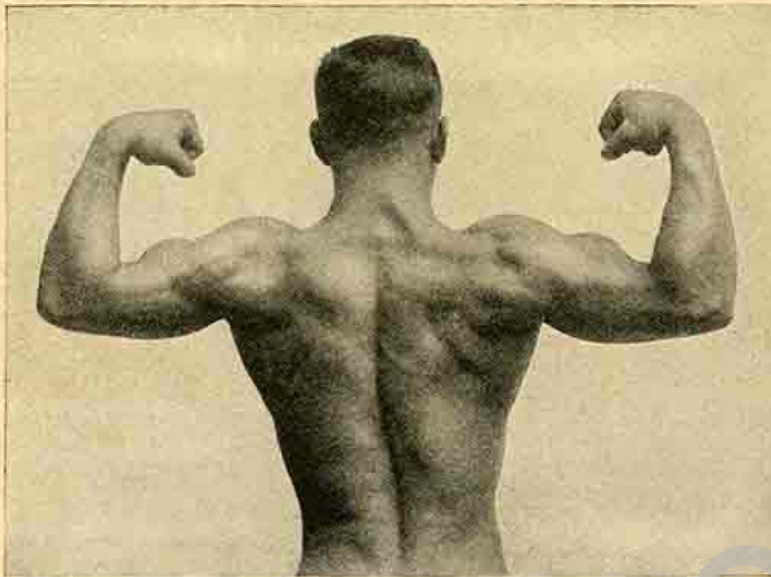
Novelty Acrobatic Stunts—Ground Tumbling, Bending, Balancing, Clowning, etc. Easy method learning. Complete illustrated instructions, \$2.00. Jingle Hammond, Adrian, Michigan.

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The MacMahon Course and Apparatus will give you a development like the pupil above.

If you are over 21 years of age, then so many more have gone. No one knows how many more days are left, but why not make sure of a great many more by getting into perfect physical condition and staying so. Every sick day and every day you are not feeling just right is a day practically lost; and besides too many sick days shorten your life.

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I get you perfect health—the kind that makes you enjoy every minute of the day. I get you an evenly, well-developed physique—the kind that is pleasing to all eyes. I get you unusual strength—the strength of a he-man. I get you endurance and speed—the kind that will make you more proficient in boxing, wrestling, swimming, baseball, football, tennis, running and all other athletic sports.

My Methods Are Developing Men That ARE Men— Why Don't YOU Be One Of Them?

I am developing, strengthening, pepping up hundreds of men and boys each month. You could just as easily be one of them if you will get my booklet and become a follower of my principles and methods of body-improving.

I wish it were possible for me to actually force upon you against your will the great physical improvements I am getting for my pupils, for then, of course, you would be convinced. But unfortunately for you this cannot be done and, consequently, some of you who read this are going to let little would-be obstacles stand in your way of becoming a pupil of mine and, subsequently, getting the great physical benefits I promise you. A few of you are going to let "lack of ambition," "lack of faith," "lack of time," etc., stand in your way. But these are little things—overthrow them and let's get going today.

Ab-so-lute-ly FREE

My Booklet, "The Royal Road to Health and Strength," is FREE. It's a great little book. It tells you more about physique and health-improving than any other book of its size. And it's all FREE. Get it. Read from it how easily and quickly my methods produce results for you—for every one who follows them. See living proofs of what I am doing for my army of pupils. I HOPE TO SEND YOU THIS BOOK BY RETURN MAIL.

CHARLES
MacMAHON
Studio A-12
180 W. Somerset St.,
Philadelphia, Pa.

Please mail me a copy of your valuable book, "The Royal Road to Health and Strength," which you are to send me without charge.

Charles MacMahon

Studio A-12, 180 W. Somerset St.

PHILADELPHIA, PA.

NAME
ADDRESS
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Scoliosis—Curved Spine

(Continued from page 80)

overhead; then sway from side to side, moving from the hips upward, the arms waving loosely like the branches of a tree. This exercise stretches and strengthens the spine to a marked degree if practiced correctly. Care must be taken not to go too strenuously the first day, or else the muscles will get injured to such an extent that it will be an impossibility to go on with the rest of the exercises. Note the incorrect posture produced by Scoliosis in Fig. 3.

The next exercise has many variations, but I will illustrate just a few of the best. Let us label this exercise as "prone lying movements," advocated by George F. Scouten, the physical director, who employs them consistently in his special exercise system for the treatment of Scoliosis.

In the first exercise lie face downward, and then raise the head and shoulders and look up at the ceiling. Progression can be rapidly made by forcing the arms back as far as is possible, keeping the elbows high all the while on the stretch or "seal," as it is commonly called. Take a look at Fig. 4, and particularly note the arms in the position described—also the height of the head and shoulders off the floor. This is the correct way to perform this vigorous movement. Try this movement with the hands on the back of the thigh; then reverse the arm position. The next movement in the prone lying series of exercise, using the increased leverage or arm weight transference, is the raising of the head and chest in the "seal," with both hands behind the neck and with the elbows well out and back. The arm motion of swimming is another particularly good movement to perform. Note the form of the athlete in Fig. 5.

The next exercise of the prone lying system, taught by Professor Scouten, is the "diving" movements. The patient lies face down on a table, allowing his trunk and pelvis to project beyond its edge, the limbs, all the while, held firmly in place by a strap or the weight of another person. The body is then bent downward and is raised again to the horizontal position. At first the patient will require some assistance, but soon he will be able to execute the movement quite comfortably by himself. Progression in this exercise is made by transferring the arm weight as in the former exercise.

In the leg raising movements of the prone lying position, the limbs are raised alternately, with the raised leg perfectly straight. The legs, of course, over-extend on the table. However, this may be executed on the floor as well. When the left thigh is extended as much as the iliofemoral ligament will allow, the left side of the pelvis is tilted upward also, thus untwisting the lumbar region of the spine. Progression in this exercise is made by raising the legs alternately without resistance, then with the resistance applied, by pushing against the patient when executing the movements. The leg motion of swim-

ming is a wonderful exercise for Scoliosis. In this exercise the entire lower extremities must project beyond the supporting table. It is particularly beneficial in strengthening the lumbar muscles and the extensors of the thigh.

Professor Scouten also employs massaging as an ideal method in remedying the deformity. His method is very simple. The patient lies flat on his abdomen in such a position as to bring the spine as far as possible in the median line. In the dorsal curve the arm on the side of the concavity may be brought over the head while the other is by the side of the trunk. In a lumbar curve, change the position of the feet or raise the hip on the side of the concavity. All the motion or strokes in the process of the massaging should be spiral, rotating toward the heart center.

The last exercise is another important one, whose benefits depend on the way it is executed. Sit on the floor with palms on floor about eighteen inches apart, back of the body and with the legs stretched out straight. Now raise the body to the horizontal position, supported by the hands and feet. Stretch as far up as possible. This is an elegant stretcher and straightener of the spine, and it gives the arms some real exercise to perform the movement. Note Fig 6.

