

What Causes Hay Fever?

# Strength

AUGUST

25¢



W. N. CLEMENT

Summer Exercises for Men  
How to do Circus Stunts  
Exercises for the Thin Girl

## Strength

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This is the proud boast of thousands of enthusiastic body culturists and weight lifters from coast to coast, and should be yours.

The immense educational and fraternal values to be obtained from this association, are far too numerous to be fully explained here. To mention just a few, will say that the association has various schedules and schemes by which all members can win various rewards

such as medals, bar-bell outfits, books, courses of instructions on body building and the science of weight-lifting. Of course, you have to earn them. It is your own efforts that win you any or all of these valuable prizes. Any one can win one, or more. That is up to yourself; but you do not have to invest any money. There are no trick handles attached to our prize offers.

### 378 Have Already Won the Beautiful Decorations What About You?

We have an Advice Department that is always glad to solve any physical problem that you may have, and friendship's hand is held out everywhere you go. On the street, in the various clubs, you always meet a pal, and have the pleasure of meeting the best stars in the world in the wonderful sport of weight-lifting and body-culture.

You learn how to square your shoulders. By your membership, you become a man among men.

### Famous Stars Exhibit in Every City for the A. C. W. L. A.

You have no doubt read in the "Strength" magazine about all the great exhibitions staged and you will be interested to know that these exhibitions are being extended into every city wherever possible. At each exhibition we are putting on as the special attraction some famous weight-lifting star, and we are only too willing to bring any one of these stars into your town to boost the game if you feel it will be a stimulative to your efforts in building up a club. All you have to do is drop a line to the President, G. F. Jowett, and explain the prospects and everything will be arranged to help you.

Of course you realize that these exhibitions cost a lot of money to stage. These stars we have to pay, and because of this we are compelled to close our special offer, which we carried on for so long, by raising the membership fees and dues to the regular price of \$7.50. It is a greater investment to you, for your membership entitles you to free admission to all these monthly meetings. You can attend as many as you please, providing you are within suitable range to attend the exhibitions in the various towns and cities.

You quickly secure more than your investment in the course of a year attending these shows, apart from the other many benefits you receive from being a member. With each membership you will obtain a full year's subscription to the "Strength" magazine, which is beyond a doubt the finest magazine on physical fitness in existence. You get your membership card for one year that passes you into every "Strength" club and meeting wherever you go. You are also given a beautiful lapel button that will tell the world what you stand for, and what you are.



### What Degree in the Order Can You Take?

It all does not end here. In fact, it just commences. This organization is distinguished for its remarkable progressive traits. This brings about decided changes for the better, and the finest step taken is the promotion of orders of degrees into the association. These orders are separated into three different degrees, and in order to qualify for these degrees a member must prove himself eligible by a physical and mental test. The fact

that a member may be a world's champion is not sufficient to qualify him, he must be intellectually capable also. This makes it possible for every member to become eligible.

The three special degrees are designated by colors, Red, White and Blue. And the degree that each member holds is shown by a jewelled lapel button with the colored stone inset of the order he has taken.

As a special inducement in order to create greater interest, we are willing to coach a certain number of new members in order to make them eligible to pass their first degree and, with this we will give them free the jewelled lapel button of the first order. This degree and lapel button have a value of \$10.00, but we offer it to you with a year's subscription to the "Strength" magazine, the price of which is \$2.50 alone. Membership into the A. C. W. L. A. for one year is \$7.50. A grand total of \$20.00, all for the sum of \$7.50.

This is an exceptional special offer and will not be extended. So, lose no time; cut out the coupon and send it in properly filled out to the President and become successfully coached into the first degree of the Association, which has risen to be the finest of its kind in the world, in the wonderful cause for physical and intellectual progression.



GEORGE F. JOWETT  
Founder and President  
of the A. C. W. L. A.

GEO. F. JOWETT, President A. C. W. L. A.,  
c/o STRENGTH MAGAZINE, Dept. S-8-25,  
2739 N. Palethorp St., Philadelphia, Pa.

Dear Sir,

Allow me to take advantage of this special offer by enclosing the sum of \$7.50, which entitles me to receive one year's subscription to STRENGTH MAGAZINE; membership card, with the jewelled lapel button of the first order of degree of the A. C. W. L. A. with all other benefits. Kindly forward same at once.

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starting point for thousands of men who are now successful salesmen. This book, "Modern Salesmanship," is now FREE and it will be sent to every man who fills out and returns the coupon below.

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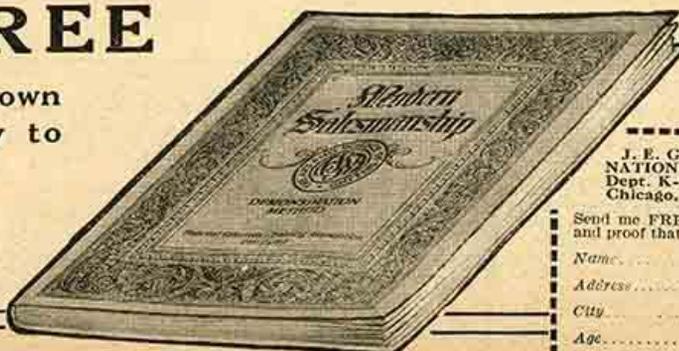
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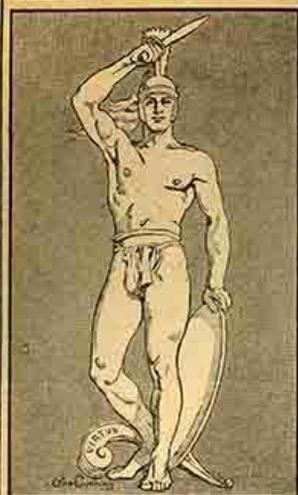
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# Strength

AUGUST, 1925

Vol. X.

No. 6



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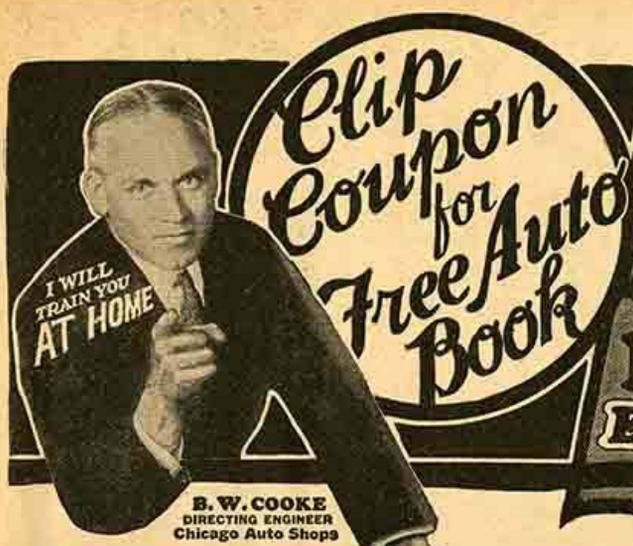
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Published Monthly by THE MILO PUBLISHING CO.  
 Entered as Second Class Matter November 20th, 1920, at the Post Office at Philadelphia, Pa.  
 under the Act of March 3rd, 1879. Additional entry at New York, N. Y.  
 D. G. REDMOND, Publisher. Publication and Subscription Offices, 2737 N. Palethorp St., Philadelphia, Pa.  
 Advertising Offices, 104 Fifth Avenue, New York City, N. Y.  
 R. L. HUNTER, Advertising Manager.

Chicago Office: 168 North Michigan Ave., J. A. HISEY, Manager.  
 London Agents: The Atlas Publishing & Distributing Company, Ltd., 18 Bride Lane, Fleet Street, London, England.  
 Subscriptions, \$2.50 per year. Canada, \$2.75. Foreign, \$3.00.

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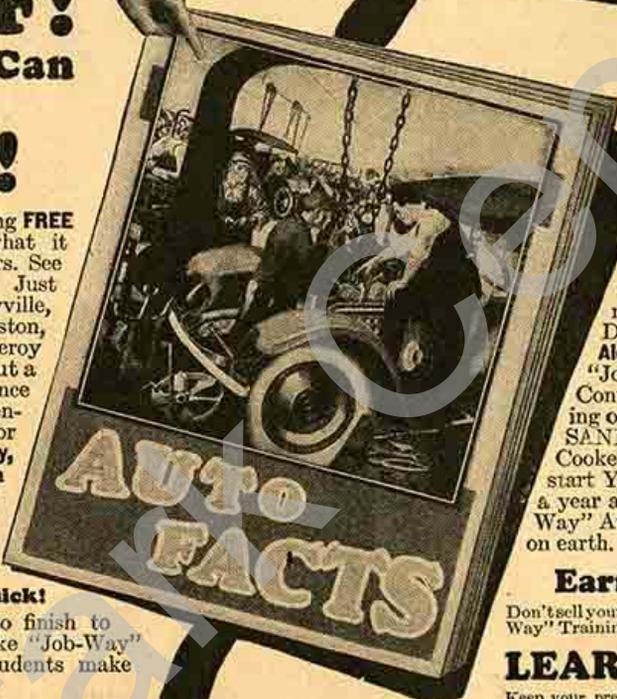
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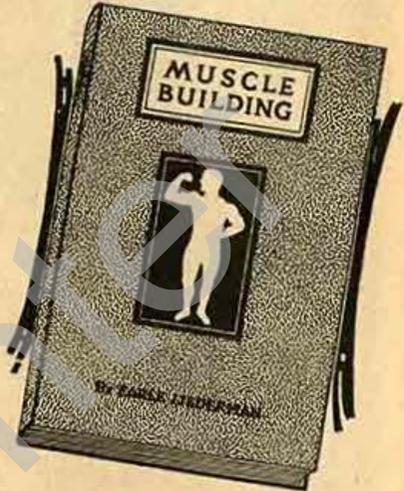
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Don't confuse this with an ordinary wrestling course. Alongside of this all predecessors appear like the work of an amateur.

This book contains nearly 200 full page photos, 6x9 inches each. It is handsomely bound in leatheroid cover, embossed in blue and gold. It was listed at \$5.00, but Earle Liederman has decided to sell it, postpaid, for **\$3<sup>00</sup>**



### Here's Health

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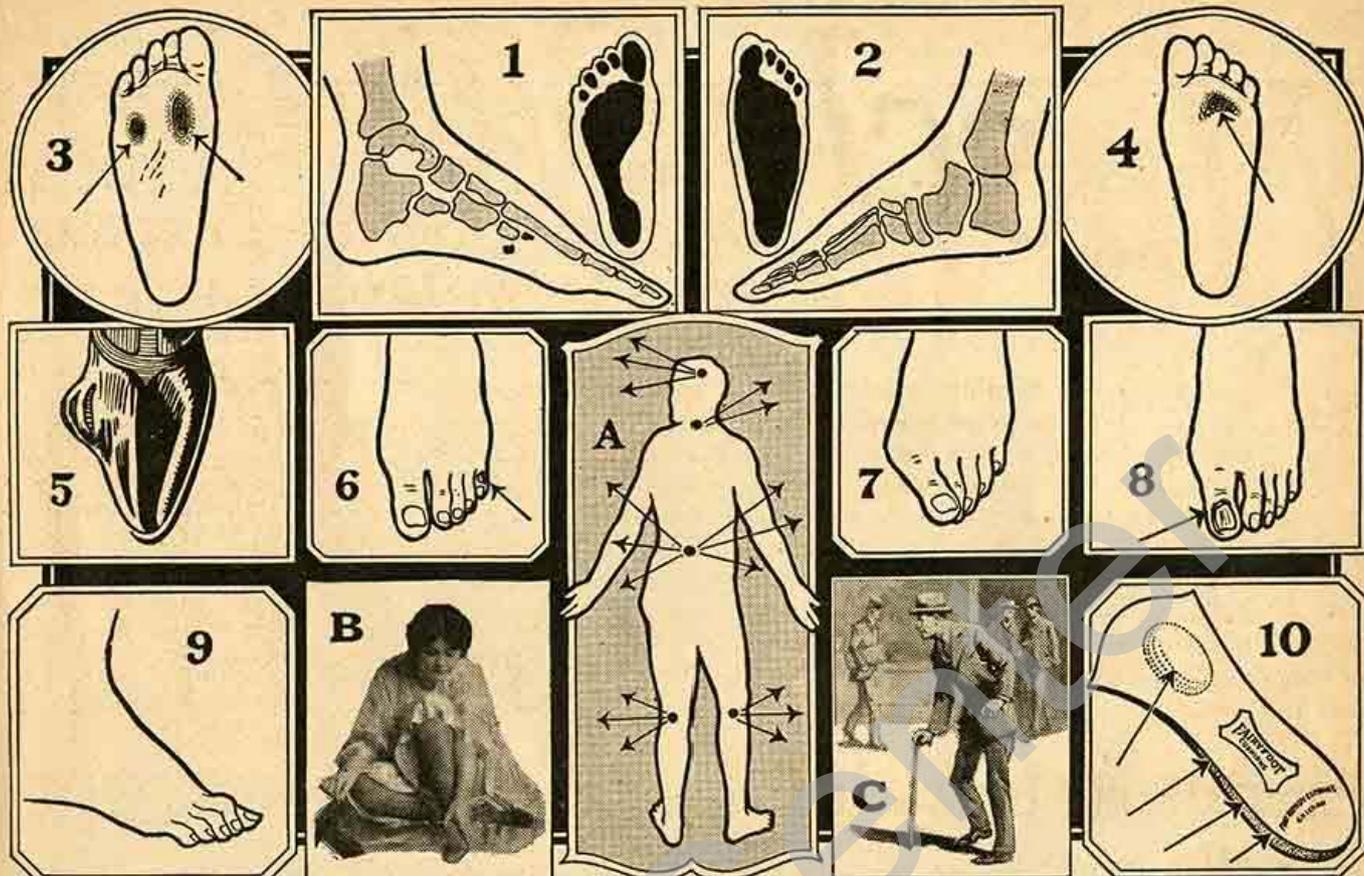
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Remit by check, postal money order or express order. If by cash, be sure to register letter. **\$8<sup>00</sup>**



# Why Foot Pains Go in 5 Minutes

Five minutes is now the time limit for foot and leg pains. Reports from people who were chronic sufferers tell of practically instant relief from all sorts of foot troubles, also relief from leg and back pains and headaches, caused by feet out of order. A wonderful new, scientific invention, known as Fairyfoot Cushions, has brought astounding, sensational results. The amazing reports seem almost incredible, but a very special offer enables you to prove without a penny's risk that this great invention will do the same for you.

## What Ails Your Feet

Twenty-six bones form the arch of the foot. Even one of these bones getting out of place puts abnormal strain and pressure on the muscles and nerves—then the pains appear.

It is displacement of these bones by the weight of the body, too much standing or ill-fitting shoes that causes "flat foot." The weight of the body is thrown out of balance and the foot is often crowded down into the shoe causing bunions, corns, calluses, ingrowing toenails, hammer toe, or Morton's toe, and the shoes become misshapen and run over at the heel.

Then you have agonizing pains in the feet and often leg pains, backache, headache, "rheumatism" and nervousness. Let the arch drop ever so little and trouble starts. You can't always see that your foot is flat—it may look all right—but the merciless pains tell you that something has gone wrong.

## How Fairyfoot Cushions "Position" the Feet

These wonderful Cushions (highly recommended by orthopedists and physicians)

bring relief by "positioning" the feet. They point the toes straight ahead, causing the arches to take their natural position. They also direct the body's weight to the ball, heel and outer part of the foot, where Nature intends it to be. Every bone and muscle put just where it belongs.

Fairyfoot Cushions are very flexible, and while positioning the foot normally, gently massage and exercise the muscles which have become soft and flabby and give them strength to support the readjusted arch.

Stiff metal devices can't give this kind of pressure and strengthening exercise. They act merely as supports and actually allow the muscles to become weaker. They usually have to be fitted and adjusted by experts. They are heavy and clumsy. Pads and bandages are mere makeshifts.

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## Heed the Danger Signals

Any pain in your feet, legs or back means most likely that something is wrong with your feet—something that needs attention right away. Don't assume that these pains will "cure themselves." Even a few slight twinges may point to a condition that will mean serious trouble later on. Fairyfoot Cushions will correct the cause of the trouble and then the pain must go.

## Proved by Thousands

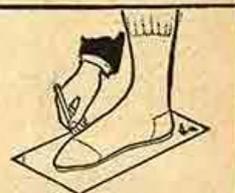
Letters like these, from former foot sufferers, show what Fairyfoot Cushions will do: "I had to hobble on a cane. With Fairyfoot Cushions I walk perfectly."

"Had a bad case of fallen arch. Fairyfoot Cushions have completely corrected it."

"Leg and back pains all gone now, thanks to Fairyfoot Cushions."

"Bunion and Morton's toe have gone, also my pains and nervousness. Fairyfoot Cushions did it."

"The first real relief I have had from foot pains in 10 years."



## How to Order

Place stockinged foot on piece of paper and trace outline of foot with pencil held vertically, as shown above. Send this and also write size and width of shoe in coupon.

## Send No Money

So sound are the scientific principles on which Fairyfoot Cushions are made, so remarkable have been the results obtained in "hopeless" cases, that we gladly send them on free trial.

The regular price is \$3.00, but for a limited time we offer Fairyfoot Cushions for only \$1.98. Pay only when postman brings them. Or you can send money in advance if you wish. Either way. Make the 5-minute test—see how quickly the pains go. Then wear them 30 days and if not satisfied return them and we refund your money. Send coupon today.

**FOOT REMEDY CO.**  
22nd Street and Millard Avenue  
Dept. 88 Chicago

Enclosed is outline of my foot. Send me a pair of Fairyfoot Cushions. I will pay special price, \$1.98, on arrival, and will make the 5-minute test. Am also to have privilege of wearing them 30 days at your risk. If I am not satisfied, I will return the Cushions and you will refund my money.

Name \_\_\_\_\_

Address \_\_\_\_\_

Size Shoe \_\_\_\_\_ Width \_\_\_\_\_

State Man or Woman \_\_\_\_\_

© 1925 F.R.Co.

# Shot to Pieces in the World War, This Soldier Doctor, Born a Weakling, Came Back Strong Thru Strongfortism

Lionel Strongfort,  
Newark, N. J.

Dear Mr. Strongfort:—

When I was born my parents never thought I would survive infancy, due to the fact that I was weak and underweight. I have not experienced real health, strength and vitality until I began practicing **Lionel Strongfort's** course in Physical Culture.

I served in the U. S. Army eight years. During the World War I was gassed and wounded and through **Strongfortism** came back to health.

I have practiced many other systems but found **Strongfort's** the most intelligent. Without question **Lionel Strongfort** is the real physical and health specialist. His lessons read

like an interesting, simple story that, if put into execution, carries the greatest possible life into the minutest histological structures of the living organism.

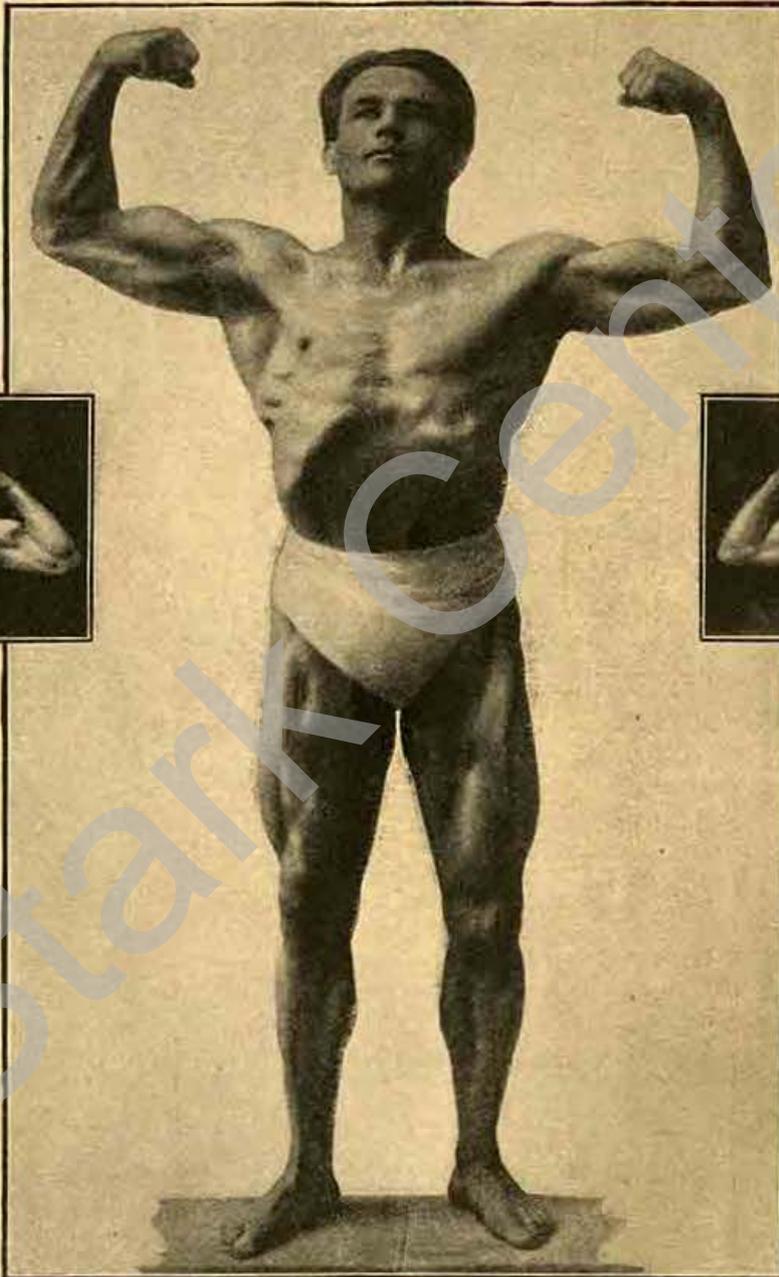
If one wishes to develop the greatest possible strength, speed and agility, including

the great essentials of health and vitality, let him enroll at once. Health is a priceless possession. Attain it while you can. Preserve it while it is still possible.

Very truly yours,

Dr. Joseph T. Stashak

(NOTE: The above unsolicited letter from Dr. Stashak is in my files in the doctor's own handwriting. It is one of the most remarkable documents in the history of physical regeneration and is, like all **Strongfort** testimony, the spontaneous expression of an appreciative and grateful heart.)