"Manhood means strength." At least it ought to. Any man between the ages of twenty and fifty who lacks at least average strength is almost bound to lack also a certain degree of self-respect, that is if his instincts are normal. If you are not strong, vigorous, quick, alive in every inch of your being, then what kind of a man do you call yourself? If you are deformed in the manner I spoke of, you are weak. Your organs cannot function properly because of a constriction due to the deformity, and to maintain your health properly, you must do something to alleviate this condition. You must persevere in holding correct posture, and you must do corrective exercise. How, if you undertook the project, would you get strong? Not by simply drinking pure water, breathing plenty of fresh air, or by concentrating your subconscious mind, even if you knew how, or just plain wishing for it. No! You certainly would not get strong that way. The only way you can possibly get strong is through exercise—real exercise. You must exert your strength in order to build strength, and the amount you build and keep will be in proportion to the amount you expend.

Exercise is valuable not merely for muscular development and strength building, but as a remedial and corrective measure for various bodily defects. The truth is that practically all setting up exercises are corrective in their influence. The man or woman who takes no special systematic exercise is likely to develop habits of bad posture, which tend to become permanent till the body is actually deformed. The principal of good posture should be incessantly adhered to.

Health for the body awakens mental capacities where they exist.

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Youth Giving Belt
Reduces
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NO matter how large your waistline may be—regardless of how many other methods have failed you—I absolutely guarantee you convincing proof in 10 days that this amazing self-massaging belt quickly banishes disfiguring fat—or the trial costs you nothing!

This wonderful self-massaging belt instantly reduces your waist 2 to 6 inches, and actually massages away bulky fat as you wear it. Stomach disorders, constipation, shortness of breath generally disappear as the sagging internal organs are put back into place. You look and feel 10 to 15 years younger!

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The Weil Reducing Belt is made of specially prepared rubber such as professional athletes use for reducing safely. So constructed that every breath, every motion, imparts a constant, gentle, automatic massage to every inch of the abdomen. Works for you every second. Reduces more rapidly than ordinary massage. Requires no effort on your part. Its healthful principles indorsed by physicians.

Write at once for a full description and details of the Special 10-Day Trial Offer being made by the Weil Company, 501 Hill Street, New Haven, Conn.

THE WEIL COMPANY,
501 Hill Street, New Haven, Conn.

Gentlemen: Please send me, without obligation, complete description of the Weil Scientific Reducing Belt and also your Special 10-Day Trial Offer.

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This amazing new book is helping thousands of men and boys to become strong, healthy, and muscular. It is written for old and young—for Business Men or Athletes. There's a message of inspiration on every page—you'll realize your own power.

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The Revival of Ice Skating

(Continued from page 42)

promising skaters, each year providing a greater opportunity for the obscure youngster.

The forthcoming Derby seems to be quite an open affair, such local stars as West Becker, Forsman and Morris being ineligible, by virtue of former victories. Though Meyers, Goldberg and Boyd seem to have a slight edge above their competitors, it isn't at all improbable that some unheralded contestant will upset them and run away with the coveted skates, the way Morris did last year.

In the women's division the same condition of affairs appears to prevail. Miss Muller, Miss Breiter and Miss Jackson have each won the Silver Skates in the past. This leaves Miss Zimmerman the favorite, but her superiority is very small over the rest of the field. Miss Todd Boissezau and Miss Allize Acister should furnish plenty of opposition, while, as in the men's event, it isn't beyond the realm of possibility for some unknown Diana on skates to sweep this trio aside to win the championship.

Transferring our attention to another phase of ice sports—hockey—it was with great interest that all enthusiasts of this sport read that simultaneously, with the announcement of the new Garden's official opening on December 15th, came the news that ice hockey is to be one of its main winter features. As a matter of fact, the Garden's opening night last month centered around a game between the New York team and one of Canada's best aggregations, the Canadians of Montreal.

The impetus thus given to eastern hockey by Rickard's featuring the game this winter at his new Garden in New York cannot be overestimated. And not only the east but every other section of our country where hockey is played will feel a new enthusiasm, an additional stimulation toward the game. This revival was badly needed for it had become obvious to the most casual observer that, since the days of Hobe Baker and the old St. Nicholas Rink, the game in this section has been steadily trailing the downward path, its once great popularity rapidly waning, until the last few years have witnessed a total lack of interest by the general public. This gradual loss of interest on the public's part was not attributed to the game's losing any of its spectacular features, but rather to the paucity of rinks large enough to accommodate a crowd of any sizable proportions.

Fortunately, that lamentable state of affairs is now at an end, and New York

once more takes its rightful place among the leading hockey centers of our country. The new Garden's facilities are equal to Canada's best rinks and crowds of 15,000 can be accommodated without trouble or inconvenience.

Not only is the new Garden providing a suitable home for the game in this section, but it is introducing professional ice hockey to the metropolitan area, a phase of the game practically unknown to New York.

New York is receiving the professional side in the form of a league running on a regular schedule, similar to that of baseball, only games are played on an average of three a week, instead of every day. The teams composing the league are the New Yorkers, Boston Bears, Ottawa All-Stars, Montreal Maroons and Montreal Canadians, Pittsburgh Yellow Jackets, Toronto St. Pats and the Hamilton Tigers. As can readily be seen from the lineup, the league has an international aspect, almost half representing the United States. This is conducive to a spirit of friendly rivalry, which in turn heightens the public's interest in the changing fortunes of their particular city or favorite team. As a direct result, the whole sport profits, and indirectly every form of ice activity receives new life through the addition of outsiders attracted to these events.

Not only is hockey's professional end obtaining the direct benefits of the Garden, but amateur and college hockey will also derive their share, and it won't be small. The amateur side should go along famously after they start the ball rolling, on the 27th of this month. In order to insure a successful beginning, the management is bringing last year's national amateur champions, the Pittsburgh Hornets, to town to face the Knickerbocker team, who will represent New York in all such games, on the above night. This will be the first of a series and should be one of the best, as both teams are very evenly matched.

The collegiate hockey teams will be seen at the Garden frequently before the winter is over. Yale will not only play its important games here, but they are holding their practice sessions on the Garden's rink. Though the collegiate schedule is more or less uncertain as yet, it has been quite definitely decided that Yale will play Princeton here on January 16th, and Harvard on February 22nd, while a McGill University-Harvard mixup is another strong possibility for late winter.

The Mat

(Continued from Page 58)

I was amazed on seeing him perform, as he was successful with the weight while lifting in the old corkscrew style. I told him if he would bend the knee at the right point, I was willing to bet that he could lift two hundred twenty-five pounds that night.

Oscar was elated and asked me to show him how it was done. I demonstrated and agreed to clap my hands when the correct stage was reached.

He tried two hundred eighteen next attempt, and when I clapped my hands,

(Continued on page 90)

Two Great Athletes

(Continued from Page 19)

No better New Year resolution could be made than a resolution to size up the field before you start, followed up by a resolution to give every thing you have after you once do start.

The readers of **STRENGTH** among other ambitions are very likely to want to obtain for themselves the highest type of physical efficiency possible. Many of them have already not only made up their minds that they have such an ambition, but have also made up their minds how to attain it, and have started in to get results. To these men we say, be sure your plans are right and then follow them to the limit.

Many others have never gone farther than the point where they have felt an urge to start, but so far have not decided how or where to begin. For years the **STRENGTH MAGAZINE** has preached the absolute supremacy of the bar bell as a health and body builder. Recognition of the truth of this fact is daily becoming more general.

In fact, no one can deny this supremacy who realizes how thoroughly adaptable the bar bell is to the needs of its individual user. No matter how weak or how strong the man may be he can get just the exercise he needs.

The necessity for considering the means to use as well as the end to be obtained carries over from sports to body building, to every day life. Many sporting writers state that the big value of athletics is the great training athletes receive, and which they find applicable to all other activities. Certainly this is a big gain from athletics although it is not, we believe, their largest contribution.

Athletics in the first place give a sound knowledge of how to make the most of yourself physically to the athletes as individuals, and contribute practically all that we know about building a better race of men to the non-athletes. The athletic trainers have been able to show their pupils how to increase not only their athletic proficiency, but also their own physical abilities and powers.

Just as sanitary medicine has enabled whole communities to shake off plagues, scientific athletic training has enabled great numbers of individual men to make of themselves not ordinarily healthy human beings but superbly strong men. Of course attaining any such end requires effort, and many men are not willing to make the effort, but for any one who is interested in that end, attendance at any of the A. C. W. L. A. shows now being held in many parts of the country will go a long way to show not only the means but also many products of the means.

We would, therefore, suggest that our New Year Resolution should contain not only resolutions stating ends to be gained, but also a broad general determination to look the field over and pick our holes. We not only want to get somewhere, but we want to get there by the best and easiest way. Taking a tip from Nurmi we will not neglect to time

Watch Out For These Signs of NERVE EXHAUSTION!

DO you suffer from obscure ills? Do you worry about imaginary troubles? Do you find it hard to concentrate? These are only a few of the signs of weak, unhealthy nerves which are bringing untold misery to thousands of people. If you have any of the symptoms listed in the panel at the right—watch out—for you are slowly but surely heading for nerve exhaustion.

What Causes Sick Nerves?

Over-active emotions, the constant turmoil in domestic and marital relations, worries, intense concentration, excesses, vices and the mad pace at which we are traveling—these are the causes of Nerve Exhaustion.

It does not come on suddenly. The development is gradual, and deceives scores of men and women who appear to be in the best of health. Yet all the time their nerves are in a constant state of upheaval, slowly undermining their entire organism.

How To Strengthen Them

No tonics or magic exercises can ever restore health and vigor to sick nerves. To regenerate lost nerve force requires an understanding of the action and abuses of nerves. It needs a knowledge of the natural laws of nerve fatigue, of mental and physical relaxation and nerve metab-

olism. And it is only through the application of these laws that stubborn cases of Nerve Exhaustion can be overcome.

Read This Book

Based upon many years of intense experience and study, the famous Nerve Specialist, Richard Blackstone, has just written a remarkable book entitled "New Nerves for Old." In plain language he gives certain easy-to-follow rules that have enabled thousands of men and women to regain their lost nervous energy and to acquire glowing health and youthful vitality. It enables you to correctly diagnose your own case and shows you how to bring back your lost nervous vitality. "New Nerves for Old" is worth its weight in gold—and yet its cost is only 25c, stamps or coin. The book will help you to build for yourself a foundation of glorious health which will insure your future success and happiness. Mail coupon for your copy today. Address: Richard Blackstone, 21 Flatiron Bldg., New York City.

Have You These Symptoms?

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

you to build for yourself a foundation of glorious health which will insure your future success and happiness. Mail coupon for your copy today. Address: Richard Blackstone, 21 Flatiron Bldg., New York City.

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are almost unknown among those who drink Joyz Maté daily, even if meat is eaten freely.

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Does a petting party stop with a kiss or does it go further? Is spooning dangerous? At last the question is answered. See "Safe Counsel" Page 189.



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 disconcerted 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 last a book has been published that digs into sex matters without fear or beating around the bush. This startling 612-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. Loves; III. Marriages; 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 just a few of the subjects discussed—Love, Anatomy and Physiology. A Word to Maidens. Maternity, Parental Influences, Change of Life, Impotence, Fighting Modern Evils. You owe it to yourself, to your happiness and your health to read this wonderful book.

Send No Money simply mail the coupon

Just clip the coupon. Send it in today. No money is required. In a few days when the postman brings you "Safe Counsel" (in a plain wrapper) you can pay him \$1.98 and postage. If you are not thoroughly satisfied after examination, return the book and we will refund your money.

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ourselves as we go along so that we can tell whether or not our pace is correct, and our progress satisfactory, and if this is not the case change our pace in the middle of the race instead of having to wait till the end to see how we are coming out. These lessons of athletics we can apply to our daily life with profit.

It is the earnest wish of STRENGTH MAGAZINE that all its readers' New Year plans should include plans for further physical welfare, not only as an end in itself, but as a means of forming, in perfect physical condition, an absolutely sound starting point from which they can go in any direction.

Gripping for Strength

(Continued from page 29)

relax. Fig. 5 shows a rear view of the positions in this exercise. Now, feel the muscles of your arms. Hard as rocks, aren't they? You'd be surprised when I say the abdominal muscles, the chest muscles, in fact, every muscle has in some manner been worked to its Nth degree. That's tensing exercises for you. Ready to quit? Can't stick it out? Listen, I know a weak, anaemic looking individual who stuck to them. In fact, I made him. Every morning, in Maine this summer, and sometimes before retiring at night, I put him through his paces. He got so conscientious I didn't have to look after him, coax him and persuade him to keep up the work. He wouldn't quit, but just resolved to let no mere exercise keep him from his cherished dream for health and strength. Do you know, that same fellow, before leaving camp, hiked over mountains (and they were some mountains, too), went on long, tedious canoe trips with hardships that were utterly impossible to endure? But he didn't whimper or complain. Today he doesn't have to thank me for what he is. Of course, I showed him how to execute his exercises, only too glad to do so, but he owes his present-day health to his grit, to his tenacity to stick, even when results did not come after weeks of heart-breaking work. That's the test of will power for you; these same exercises are now testing your mettle. Are you lacking? Are you going to give up at this stage of the game? Or are you like the fellow I mentioned, who conquered the obstacles barring his path? Say, if he can do it, so can you. Are you on? Here's the next exercise, then.

Assume position as before, arms locked straight down at the sides. See Fig. 6. Now give it all you have, grip tightly, tense the muscles and bear down as you do it. Try to crush the bell in your hand, and don't forget to make a face when you do it, or else the value of this exercise is lost. After the relaxation of your muscles has ended, then raise the elbows high to the sides, squeeze the bells, tense the muscles and slowly bring the bells close together. Remember to concentrate on the resistance, thereby making the movement extremely difficult in its accomplishment. See position Fig. 7.

Supposing you have weak wrists. Here's a dandy exercise for them. Raise the arms directly sideward, legs fixed in the position assumed in all the other exercises. Hold the bells between the thumb and forefinger and describe circles, turning only the wrist

and hand and not the arms. Fig. 8 shows the desired position with the wrists turning the bell in rotation opposite to each other. See if you can execute this exercise.

The last exercise can be fitted to music very well, though it is a trifle complicated in its execution. Lunge directly forward with the right leg, thrusting your right arm straight out in front, and as you do so notice Fig. 9. Commence to squeeze until you feel the blood fairly tingling in the muscles. Then relax fully, but hold your position and at the same time twist the body around to the right, raising the arms in the flexed position as you do so. Take a good look at Fig. 10, which was inverted in order to show the front view. Tense the muscles in this twisted position by squeezing hard again. On relaxing them, swing your body back to the normal position as in Fig. 9. Step forward with the left foot in line with the right and repeat the same operation on the left side as was executed on the right side, alternating until you advance across the room.