DR. JOSEPH T. STASHAK



WALTER STRATTON

A **STRONGFORTIST**  
who writes:

Dear Teacher:—

It is 22 months since I started the good work of building up my body, and it was a lucky day for me when I found **Strongfort** and enrolled under your instruction. The Physical Culture life is the only life for me, now and always. I can't say too much in favor of what you have done for me, and I want to go further under your teaching in developing myself.

Sincerely yours,

Walter Stratton

Those who have intelligently followed my messages to the manhood of the world cannot have failed to recognize the deep and sincere tone of my best advertisers, the men whom I have remade from physical incompetents into fine and superb samples of humanity. These men have no selfish ends in view, nothing to gain except the satisfaction of passing on to others

—to you—the profound truths to which I have devoted my life and energies—the deep secrets of human perfection, beginning with

the acquirement of a perfect body and extending to the development of an overmastering mind. If there is anything you have failed to attain in this world I am sure you have gain from knowing me. For that you have the honest word of those who know me.

Name.....  
Address.....



L. V. GALLIVAN

A **STRONGFORT** pupil  
who writes:

"MR. STRONGFORT,  
YOU CERTAINLY ARE  
A WONDER!"

L. V. Gallivan

Mr. Gallivan is on his way to a professional stage career. You can see for yourself that he is well upon his way. He is one of thousands of **Strongfortists** who recognize the gold of physical dominance and who have remade themselves from common clay into the fine stuff of supreme manhood.

You too can do the same. You can become one of the most superb specimens of masculinity living, if you will take yourself in hand and really reach out for the great prize of bodily perfection. If you want success in life, love and business, family and social connections, send at once for this remarkable book of body truth and inspiration, the masterpiece of the world's most perfect man. Don't even send postage—just the coupon—the book is yours with my compliments.

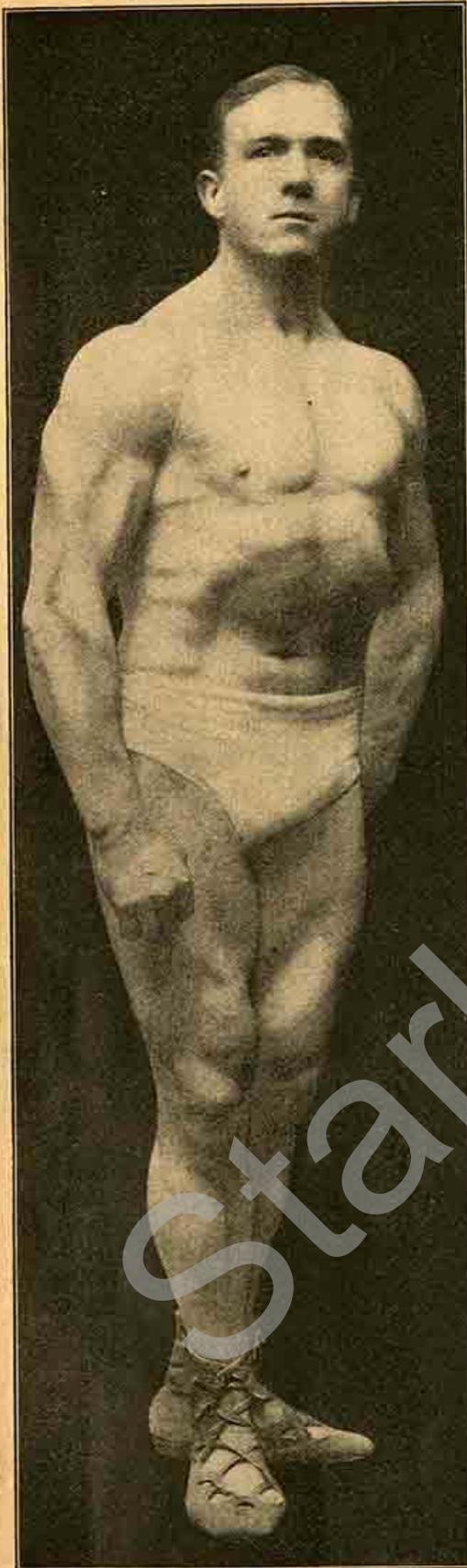
A truly extraordinary expression of American manhood. This man refused to tolerate the burden of physical incompetence with which he was born. By the earnest practice of **Strongfortism**, he became a marvel of physical ascendancy such as is seen rarely in a lifetime.

## LIONEL STRONGFORT

Physical and Health Specialist  
for 25 Years

Dept. 3, NEWARK, N. J., U. S. A.

GIFT COUPON—CLIP



**LIONEL STRONGFORT**

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

# LIONEL STRONGFORT

Physical and Health Specialist for 25 Years

Department 3

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

## If You Want to Own Yourself You've Got to Disown Weakliness

Don't dare to call your soul your own unless you have an envelope of good sound muscle, active, vital blood and solid, healthy bone around it. No man is better than his blood nor finer than his muscle. Nature is the boss over all of us and nature is a supremely physical thing.

I don't mean that your happiness and earthly success depend upon a lump of muscle here or a bulge of beef there . . . but I do mean that unless a man's muscular organism is functioning properly inside and out, he hasn't a chance in the world of bringing out the best that is in him of health, success and mastery.

### Why Not Take a Look Inside of You?

It might be a ghastly sight. You might feel like rolling over and dying if you could see what a wreck you've made of your internal self through ignorance, indifference and neglect. Your hesitating heart, your clogged intestines, your impeded arteries and jaded stomach . . . Perhaps you'd be ashamed to call them your own . . . but it might do you good . . . and do them good . . . to look them in the face.

The way some men live and treat themselves you might think they have a dozen bodies in reserve. But no man has. One body is all the Creator has allowed per man, and when that's gone the jig is up. And a good many folks might just as well be dead years before

the undertaker rings the doorbell, because their poor wracked bodies have lost all capacity for doing any more good to themselves or to the race.

And when you set out to do the right thing by your body, don't do it like a boiler maker. Go at it as you would go at a fine and precious watch with the most delicate mechanism man can make. For your body is really much finer than the finest watch, and its machinery makes the best man-made machine look like a joke. It will stand a world of wear and tear if it's treated right, but it will break and fail for no apparent reason at all if it's despised and manhandled long enough.

### Send Your Body to the Right Repair Shop

Try to get this truth in your mind. The development or rebuilding of a human body is the most intricate and perilous job in the world. Unless it's done just right it must be wrong . . . There is no middle ground. So pick your body-repair man with a care you never before expended on any job you had to be done.

When I say that I am the master craftsman in rebuilding human health and strength, I don't ask you to take my word for it. I invite you to search the annals of professional athletics and to examine the unsought testimony of my innumerable pupils in every corner of the world. I submit myself as the possessor of the world's most perfect and powerful body, and I submit my fellow-Strongfortists as the finest

specimens of manhood to be found the whole globe over.

What I have done for my own body and for thousands of my pupils, I can do for you. It is on the fixed guarantee that I will do that which I undertake that I invite your correspondence. It is on this basis that I invite you to send for the most extraordinary book of the human body ever penned by mortal man. It is my duty and precious privilege to get this book into the hands of the entire health-seeking world . . . entirely at my own expense and without the slightest claim upon those who send for it. And with many men it's a matter of conscience to send for it without delay.

SEND THE COUPON AND I'LL SEND THE BOOK FREE. POSTPAID

#### GUARANTEE

After faithfully following the individual Course in Strongfortism planned for you under my personal supervision, if you have not received real benefits in Health, Strength and Physical Development at the completion of the Course, I positively guarantee to refund all money you have paid me. (Signed) Lionel Strongfort.

#### BANK REFERENCES

National City Bank, New York; Lloyds Bank, Ltd., London; Banco Aleman Transatlantico, Buenos Aires; National Newark & Essex Banking Co., Newark, N. J. Member Newark (N. J.) Chamber of Commerce.

ABSOLUTELY CONFIDENTIAL

#### FREE CONSULTATION COUPON

Mr. Lionel Strongfort, Dept. 3, Newark, N. J.—Please send me your book, "Promotion and Conservation of Health, Strength and Mental Energy," for postage on which I enclose a 10c piece (one dime). Send me special information on subjects marked (X) below, without obligation.

- |            |                   |                   |
|------------|-------------------|-------------------|
| Colds      | Constipation      | Anemia            |
| Catarrh    | Biliousness       | Great Strength    |
| Hay Fever  | Torpid Liver      | Increased Height  |
| Asthma     | Indigestion       | Deformity         |
| Obesity    | Nervousness       | (Describe)        |
| Headache   | Poor Memory       | Prostate Troubles |
| Thinness   | Rheumatism        | Youthful Errors   |
| Rupture    | Vitality Restored | Stomach Disorders |
| Lumbago    | Inability         | Pimples           |
| Short Wind | Weaknesses        | Vital Losses      |
| Neuralgia  | (Specify)         | Blackheads        |
| Bad Breath | Healthy Children  | Impotency         |
| Insomnia   | Vital Depletion   | Round Shoulders   |
| Weak Eyes  | Bad Blood         | Muscular          |
| Debility   | Neurasthenia      | Development       |
| Flat Feet  | Skin Disorders    | Flat Chest        |

Name.....

Age.....Occupation.....

Street.....

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

# You'll No Longer Be Ashamed of Your Physique

after I teach you my Methods and show you how a well-developed and symmetrical physique is acquired, for in a few months' time you will possess the strength and a physique to be proud of. At the same time you will gain the confidence in yourself that will chase away that old embarrassment which invariably accompanies an undeveloped physique and one that you realize does not look well to the eyes of those you meet.

## Neither Will You Have a Long Wait for Results

because my pupils report that from the very first lesson they notice improvements such as slight reduction in stout waist-lines; relief from the minor stomach ailments; better circulation; disappearance of that tired, lazy feeling; improved appetites; sounder sleep, and increased agility and energy. And this first lesson just lays the foundation for the more advanced and real muscle-developing lessons which follow. But these immediate improvements give you the necessary encouragement to make you "carry on" to physical success. As your physique develops, your popularity will increase.

## You Won't Have to Force Yourself to Do My Exercises

You won't find them a dreaded ordeal. The great variety of original movements prevents this. You won't be compelled to perform monotonous and ever-increasing repetitions of an exercise in order to get advancement. Exercises that you must force yourself to perform are of little good. An exercise must interest you by giving you something definite to accomplish; something to work for, and to encourage you with visible improvement instead of discouraging you by not producing any noticeable results. These important essentials are all to be found in my course and personal attention to you. Yes, you'll find it a great enjoyment to go through the lessons, but

## Your Greatest Enjoyment Will Be Found in Watching Your Muscles Develop

and your physique becoming ideal in form and size. Every muscle of your body will be given attention through my methods, and the parts which are smaller and weaker than the others will be given special attention in order to develop them to the point where they will compare favorably with your best parts, and thus give you the ideal figure of your type.

## My Personal Help as Valuable as My Course

I do not promise you personal attention merely to get you to enroll. Any of my pupils will tell you that I do actually give my personal co-operation in unlimited quantity. I am far more concerned in bringing each and every pupil to the highest state of physical perfection than in just enrolling a huge number of pupils.

## Absolutely Free

My Booklet, "The Royal Road to Health and Strength," will explain my methods in detail as well as give you valuable pointers on interesting feats of strength, agility, etc. These feats are illustrated, and in addition there are many prints of my own development and poses by my pupils showing what I have accomplished for them. This Booklet will cost you *nothing* except the little effort necessary to request it. So get your request in the mail box NOW and I will see that you get prompt attention. IT IS FREE.

CHARLES  
MacMAHON  
Studio AA-7,  
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 in accordance with your special offer.

Name.....

Address.....

City and State.....

# CHARLES MacMAHON

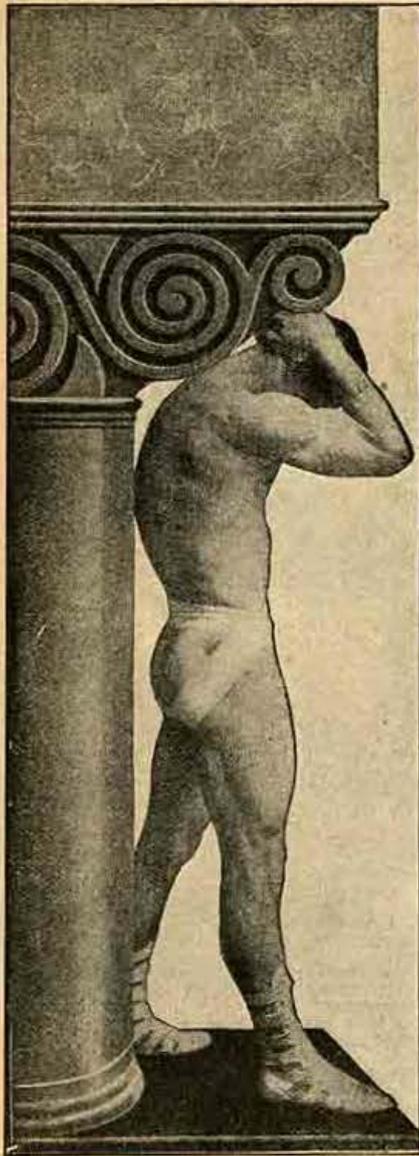
Studio AA-7

180 W. SOMERSET ST.

PHILADELPHIA, PA.



CHARLES MacMAHON  
In Muscular Pose



CHARLES MacMAHON

# One of the Best Instructors of Swimming Will Teach You Free of Charge

L. deB. Handley is a swimming coach of high repute. He has taught and trained many aquatic stars and Olympic teams. He will teach you also. You will learn all the fine points of the fascinating art of swimming direct from this renowned coach. You could not be more efficiently taught than you are when following Mr. Handley's instructions.

## Are You Going to Let Another Hot Summer Go By and Still Not Experience This Cooling, Fascinating Sport?

Those who have this opportunity to learn and do not avail themselves of it are doing themselves a great injustice. They are cheating themselves of the greatest summer pleasure that exists. They are not equipping themselves for emergencies in boating and boat traveling. The knowledge that one cannot swim if anything should happen to the boat, has taken the pleasure of boating from many. Those who cannot swim and yet have no fear while boating should be thrashed for not learning to swim, for swimming is easy to learn by those who possess nerve of this calibre.



## Don't Be a Beach-Flower—Get in the Swim

with the multitude of others and enjoy with them the thrills obtained from diving, swimming and floating. This great 30-lesson swimming course will teach you correctly, quickly and without cost. Those who can swim can be greatly improved by following the instructions of Mr. Handley.

**MEN,  
BOYS,  
GIRLS,  
WOMEN,**

everybody enjoys the water and everyone can conquer it by learning to swim, float and dive.

This course is free, which makes it easy to get. The lessons are outlined by an expert, which makes swimming easily learned.

Now don't waste further time, for the summer will be over before you get started. Make up your mind this instant that you are going to swim before Fall, and then follow up this resolution by sending for Mr. Handley's course right NOW. Then in a short time you'll be swimming around with the best of them.

## A Year's Subscription to "STRENGTH" at the Regular Price Will Bring You This 30-Lesson Course Free

"STRENGTH" alone is worth many times \$2.50 to the health-seeker, weight-lifter, and outdoor sports enthusiast. Read each month about the lifting records that are being broken at all the athletic shows held by the A. C. W. L. A. Read about the performances of each strong man contestant and see pictures of them. Most of these big fellows are the best and strongest men in the world today. By subscribing to "STRENGTH" for a year, you will not miss any accounts of these shows and will be delighted with all the other articles and pictures on various subjects pertaining to sports and body and health culture.

"STRENGTH" promises to get better with each issue in the future, as it has in the past. More pictures than ever of beautifully-formed women and well-developed men will be seen in the coming issues.

**Don't Miss the Coming Issues of "STRENGTH"**

**The Milo Publishing Co.**

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2739 N. Palethorp St., Philadelphia, Pa.

**30 SWIMMING LESSONS FREE**

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Please find enclosed  check  cash } for \$2.50

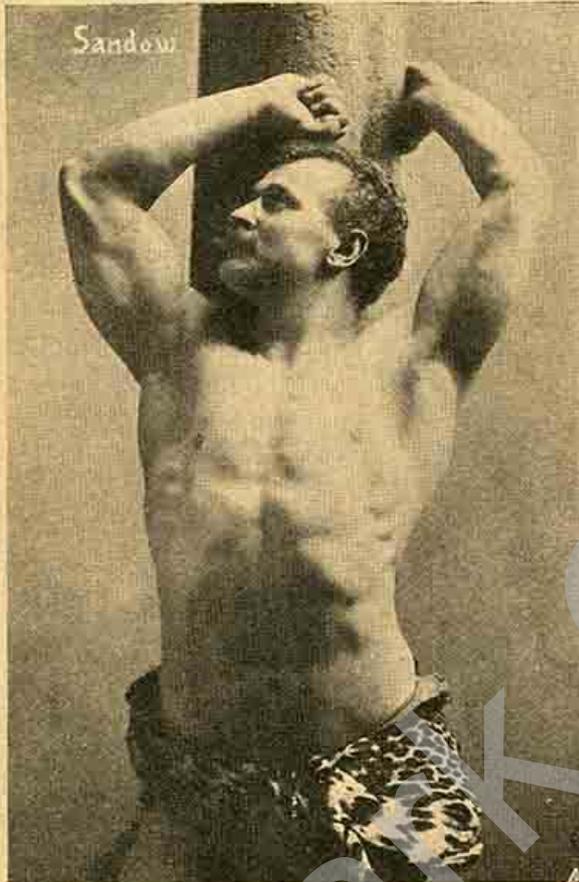
money order }  
for which send me immediately Mr. L. deB. Handley's 30-Lesson Swimming Course and also enter my name for a one-year subscription to STRENGTH.

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# Would You Like to Have the Opportunity to Purchase Large Reproductions of the World's Most Famous and Well-Developed Strong Men at 2c EACH?



One of the Artistic Poses From This Collection

## Just Off the Press

Therefore, this album is an entirely new proposition. Don't be without it. There is a world of inspiration in its pages for the physical culture novice. And the price is only \$2.00, postpaid. You will find it the biggest and best addition to your collection of well-built men, and by far the cheapest. Each page and each picture holds such an abundance of beauty that you'll never tire of reviewing them.

Don't forget that you get pictures that you cannot buy separately for love nor money, for what few exist are not for sale because of their great value to the possessor. And also remember that any one of these pictures you might be lucky enough to get would cost you as much as this entire Art Album.

### THE MILO PUBLISHING CO.

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We are positive you will jump at such an opportunity. Therefore, we have designed and printed one of the most artistic Art Albums ever published.

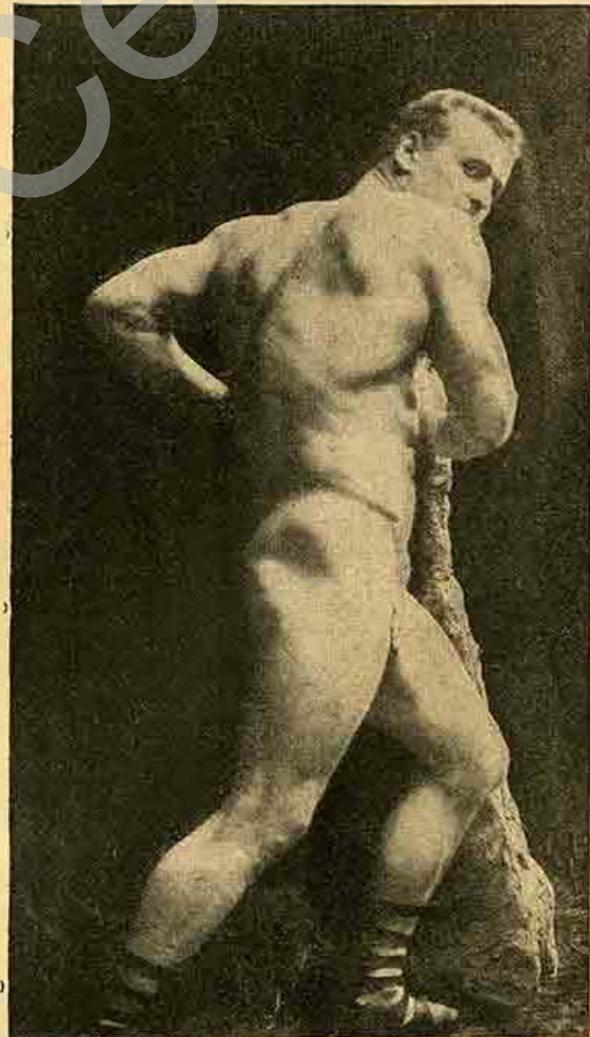
## This Album Is Art in Every Sense of the Word

There are approximately 100 large reproductions of the best of the physically perfect the world over.

The Album itself is artistically designed and done throughout in Sepia.

## It Is an Art Collection in Itself

And any one who likes pictures of the human body at the height of its beauty will find their collection incomplete without this new Album.