These exercises are apt to stiffen you up the first day, but if you follow them with a hot bath, then a vigorous rub-down, you will eliminate this disturbance. The amount of exercise you should do depends largely upon the feeling of the muscles. For instance, repeat the first exercise a number of times over, and let us say that you get tired on the fifth repetition and the muscles commence to ache, by all means, then, stop the exercise and take a long interval of rest to recuperate sufficiently for the next exercise. Never exercise up to the point of exhaustion, as this tends to do more harm than good. Stop when the muscles feel comfortably tired. You will find this the better method, rather than sticking rigidly to a set routine of repetitions.

You are a man and must live out your life as a man. Why not be strong when it is as easy to be strong as weak? To be a strong man does not simply mean to be muscular like the athlete in the illustrations! It means that you will have, in connection with a sound constitution, a wide-awake feeling that makes every task a pleasure, no matter how difficult or arduous it may be.

How often have men and women saved their lives and the lives of others by the exertion of muscular and nerve force with which they have been endowed.

Nature intended every man to be strong, and to neglect this divine privilege is no less than a sin. It is a sin

against oneself and one's posterity. The blessings arising from being born healthy and inheriting a vigorous constitution, as opposed to the ills of weakness and a life of constant "doctoring" requires no endorsement. These are self-evident truths. Everyone must acknowledge the intimate connection between the physical health and the powers of the brain work, and the man or woman who has to study and to think and plan, will find no greater help in the world than a sound body, tuned up to the highest degree of physical perfection.

It is every man's and every woman's duty to strive for physical fitness. They owe it to themselves, their associates, their country. It is not for anyone to give up and say, "Oh, what's the use?" Those who dare say that are simply spineless creatures, existing and not living.

"Mens sana in corpore sano," said the wise old ancients. "A sound mind in a sound body." They go together, but most of us still need to learn it. Strength is both physical and mental. It is not only the basis of resistance, restraint, courage, but it is indeed the very essence of all these. It is the antithesis of weakness, of slothfulness, of stagnation, of disease and death. Strength is life, and life in the big sense means achievement and happiness.

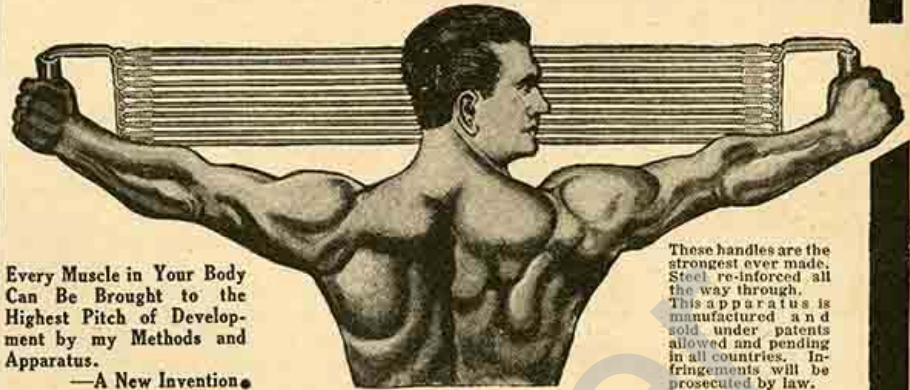
You must remember I was without any particular qualifications as a potential strong man, when, like you, I was commencing to train and build up my body. I might even have been considered a sickly lad in appearance. What I have done with my body I attribute wholly to daily exercise, daily without fail. My regularity of exercise is no less than that of the rising sun. It keeps me in condition. I trust these words will be an inspiration to you, and if it behooves you to start in and make a fight of it, then I hope that you will never deviate from your path. Be conscientious, persevere, and your path will be a bed of roses leading to your goal.

The American Continental Weight-Lifters' Association will hold another exhibition in Philadelphia on January 9, 1926. All members and readers are urged to come, as this exhibition promises to be the most interesting offered so far. Many well known lifters will be present as well as artists in other lines.

The American Continental Weight-Lifters' Association is devoted to the promotion of interest in weight-lifting and body-building in all corners of the world. It is not, however, solely devoted to weight-lifting; its officers and members are also interested in the promotion of health through diet and athletics.

It certainly is a worthy institution and one that promises to go big in a very short time. It has already attracted the attention of some noted authorities on body and health building.

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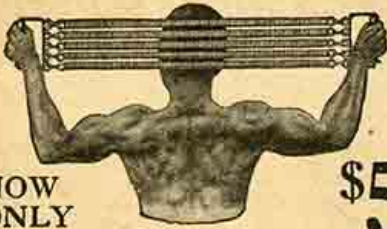
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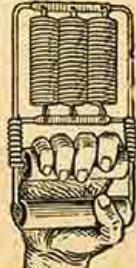
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Insomnia

By J. Graham

Insomnia is a trouble of the nineteenth century. The unnatural mile a minute life we lead, and the unnatural habits and surroundings we live under, are largely responsible for this disease.

It is usually the town people and mental workers of nervous temperament that are victims to insomnia. Over-eating, eating before going to bed, insufficient fresh air, too heavy bed clothing, cold feet, worry and excitement are the chief causes of the trouble.

Most victims, however, suffer more from a slight form of psychasthenia. In other words they have lost faith through the repetition of sleeplessness. Two or three nights of insomnia is sufficient for the sufferer to fear it, and fear is only lack of confidence in yourself that you can sleep. Sub-consciously, or consciously if you realize it, you are thinking, "I have not slept for two nights and what has happened before is likely to happen again," which is as bad as saying, "I cannot sleep tonight because I didn't sleep last night."

People of a nervous temperament should try to think of nothing immediately they are beneath the bed clothes. They should try to keep the mind a blank for a few seconds, and they will soon slip away quietly into oblivion. Counting sheep or thinking of things that did not happen in the day's routine will bring sleep. If it does not and you are sufficiently tired you may be certain you have lost faith. In other words, you are too anxious for sleep and instead of letting your mind dwell fully on the sheep you are looking around the pillow for some little fairy to guide your senses into unconsciousness. People who have work to attend to in the morning are the people who worry most about sleeplessness. They usually need it most; the others usually realize that sleep will overpower them sometime. If they realized they were really fretting the loss of sleep to loose more they would certainly stop fretting and allow sleep to enter into their being. Do not, above all things, toss about in bed, it only drives sleep further away. Lie contentedly on your right side with your limbs fully relaxed and your mind free from worry and events of the day. Don't go to bed solving problems for the morrow. If there is sufficient data in the subconscious mind your problems will be solved for you in the morning.

Don't eat before going to bed and don't over eat at meal times, and if it is possible at all, go to bed at a regular hour every night.

Fresh air is one of the essentials for inducing sleep, lack of oxygen is a physical depression and must inevitably become a mental depression, which is very unprofitable to the victim of insomnia. Proper food is also essential in that it helps to restore vitality which insomniac people always lack.

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A Bit of Fight History

(Continued from page 60)

not interfere in the battle; and whoever pretends to infringe these rules to be turned immediately out of the house. Everybody is to quit the stage as soon as the champions are stripped, before they set-to.

4. That no champion be deemed beaten unless he fails coming up to the line, in the limited time; or, that his own second declares him beaten. No second is to be allowed to ask his man's adversary any questions, or advise him to give out.

5. That in by-battles, the winning man to have two-thirds of the money given, which shall be publicly divided upon the stage, notwithstanding any private agreements to the contrary.