Another One of These Poses You'll Enjoy

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Gentlemen:

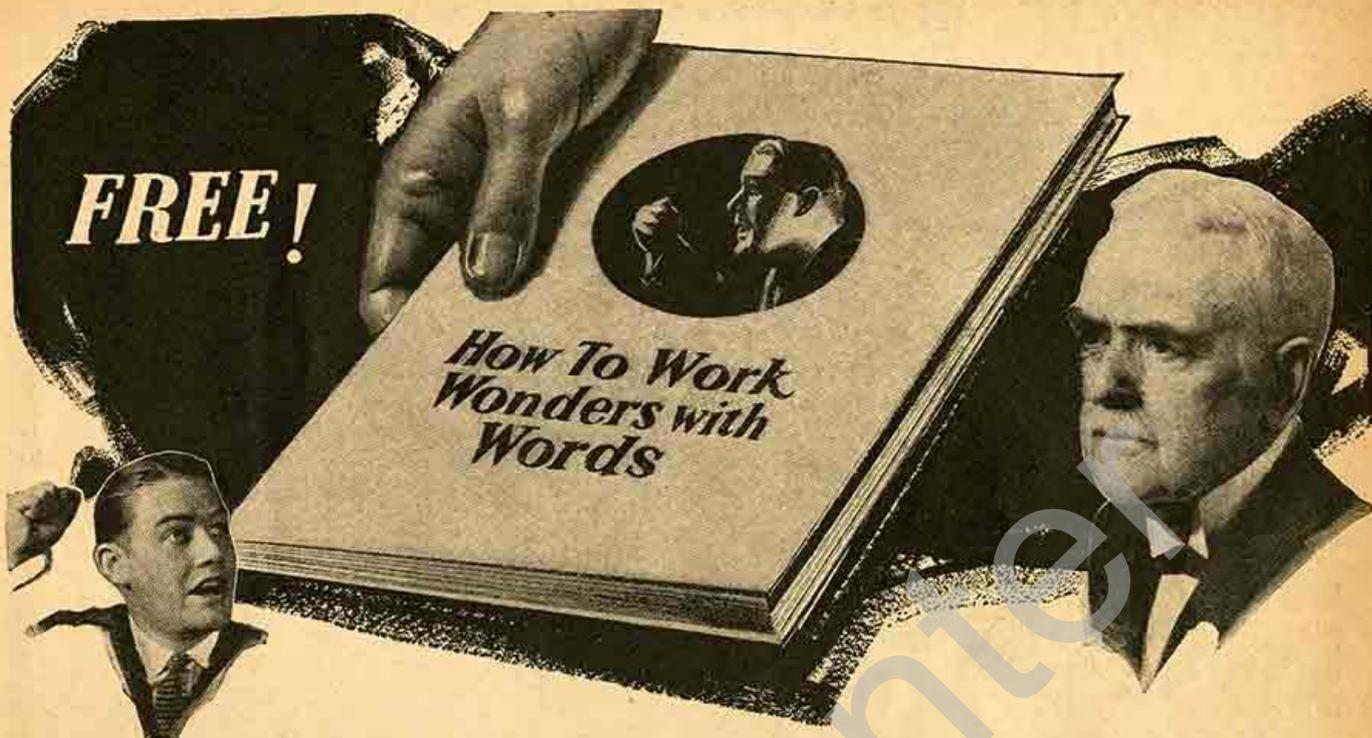
Please send me at your earliest convenience one of the new Art Albums, for which you will find enclosed \$2.00.

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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.

**T**ODAY 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.

### WHAT 15 MINUTES A DAY WILL SHOW YOU

How to talk before your club or lodge.  
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How to propose and respond to toasts.  
How to make a political speech.  
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How to make after-dinner speeches.  
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How to strengthen your will-power and ambition.  
How to become a clear, accurate thinker.  
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How to be the master of any situation.

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

You are shown how to conquer stage fright, self-consciousness, timidity, bashfulness and fear—those things which keep you

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

### Easy for Any One Only 15 Minutes a Day Required

There is no mystery about the power to work wonders with words. Practically anyone can do it. It makes no difference how embarrassed or self-conscious you now are when called upon to speak. Certain principles will show you how to rise 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.

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

# "The World's Weight-Lifting Rules and Records"

By **GEORGE F. JOWETT**

*President of the A. C. W. L. A. and the World's Foremost Authority on the Sport of Lifting Weights*

## *The Most Authentic and Complete Compilation of Facts and Statistics Ever Written*

Wherever the English language is spoken the physical culturists and weight lifters have felt the need of a code of rules and regulations to govern the sport of lifting weight, just the same as in any other sport. Every person who is interested in building up the body to become strong feels a fascinating desire to know how much stronger he is than the other fellow. Naturally this condition develops competition, but until George F. Jowett wrote "The World's Weight-Lifting Rules and Records," everything rested on hearsay. And just as he has gathered all the body culturists together, he spent months of toilsome work and study to get all the records together and write out the rules and regulations on every known lift, and group them in such a manner as would be easy to read and understood by all.

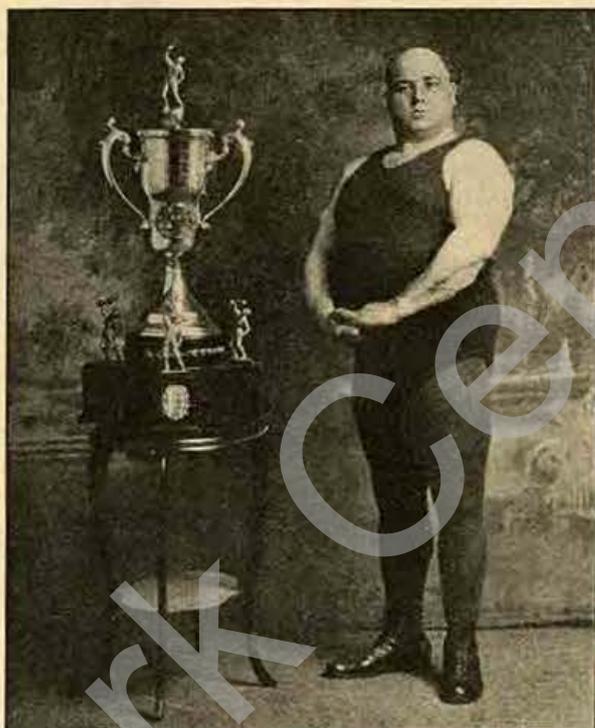
This book he has just written fills the long needed want as it covers everything. It not only gives you the records of America, but it gives you all the records of every nation where body culture and weight lifting is practiced: Canada, Germany, France, Esthonia, Britain, everywhere.

### **The Strong Man's Truest Guide and Reference**

Every body-weight class, both amateur and professional, on every lift is catalogued, both foreign and American. All the former world's records on the Olympic lifts as well as the present world's records on these lifts. All the results of the lifting performed at the Olympic Games by every man, and all the performances of every notable strong man in the world are also given. Along with this is a chapter on "Stunts of Man Power," in which is a recital of the remarkable impromptu feats of strength as performed by the various famous strong men. Another chapter tells you the history of every lift, how they originated and who made them popular.

A complete history of the strong man's sport is given, besides the history of the birth and growth of the now formidable weight lifters'

organization: The A. C. W. L. A. You will be surprised to read of the struggles that the founders of this fine association had to combat and the wonderful success that has crowned their efforts. You will be amazed to realize how American strong men have forged to the front and wrested world's records from the brows of foreign athletes who were formerly considered unbeatable.



**A. GIROUX**

The Famous French Canadian Heavyweight, Weight-Lifting Champion. With the World's Championship Trophy, Which He Has Won Outright.

### **The Questions Below Are All Answered for You and Thousands More**

The index is given of every known lift, its definition and a table by which you can know each lift by its number. The names and addresses of all the directors and representatives of the A. C. W. L. A. in the various cities, as well as the addresses of all the "Strength Clubs" from coast to coast are also included.

There is not a single thing covering this subject left out. Even charts for your weight lifting and body building progress are included; with a tabulated form on how much you should weigh and measure for your height along with the standard of the ideal form.

This book is written by a man who not only instructs you how to do a thing, but who has indelibly inscribed his own name on the world's honor roll by his mighty achievements, known to the world as the "Iron Man's" best friend.

It will be your proudest possession to own, and one to which you will be delighted to turn when any debates arise.

*Don't be Without this Book, which is the Greatest of its Kind Ever Compiled. The Most Authentic and Reliable Information You Can Buy and the Only Book of its Kind Ever Written.*

**THE PRICE IS ONLY \$1.50 POSTPAID. MAIL THIS COUPON NOW WITH YOUR REMITTANCE ATTACHED AND ASSURE YOURSELF OF ONE OF THESE VALUABLE COPIES.**

### **Do You Know That It Took an American Strong Man to Beat the Invincible Arthur Saxon's Records?**

**WERE YOU EVER ASKED TO ANSWER THESE QUESTIONS?**

**WHO IS THE MAN WHO LIFTS 793 $\frac{1}{2}$  POUNDS WITH TWO HANDS?**

**WHO IS THE FIRST AND ONLY AMERICAN ATHLETE TO SWING MORE THAN HIS BODY WEIGHT WITH ONE HAND?**

**HOW MANY LIFTS ARE THERE? CAN YOU NAME THEM?**

**DO YOU KNOW THAT IN THE A. C. W. L. A. ARE FOUND THE GREATEST LIGHT, MIDDLE, AND LIGHT HEAVYWEIGHT LIFTERS OF ALL TIME?**

**NAME THE AMERICAN ATHLETE WHO LIFTED DOUBLE HIS BODY WEIGHT?**

**WHO ORIGINATED THE BENT PRESS? NOT SANDOW!**

**HOW MANY WORLD'S RECORDS DOES AMERICA HOLD?**

**WHY DID GERMANY WIN NO WORLD'S TITLES AT THE LAST OLYMPIC GAMES?**

S-8-25

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for which please send me immediately "The World's Weight-Lifting Rules and Records," by Geo. F. Jowett.

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

# NEARLY EVERYONE IS TUMBLING NOWADAYS AND WHY?

Because all are realizing what a great sport and marvellous health-producer tumbling and hand-balancing really is.

Those who tumble and do hand-balancing feats are

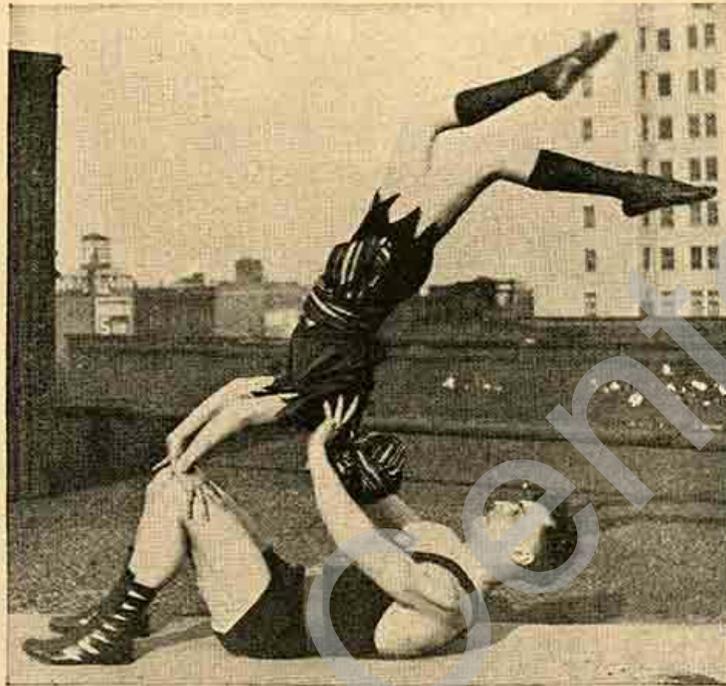
rarely troubled by imperfect condition of the internal organs. This sport of sports stimulates the liver, kidneys, glands and digestive organs. It limbers the spine and makes you supple.

## THERE IS A THRILL IN EVERY TUMBLING FEAT

You can't *imagine* the tingling sensation of joy that is produced by a somersault, flip, twister and all the lesser feats of tumbling and hand-balancing. But you can *experience* these thrills and startle an audience by getting this course of mine. Start practising this fascinating sport as soon as you can and you'll never regret the time spent.

## THOSE WHO HAVE HOPES OF GOING ON THE STAGE

either as a Tumbler, Hand-Balancer or Acrobatic DANCER should have this course and take advantage of the personal help that I willingly give you in teaching you to master this art.



THERE ARE EASY STUNTS FOR THE BEGINNER

## YOU WILL BE SURPRISED AT WHAT YOU CAN TEACH YOUR BODY TO DO IN THIS LINE OF ENDEAVOR

At first it seems incredible that you can make your body turn completely over onto your feet again before hitting the ground. But soon after you will see how easy and natural it is. The knack and ability to land on your feet at all times is soon acquired, and you go on to the more difficult feats such as *spotters, twisters and gainers.*

## THIS COURSE HAS NO CONNECTION WHATEVER WITH MY BODY-BUILDING COURSE

If you are interested only in building your body and muscles to their greatest extent and in gaining exceptional strength, you need a *Body-Building Course.* Tumbling alone will not get you the greatest development. But it will make you supple, enduring, energetic and healthy. These physical assets alone are worth many times the price of this course. Don't let the insignificant sum of \$3.00 stand between you and enjoyment, achievement and health. **Send for it immediately.**



AND DIFFICULT STUNTS FOR THOSE ADVANCED AND THE PROFESSIONAL

## LET ME CONVINCING YOU OF THE WORTH OF THIS COURSE, AND AFTER YOU HAVE PRACTISED IT YOU WILL THANK ME FOR URGING YOU TO GET IT



### 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 prices of \$3.00 and \$5.00, which includes shipping charges.

**YOU CAN GET A \$5.00 BELT AND THE TUMBLING COURSE FOR \$7.00. THE \$3.00 BELT AND TUMBLING COURSE FOR \$5.00. USE COUPON WHEN ORDERING AND GIVE SIZE OF WAIST**

When you can astonish your friends by performing a row of flips ending with a "layout somersault," walk up and down steps on your hands, do a perfect one-hand stand, somersault off your partner's shoulders, hands or feet, and many other just as sensational feats, then you will call yourself lucky for having run across this advertisement and had enough faith in me and my methods to accept it.

It is not my sole desire to simply sell you this course. What I actually want to do is to make a proficient tumbler and hand-balancer of you. And I am always glad to hear what progress those who get this course are making, and to offer helpful criticism and information. In other words, I really do care how well you learn all the feats in this course.

So now that you have my assurance that you can and will become a tumbler and hand-balancer,

**MAIL THE COUPON NOW** with your check, money-order or cash.

## CHARLES MacMAHON

Studio A-35,

180 W. SOMERSET ST., PHILADELPHIA, PA.

CHAS. MACMAHON, Studio A-35, 180 W. Somerset St., Philadelphia, Pa.	
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	\$5.00 for Belt only
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\$3.00 for Course only	
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City .....	State .....
Waist measurement.....	

# 800,000 People Will Die This Year of Preventable Disease

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

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

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



**BERNARR MACFADDEN**

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

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

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

### How To—

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

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

## Nature's Methods and Secrets of Perfect Health Revealed

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

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

## At 70 He Brought Himself Back to 50

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

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

## Neither Dull nor Technical

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

**READ THE DETAILS OF OUR AMAZING OFFER ON NEXT PAGE**

# An Amazing 10 Days' Free Offer!

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

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

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

## Calls the Encyclopedia His Best Doctor

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

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

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

## Send No Money—Not One Cent

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

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

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

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

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

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

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The general contents of each of the five volumes are:

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

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

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

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

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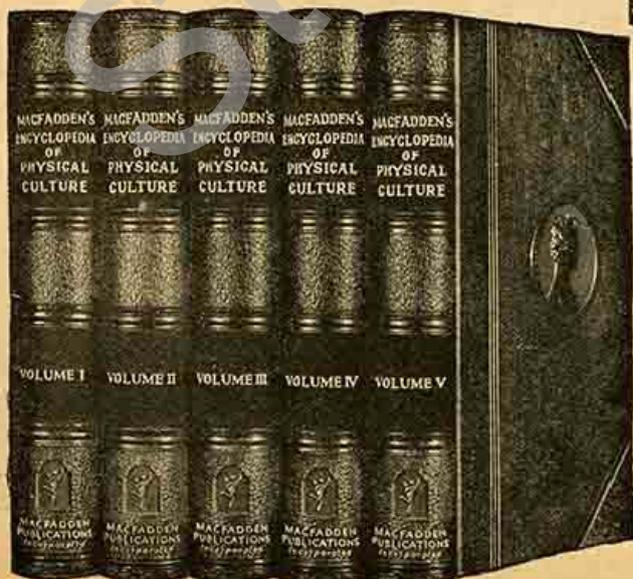
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# The Only Way Out of a Pit— —UP!

IT was Jack London—penniless and with only a scanty education—who uttered those words—

—“The only way out of a pit is UP!”

That one clear challenge, flashing across his mind with the force of inspiration, gave the impulse to work and study which set him on his way to a brilliantly successful career.

## The One Great Test—COURAGE!

It has been said that the great difference between one man and another is in the amount of COURAGE he possesses.

Not PHYSICAL courage, of course, but the courage to turn the searchlight on one's MENTAL equipment, to recognize the training which one lacks, and to do as Jack London did—climb out of the “pit.”

Right now, in your own office, there are probably dozens of men who are performing the same old routine tasks they have been performing for years—tasks which literally millions of men could do equally well; yet hardly a man in the lot but thinks he is having a “mighty hard time” and that “luck never seems to break his way.”

But how CAN it break his way—when he is obviously not PREPARED?

How futile, for example, to expect an employer in need of an expert accountant to appoint a man—at five or six thousand a year—who knows nothing beyond the keeping of a set of books.

—Or to expect the head of the firm to entrust his transportation problems to a man who has got all his knowledge about traffic management from the shipping room and the loading platform!

—Or to expect ANY reputable business house to choose, say, as district manager a man who has no conception whatever of salesmanship—to advance to the superintendent's desk a foreman who knows nothing about industrial management efficiency—to entrust a direct-by-mail campaign to a routine correspondent—or to appoint a “one-department man” as general manager . . .

It may be RESTFUL to stand at the bottom of the pit and to gaze at the stars—but the SHREWD thing to do is to seize the rope of SPECIALIZED TRAINING—and to pull oneself OUT!

## The Kind of Experience That COUNTS

—And EASIER, too, by far, than one might suppose—this climbing to a higher place by the aid of specialized training.

For within the last two decades a method of business training has been evolved which marks an advance beyond the earlier correspondence-school idea as outstanding as the advance of radio beyond the original Marconi “wireless.”

Under this modern method—distinctive with LaSalle Extension University—every portion of the work is directed toward the rapid imparting of ORGANIZED EXPERIENCE.

Step by step, the member is shown the PRINCIPLES which govern the various business situations he must face in that bigger place—and step by step he fixes those principles firmly in his mind through the solving of ACTUAL BUSINESS PROBLEMS.

A dozen times a man might READ how to do a thing—how to swim, for example—and STILL be unable to do it!

But let him grasp the PRINCIPLES that govern an undertaking—and let him put them into successful PRACTICE—and he has acquired the greatest asset a business man can possess—thoroughly practical EXPERIENCE.

## A Club That Everyone Likes to Join

Hundreds—yes, thousands of letters in the files of LaSalle Extension University bear out the scientific soundness of the LaSalle Problem Method.

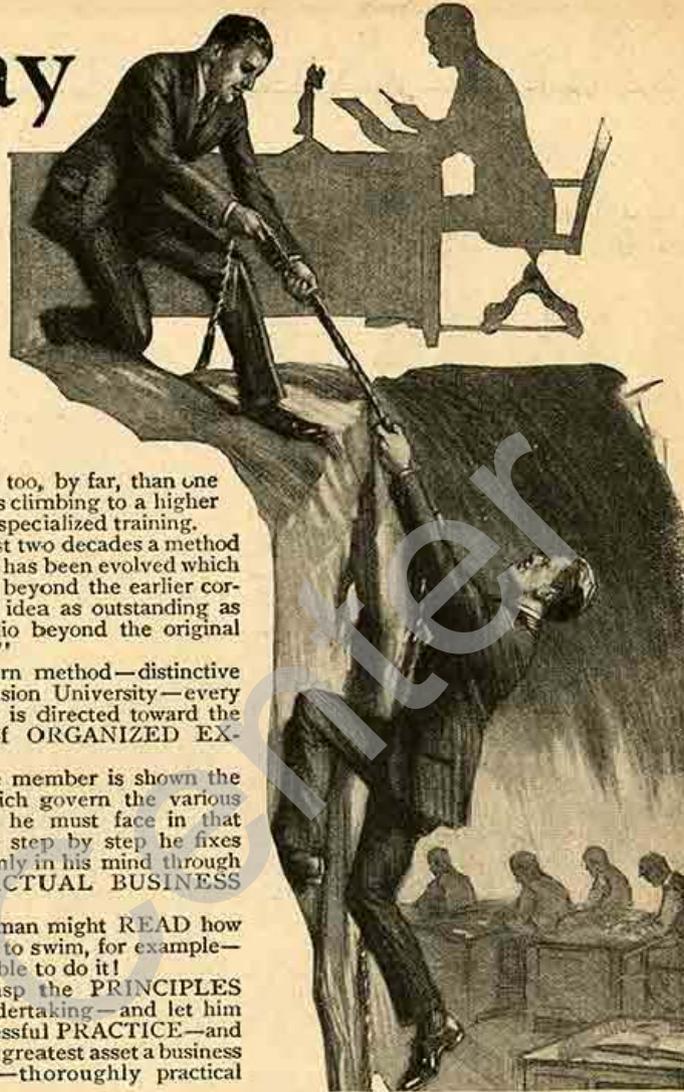
The members of LaSalle, for example, have a club they call the “100% Club,” to which no man is eligible until he has increased his salary at least one hundred per cent. Not a month goes by but what scores of names are added to its rolls.

Indeed, if we liked, we could fill this page—in close-set newsprint type—with the names of just a small proportion of the men who have actually DOUBLED and TRIPLED their incomes through the Problem Method.

These men, you will say, are men of unusual determination and persistence—

Absolutely true.  
—But also true that no one KNOWS what he can do until he TRIES.

And ANY man in earnest to advance will find encouragement in the fact that the AVERAGE salary-increase reported by LaSalle-trained men is EIGHTY-NINE PER CENT.



## Ask Yourself if You Can Qualify— Then ACT!

There is a certain class of men who seem content in a low-pay job.

There is still another class in whom the phrase “I can't” is so deep-rooted that they seem afraid to grasp the fairest opportunity.

Neither of these types are sought by LaSalle—nor would they profit greatly by its training.

There are countless other men, however, who appreciate what specialized training MEANS—who realize the tremendous HELP it offers—and who are not afraid to take their chance against the entire field of competition.

To men of this latter sort LaSalle Extension University has much to offer—both for mental growth and for increased earning power.

If you are in earnest when you say that you wish to get ahead, you will take your pen or pencil NOW—and check the training that appeals to you.

The coupon, signed and mailed, will bring you information that will prove worth while. —There is, of course, no obligation.

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Please send me 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 “Ten Years’ Promotion in One,” all without obligation.

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Effective Speaking: Training in the art of forceful, effective speech, for Ministers, Salesmen, Fraternal Leaders, Politicians, Clubmen, etc.

C. P. A. Coaching for Advanced Accountants.



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

## Editorial

**W**E always wonder what most interests the average person in exercise. We know that many people approach from the angle of physical perfection and many from the angle of possessing great strength. Mr. Calvert wanted to write two books, Super-Strength and Super-Shape, and thought that the two combined would answer almost all of the questions of almost all the people interested in physical training and athletics. Maybe he is right, but the writer has always held that the factor of greatest interest to most people is the sport and the competition which can be gained from athletics in general.

Everyone realizes the necessity to care for their body, but very few people will train unless they can get some fun out of it, too. That is one explanation of the popularity of bar-bells. You can constantly compete with yourself and with your friends where the elements of competition are fair and easily understood.

Sigmund Klein, who has opened his own gymnasium in New York, told us that he was more interested in body-building than in weight-lifting. He finds, like ourselves, that when his pupils become interested in lifting first, their enthusiasm overshadows their interest in body-building. Wisely, he insists on body-building primarily so the foundation is developed. They later never fail to convert themselves to weight-lifting in which they then have a better possibility to succeed.

#### Canadian Lifters Won't Train

We know the two things must go together, although on the other hand, many of the famous Canadian lifters claim that they secured their strength and lifting ability by lifting only, and are very contemptuous of exercise work for its own sake, just as Klein's pupils are.

However, our own George F. Jowett is perhaps the best example of what the combination of the two methods will do for a man in both fields. Undoubtedly, over a period of time, if Klein persists in both his body-building and lifting he will become one of the greatest lifters at his own weight the world has ever seen. He already has a superb body which would be hard to match now and which also will improve.

One thing we know is that weight-lifting contests held all over the country will be an enormous benefit to all people interested in physical development and in adding another real sport to the athletic list of this country. If the A. C. W. L. A. can carry out its plans, and we are sure their plans will go through with flying colors, weight-lifting contests will be held in Boston,

Baltimore, New York, Chicago, Atlanta, Los Angeles, in the course of next winter. The greatest lifters of Europe and America will appear, and everyone will have a chance to see real strong men in action under conditions which everyone will be able to recognize as on the level. Every show will give all the promising amateurs of the neighborhood the privilege to perform if they feel they are ready and an opportunity to see great lifters perform which will be full of educational lessons to them. If you are interested in an exhibition in your town or city write to Mr. Jowett and he will cooperate with you to your advantage.

#### No Weight Lifting Contests in August

In August no shows will be held, and this will give the boys a good chance to lay off between the middle of July and the middle of August. When September rolls around things will start in earnest, and then we expect to see more shows held each month than were held the month before. Next winter should bring out a whole crop of new lifters, some of whom may displace the old stars, and all of whom will get the best chance to show their abilities that American lifters ever had.

Tumblers, posers, hand-balancers, wrestlers and boxers will all get a chance at these shows, but the boys around whom the shows will be built are the lifters, and we can promise our respective audiences feats of strength such as they have never hoped to see.

Next year is going to be the biggest year and the best year that STRENGTH has ever had, too. The growth of interest in weight-lifting has been phenomenal, and this has, of course, been reflected in the growth of interest in the magazine. This interest has extended to the far corners of the world, and has been the means of creating Strength clubs in many foreign countries. We know that this fall will find a better STRENGTH, read by more people than have ever read it before.

#### Do Women Use Bar-Bells?

One of the by-products of our weight-lifting shows has been a large amount of interest in bar-bell work shown by women. It has long been our belief that women should not attempt bar-bell work, but we have received so many favorable reports of results obtained and so many requests for bar-bells for women that we have decided to at last look into the matter further.

We would like to hear from the girls who have tried bar-bell work, telling us what sort of results they have obtained.



Dorothy Knapp, pronounced by Florenz Ziegfeld, Jr., the "American Venus."

## Dorothy Knapp—"American Venus"

And the Qualities That Make Her That

*By Florence Whitney*

**T**O be dainty, yet strong; to be slender, yet well developed; to carry no superfluous fatty tissue, and yet to be well-rounded with firm flesh; to have proportion, symmetry and balance, and at the same time life and health and grace—that is feminine beauty.

And that, in a general way, is descriptive of Dorothy Knapp.

Dorothy Knapp is the "American Venus," as she is called by Florenz Ziegfeld, Jr., doubtless the greatest authority in America on feminine beauty. Mr. Ziegfeld,

who "glorifies the American girl" in *Ziegfeld's Follies*, for years has made it his especial business to select for purposes of this more or less patriotic glorification the most lovely girls in America. Each year Mr. Ziegfeld personally sees thousands of the most attractive, comely and shapely young women from all parts of the country, always on the lookout for those of exceptional quality. They must not only have pretty features and symmetrical bodies—yes, including shapely legs—but they must have personality and spirit, the thing that gives a girl what we often call "class," and which is the

outstanding characteristic that tones up every detail of a *Follies* production. To be selected as a member of the *Ziegfeld Follies* is regarded not only as an honor but as a tribute that establishes beyond question one's claim to distinctive beauty. But to be singled out from among this selected company, presented as the "American Venus," and featured as one of the bright lights of that highly illuminated institution which for years has set a new standard for the world in matters theatrical, assuredly establishes Miss Knapp as the personally most lovely young woman of the day.

However, that is not this young lady's only claim to this distinction. Nearly three years ago, in October, 1922, she was selected by a committee of sculptors and artists as the winner of the "Most Beautiful Woman Contest" at the great Physical Culture Exhibition at the late Madison Square Gardens. This contest was open to all the world, and was participated in by representatives from all over the country. Not only did the judges there select Miss Knapp for the first place, but she was also spontaneously elected to that honor by the overwhelming manifestation of applause, before the judges' decision was announced, from the ten thousand persons crowded into the great historic arena, when the contestants paraded one by one across the platform. In the same way Phidias, greatest of Greek sculptors, two thousand four hundred years ago would have selected her prototype as his model of womanly excellence.

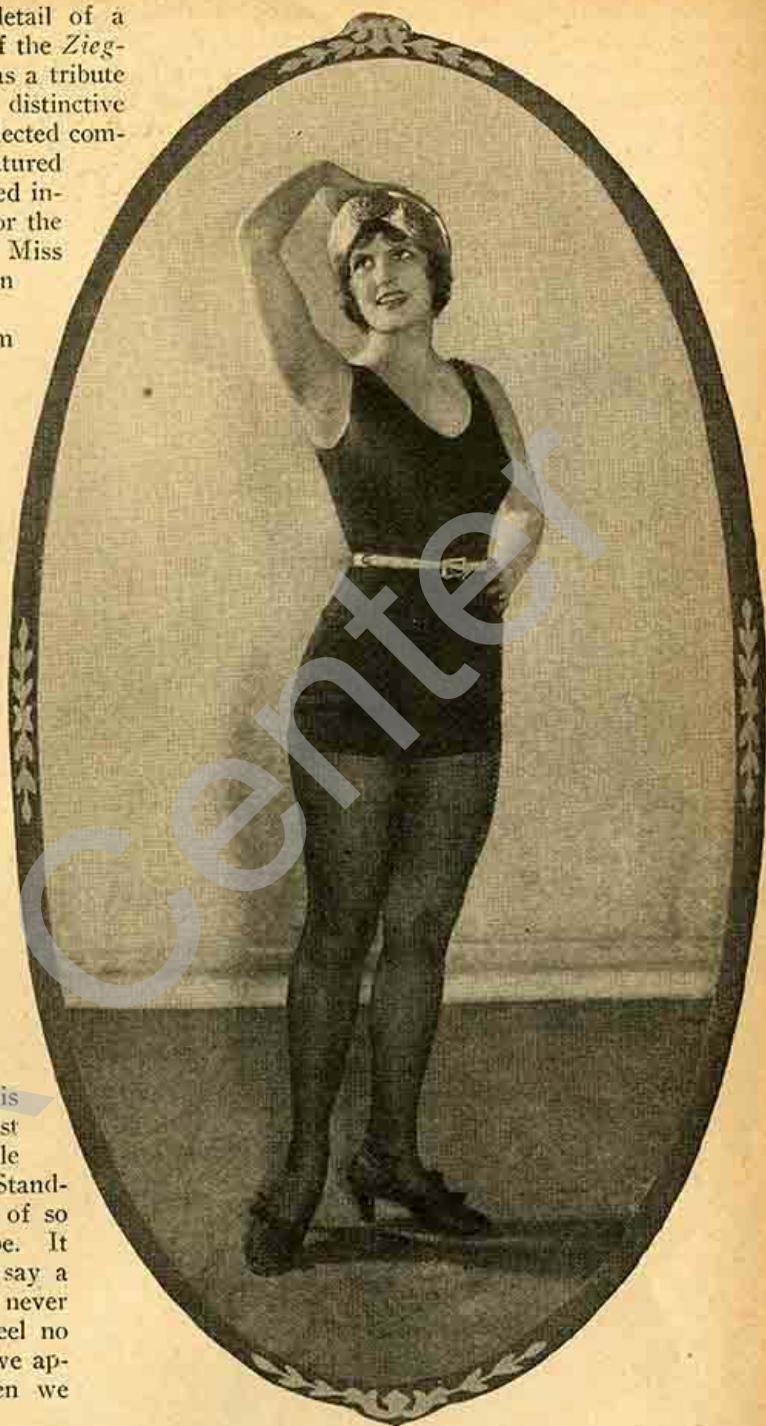
Now, someone might say that it is all very nice to sing the praises of Dorothy Knapp, and to publish the pictures which more or less reveal her beauty, but what does it mean to the rest of us?

The point is that there are things to be learned from a study of the factors that contribute to this young woman's physical perfection. In the first place, there is a quality of glory in the very spectacle of such beauty which serves as an inspiration. Standing out in contrast with the bodily imperfections of so many women, it shows us what we ought to be. It gives us an ideal, or perhaps we would better say a standard, toward which we may work. If we never saw anything better than ourselves we would feel no inducement to try to improve ourselves. But if we appreciate such faultless symmetry in others, then we naturally try to realize it in our own persons.

But how can we do this? A little analysis of the elements that contribute to this physical perfection will be helpful.

Fundamentally, there are two main factors in beauty. First, the inherited potentialities, the qualities that nature has implanted in one. Second, self-improvement, or the cultivation of beauty in respect to those matters that are under one's own control, such as bodily development, health and cleanliness.

With reference to the first, it is evident that some women have more natural advantages than others. There is no sense in quibbling about this, or in trying to deny that it is true. We know it is true. But, on the other hand, all women have some inherent qualities of beauty. Probably there is no woman in the world who has not at least some qualities of comeliness, grace and charm, which will be manifested when she is in good



Not only do the bones of her face give her a dainty feminine countenance, but it is to the bones of her body that she owes her exquisite harmony of proportion.

health and at her best. Indeed, the average woman has a great many of these qualities which, when developed, will contribute to her charm and beauty, and it is up to her to make the most of them.

But so far as her framework of bones is concerned, it is impossible for any woman to change her make-up. The bones are the basic factor upon which both bodily and facial conformations depend. The bones of the body determine the stature and build. The bones of the face establish the features. Taken together with the color scheme, also inherited, they establish the type. You can no more change the underlying bony character of the face and body than you can your natural color

scheme. It is true that nature does change the color scheme in age, turning the hair to white and making the skin more transparent, but even that is something that the individual cannot change. Many women do try to change their hair coloring by dyes, but the result does not harmonize with the skin and eye coloring, and almost invariably gives one an artificial look. It is a foolish thing to do from the standpoint of true beauty culture. The building of health, however, will enhance the coloring that nature has given one, and will round out the bones in such a way as to give one her own most pleasing conformation. This, plus an attractive physique, is the very essence of beauty culture.

In the case of Dorothy Knapp it is evident that nature

has blessed her in the very beginning with beautiful bones. Not only do the bones of her face give her a dainty feminine countenance, but it is to the bones of her body that she owes that exquisite harmony of proportion. She is so well balanced. She is just right. Some women are top-heavy. These often make wonderful swimmers. Some are light in the upper body, with lower limbs out of proportion. Such often make excellent ballet or toe dancers, though they have no advantage in classic or other types of dancing. Then some women are too large in the hips, which of course really means an over-emphasis of the normal greater feminine breadth of the pelvis, and suggests a biological overspecialization for maternity (if that isn't getting too deep). In some the leg bones are too long; in others they are too short. Indeed, there are various peculiarities of bony structure, some of which are not ideal from the standpoint of perfect proportion, but we must make the best of them.

Dorothy Knapp, however, seems to have been fortunate in this respect. First, her body is perfectly and beautifully balanced. And then her bones in themselves are beautiful. That is why she has such shapely knees. Physical training will not do much in the way of changing one's knees, although by building up the muscles above and below the whole leg may be so much improved that bumpy knees are less noticeable. But truly beautiful knees are almost exclusively a matter of the good fortune of having a lovely skeleton. The same is largely true of ankles, feet, hands, wrists and elbows. It is also true in some measure of the hips and shoulders. In all these respects Dame Nature has been most kind to Dorothy Knapp. These are the things for which she herself deserves no credit. She is in this respect much like the fair flower that beautifully blooms in spite of itself.

But in the other matter of making the best of her natural gifts, Miss Knapp deserves full credit. She lives most carefully. She is strict with her diet. She refuses to eat the things that she knows are not good for her, however tasty. She faithfully keeps up the dancing and other exercises by which she maintains that tissue tone and firmness of flesh which give her body that perfect contour. Her proportions are due to her framework. But her contour is due to her physical training and her cultivated health. And it means a life of rigid self-discipline.

Everybody knows that the training of an athlete, and particularly of a prize-fighter, is a veritable school of self-discipline. But in the same way the life of a professional beauty—



Beautiful features, a symmetrical body, personality and spirit are the outstanding characteristics of every "Follies" girl.

and every *Ziegfeld Follies* girl may be described as that—is almost "nothing else but." And let me tell you that it is not a matter of facial massage, cold creams and warm baths. It is rather a matter of continuous activity in the direction of self-improvement—sometimes of prodigious physical effort. There is no class of people in the world who work as hard as professional dancers, or who have had to go through such a grind in order to arrive at the top of the profession. The average woman can hardly comprehend the amount of work required and the amount of character expressed by the *Follies* beauties in keeping themselves so trim and fit. And another thing that the public does not know is that the discipline back-stage, behind the scenes in *Ziegfeld's Follies*, is the very strictest discipline to be found anywhere in the whole world. As a matter of fact, the thing could be done in no other way. If these girls once let themselves become self-indulgent or lazy they would soon lose their fine, firm figures and their girlish slenderness. There is nothing with which one can compare their habits of living, except the regimen of a prize-fighter in training.

The *Follies* girls are constantly striving to develop their talents. Many of them are studying voice, with high ambition. Most of them continue their study of dancing. They work hours and hours each day apart from their regular work at the theatre, and with the greatest of application and effort, perfecting themselves in the various branches of art, in the beauty of their persons and in the building of richer, more colorful personalities.

Just here is the lesson for the average woman in private life, to be learned from these beauties of the *Follies*. The average woman does not expect to become a professional dancer; she does not seek the limelight. But at least she wishes to develop her personality; she wishes to realize the fullness of her quality of charm; she wishes to be her complete self.

And she can be that only through continuous self-improvement. The lesson of the *Follies* beauty, therefore, is the lesson of effort—the effort of developing talent, the effort of making every part of the body alive, strong and firm. It is the lesson of self-control in the matter of dissipation, remembering that dissipation has many phases, the most common of which are the dissipations of the dinner table and the candy store. It is the lesson of plain living and high thinking, of the persistent ambition to make the best and the most of oneself.

Every woman has inherent capacities for beauty which it is her duty to realize, in justice to herself. She must not fail in this just because of self-indulgence or the indisposition to exert herself. And while it is true that, as we have said, one is limited in certain ways by the structure of her bony framework, which she of course must make the best of, it is also true that every woman under the sun has her own particularly good points, which also she should make the most of. If one maintains strength in all parts of the body—and Dorothy Knapp is a living demonstration that daintiness goes with feminine strength—then she will always be presentable and attractive. Strength is the essential



Helmer Leidermann, "Miss Alaska," another typical American beauty noted for her combined facial charm and physical beauty.

quality of youth. It is when a woman begins to lose this quality of strength, which is what happens when she begins to lose tissue-tone and signs of flabbiness appear, that she begins to show her years. However, not only will strength keep her shapely, but health and vitality will be manifested in her face, in her improved color, in the clean-cut quality of her features, her smooth skin texture, the sparkle of her eye and the spirit behind her smile.

The world sees more beautiful women today than ever before, though they probably have about the same inherent capacities. Why? Why are so many of them now not only easy but irresistible to look at? It is just because more women are dancing and swimming, more women are playing golf, canoeing, hiking. More women are realizing those qualities of health and bodily development which bring out their inborn capacities for beauty.

Therefore, sister, whether your work is of a nature to confine you to a desk in an office or to a large extent to the chores of a household, you need some of those strength-building and beauty-building exercises that send the blood coursing through tired tissues, refreshing them, that tone up all the

(Continued on page 90)

# HAY FEVER

The Cause of This Most Annoying Disease and  
Its Prevention

By Dr. Edwin F. Bowers

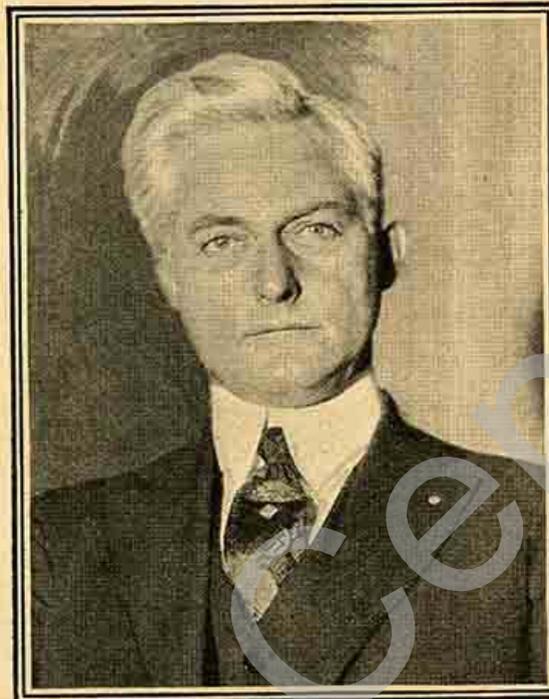
**H**AY FEVER is the most common of all the non-fatal diseases. While the figures are not available, it is estimated conservatively that at least one per cent of the population of the United States is in a position to demand sympathy of the other ninety-nine per cent because of the fact that it is a victim of this disorder.

Hay fever travels under false colors on two different counts—it isn't, except in a very fractional degree, caused by anything that has any connection with hay; and, as a usual rule, it is unaccompanied by any manifestations of fever. Notwithstanding these facts, the sufferer from hay fever is just about as miserable as any individual on earth. There is only one person who may lay claim to feeling very much worse, and that is the victim of seasickness.

Hay fever is known by fifteen or twenty different names, more or less generally understood. Among these terms are *autumnal catarrh*, *Bostock's catarrh*, *hay asthma*, *June cold*, *July cold*, *nervous catarrh*, *nervous coryza*, *paroxysmal sneezing*, *peach cold*, *rhinitis*, *pollen catarrh*, *pollen poisoning*, *ragweed fever*, *rose catarrh*, *summer bronchitis*, and a half-dozen other more or less euphonious names.

Hay fever may be described as a disorder of the upper air passages that occurs periodically. The date of its appearance is usually some fixed time for each individual in the early Autumn, although as some of its names imply, it may also develop in the Spring or in the Summer.

In spite of the fact that hay fever is so common, and by reason of this fact, hundreds of thousands of cases are still mistaken for common colds, and are treated accordingly. However, comparison of the symptoms of common colds and the symptoms of hay fever and the time of the year at which these symptoms develop should simplify the diagnosis, even though it doesn't materially help the success of the treatment. Some men believe that in doubtful cases the best way to test the patient is to let him or her sniff a little bag containing some plant pollen. In susceptible patients this sniffing is usually followed by a pretty rapid reaction. The chief objection to this method, however, is that if the patient does not happen to have hay fever at the time, but if he



Dr. Edwin F. Bowers

does happen to have a latent predisposition for the disorder, he is extremely likely to develop a full grown attack of this harrassing trouble. Hay fever usually makes its appearance in the most abrupt and most unceremonious way, coming in full bloom, somewhat like Minerva springing full-armed from the head of Jove.

It is characterized by swelling and congestion of the mucous membranes in the nasal passages, and in the cavities adjoining the nasal passages. A profuse discharge, simulating a very bad cold in the head, usually develops, occasionally accompanied by paroxysms of asthma, sometimes of the most distressing character.

Very frequently the attack begins with a feeling of irritation in the upper chambers of the nose, and with a sense of full-

ness or tightness across the bridge of the nose. There may be itching and burning in the membranes of the eyes, often accompanied by jerking movements of the eyelids, and by a tingling or itching in the roof of the mouth. Furious attacks of sneezing then develop, while the pain in the eyeballs and in the frontal sinus (the hollow bony chambers or cells situated directly above the nose in the lower part of the forehead) are most pronounced.

These paroxysms of sneezing are likely to be prolonged until the patient is almost on the point of exhaustion. One physician tells of a patient of his who sneezed twenty-five times in close succession without apparently taking breath. Incidentally, this attack forced the pulse of the patient up to one hundred and twenty beats a minute. Needless to say, these extra fifty beats to the minute must have been a source of great distress to the laboring heart.

These paroxysms of sneezing are followed by a thin watery discharge from the nose, most copious in character. The membrane of the nose swells to such an extent as sometimes almost to block up the nasal passages, so that breathing through the nose becomes nearly impossible at these times. The flow of secretion, instead of relieving the congestion, as is the case with most ordinary head colds, seems only to increase the irritation and make the sneezing worse.

The discharge from both the eyes and the nose may grow thicker and tend to become somewhat pussy in character. Tears flow unrestrainedly, the eyelids becoming puffy and swollen. The senses of smell and taste are impaired; swallowing may become so difficult

as to occasion very great distress. Insomnia and disturbed sleep are very common—often accompanied by acute nervousness and a feeling of suffocation. There is not a great deal of cough, but what there is of it is most active and persistent. Perhaps the worst feature of this cough is that it is so incessant at night that to secure restful sleep is an impossibility. There is frequently a great deal of soreness and straining of the muscles of the chest and abdomen during the active coughing. This coughing may continue long after all the other troubles have gotten tired of plaguing the victim and have concluded to leave the premises.

Singers and speakers suffer greatly from hay fever. It causes change in the character of their voice and almost complete inability to utter consonants and nasal vowels.

The asthma that accompanies hay fever is one of the most aggravating features of the condition, and frequently develops into chronic bronchial asthma if the treatment of the original condition is not successful within a reasonable space of time.