6. That to prevent disputes in every main battle, the principals shall, on coming on the stage, choose from among the gentlemen present, two umpires, who shall absolutely decide all disputes that may arise about the battle; and if the two umpires cannot agree, the said umpires to choose third, who is to determine it.

7. That no person is to hit his adversary when he is down, or seize him by the hair, the breeches, or any part below the waist; a man on his knees to be reckoned down.

There is a very strange incident connected with Broughton's pugilistic career, the outcome of which placed a bar on the game for several years in England.

It appears that there was a fellow by the name of Slack, who later became champion. The latter was quite a brawler. These two fighters met at a fair and had an argument. The outcome was a pitched battle, which took place on April 11, 1750.

The Duke of Cumberland is said to have backed Broughton and lost the sum of \$50,000. That was a huge sum in those days. It only took one blow to beat the champion, which completely

blinded him for the time being. All was over in 14 minutes.

The royal personage was so mortified at his loss that he caused fighting to be tabooed for some time.

Slack was the first to introduce the chopper blow, which he could administer with devastating force. He also used the back hand blow, which is not allowed now. It was the chopper blow with which he knocked champion Broughton loose from his title; incidentally, it is recorded as being the only blow struck in the fight.

In 1865 the London Prize Ring rules were discarded for the set drawn up by the Marquis of Queensbury and Arthur Chambers. These rules are the foundation of present-day boxing, which gives the scientific boxer a chance against the natural-born bruiser.

Another historic incident in fight annals was the introduction of gloves. It is generally supposed that John L. Sullivan was the man who first introduced padded mitts, but this is not so. Seventy years before the time of the Sullivan-Corbett battle gloves were used in England in a competition.

At that time Sullivan was the idol of the people. No doubt, the fact that he wore them in his contest with Corbett, and the stand he took after, to always wear gloves, made their use more popular. However, there is quite a difference between the boxing glove of today and the mailed Cestus of yesterday.

Boxing is an organized sport today, and the brutal side of it has vanished. Its only connection with the gladiatorial days being the remarkable turnouts which still patronize this sport. But I'll wager they did not pay the top-notch price to get a seat as we do, nor did the scrapper receive a fortune for what he did, as happens now. They fought for love of combat; now, we fight for money.

Once an Athlete Always an Athlete

(Continued from page 26)

An athlete named Shelden, who had gained fame on the Yale football team, came along and stepped into the championship shoes vacated by Gray.

Up in the big woods the Canadian heard of the plaudits and the honors being heaped on Shelden. The world quickly forgets, and the old champion didn't relish the idea of being displaced in the memory of sportsdom so soon.

After five years out of competition, Gray came down out of the forests to make his bid for the throne he had once held. He came down especially to meet Shelden and to prove to the world that he still was king.

There was real human interest behind that contest, between the old champion seeking to regain lost pres-

tige and the youngster who had replaced him.

Gray won, and he won with a magnificent heave of the big weight, only a few inches behind the world's record he had established years before.

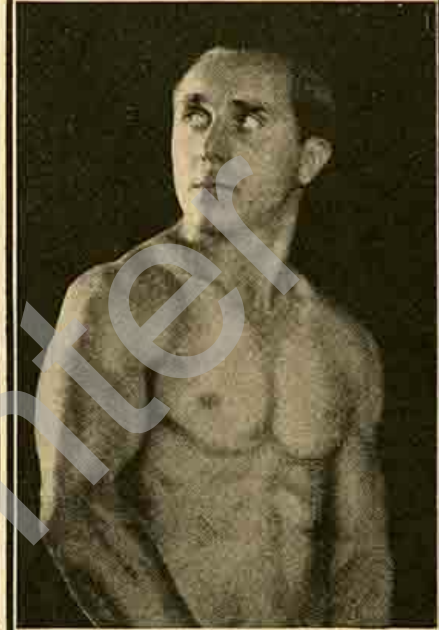
If memory serves correctly that was his last appearance in competition. He had come down out of the North to show that he was still a champion, and to rebuke those who had so soon forgotten his feats and acclaimed another as his superior. He did it, then he quit, so far as I know, and went back to the North again, satisfied that he had shown conclusively a man once an athlete is always an athlete, and that the years and inactivity cannot take from him entirely the spark that makes for greatness.

["The King Is Dead—
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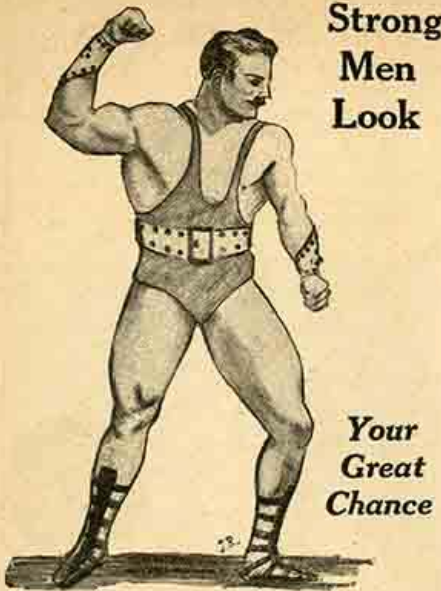
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The Mat
(Continued from Page 84)

he sunk perfectly under the weight. He next succeeded with two hundred twenty-five pounds and that same week he perfected the position so well that he pressed a bar-bell of two hundred forty-five pounds, when he weighed one hundred forty-one pounds including all his lifting costume, which easily weighed three pounds.

Winter Exercises That are Good Fun
(Continued from Page 35)

pointed. (Keep toes pointed in all dancing poses.) Fig. 7 will test your back. The palms of the hands are placed on the floor in back and to the sides of your feet.

Considerable strength is required in exercise Fig. 8, but you are greatly repaid for your efforts as it will round out your knees and calves, to say nothing of the thigh development that is acquired, the three essential things so much desired by every girl.

Miss Shaw sends you this message: "I made as much of a business of my health as I did of my career, and will continue doing so as long as I am able. That is the only road to success for anyone, whether their business is on the stage, in the office, in a factory or in the home. I have always firmly believed in all out-door athletics and pastimes and in pleasant exercise."

Exercise: The Road to Beauty and Health
(Continued from Page 23)

who occasionally writes for this magazine, once said that their problem is not, on the whole, as serious as the problem of men.

This, in our opinion, is due to the fact that their texture of muscular tissue is not so firm and therefore not so hard to break down, the first step in building new tissue. The calves of the legs are, in men, the hardest part of the body to develop, because they have attained a certain size and strength as the result of active daily use. The work necessary for developing the calves in girls, although it is strenuous, is in most cases not nearly as strenuous as men find it to be.

Of course the ultimate object men and women have in mind is quite different in that many men are interested in attaining the maximum of physical development, whereas most women want a symmetrical, graceful body, and have only the minimum of physical development which will make them seem to be built proportionately, and at the same time give them the necessary physical strength to handle their bodies easily and gracefully. Proper physical proportions are the real foundation of a perfect body, and women have in their smaller and more

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delicate bones a decided advantage in the appearance side of their physique. It is necessary to have a larger calf than knee, something not nearly as unusual in girls who have never exercised as it is in men. Also, since their knees are smaller to begin with, they do not have to get the full development of the calf to attain their proportion.

And above this most men are under-developed from the waist down, whereas most women are under-developed in their upper body. Everyone realizes how much easier upper body work is and how much more quickly results can be obtained. This also gives women a decided advantage in exercise and is one more good reason why more and more women are bound to realize how much they can gain in this way.