Many cases of thickening of the nasal mucous membranes, which occasion mouth breathing, and may eventually force the patient to consult the nose and throat surgeon, have their origin in hay fever, while permanent impairment of both taste and smell, as well as nervousness and general irritability, may be more or less persistent.

The aged who are attacked by hay fever are often likely to develop a weakened heart from this condition, which may finally result in permanent dilatation.

When it is remembered that the nasal mucous membrane exudes from twelve to sixteen ounces of watery fluid every twenty-four hours, and when it is remembered further that this activity may be increased three or fourfold under the influence of this form of catarrh, it can readily be believed that the mucous membranes under these conditions are quite as active as was the proverbial one-armed paper-hanger with the itch.

As a usual rule life insurance examiners do not bar hay feverites. There is little or no occasion for them requiring the undertaker, and they may live to enjoy their yearly attack for an indefinite period. In point of fact, one physician claims that hay fever may act as a kind of safety valve for the nervous system in preventing other and more serious disorders. Once a victim develops a full-grown attack of hay fever, unless he is properly and radically treated, it is indeed rare that he escapes an attack in subsequent years, unless he changes his place of residence. Once in a while a victim may

outgrow his tendency toward a yearly visitation of hay fever, but these individuals are few and far between.

Many contend that the heat of the summer is the exciting cause of hay fever, although it is interesting to note that on vessels at sea which may be becalmed in a tremendous tropical heat, and in the intense torridity of the desert, hay fever is never found. However, there is now but little doubt that this disorder originates from a combination of three causes: *First*, some irritant borne on the air. *Second*, a sensitive or a diseased condition of the mucous membrane. *Third*, a run-down nervous system and lack of resisting powers.

While some individuals seem to develop the symptoms of hay fever from dust, mange, the effluvia or emanations from cats, dogs,

horses, rabbits, guinea pigs, chickens, or from almost any inhabitant of a menagerie, the most common cause is undoubtedly irritation from the pollen of flowering plants and various weeds. So generally accepted is this theory that the United States Department of Agriculture and the Hygienic Laboratory of the Public Health Service at Washington, working in collaboration with the American Hay Fever Preventive Association, regard as the best method of overcoming hay fever: first, the dissemination of knowledge among the populace concerning the hygiene of the nose and throat; and second, the necessity for exterminating ragweed and all other growths that develop the irritating pollen principle.

The removal of enlarged tonsils and adenoids in children is a splendid step in the right

direction; also, the correction of all sinus and nasal troubles which may lower the resisting quality of the nasal mucous membrane. But the most important necessity is to educate the public in helping to prevent the *chief cause* of hay fever.

The local treatment of hay fever is endorsed by many specialists as the greatest possible value in hay fever. Other men, of perhaps equal reputation, regard all treatment of nasal passages as not only useless but extremely irritating. It would seem only along the line of common sense to believe that a careful cleaning of the nasal passages by some antiseptic solution, especially in the early stages of the disorder, should afford much relief to the patient, and in a certain number of instances possibly hasten a cure.

One authority advises the morning and evening use of an atomizer containing a warm solution of boric acid, ten grains to an ounce of

(Continued on page 70)

**Dr. Scheppegrell, the President of the American Hay Fever Prevention Association, says,**

"In the educational part of this work, the first consideration is the correct diagnosis of hay fever and the acceptance of the fact that all cases of true hay fever are the results of pollen inhalation.

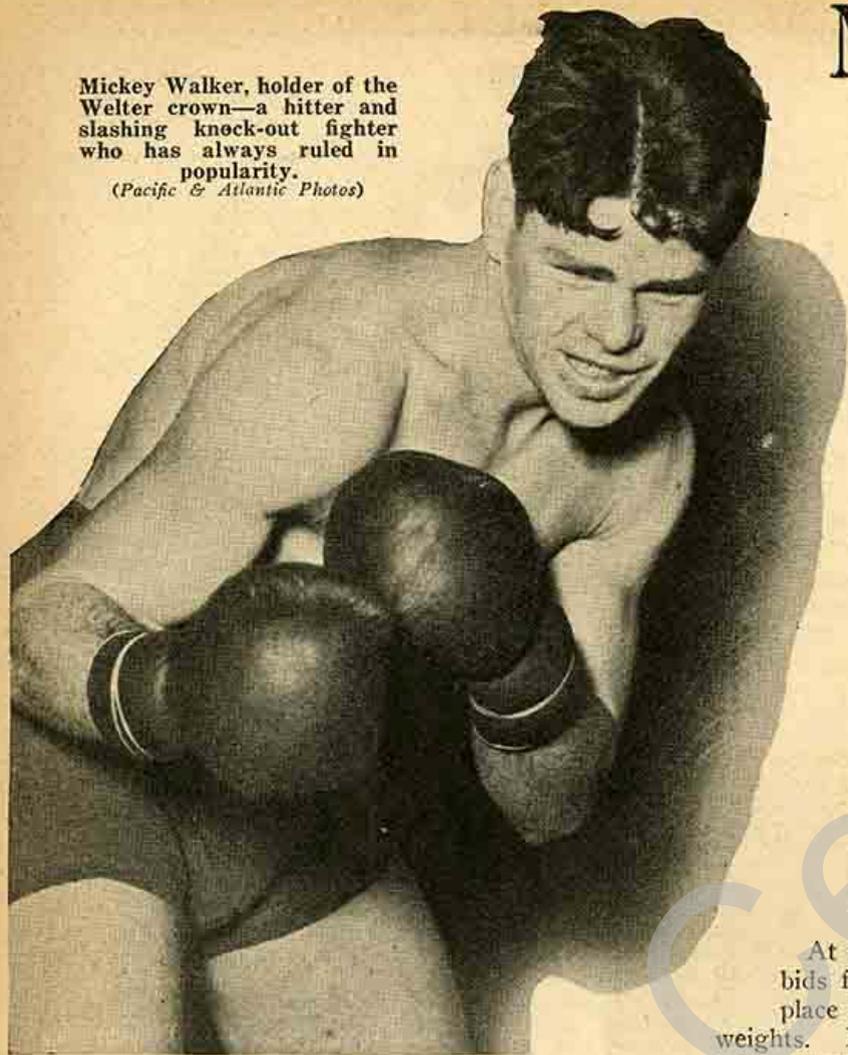
"The identification of the various weeds and plants that may develop hay fever is of the utmost importance, but will gradually follow the establishing of the etiology of pollenosis. As these principles become better understood, the physician, when consulted by a patient with hay fever, instead of limiting his attention to writing a prescription or injecting a vaccine, will investigate the presence of hay fever producing weeds in the neighborhood of the patient's residence or vocation. In many cases the eradication or even the cutting of such weeds produces immediate results.

"In one of my patients the offending weed, *Ambrosia artemisiaefolia* (rag-weed) was growing in his garden. In another, a school-teacher, affected with hay fever for many years, on being questioned, stated that there was an abundance of flowering weeds in the vacant lots adjoining her house. When specimens of these weeds were produced, they were found to be the *Parthenium hysterophorus*, one of the causes of hay fever in South Louisiana. In both these cases marked relief soon followed the cutting of the weeds. In such cases, however, the cutting of the weeds should be over a considerable adjoining area, as the pollen is wind-borne to a distance depending on the velocity of the wind.

"While the removal of the offending weed is the correct measure, relief may also be obtained, when this is impracticable, by avoiding the proximity of weeds known to be toxic to the patients."—Editor.

Mickey Walker, holder of the Welter crown—a hitter and slashing knock-out fighter who has always ruled in popularity.

(Pacific & Atlantic Photos)



# Mickey Walker— a Champion Worthy of the Name

There is An Excellent Chance That the Welterweights and Middleweights Will Hold Greater Prominence Than the Heavies This Summer, and This Will Mean a Big Change in the Ring Game If They Do

By *T. Von Ziekursch*

**T**HERE is an excellent chance that before the first chill winds of autumn arrive ring history will see a new page written. There are so many possibilities in sight for this summer and so many openings up around the top in fistiana that almost anything can happen.

The heavyweight situation, at a standstill so long, is ironing out. That alone is enough to create new interest in ringdom doings. But added to it is the need for a lightweight king who can stand out as Leonard did, a real featherweight titleholder, and there are chances also for ambitious fighting men in the bantam and middleweight divisions.

Every so often it happens like that, and usually out of such a situation comes a line of great champions.

At the present time boxing is in a peculiar situation. It is dominated almost entirely by two classes—the heavyweight and the lightweight. For a long time the others have been gradually falling back, losing prominence. The middleweight division is almost a joke. Even during the latter years of Johnny Kilbane's reign as featherweight king, that class had lost prestige. There has not been a really great bantam to uphold the popularity of the little fellows since Kid Williams lost his laurels on points to Pete Herman.

As for such ratings as the light heavyweight, the junior lightweight and junior welter, also the flyweight, they have never been and never will be taken too seriously. Even the spectacular Jimmy Wilde could not place the flyweights on a basis of permanent popularity.

At the present time there is just one class that bids fair to step out and gain a real following to place it on a par with the heavies and the lightweights. It is the welterweight. Mickey Walker, holder of the welter crown, is a figure to capture the imagination of fandom. He is a hitter, one of those slashing knockout fighters who have always ruled in popularity.

When Walker placed himself under the management of Jack Kearns, who brought Dempsey to the world's heavyweight championship, both he and Kearns had in mind a plan that may make Walker one of the biggest drawing cards boxing has ever known. It is to turn Walker into a dual titleholder. Undoubtedly Kearns is not greatly interested in the percentage he would receive from Walker's earnings merely as welterweight champion.

Kearns made Dempsey the biggest drawing card the ring has ever seen, and by skilful handling of Walker's career from now on Kearns aims to make him the world's middleweight champion also.

Since the time of Stanley Ketchell there has not been a middleweight champion worthy of the name. Les Darcy, the Australian, would undoubtedly have been another Ketchell had he lived. But the middleweight class has been a sadly neglected one, ruled over now by Harry Greb, a freak who is no more dangerous than a lightweight so far as hitting is concerned.

Kearns is apparently the first one to realize that the development of a popular and picturesque champion in any division is the surest way of building up interest in that division. He also is shrewd enough to understand that there are many more men of medium size than there are giants, and that therefore it will be easier to get competition among the welter and middleweight classes than among the heavies. After all, six fifty-thousand

dollar purses are not so difficult to find as one of three hundred thousand.

Walker will never be anything like the man Bob Fitzsimmons was when Fitz held the middleweight crown. Mickey is not tall enough. In some ways, however, he recalls to mind Ketchell.

There is one thing Walker possesses that would go far toward making him a champion who could draw undreamed-of gates. He is one of that desperate type of fighters who loom over the fistic horizon every so often and go down in history as idols with their feats talked about for years afterwards.

Once in action Jack Dempsey is that type. There you have the reason for his drawing power. Dempsey can be hit easily. That has been proved often. And he can be hurt. But once hurt he is most dangerous, a vicious, desperate fighting man.

That same thing has held true of all the greatest champions. Sullivan was most terrible after he had been stung. Jim Jeffries, the greatest of them all, was not an impressive fighter, nor a desperate one until aroused. But the fans flocked to see him because sometime during his fights something was bound to happen to him that would make him a "killer."

It is said Jeff only went into one fight determined to win it as soon as possible, and that was the battle in which he knocked out Jack Munroe by literally caving in the side of his face in the second round.

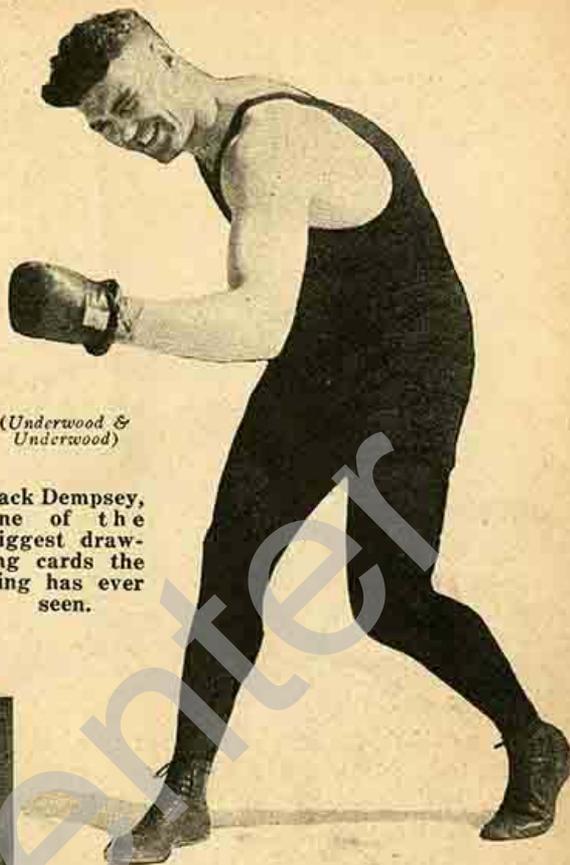
It was not until Tom Sharkey had hurt him that Jeff retaliated by smashing some of his ribs.

Fitzsimmons was another of those desperate fighters. Fitz rarely went through a fight without being battered and driven reeling about the ring, only to stake everything on one fierce assault that brought him victory, and this assault was enough against everybody but Jeff. An example of the kind of desperation that made Fitz an idol was his first famous clash with Peter Maher, who was a remarkable hitter even in a day of terrible sluggers.



(Keystone View Company)

**Benny Leonard, who brought the Lightweight division back to the crest of its popularity.**



(Underwood & Underwood)

**Jack Dempsey, one of the biggest drawing cards the ring has ever seen.**

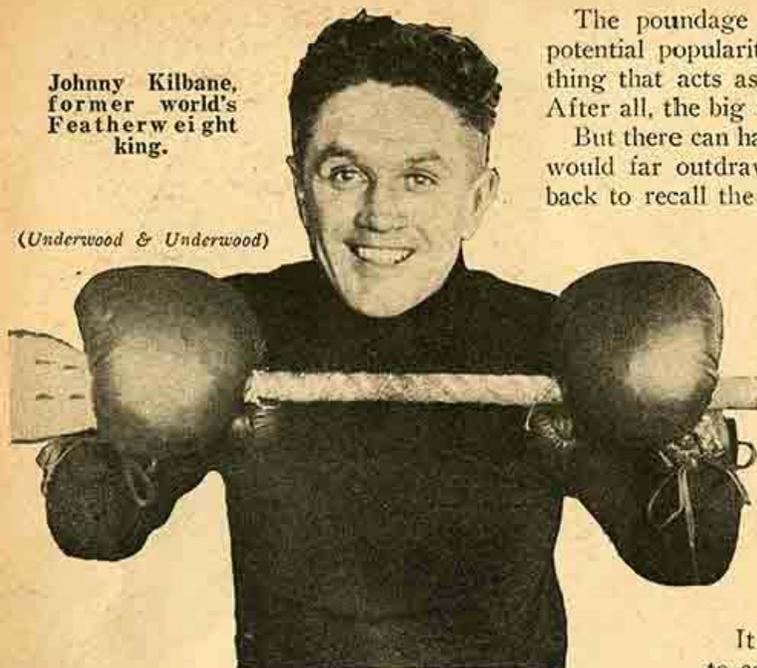
Maher clipped Fitz on the jaw, and Fitz went down for the count of eight. He could barely stagger to his feet and get close enough to Maher to escape being knocked cold. He was so far gone that he could not hold up his hands, but his head kept working, and he lunged and fell against Maher so close that the Irishman could not push him far enough away to hit him again. In that way Fitz got a few seconds' respite. The first thing he did when he was able to lift his hands again was to step back and cut loose a terrific wallop that knocked Maher out.

Ketchell was like that too. His fight with Jack O'Brien was an epic. Slashed to ribbons round after round, Ketchell kept coming in, and finally landed. But the fight had only eight or nine seconds to go, and although he knocked O'Brien completely cold the final bell rang before the referee had finished his count. Ketchell's fight with Jack Johnson was another bit of sheer desperation that ended when Johnson got up after Ketchell had floored him and caught the great middleweight coming in fearlessly despite the fact that Johnson was heavyweight champion of the world.

Handled with the same methods of building up interest and publicity that brought a million-dollar gate for Dempsey, it is likely a middleweight may yet establish some records for popularity and earning power. The time is certainly ripe.

Johnny Kilbane,  
former world's  
Featherweight  
king.

(Underwood & Underwood)



What wouldn't fandom pay to see another Ketchell in action today? Or a McGovern or a Kid Lavigne? Dempsey is the only man in the game, that is among the top notchers, who fights today as those old timers fought. That is the secret of the million-dollar gate. And it may be that some others will awaken this summer to the game that Kearns is playing. There are enough good fights and good fighters in prospect and in the ranks of ring men.

One might ask why fans will travel half-way across the continent by the thousands to see Dempsey in action. The answer has been given already. He has the same qualities that Fitz had and that drew crowds from all over for two weeks of traveling to see Fitz fight his second battle with Maher. The first one had been so terrific that when it was announced a second battle was to be held in the vicinity of New Orleans they came from all over the country, although in those days that meant considerable of a trip. And when sheriff posses prevented the fight being held as originally scheduled the crowds followed the fighters around for a week until a place was found out on the plains just across the border in Mexico from Langtry, Texas. Furthermore, those crowds felt well repaid for all the trouble and expense even though Fitz knocked Maher out with the first punch.

The poundage of a division does not matter so greatly in the potential popularity of a boxer, although, of course, there is something that acts as a magnet where the heavyweights are concerned. After all, the big fellows are the champions of them all.

But there can hardly be any doubt that a Kid Lavigne battling today would far outdraw a Willard. One doesn't have to go so very far back to recall the fight that made Lavigne's greatest fame, the fight that established him as the outstanding fighting lightweight of all time. It was that memorable meeting with Joe Wolcott at Maspeth at a time when Wolcott, the bullet-headed and gorilla-like colored man, was knocking out heavyweights.

Wolcott was a tremendous hitter, an anomaly. He broke Lavigne's nose, knocked his teeth to splinters, closed his eyes and tore his ears literally to shreds. And after every blow Lavigne was still tearing into the attack, coming in like a living fury. His onslaught was so relentless, so terrible, that Wolcott quit. His manager had to threaten to shoot him in order to make him remain in the ring with Lavigne.

It has been a long time since there was a lightweight to compare with the recently retired titleholder—Benny Leonard. He brought the lightweight division back to the crest of its popularity, and made purses possible for that class which were only exceeded by Dempsey's.

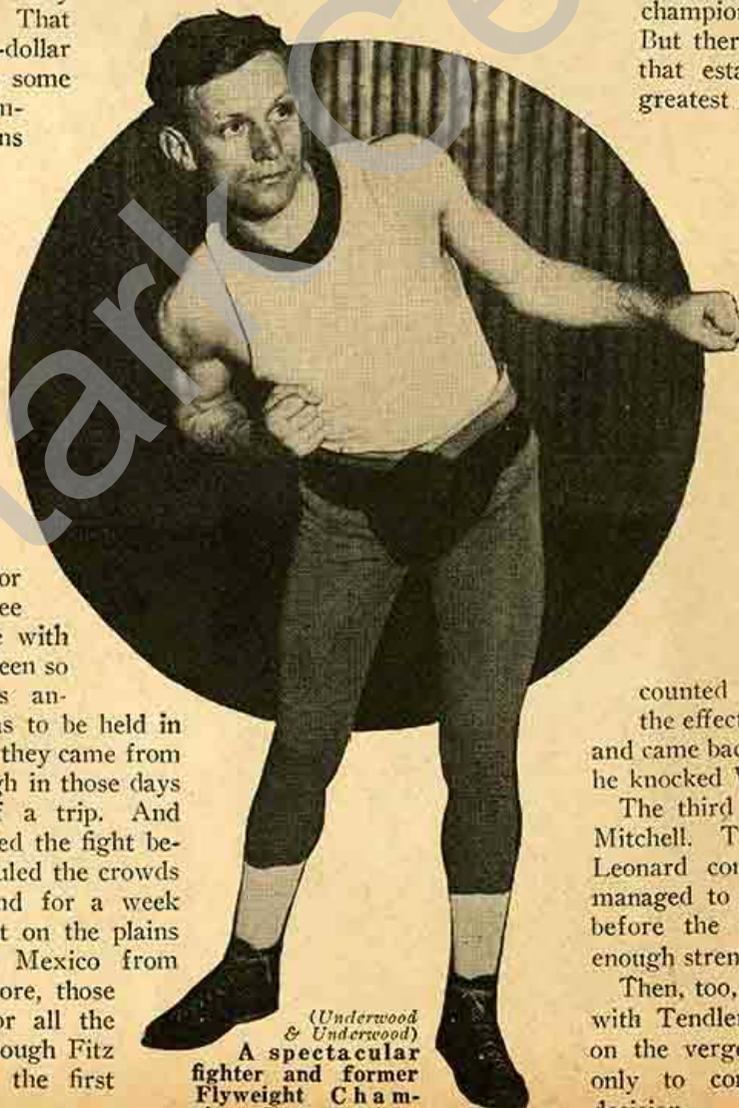
And there were reasons. The writer saw Leonard fight for a thousand dollars even after he had won the championship from Freddy Welsh. But there were three great fights that established Leonard as the greatest drawing card in the game outside of the heavyweight champion. In all three of them Leonard was almost knocked out, only to come back and finish his opponent in a burst of sheer desperation.

The first was the time Willie Ritchie almost won the championship back in San Francisco. He very nearly had Leonard out.

The second came when Charley White knocked him through the ropes and Leonard was on the verge of being counted out. But he shook off the effects of that terrific left hook and came back to battle toe to toe until he knocked White out.

The third time was against Richie Mitchell. The Milwaukeean had Leonard completely out, but Benny managed to regain his feet somehow before the tenth count and gather enough strength to knock Mitchell out.

Then, too, there was that first fight with Tendler, in which Leonard was on the verge of being knocked out, only to come back and win the decision. (Continued on page 91)



(Underwood  
& Underwood)  
A spectacular  
fighter and former  
Flyweight Cham-  
pion—Jimmy Wilde.

# Clean Blood—

## *The Source of Health*

I Was An Invalid Until I Discovered  
That, by Keeping My Body Free  
from Poisons, I Could Be Strong

By

*Marian Walsh*

ON January 17, 1912, a man put a little sliver of flesh in a jar in a New York laboratory. Merely a section of connective tissue from the heart of an embryo chicken. Every forty-eight hours it is transferred into a fresh fluid. It has kept growing all these years. Under the microscope it is seen to pulsate. A short time ago Dr. P. Le Comte de Nouy, assistant to Dr. Alexis Carrel of the Rockefeller Institute, as he was sailing for Europe, remarked: "I am taking with me the secret of eternal life. It is this: bathe and feed the cells every day."

Thus reads a newspaper clipping that I have treasured ever since the day I happened upon it.

Does that sound absurd to you?

Perhaps it does. But when I tell you that that clipping saved my life and was the cause of restoring health and happiness and all that makes life worth while, you will understand that it is invaluable in my eyes. Until I read that newspaper paragraph two years ago I was one of the great army of poisoned, ailing creatures that seem to make up such a large part of humanity nowadays.

If that little bit of tissue could be kept living by being transferred into fresh fluid every day, then there indeed was the secret of long life. "Bathe and feed the cells every day." Probably, if I could learn the secret of bathing and feeding the poisoned cells within my own body every day, I could start all over.

It would make me years younger, I knew, if I could get away from that torpid, poisoned, tired feeling that was making me old at twenty.

But how could one bathe the body cells? The answer came after a little thought. Why, through exercise, of course. The kind of exercise that sets the heart to working, and pumps good, clean blood into all the tissues. The kind of exercise that keeps good, clean blood moving all over the body, flooding out the waste places, washing away the deposits, sweeping in and out of the nerves, muscles and sinews and the very marrow of the bones.

But if one must keep the tissues washed with clean blood, then the blood must first be made clean and sweet and alkaline. Mine was a caldron of acid; acid that made me tired and torpid and bilious; acid that I realized now was the cause of all my trouble. I found upon



Marian Walsh

investigation that this acid was caused by the foods I ate; but then I knew very little of correct eating.

That was why I had to try all the Swedish massages and sanitariums and other advertised treatments. I wasn't keeping my body washed out well and the blood that should have done the cleansing was of itself just acid.

Only that morning I had actually contemplated suicide. Life is a rather dreary thing when you can't carry on your work, can't enjoy your play, can't do anything but sit around and figure out why the others are healthy and you didn't get a square deal.

So it was that little paragraph that hit me between the eyes. At any other time it might have meant nothing; but that morning I had been particularly despondent and it came as an inspiration. I began to believe in miracles.

I read it over again and again. "That," I said finally, "is the whole situation in a nutshell! Simple and plain as day! All this complicated diagnosing tommyrot was just wasting time and hindering instead of helping. Here's your cue at last. So get busy!"

And I did.

In searching for the right food to give my abused cells I learned a few worth-while things and found that those intricate diets I'd been on were also "tommyrots." I hadn't gone about the thing simply enough.

Everything worth while in life seems to be simple, and the secret of health is also simple. The program I adopted ran something like this: Clean, simple food of a laxative type, plenty of greens, as few starches as possible, plenty of water, seventeen glasses a day, and exercise *all the time!*

I tried to clean my body out with as much skill as Dr. Le Comte de Nouy used in caring for that little

sliver of flesh that he treasured so long in his glass jar.

It wasn't all plain sailing at first, nor for a considerable time. I was working alone and in the dark, mysterious regions of my own body. Mine was pioneer work, I can tell you, with no one to help me beyond the inspiration of that little paragraph and its rare scientific truth.

That little sliver of flesh had it all over me, too, from the fact that it started out as good, healthy tissue when it was popped into that jar, while I had a lot of rotten cells to restore first.

But I wasn't going to let that down me. Now that I knew I was on the right road, I meant to keep everlastingly at it. After a short while results began to be apparent. The old tired feeling was gone, my appetite began coming back, my head felt clear, and my old pep and ambition, the old joy in living, began surging within me.

I didn't spoil things by "stuffing" when that appetite introduced itself. I kept on drinking my seventeen glasses of water a day. I cut out a great deal of meat, bread and cereals (of the refined variety), also sugar, tea, coffee and candy. Now I don't miss any of them. The tea and coffee were like intoxicants and I don't need them with this clean, clear blood dancing through my veins.

I take lots of green vegetables—and when I say lots I mean *lots*. They are the chief article of my diet. I take milk, too, in great quantities, all I can drink of it, not pasteurized, mind you, but fresh, raw milk.

I eat fruit and some eggs, nuts and cheese,—plain and cream cheese. But I've learned to be mighty careful how I combine these things, and I make the greater part of my meal of green vegetables, spinach, kale, all the wild greens in season, like dandelion, wild mustard, yellow dock, lamb's tongue, milkweed sprouts, cowslips and clover. Also green string beans, celery cooked and raw, leaf artichokes, asparagus, watercress, endive, lettuce, romaine, chickory, beet and turnip tops, raw cabbage (never cooked), swiss chard when young, brussels sprouts.

For other desirable vegetables I use baked potatoes, eaten skin and all; carrots, small tender turnips, small tender beets, baked bananas and green peas.

I use baked squash of all kinds, baked young onions, stewed or baked cucumbers, eggplant—never fried, salsify, sweet peppers baked. Then in summer I have sweet corn boiled three minutes, and always quantities of fresh salads eaten with oil, salt and lemon. I eat all the fresh fruits, but always by themselves at a fruit meal, usually at noon, and not many varieties at one time; large, unsulphured prunes soaked in warm water till soft; unsulphured raisins, dates and figs. I do not eat pies, cakes, puddings or fancy sweet dishes of any sort, no ice cream, nor candy, no sweetened drinks and never drink anything but water or milk.

Occasionally I eat very fresh broiled fish with lots of green vegetables. Sometimes some roast chicken with vegetables. No white bread at all.

Perhaps this sounds like a starvation diet to the readers, but I have the most delicious meals imaginable. They make good red blood and plenty of it for flushing the body. The green vegetables are great for the blood. So is milk, and one could live and be very strong on just these two things. I know because I have tried it.

I drink a lot of hot water on rising in the morning. Then I take my stretching exercises. I stretch every

joint and muscle and sinew and nerve in my body. I stretch my arms far up; I hang from the top of a door by my hands. I bend—bend away down in front, touching the floor with my whole hand, although I couldn't even reach the floor at first. I bend far over at each side, stretching my hands over my head. I put my hands behind my head and stretch the muscles of my back in various ways. I stretch out one leg far in front, while standing on the other, and then stretch it far back to the side. I squat and rise many times. I kick out in all directions. I hop and jump; I roll over in a ball; I put my feet far over my head to stretch my spine one way, lean far back to stretch it in the opposite direction. I stretch my neck up as far as I can and open and shut my fingers, stretching them out like a fan and then clinching my fists. Then I breathe, tremendous deep breaths, expanding my lungs freely, squeezing my lungs by crouching over, later rubbing my whole body with a flesh brush. I slap it all over and rub it vigorously with my hands, and then sit naked in the sun whenever I can.

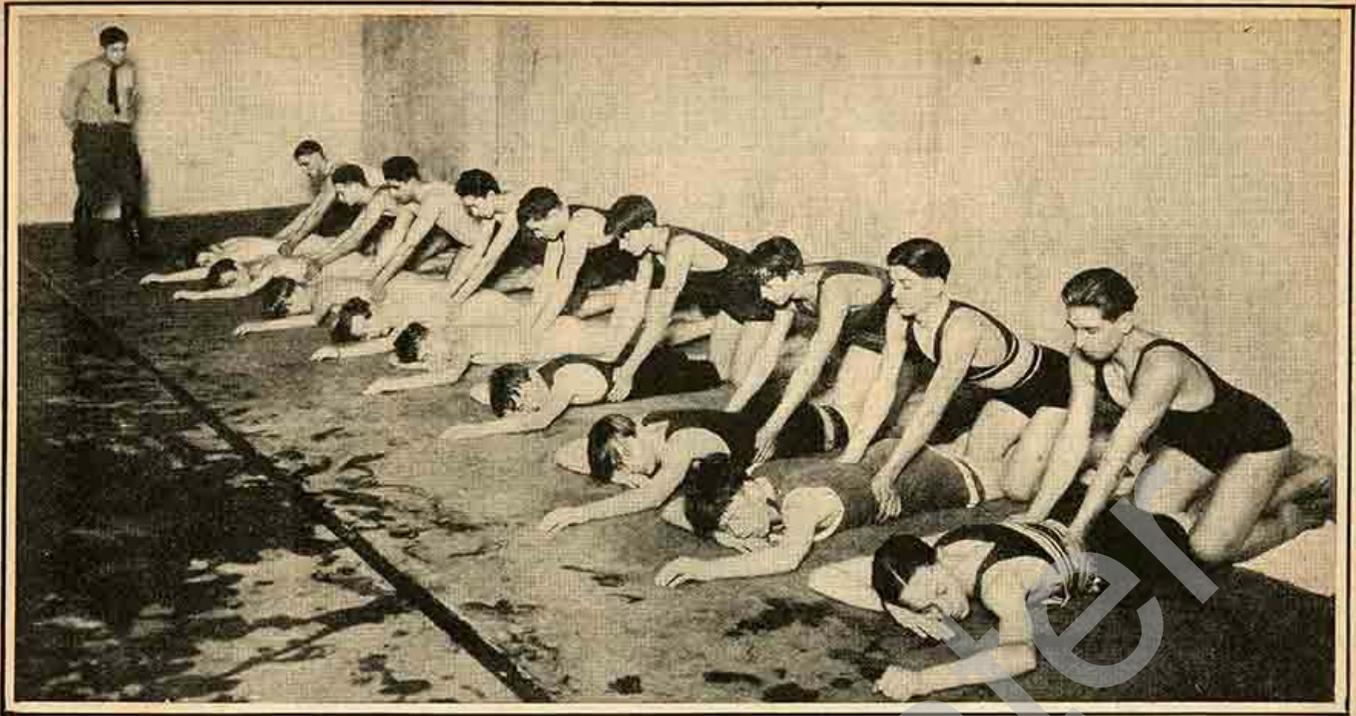
All this I do every morning and every night, and the blood goes rushing on its cleansing journeys everywhere in my body. As to my exercise, I don't just take a whack at a daily dozen for a few hurried minutes in the morning and let it go at that. I keep thinking of that one all-important thing that leads to a long life—"bathing the cells every day"—and I make it a hobby to keep that blood of mine everlastingly on the jump. At business, at play, eating, resting, all the time, morning, noon and night, I keep things going.

Perhaps you think that sort of thing takes the attention off business, off deep thinking, off work. No, not a bit of it, not after you've formed the habit. At first, for a little while it does absorb the greater part of your attention, but only for the time that you are doing the thing consciously. But after a while the cerebro-spinal gentleman who inhabits your body gets tired of the job of paying attention and hands it over to the sympathetic nervous system gentleman in you and then's when you get the hold on things, take it from me! For after that it's as easy as breathing. You sort of forget all about its difficulties, but the body keeps up the good work, moving muscles, stretching nerves, inflating the lungs, and the blood stream is kept right on the job doing the bathing act to the cells.

And here's another little pointer,—you know this auto-suggestion thing isn't to be grinned at, either. It means a whole lot in life if you use it right. Every night just before going off to sleep I would rehearse in my mind the facts of that little printed paragraph and ways and means which it opened to action. I would think of the new, fresh blood and what it was doing in my body in its bathing activities and I would go to sleep with that sort of thing as the last thought.

Everyone who knows the facts about what the subconscious, or the sympathetic nervous system does while one sleeps, knows that it carries on the influence of those last thoughts. If you give it melancholy thoughts it works away with them and you get the effect on your body of those thoughts in consequence, and the reverse is true of cheerful thoughts. Good, constructive health thoughts, if persisted in, finally form themselves into bodily habits and become part of one's character and health. Any up-to-date practicing psychologist will tell you this is so.

At intervals during the day (*Continued on page 86*)



Ledger Photo

American Red Cross and U. S. Volunteer Life Saving Corps are to be commended for the valuable service they are rendering the Nation by training thousands of young men and women in the art of life saving.

# What Do You Know About Life Saving?

About 45% of the Deaths by Drowning are Due to the Unskilled Efforts of One Person to Help Another. These Details Can be Avoided by Popular Education in Proper Methods of Swimming

By *Louis DeB. Handley*

**T**HE subject of life saving is so vast that in a short course it is impossible to do more than touch upon the high spots. But it will be my purpose to provide such information as will enable any fairly good swimmer to safely perform a rescue under average circumstances and care for the victim of a drowning accident.

The first thing you should remember in going to the assistance of a drowning person is that you will need your full strength in helping him. Therefore, refrain from the natural inclination to dash out at top speed. Swim at a pace which will bring you to the spot in condition to render adequate service, not breathless.

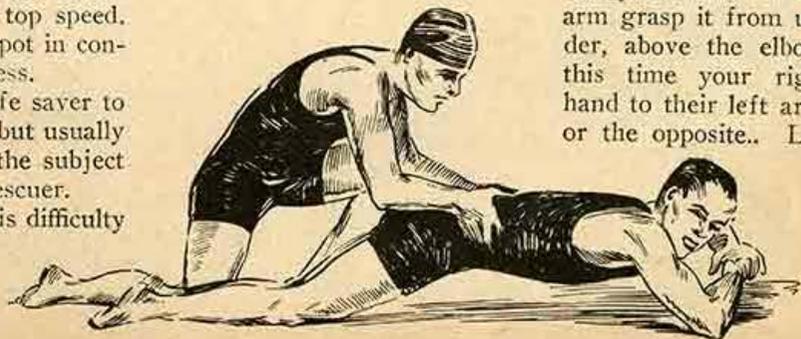
It is customary to advise the prospective life saver to approach the person in danger from behind, but usually this cannot be done by circling around, as the subject instinctively turns toward the approaching rescuer.

You can fit yourself readily to overcome this difficulty by practising with some friend two simple and effective methods of gaining the wanted rear position, from which the best holds for supporting the subject are easily secured.

The first is the following: approach the

subject slowly, and as he, or she, thrusts either arm toward you—they always do if conscious—seize by the wrist, using your right hand to their right wrist, or vice versa, and swing them around with a quick outward sweep of your holding arm. This will bring the back of their neck within immediate reach of your free arm and enable you to apply the hold sought.

The second method requires more expert watermanship. Approach the same way, face to face, and as they advance either arm grasp it from under, above the elbow, this time your right hand to their left arm, or the opposite. Lift



Operating the Shafer or prone pressure method of artificial respiration.

your holding arm, use the obtained leverage to push yourself beneath surface, then swing your upraised arm forward, forcing the subject's arm over your head and in front of you. You then will find yourself in position to get any back lock you wish.

If the subject is struggling violently and you are not quite sure of yourself, do not close in, but stand by watchfully, waiting the time when the struggles will have caused helpless exhaustion. It may sound a bit heartless, but you risk his life as well as yours if you act recklessly.

In case you are clutched by the subject, resort to the following breaks: When caught by the wrists lift your arms quickly, then jerk them down hard, at same time twisting the hands violently inward against subject's thumb. If seized around the neck, from front or back, whip the head back and forth forcefully to loosen the hold, then grasp upper arms with both your hands and use this leverage to press yourself downward and slip from under, then thrust either of your arms forward, which will enable you to come up in back of subject. These breaks will be enough to protect you in nearly all cases, as drowning people hardly ever secure other holds.

## HELP TO PREVENT DROWNINGS!



*American City Mag.*

quickest way to tow an unconscious or exhausted subject is to grasp the clothing at the back, near the neck, using a push of the knee to stretch him flat and supine on the surface, then swim on the side, towing arm straight, propelling with scissoring kicks and a front to back drive of the free arm, recovering under water. If the subject's upper body is unclothed the towing hand is cupped around chin, with care not to press on the throat.

A struggling person can be controlled by seizing his upper arms with your hands, or passing your arms under his and placing your hands firmly on either side of his chest. Though both will be supine you will be able to slant your body enough to perform effective scissor kicks for propulsion.

The best method for resuscitating the apparently drowned is: on reaching shore with the victim of a drowning accident the rescuer often is faced with the problem of reviving an unconscious person, and every swimmer should know how to go about it.

The best method of artificial respiration known at present is the Shafer, or prone pressure method. Here is how to operate it:

Immediately upon landing look for the most convenient spot available and lay your unconscious subject face down, with arms crooked above shoulders and head resting upon them, with the head turned to the side from which any breeze is stirring.

Proceed first to wipe the mouth clear of mucus and phlegm, then draw out tongue to make sure it has not sunk back and clogged the respiratory channel.

This done, kneel astride or beside subject, your back to his feet, and place your hands on small of back, thumbs close to spine, fingers resting on lower ribs on both sides.

Now press downward and forward (toward head) with both hands, aiming to flatten and constrict the lower lungs, so that the vitiated air in them will be forced upward and out, and maintain steady pressure for the space of three or four seconds. Then release suddenly, in a manner to cause the ribs to spring out and the lungs to expand, drawing in fresh air. Continue to perform the alternate acts, making the pressure as stated, the release short, and try to gauge the timing of the movements so that from twelve to fifteen complete double acts will be executed per minute. Seek a little faster action for women than men, however, and slower for large people than small.

Do not allow yourself to lose hope if the subject fails to revive promptly.



Life-guards at popular seashore resorts must be well trained and constantly on the watch.

*Ledger Photo*



A safe carry for struggling subject.

Sometimes it takes a long while to restore natural respiration. Keep at it, therefore. People have come to after several hours of apparently fruitless treatment.

When a person having lost consciousness by drowning resumes natural breathing, the danger is not over, and they should be guarded carefully until full vitality has returned. So soon as artificial respiration has accomplished its purpose, it is advisable, if possible, to free the subject of all wet clothing, rub body thoroughly dry and prescribe a good rest under warm covering. Lacking facilities, an effort should be made to activate circulation by means of gentle massage, rubbing along the veins, from extremities toward heart, and applying vigorous circular friction at soles of feet and palms of hands.

What to do in emergencies: Many of the fatal drowning accidents which occur each year may be traced directly to haste and lack of thoughtfulness on the part of eye-witnesses all too eager to help.

While every second is precious when a life is threatened, calm deliberation almost invariably will accomplish more than unthinking precipitation.

There is no sense, for instance, in attempting to perform a rescue fully dressed. The very few seconds necessary to rip off shoes and outer clothes will be made up tenfold in the mere dash to the person in danger because of the greater speed possible, and the freedom of movement obtained certainly will improve the chances of safety to both in the actual saving of the subject.

When emergencies confront you always pause to think before you act. Try to quickly size up the situation and estimate what is the most practical and promising course to follow.

To illustrate what this means, two cases in the writer's experience will serve fittingly. The first occurred at one of the beaches. A woman swimming probably one hundred yards from shore suddenly went down, crying for help. There were few bathers in the water, none apparently able to offer assistance, but several expert watermen sat around a rowboat at the water's edge. At the signal of distress they plunged to the rescue like one man. Not one of them gave a thought to the boat at hand. Then a young boy came running along the sand,

pushed out the skiff ready for launching, jumped in and was off. He was helping the woman in danger long before the swimmers arrived. The latter just overlooked the quickest and safest course open to them.

The other case was witnessed along a river embankment. Four youths sat watching a friend swimming quite a bit downstream, when the lad cried out and began to flounder, obviously drowning. Three of the youths dived unhesitatingly and were off to the rescue. The fourth paused a moment, looking all around, then he leaped up the low embankment and struck out at a run. Naturally he could run much faster than his companions could swim. He had found the drowning boy



and pulled him ashore before the others could reach the spot. That moment of reflection saved precious time.

These are merely examples to show you the importance of brain work. One cannot offer suggestions which can possibly cover the infinity of circumstances under which you may be called upon to act. But if you school yourself to consideration of conditions at all times opportune sug-

**Hints to Swimmers**

- Don't swim if you have heart trouble.
- Never go in swimming alone.
- Don't swim if overheated or tired.
- Don't swim on a full stomach. Wait at least two hours after eating.
- Dive only where you have accurate knowledge of the depth of the water.
- Don't swim until exhausted. Rest on your back and then swim ashore.
- Don't struggle if caught in a swift current or undertow. The force of the current will bring you to the surface; then work in toward shore.
- Learn life saving and resuscitation methods. Be capable of saving others as well as yourself.

*American City Mag.*



Chin carry for an unconscious or exhausted subject.

gestions will come of themselves when there is need.

Should you yourself face the danger of drowning, you should resort to floating. Turn on your back, husbanding energy, and give yourself the opportunity to study at rest whatever problem must be solved. If there is a best way out you will find it.

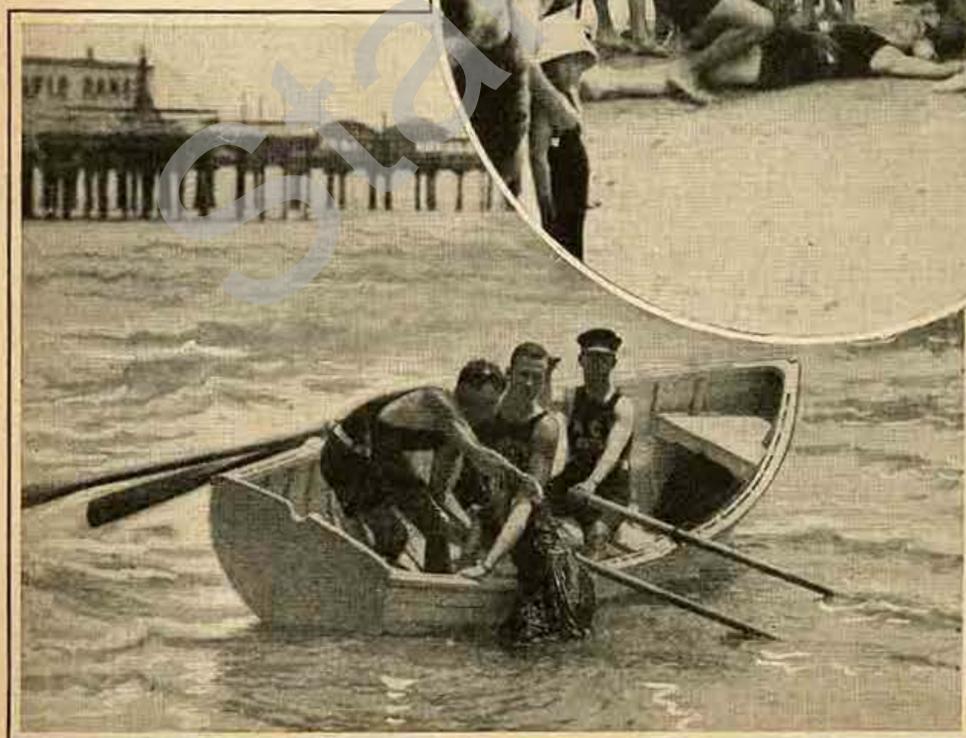
*Learning to float:* Expert ability in floating is one of the swimmer's most useful accomplishments.