Most people who are too fat realize that a combination of diet and exercise will reduce them any time they really want to reduce. Not so many people who are too thin believe that anything will help them. We admit that their case is a little harder, but certainly the chance of the thin girl making noticeable headway right at the start of her exercising, and quickly attaining the sort of physique she wants, is much better than the same of her thin brother to obtain the same ends quickly and easily.

Space will not permit us to go into the benefits of exercise in developing the particular parts of the body as applied to women instead of men, but in general what exercise will do for men it will do for women, sometimes more easily and sometimes not so easily.

Health—Strength—Beauty

(Continued from page 49)

measurements are all right and would appreciate your information very much.

I enjoy reading about the different exercises and go swimming whenever I get an opportunity. I like swimming better than any form of exercise, but am not good at diving. I wish you could give me some information on this. Bend, Oregon. Miss L. D.

I am very glad that you like STRENGTH so much, and thank you for the nice things you said about my column.

The correct measurements for a girl your height (5 feet, 3 inches), age nineteen, are:

Weight 118, 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 $\frac{1}{4}$.

You need to reduce your waist line considerably. This you can easily accomplish by practicing the different bending exercises which appeared in this magazine. There are a few given in this issue.

Build up your chest by practicing the floor dip. Another good exercise is to clasp the hands behind the back, pull the shoulders backward and downward and at the same time raise and expand the chest by inhaling deeply. You will find this exercise very beneficial if you tense your muscles.

Swimming should build up your body; that is, if you swim to any

Great Strength

PROF. BARKER says that all young men, 15 years of age and over, also all real he-men with red blood flowing through their veins need a system of progressive exercise with apparatus. During my 40 years of experience as a professor of physical culture, I have yet to meet one well-built man who obtained his development from exercise without apparatus. Exercise without apparatus is all right for women and children, but any man who wants broad shoulders, big chest, powerful back, strong arms, healthy stomach and shapely legs, can have it if he will exercise fifteen minutes a day with the Barker Strength Maker Bar Bell outfit. You receive a complete course showing the proper way to use long bar bells, short bar bells, ring weights and kettle bells. The Strength Maker can be changed into a long bar bell or short bar bell, or ring weights. It weighs about 20 lbs. empty, which is just the right weight for beginners and you can increase the weight up to about 200 lbs., which will be heavy enough for the strongest man.

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as he is today

Prof. H. W. Titus, 105 E. 13th St., Dept. 244
NEW YORK CITY

great extent. However, your measure-
ments compare favorably with those I
have given you, with the exception of
your waist and chest.

I cannot tell you how to become a
good diver. That is a gift which comes
naturally. Persistent practice and con-
stant swimming, a knowledge of the
technique of diving, and a good instruc-
tor are the only means of becoming a
good diver.

Dear Miss Heathcote:

I am a constant reader of **STRENGTH**
and always look forward to "Our Girls'
Circle" Department, for I enjoy it very
much.

I wish you would send me a set of
exercises for the calves, for they do not
seem to develop. I have tried the squat-
ting exercise, but it seems to leave me
very weak. Down the front of my legs
the skin looks as if it was just stretched
over the bone.

Flint, Mich.

Mrs. J. P.

The answer to your question will
also answer M. L. T., of Brooklyn;
Mrs. E. H., of Tyler, Texas, and I. C.
N., of Yankton, S. D.

Plenty of really vigorous heel and
toe walking is conducive to leg devel-
opment. I will illustrate a few exer-
cises which should be practiced once or
twice a day; but they should be prac-
ticed in conjunction with a wide range

of activities, such as running, rope
skipping, dancing, etc.

Try squatting flat-footed. While in
this position raise yourself on your toes
then lower yourself back to your heels.
Repeat until tired, but be sure to remain
in the squatting position all through the
exercise. If you cannot balance your-
self without aid, place either hand
lightly on the seat of a chair. Here is
another good exercise:

Stand on your heels and rest your
toes on some object (preferably books)
a few inches from the floor. Raise
yourself as high on the toes as possible,
then slowly lower yourself back to for-
mer position. As soon as you no longer
feel the "pull" on your leg muscles,
you need more repetitions and a higher
book.

Rise high on toes, hold position as
long as you can. Then lower yourself
and repeat about ten times. Then turn
the toes in (pigeon-toed fashion) and
do the same movement; also with the
toes turned out. This exercise will
develop your calf on the inside, back
and front.

Be persistent and regular in your
practice. Don't give up the first week
or two. Remember, the calves are the
hardest part of the body to develop.
If you are persistent you will soon be
rewarded.

The Abdominal and Side Muscles

By Prof. B. H. B. Lange

University of Notre Dame

In writing on the developing of the
neck muscles some time back, the author
stated that those muscles were, gener-
ally, the easiest to develop. After the
neck group, he would place those of the
abdomen and side, or those comprising
what is popularly known as the "waist
region." Every muscle group is most
important. One could enumerate sev-
eral very impressive reasons why each
muscle group is so important, but a
person need not be an anatomical or a
physiological specialist to know just
why the strengthening, the developing
and the care of the abdominal and side
muscles is so essentially important to
one's general health and to one's specifi-
cally good and symmetrically pleasing
appearance.

The individual who eats heartily and
who rests just as heartily will never
develop strong, healthy, symmetrical
abdominal muscles, though he will
develop a strong case of constipation,
indigestion, high blood pressure, dia-
betes and pave the way for, and grant
permission to, a lot of other more or
less uncomfortable sensations and con-
ditions. No person should carry one-
half of his entire body weight sus-
pended from his mid-section. Bear in
mind that the abdominal muscles are
just about the flattest and thinnest mus-
cles in the entire muscular make-up. A
flat sheet of muscle, whose average
healthy thickness is about a half-inch,
was never intended to be upholstered

with a pad of blubberous fat ranging
all the way from two to twelve inches
in thickness, and still remain in a per-
fectly healthy condition. Let it be
remembered also that said cushion of
adipose tissue pushes its way inward,
and every quarter of an inch that is
allowed to encroach inwardly is dis-
tasteful and as distressing as two inches
protruding exteriorly. Many people
wonder why a fat man is always out
of breath. The reason is simple.

The trunk of the body is divided into
two main compartments or cavities, an
upper and a lower. The upper is known
as the thoracic cavity, which contains
the lungs and the heart, while the lower
cavity is called generally the abdomi-
nal or peritoneal cavity, separated
from the thoracic cavity by the dia-
phragmatic muscles, and which contains
those all-important organs, namely, the
stomach, liver, kidneys, spleen, gall,
bladder, pancreas, suprarenal glands,
the small and the large intestines. The
organs just named present a most im-
portant collection of interesting and
vital steps in the field of health and
strength. Their proper or improper
tone, their healthy or unhealthy condi-
tion and their vigorous or feeble struc-
ture are very largely responsible for the
happiness or misery of a man.