If you should tire when swimming off shore, be seized with cramps, encounter a tide or current too strong to fight, or be thrown accidentally into the water fully dressed, floating must prove your main asset.

Resting easily on your back, you can regain your strength or await assistance; work out cramps; size up the situation and decide on the best course to pursue in winning against the current you cannot stem; note circumstances when you find yourself facing the problem of undressing to swim for safety, or staying where you are in hope of help, then coming to a conclusion at leisure. You are safe even completely attired, for clothes do not drag down, as is quite generally believed; instead, they afford support for a while at least, as air imprisoned be-

Many of the fatal drowning accidents which occur may be traced directly to haste and lack of thoughtfulness on the part of eye witnesses all too eager to help.

Ledger Photo



tween garments and body serves to buoy up until the clothing becomes saturated with water and gradually drives it out. If one keeps still the air will remain caught for half an hour or so.

Evidently, then, you should take up floating without delay, and devote a little attention to it every time you practise, after you have started the swimming novitiate.

To learn to float, stand in water a little more than waist deep, extend the arms cross fashion, lean slowly backward, and as you are about to overbalance push off gently from bottom, take a full breath and hold it, then try to raise feet close to surface, stretching out flat.

At first your face may become submerged as you drop backward, but if you will wait for the body to come to balance, holding your breath, in all probability your face will promptly rise above water, as people not naturally buoyant are rare exceptions.

Should your feet show a tendency to sink, move the arms slowly upward above headline, but still resting on surface, and if this is not enough, bend and open the knees gradually. In case the feet go down in the new position, it may mean that you lack buoyancy, and you should resort to a fluttering, alternate motion of the legs, which will overcome the difficulty. But try motionless floating again at intervals.

Often the feet drop because the position of the body is not just right, and a little experimenting shows the wanted posture.

In learning to float endeavor to keep the lungs well filled, as this increases buoyancy. At first just hold the breath.

But so soon as you can get the mouth above water breathe intermittently, exhaling quickly, then replenishing the lungs rapidly and waiting a while before performing the double respiratory act once more.

When you are able to stay up easily, either motionless or with a fluttering of the feet, practise turning to float from swimming position. Push off from wall in prone position, then press down  
(Continued on page 82)

# Sculptor Form

In This Article Mr. Jowett Gives His Definitions of the Human-Form Which He Considers Is Greater Than the Ideal or Super-Shape

By George F. Jowett

ONE Sunday afternoon I was visiting the Carnegie Museum in Pittsburgh, and naturally my interest caused me to linger among the forms of sculptured beauty. Directly in front of me was the study of a torso, and gathered around it was a small group of young fellows.

Visibly interested, they began to discuss the subject from their different viewpoints. I heard one of the group remark: "Of course you know, fellows, that is just an exaggerated imitation of what a fellow might be. No living person could get anywhere near a development like that."

I looked the speaker over and then the torso, and smiled, for the speaker's appearance proved to me that such a thing as a Grecian torso was away beyond the range of his possibilities.

I have seen many living examples of the Grecian torso that were just as beautiful as any represented in Grecian statuary, both in the relaxed and contracted forms of muscular display.

Taking the human form altogether, I often wonder if the classic era could produce anything more beautiful than we have today. Personally I doubt it. The study and cultivation of the body have become more general,

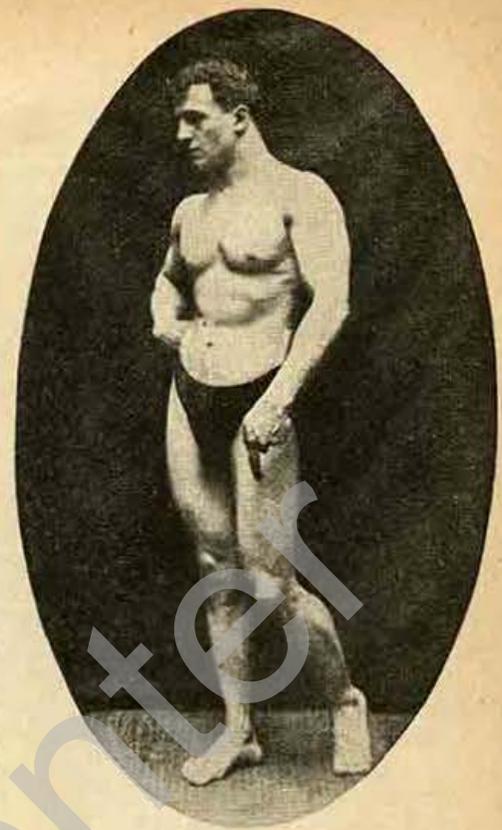
and with it a broader knowledge and conception have been developed.

I do not lose sight of the fact that we owe a lot to the classics of Greece. They have been an inspiration to work toward, for example, and in our efforts to emulate them we have progressed to the point where I am inclined to believe that the poseur's



"The Sower," a remarkable representation of the Theseus study of sculptor form.

Brancaoca has a form which is purely Grecian, as if it had been carved out of marble.



art is more artistic and interpretative of nature than it ever was.

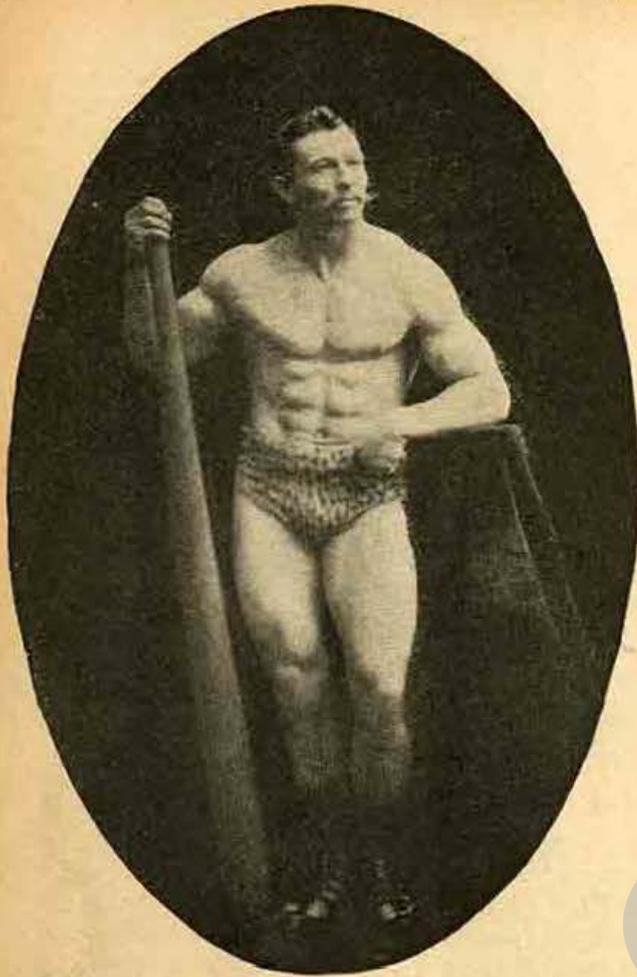
Without the rhythmical curves of the muscles, the contour of the poseur's body could never be made into the heroic postures which the sculptor so accurately creates in such beautiful manifestations as are seen in modern art.

The critics of Grecian sculpture claim that the Hellenic masters sacrificed truth and nature, particularly in the expression of character, in their passion for grace and beauty, and so minimized the value of many of their masterpieces.

Be this as it may, I know that present day art is more correct in its representation of muscular display in general, with a more balanced form, and without any sacrifice of manly beauty that goes to make the ideal shape.

Arthur Gay was known as the strongest man in the American Navy, yet his physique gives one the idea of grace and free relaxation.



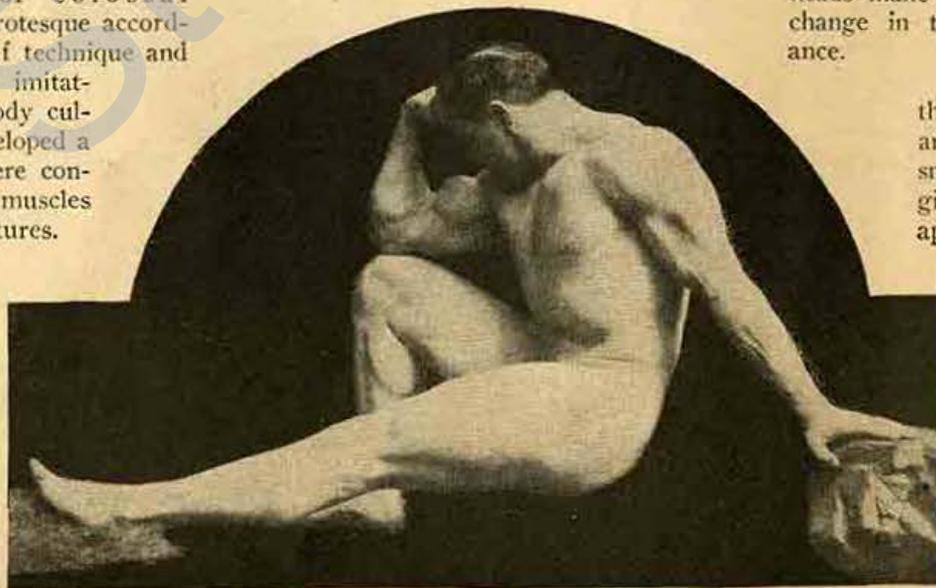


Staff Sergeant Moss, who has one of the finest balanced physiques the writer of this article ever had the pleasure to study.

It seems to me as though the body culturists of late years have become obsessed with the two extreme types of bodily interpretations. In fact, the Apollo type has taken such a radical change as to become almost effeminate in posing at the present time. Then there is the other class who have striven to emulate the Herculean type as depicted in the Farnese Hercules. Despite the fact that this masterpiece has a powerful appeal in its manifestations of colossal strength, it is grotesque according to the law of technique and nature. And in imitating this type, body culturists have developed a tendency to severe contractions of the muscles in abnormal postures.

Just as the former type has been effeminized, so has the latter been caricatured, and neither fills the desired place in my mind.

It takes two different



George Hackenschmidt as "The Athlete Resting."

types of physique to make these representations; one man cannot excel at both. Yet both these make-ups of physical manhood have a distinct beauty of form in themselves, and neither is fascinating to the eye when rightly interpreted.

The ideal shape is by no means a new standardization; it is as old as the other classics of the Hellenic period.

You will find in the study of Doriphoros after Polykleitos that the body is shown with a more rugged appearance than that which characterizes the Apollo Belvedere, and at the same time all the details of manly beauty are preserved. But in the study of Theseus or Olympus is found the perfect type that breathes manliness in its truest conception. The soft flowing lines are wonderful, being entirely free from exaggeration. Theseus being considered the perfect specimen of sculptor form.

His muscles are correctly felt and clearly indicated, and his figure shows in every detail as well as in its general character. Suggestive of great strength and physical vigor, it is more the representation of the perfectly developed man than of the accomplished athlete, having the combined beauty of symmetrical form with muscular display.

*This is sculptor form.*

So many body culturists write in to me asking to be given the correct dimensions of the perfect shape. Personally, I do not think there is so much to the correct scale of measurements as there is to the appearance, for after all, it is the appearance that counts.

Of course, I believe that we can accept a standard scale up to a certain extent by which the student has something to work on as a guide. But it cannot be said that if the scale of measurements has been secured, the sculptor form is perfect.

I know of several body builders who have secured measurements that are considered as perfect, being of the correct height, weight and proportions that one would expect, but when in the nude they are entirely different looking specimens of physique.

The reason for this is that the bony structure is different. One may have large hands and feet which detract from his appearance, while the different shaped heads make a most pronounced change in the general appearance.

If the head is large, the figure is dwarfed, and if the head is small, the body is given an exaggerated appearance in spite of what the tape measure indicates.

If you take the trouble to compare the head of a nude male statue with the rest of the body, it will be found that the head is much

smaller in proportion. It is customary to find this defect in statuary because the sculptor wants to give a compelling appearance that will create our profound admiration. The head is always small and round, adorned with curly locks. This is what is termed the Grecian head.

Old time strongman performers of Sandow's time always tried to affect the Grecian head by curling their hair, which undoubtedly lent color and appearance to their act.

The body weight and physical proportions should be governed by the height of each person. Every part of the body should harmonize. All muscles should balance. For instance, if a person has a chest measurement of forty-two inches normal, made up with the abnormal development of the pectoral muscles, his upper body will be devoid of the beautiful "V" shaped taper which is gotten from the development of the upper back muscles and latissimus dorsi. His appearance would look much better if the chest only measured forty inches in circumference and he had a better balanced back development. But, as a rule, I find that the neck is the most neglected part of the body among strivers for the super-shape. Without the neck, the whole appearance is robbed of some of its most beautiful curves. The full development of the trapezius and sterno-mastoids lends both grace and strength to the sculptor form.

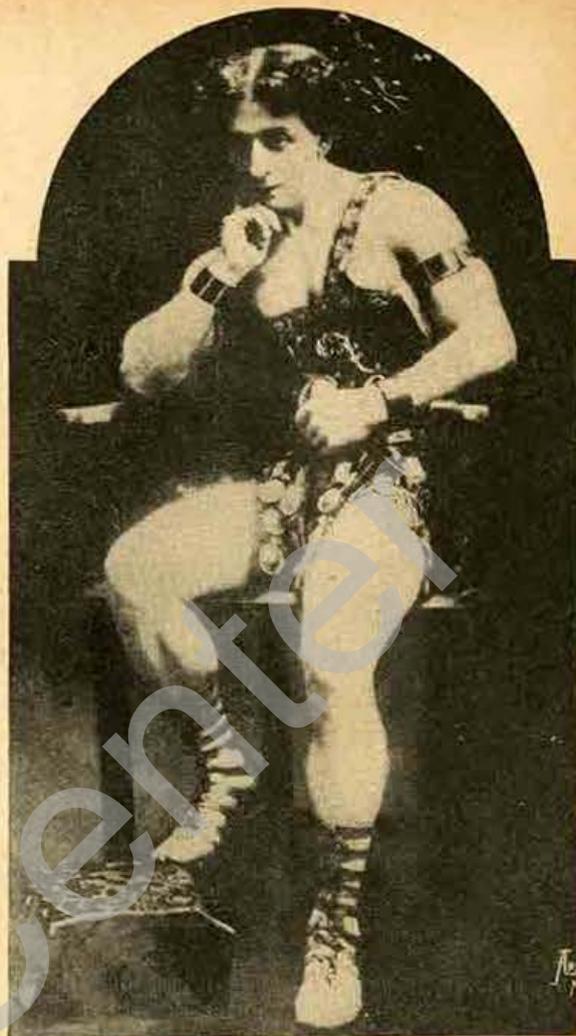
Just examine the pose of Mr. Cunningham, who recently won the STRENGTH posing contest, and note the beautiful slope of the shoulders given to the neck by the development of the trapezius muscle, while the curve of the back is easily traceable from the lumbar region, until it loses itself in the center of the neck.

Mr. Cunningham's selection on public votes proves again that neither the effeminate type nor the bulky type is considered the ideal shape by the interested public. He is a modern interpretation of the sculptor form whose physical beauty gives pleasure to the eye and mind.

All the poses shown in this article are of men varying in bodyweight from one hundred and twelve pounds up to two hundred and twenty-five pounds, varying in their height as much as they do in bodyweight. Yet each one is a picture in himself. In none do you see the strained, tensed stiffness that characterizes so many poseurs. Every posture illustrates restfulness and repose, and yet what magnificent creations they all are.

"The Sower," which is the opening pose in this article, is a modern piece of art, and is a remarkable representation of the Theseus study of sculptor form. Super-shape is clearly depicted in every part of the statue's anatomical make-up, and I believe it was posed for by Mr. Richmond of Chicago.

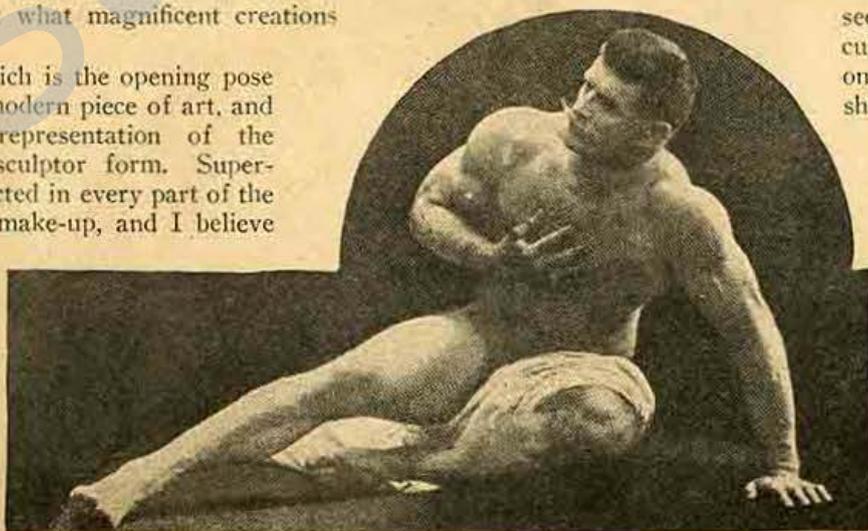
"The Sower" is a favorite of mine, and I never get tired of gazing upon its lovely proportions. A perfect poem of



Louis Hardt, known as "The Mighty Atom," who always impressed his audience by his marvelous physique.

God's noblest creation, it is divine in its conception. Adolph Nordquest at 200 pounds stripped would make a wonderful study in that pose. Big as Adolph is, he proves that no matter how large a man is, if his physique is perfectly balanced and developed he can acquire the sculptor form.

His back pose as shown here is the greatest full length back pose I have ever seen. This is a very difficult position to strike, one that would easily show up the defects of an unbalanced physique, but every part is perfect. Like the pose of "The Athlete Resting" by Hackenschmidt, there is not a fault to be found. When one stops to realize that the Russian Lion scaled 210 pounds and had such herculean proportions as a 52-inch chest with an



Gustav Fristensky is one of the most magnificent specimens of perfect physical manhood and athletic ability that Europe can boast of.

upper arm that measured  $18\frac{3}{4}$  inches and a neck of 22 inches, with thighs at 26 inches and calf of  $17\frac{1}{4}$  inches, it seems hard to believe that a man of such huge dimensions could be capable of being accomplished in the poseur's art.

Yet Hackenschmidt is proof of what I have already written, that it is the shape that counts more than the measurements. The great wrestler's waist only measured thirty-three inches, which gave him the enviable "V" shape that set off his magnificent figure. The balance of his muscles is correct, and every detail in the pose is in harmony.

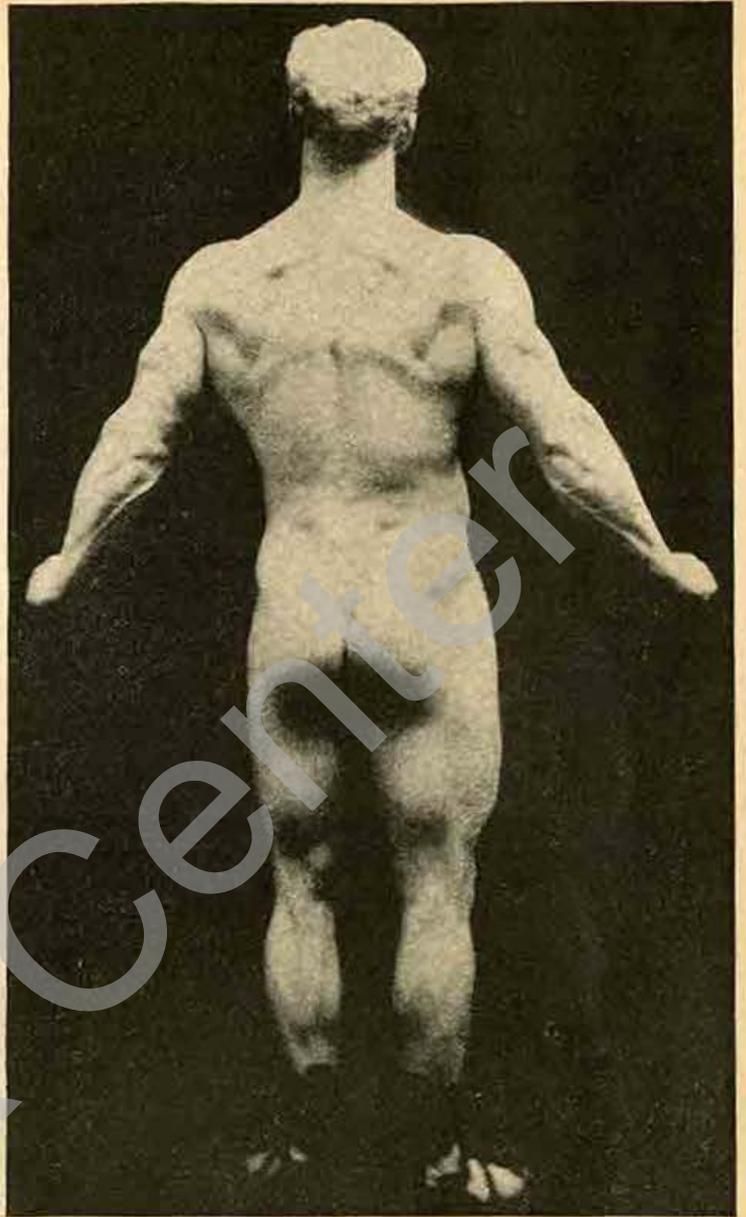
Gustav Fristensky is a giant of a man, scaling around 225 pounds, but he is good to look upon, and is one of the most magnificent specimens of perfect physical manhood and athletic ability that Europe can boast of.

Just by way of comparison, let us swing over to the direct opposite and look over the physique of Louis Hardt, who is only a little man, weighing around 112 pounds, but his highly developed body would suggest a much higher poundage.

Hardt is known as "The Mighty Atom," and his classical posing portrays the sculptor's art in its finest sense.

I have never met a person, who has seen this little man in his wonderful act, entitled "As in a Dream," who was not greatly impressed by the marvelous structure of Hardt's physique. His measurements nowhere compare with those of men like Nordquest, Hackenschmidt or Fristensky, but his appearance is just as beautiful.