When, obviously, a man permits him-
self to fall into neglect and into care-
less habits, where his personal hygiene
is concerned, where his personal regu-

lations regarding exercising, eating, sleeping and drinking should be paramount, then something other than beneficial results is bound to follow. A fat man's breath comes in jerks because he has overeaten, or because he drank too much, or because he slept too much, but who has not come anywhere near to reaching the danger of over-exercising. A fat man's breathing is laborious and forced because the organs just named above have become encased in, and surrounded by, an accumulation of adipose tissue or fat—a steep price paid or the stupid reward given for over-indulgence in dietary non-essentials. These organs are, in their natural position, rather closely approximated, leaving little room for the intervention of any foreign element or body. When, therefore, fat begins to accumulate upon the mesentery, those folds of the peritoneum supporting the intestines, and also about the external coat of the other organs, it is very evident that a most congested condition will prevail. As this congested state grows more and more in extent it gradually pushes the diaphragm tighter and tighter against the lungs, and the lungs in turn press more and more upon the heart, all of which tends to, and eventually does, produce shortness of breath. That is why a fat man is always out of breath, short of wind. His heart and his lungs, pressed upon and against by the fat-crowded condition of the other organs, find it impossible to expand and to contract fully and properly. It is impossible for a fat man to take a real deep breath, to inhale and exhale naturally, completely and truly. His lungs have no room to expand. Constrict a rubber balloon and it cannot be fully inflated, and if the pressure is persistent it will burst.

All this, all the aforementioned distressing conditions as well as all their consequent dangers, can be eliminated, done away with, if a man or a woman would just devote a few minutes daily, or, better still, some part of an hour every other day to the judicious and systematic exercising and proper developing of his or her abdominal and side muscles.

The most appallingly striking feature of our present-day mode of existing is the absolute neglect into which the matters of our personal hygiene have lapsed. None, very few at least, ever think of health until in most instances a highly dangerous condition has developed. The patient expects the doctor to set right an extremely maltreated body organism, the result of months of indiscreet excesses, within the space of a few hours. Then he wonders why it is that his body is not as strong, as graceful or as healthy as it was a few years past. A price, some kind or other, must be paid eventually in every field of endeavor and for every transaction made.

In the business of personal hygiene, personal exercise, personal health, this fact becomes decidedly outstanding. The youth, the man, gets out of life just exactly what he puts into it. It has been said most wisely that money makes money. This is also most true

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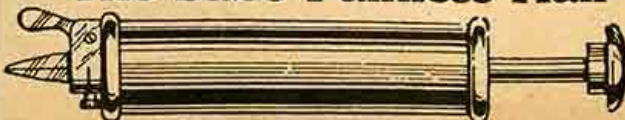
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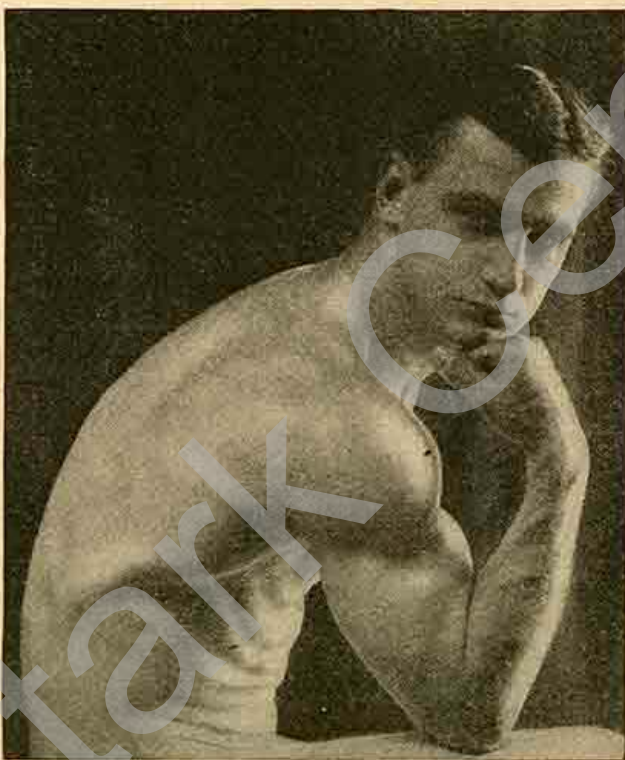
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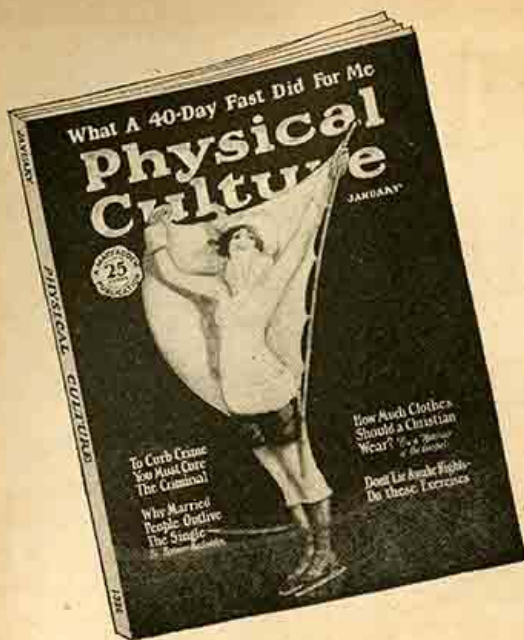
City and State

in the matter of personal health. The young man investing in intelligent exercise is storing up capital in the vaults of radiant health that will repay him with a rate of interest beyond his wildest dreams. The body that is well treated has a way of doing just that. On the other hand the man who, in his youth, instead of investing his meagre savings of health, or his large fortune of health, wisely, rather plunges and takes foolhardy chances with it which generally—in fact, always—ends disastrously. In the field of health, more than in any other, is the phrase "an ounce of prevention is better than a pound of cure" so true. And since a man's health is decidedly a matter of the state or condition of his digestive, respiratory, circulatory and eliminatory systems, then is he wise indeed who will look to it that these systems are functioning properly. Were the processes by which these systems are put into and kept in the proper state of health difficult to practice then a man might have an excuse, but the process is not difficult. If men would spend about one-fourth the amount of time in keeping their health that they spend in ruining it, then everybody would be healthy. The greatest military genius the world has ever produced, Napoleon, is credited with having said that an army marches on its stomach. Had he added that an army, that every man, does everything on his stomach, he would have been just as correct, for after all a man is but as strong as his stomach.

Nowhere is absolute reciprocity, nowhere is complete cooperation so perfectly exemplified as in the functions of the human body system. There seems to be an interchange of good elements among the various components, just as there seems to be a spreading contagion of afflictions to all parts, once disease makes itself felt. In order to produce and preserve the one, and in order to eradicate and keep off the other, the perfect functioning of the digestive, respiratory, circulatory and eliminatory systems must be insisted upon and must be cultivated. As already hinted at, this is not a difficult process. Keeping those muscles whose duty it is to guard, protect and support the organs making up these systems in good vigorous condition is all that is necessary. The abdominal muscles were never intended to act as "suspender-like" appliances for holding up large masses of blubberous fat. Their natural office was to help in flexing or bending the body at the waist line. They are powerful agents in the processes of digestion, breathing, circulation, elimination and in the female, in child-bearing; and when one set acts singly they flex or bend the body laterally or towards one side or the other.

(To be continued next month)

A Posing Contest for men begins
with the February issue. Be sure to
get your copy and read the rules and
see the prizes.



Foods To Keep You Fighting Fit

EVERY man famous in the athletic world has long since learned that food and diet form one of the main factors in acquiring strength and athletic skill. If these leaders of sport had not learned that truth, the chances are that they would never have become leaders.

And if you wish to develop strength and skill for any athletic activity, you must first see that you are eating the proper strength building foods, and in the correct combinations. For long hours of exercising and gymnasium work will not develop you if you are continually eating the wrong foods and putting your digestion out of order.

Food For Strength

In the January issue of Physical Culture you will find a splendid new department, entitled, "Tell Me What To Eat." This department is edited by Milo Hastings, director of the Physical Culture Food Research Laboratory, and in it he gives you the benefit of his many years of research work in finding the best foods for building vitality and strength.

"Tell Me What To Eat" will appear in every issue of Physical Culture. You will find it a plainly written, common sense discussion of the values of different foods. These articles will show you the way to almost unbelievable health and strength through eating proper foods. Some of the articles will contain charts for rating foods for their values in building energy and vitality, for weight reduction and gaining, for constipation and growth. Others will give you menus for correct eating. "Tell Me What To Eat" is alone worth many times the price of the magazine.

In Physical Culture

This is only one of the many features of Physical Culture. Every month this internationally known magazine is literally crammed from cover to cover with features by the world's foremost health experts and by champions in practically every line of sport. A glance at the contents of the January issue shown on this page will give you some idea of the wide scope of this magazine.

Special Offer

For a limited time, to introduce Physical Culture to those who are not acquainted with its message of good health, we are making a special subscription offer of five months for one dollar. Simply clip the coupon, mail it to us with a dollar bill, and we will start your subscription with the current issue.

Physical Culture

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The Milo Bar-Bell Company wishes to acquaint the readers of "STRENGTH MAGAZINE" with 4 New Plate-Loading Bar-Bells. These New Bells are made up of a varied assortment of plates and are rounded on the edges, as the illustrations will show. These bells conform strictly with the weight lifting rules and are used in all American Continental Weight Lifting Association contests. When you buy a bar-bell, be sure you are getting a complete set—1 Bar-Bell Bar, 1 Dumb-Bell Bar, 2 Kettle-Bell Handles, and the right amount of assorted plates.

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Below are the weights and prices, and also illustrations of the extra handles. These prices further include four sliding collars and one wrench. You cannot practice the Swing Lift without a dumb-bell handle. You cannot perform a two-hands-any-how lift without a dumb-bell or kettle-bell handle.

A One-Arm Military Press is always made with a dumb-bell.

Besides, there are any number of valuable exercises that are performed with the dumb-bell and kettle bells. Yes! you need a dumb-bell handle and two kettle-bell handles, as well as a bar-bell handle. They are included in these prices with all four bells.

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60 Days Ago They Called Me "BALDY"

Now my friends are amazed. They all ask me how I was able to grow new hair in such a short time.

BOB MILLER and I had both been getting bald for years. We stuck together a lot—maybe it was for mutual protection. I guess between the two of us we tried every hair restorer known to man—salves, crude oil, mange cures, singeing, massaging. And as for ordinary hair tonic, we poured gallons of the stuff on our heads. But we might just as well have used brass polish.

Then one day Bob left town—a business trip. Weeks passed. I began to wonder if I'd ever see him again.

One afternoon at the office I heard a familiar voice—"Hello, Baldy," it said. I whirled in my chair and glanced up much annoyed. There stood Bob, grinning at me.

"For Pete's sake!" I exclaimed, springing up. "Where have you been keeping yourself?"

We shook hands. "Take off your hat," I suggested sarcastically. "Let me gaze on that 'luxuriant hair' of yours. I haven't seen it for weeks."

"Luxuriant hair is right," he retorted. "I've got the finest growth of hair you ever saw!"

It was my turn to grin, but I didn't—I laughed out loud! "Know any more jokes," I said.

Bob did not reply. Instead, he stepped back, swept off his hat and made a theatrical bow. I could scarcely believe my eyes. The top of his head, once almost as free from hair as the palm of your hand, was covered with a brand new growth of hair—real, honest to goodness hair! I was speechless.

A New Way to Grow Hair

"I've got something that's worth a million dollars to you!" Bob shouted, banging his fist on my desk. "It's wonderful—marvelous—miraculous! I never saw anything like it in my life!"

That night I went to Bob's house. The demonstration he gave me reminded me of the time I was initiated into our lodge. He sat me in a chair and placed a strange apparatus on my head and turned on the electricity. The treatment lasted 15 minutes, during which time Bob talked to me.

I never saw a man more enthusiastic in my life.

"Don't forget," he concluded, "this proves what I say." And he ran his fingers through his new growth of hair with a triumphant flourish.

At the end of the treatment, I rubbed the top of my head. "Well, Bob," I chuckled, "I don't feel any new hair."

"Of course you don't," Bob came back. "But just you wait a while."

On the way home I read a booklet which Bob had given me. It described a new method of growing hair—a method discovered by Alois Merke, founder of the Merke Institute, Fifth Avenue, New York. It was the only treatment I had ever heard of that got right down to the roots of the hair and awakened them to new activity. I must confess I never before

read such an interesting, helpful, honest book. Then I recalled what Bob had said—how enthusiastic he had been. Bob was proof. I decided to send for the treatment immediately.

I Get the Surprise of My Life

Every night I spent 15 minutes taking the treatment. The first two or three days nothing happened. But I could feel my scalp beginning to tingle with new life—new vigor. Then one day when I looked in the mirror I got the thrill of a lifetime. All over my head a fine, downy fuzz was beginning to appear.

I continued the treatment; and every day this young hair kept getting stronger and thicker. At



the end of a month you could hardly see a bald spot on my head. And after 60 days my worries about baldness were ended. I had gained an entirely new growth of healthy hair.

Here's the Secret

According to Alois Merke, in most cases of loss of hair the hair roots are not dead, but merely dormant—temporarily asleep. Now to make a sickly tree grow you would not think of rubbing "growing fluids" on the leaves. Yet that is just what thousands are doing, when they douse their heads with ordinary tonics, salves, etc. To make a tree grow you must nourish the roots. And it's exactly the same with the hair.

This new treatment, which Merke perfected after 17 years' experience in treating baldness, is the first and only practical method of getting right down to the hair roots and nourishing them.

At the Merke Institute many have paid as high as \$500 for the results secured thru personal treatments. Yet now these very same results may be secured in any home in which there is electricity—at a cost of only a few cents a day.

Merke very frankly admits that his treatment will not grow hair in every case. There are some cases of loss of hair that nothing in the world can help. But so many have regained hair this new way, that he absolutely guarantees it to produce an entirely new hair growth in 30 days or the trial is free. In other words no matter how thin your hair may be, he invites you to try the treatment 30 days at his risk, and if it fails to grow hair then he's the loser—not you. And you are the sole judge of whether his method works or not.

Coupon Brings You Full Details

This story is typical of the results that great numbers of people are securing with the Merke Treatment.

"The New Way to Make Hair Grow," which explains the Merke Treatment in detail, is the title of the vitally interesting 34-page book, which will be sent you entirely free if you simply mail the coupon below.

This little book tells all about the amazing new treatment, shows what it has already done for countless others, and in addition contains much valuable information on the care of the hair and scalp. Remember, this book is yours free—to keep. And if you decide to take the treatment, you can do so without risking a penny. So mail the coupon now and get the surprise of your life! Address Allied Merke Institute, Inc., Dept. 5512, 512 Fifth Avenue, New York City.

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Please send me, without cost or obligation, in a plain wrapper, a copy of your book, "The New Way to Grow Hair."

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