I have seen many instances of physique termed the ideal



Adolph Nordquest would make a wonderful study in the pose of "The Sower."



L. H. Cunningham, a modern interpretation of the sculptor form.

form and super-shape, but they do not compare with the term as it stands out in my mind. These same men could not be accepted as possessing the sculptor form. A glance at any one of these forms suggests a piece of sculpture, the final word in an accepted art, which represents the highest form of what it shapes.

In sculptor form we have the best elements of the ideal form and super-shape combined. Manhood in all its magnificent glory, pulsating with the vigor of life.

Look upon all the products of the mallet and chisel of any era—there is none that can surpass the grace of the living image as here shown.

Strength and form together are the combined essentials of sculptor form, and the happy fact is that these men possess both these attributes. All are remarkable examples of what a man can be, as their records attest by their feats of achievement.

Look at the smooth flowing lines of Arthur Gay. You would hardly imagine that he stripped at 180 pounds. His pose is one of grace and free relaxation. It is so natural. There is nothing (Continued on page 79)

# Summer Exercises for Men

In This Article the Author Pays Particular Attention to the Much Neglected Thighs and Calves

By Charles MacMahon

**I**T seems that most people quit exercising just as soon as the warm weather arrives. This is somewhat of a mistake. Everyone knows that perspiration is one of the few ways of relieving the system of the poison that is generated by the waste matter of the body. As perspiration and circulation flow more freely in warm weather than in cold, you should take advantage of this opportunity to clear your system of much of this poison. Therefore, at least enough exercise to produce a good sweat once a day should be taken in warm weather.

You will find that by exercising reasonably in warm weather you will feel much better and not all fagged out as you will if you try to get by as easily as you can. Of course, after exercising in warm weather, a bath is more essential than after exercising in the winter. The excessive perspiration and dirt must be washed away regularly in order to keep the pores of the skin free.

While it is easier and more natural to perspire in the warm weather, you should also make your winter training periods strenuous enough to produce a sweat. I fully believe that is why there is more sickness, especially colds, in the cold weather. Simply because all of the poison is not eliminated without the aid of perspiration, and naturally accumulates, causing colds and disease.

So don't let yourself get lazy in the warm weather. Get a reasonable amount of exercise, either of the indoor or outdoor type. The only trouble with the outdoor type, however, is that you are liable to overdo as you try desperately in the excessive heat to beat an opponent at some game. This, under the hot sun, is not so good for you, in which case indoor exercise is the better.

Summer indoor exercises need not mean that you do

not get enough pure air, for with windows wide open the air should be just as pure indoors as out. The only exceptions are in the overly-crowded parts of the cities, where large buildings prevent free air circulation.

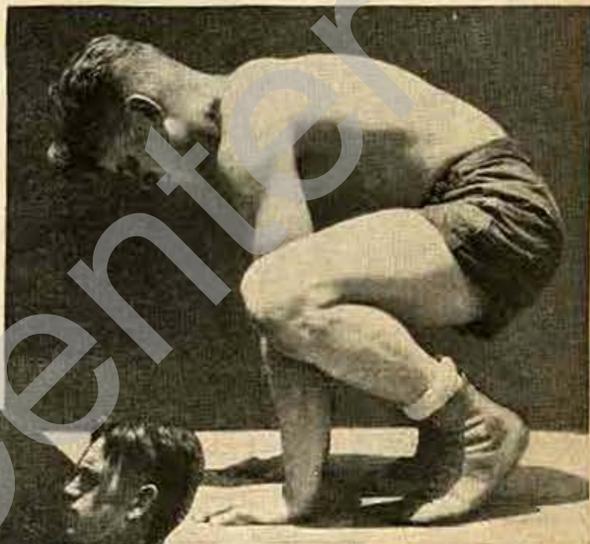


Figure 1

The exercises I am giving you this month are like all my exercises—the kind that produce suppleness and endurance, as well as muscle and strength. Your success depends largely on how you perform your exercises. That is to say, there is always a right and wrong way, and the right way naturally produces the best results. So be very sure you go through these movements exactly as I outline them.

*Figure 1* illustrates an exercise that calls the muscles of the entire body into play, as you can plainly see and will feel by trying this exercise. It is great for increasing your suppleness and agility. The reason for this you will learn from the following explanation:

Assume the position in *Figure 1*. (Note that the knees are outside the arms and that the hands are shoulder-width apart.) Now kick back and slightly upward with the feet, supporting yourself on your arms. The idea is to kick back to straighten legs and return the feet to the original position on the floor.

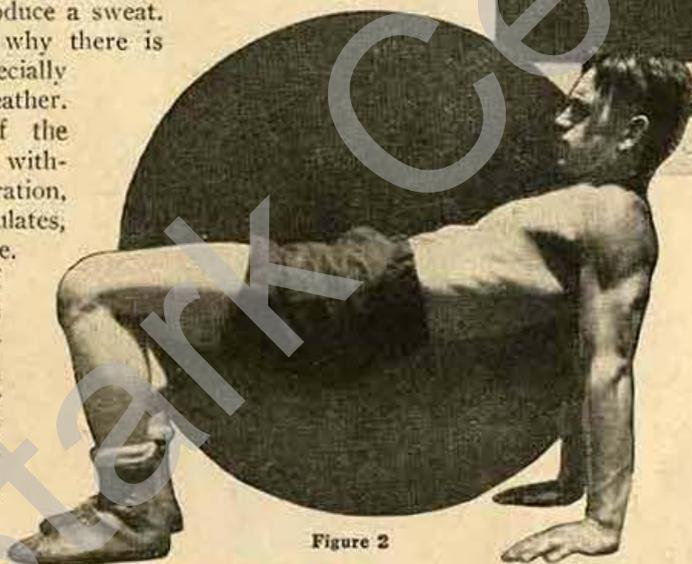


Figure 2

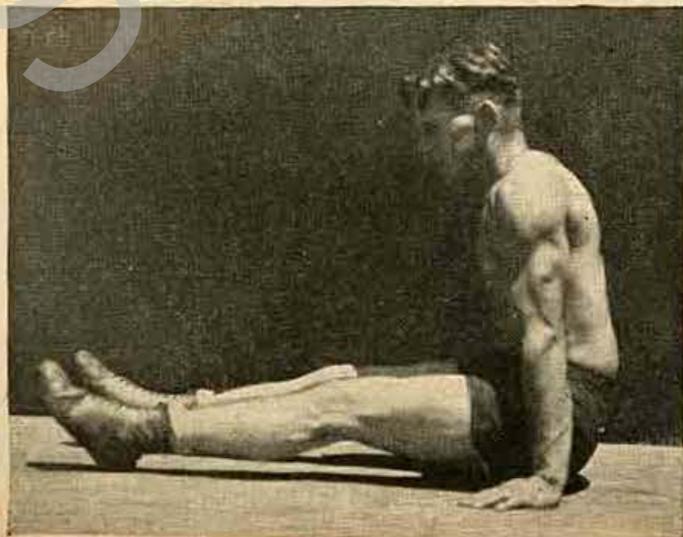


Figure 3

The higher up you kick, the easier it is to return. The lower or more parallel with the floor you kick, the faster you must return in order to land the feet in the first position. Be sure to

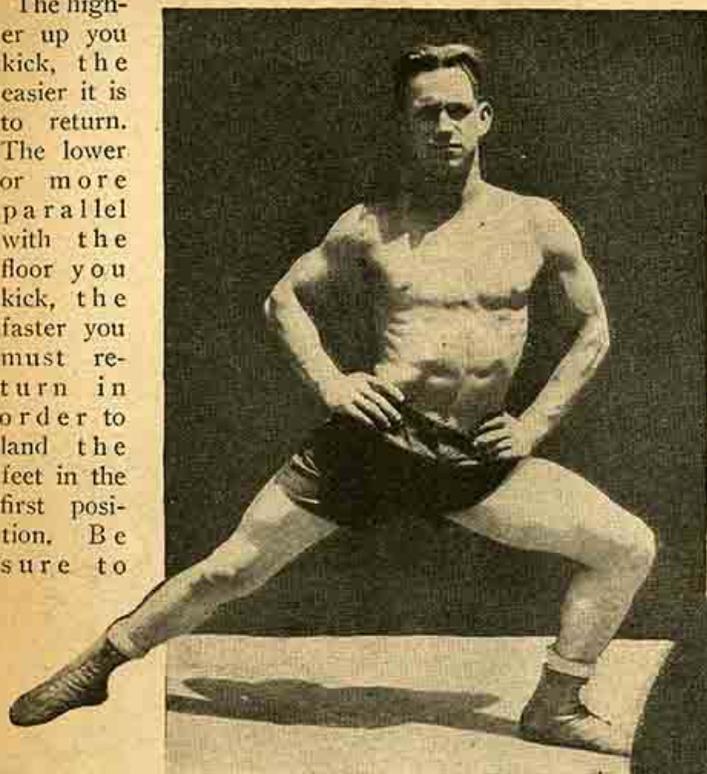


Figure 4

kick the legs out as straight as you can, for this makes it more difficult and consequently a better exercise.

Exercise No. 2 is shown in Figures 2 and 3. Take position No. 2 first, then let the hips go down and back until you are in position No. 3. Now come back to the first position and repeat until fatigued. Be sure you raise the hips as high as possible on each return to position No. 2, and don't let your legs or buttocks rest on the floor when coming to position No. 3. This is a great exercise for the entire body, and especially the abdomen. (Note how it brings out the arm and shoulder muscles also.)

The next exercise, shown by Figures 4 and 5, is performed by first taking a position with the legs very far apart. (Not so far, however, that you cannot accomplish the exercise.)

Now, by bending the right knee, lunge to that position as far as possible, letting as much of your weight as possible remain on the left or straight leg. Keep this left leg rigidly straight and the feet flat on the floor. If done correctly, you will notice how it affects the muscles of the inside thigh, as well as the other muscles of the thighs by the bending of the other leg.

After lunging to the right as far as you can, come back and lunge to the left. Try to make this exercise in both cases affect the muscles of straight leg more than the bent one.

Figures 6 and 7 are positions for a great calf exercise. Stand with the legs far apart, as shown, and the toes pointed sideways. Now raise on the toes as high as possible, lower to the floor and repeat. You cannot do this one very effectively with heeled shoes, as they do not allow enough raise of the heels.

Go up with the weight squarely on the ball of the feet for ten or fifteen repetitions, or whatever number tires the calf muscles a little. Then change to the ball of the big toes, or the insides of the feet. Now go over to the outsides of the feet and repeat until the calves fairly ache.

Those who have poorly developed calves any way you look at them should be sure to do this exercise as just outlined. Those who have large outside calf muscles and inferior inside calf muscles should try to fatigue these inferior muscles more than the others. A few people have a better inside calf than an outside. In this case they should specialize on the outside muscles. The calves are hard and can stand a great amount of fatigue, so give it to them.

The fifth and last exercise of the series is one of the most strenuous thigh movements there is. Figure 8 shows the wide spread of the legs with the toes pointing forward. Now, instead of bending the forward knee as is usually done,

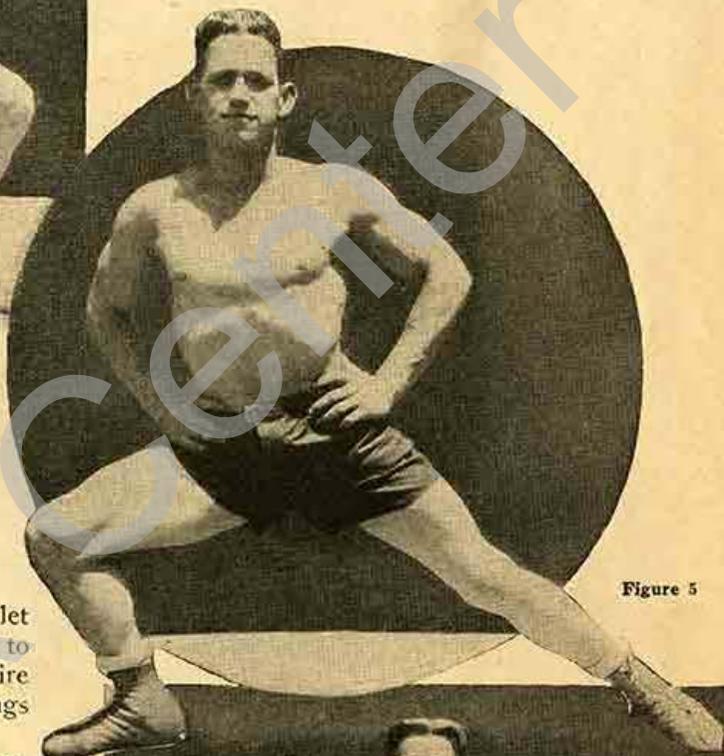


Figure 5

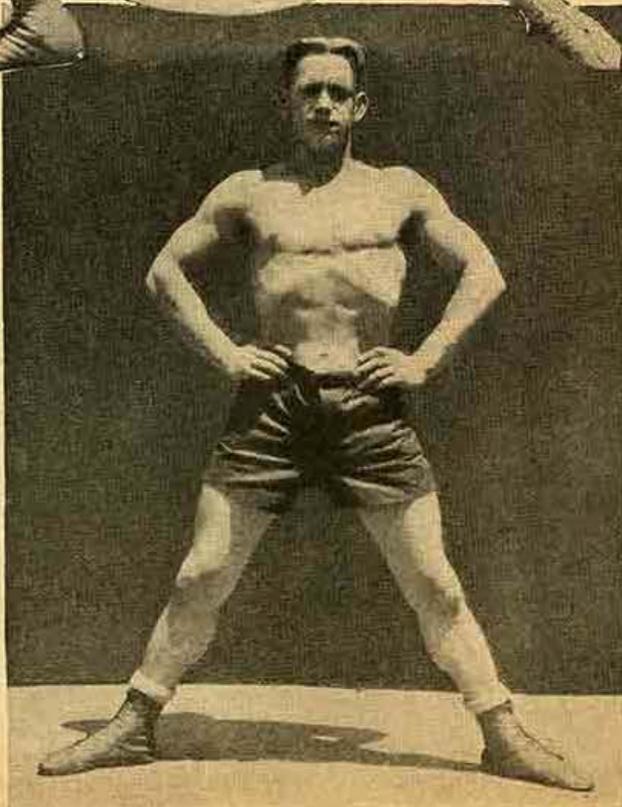


Figure 6

you bend the back knee as shown in *Illustration 9*.

You will find it very hard to bend the leg until the knee touches or nearly touches the floor. But you can, of course, regulate the strenuousness by bending the leg just enough to suit your strength. Then gradually try to go lower with the knee as your legs get stronger.

Always keep the forward leg as straight as you can, for this has a lot to do with the strenuousness of the movement. Also try to keep the body as upright as possible, although a slight bend of both body and forward leg is unpreventable, as you will notice by comparing *Figures 9* and *10*.

After you have tired one leg, change the position of the feet and exercise the other. This exercise, you will notice, is felt mostly in the front thigh muscles, just above the knee cap. Any one who wishes to develop a thigh which, when contracted, shows these muscles very definitely,

should practise this exercise diligently, for it calls into play these muscles very directly. The muscles most affected are the lower ends of the *Vastus Lateralis*, *Rectus Femoris* and *Vastus Internus*.

The exercise shown in *Illustrations 5* and *6* calls into play most directly all the muscles of the inner thigh,

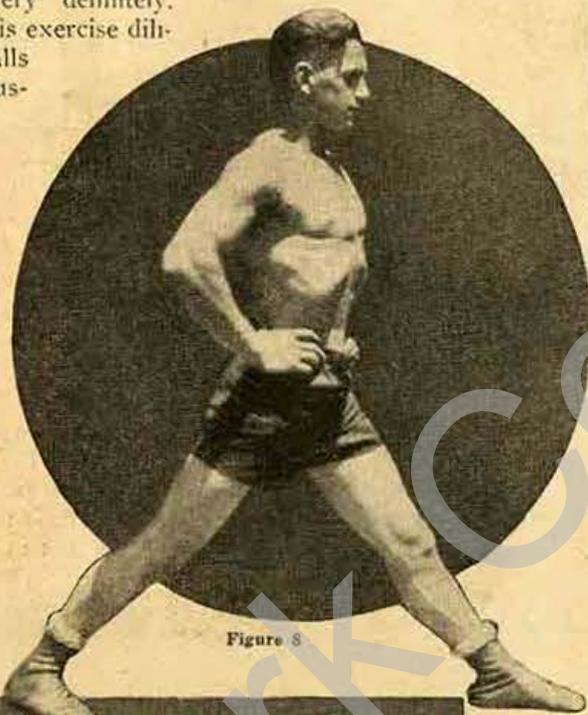


Figure 8

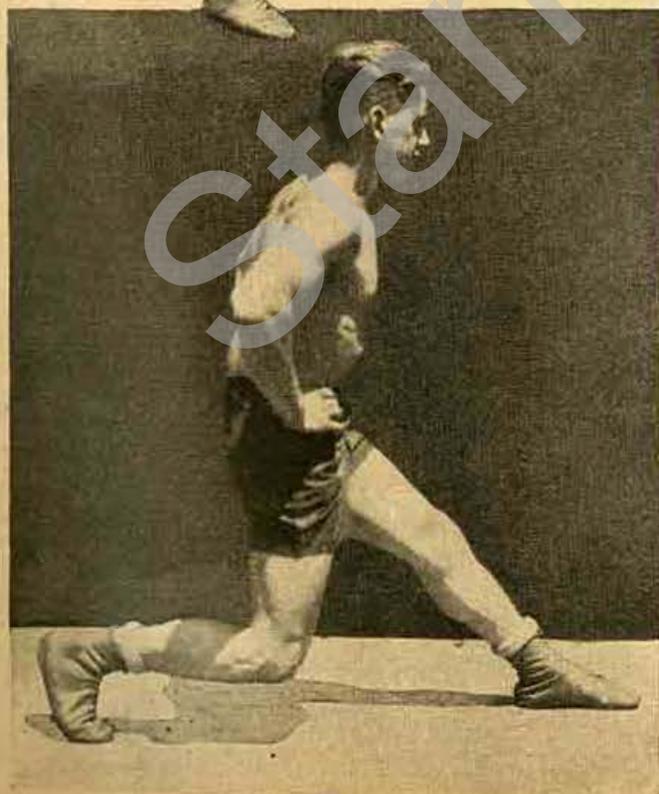


Figure 9

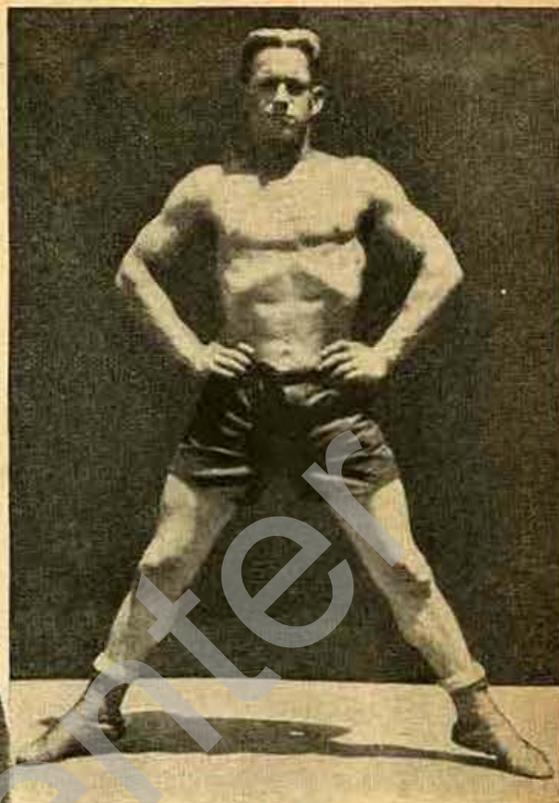


Figure 7

namely, the *Sartorius*, *Adductor Longus*, *Gracilis*, *Adductor Magnus*, *Semimembranosus* and the *Semitendinosus*. These names mean little to you, of course, but are the individual muscles that make up the inner thigh.

It is my opinion that these muscles are very much neglected as a rule. Consequently, there are quite a few otherwise well-developed men who lack corresponding development in these parts.

In the calf of the leg the main muscle is the *Gastrocnemius*. This muscle begins with the tendon *Achilles*, or that tendon you can feel and see so distinctly just above the heel, at the back.

This tendon then branches out into two muscles. One is on the outside of the calf and is called the *Outer Head*, and the other on the inside is the *Inner Head*.

The *Inner Head* is wholly responsible for the shape and size of the inner calf. But the *Outer Head* is not entirely responsible for the shape and size of the outside of the calf. The *Soleus* muscle sticks out more to the side than the *Outer Head*. This *Soleus* is mostly hidden by the *Outer Head* except where it protrudes beneath at the sides. This greatly controls the shape and size of the outer calf.

It is extremely difficult, or rather, impossible, to exercise the outer and inner *Gastrocnemius* separately, because they are both fastened to the one point (heel) by the tendon *Achilles* at the foot and to the bones of the thigh at the upper ends. Therefore, all movements that affect the *Outer Head* must also affect the *Inner Head*.

However, you can get the *Inner Head* to become more affected and fatigued by concentrating on it and practising heel-raising exercises on the outsides of the feet.

# Exercise and Grow Shapely

A Complete Outline of Exercises  
for the Thin Girl

By Margaret A. Sergeant

"It's no secret, but I will tell you the story of my 're-birth,' for that is what it was.

"While I had you girls to depend on and tolerate me I was satisfied, but after you all went your way, some to follow a profession, others to get married, I realized I was a back number. No one asked me to go anywhere, my family got tired of my continual aching and complaining and told me so, and worst of all, my mirror showed me what a wreck I was. I looked around me and saw how other girls really looked, and that the healthy athletic girl only was in favor. Why hadn't I taken advice from you girls before! I knew it was useless to waste my time on regrets then, so I set out to cover my bones with healthy flesh and rid myself of all my pet ailments.

"First of all, I threw my 'medicine kit' away. Then I got weighed. Ninety-eight pounds and five feet three inches tall! That meant that I had to work hard for twenty-two pounds more.

"It was in the summer, so I



Figure 1



Figure 2

I HAD been shopping all afternoon and was feeling "all in" from the ordeal and was rushing for the nearest exit for some fresh air when some one called to me. I stopped and stared. Surely this stranger had made a mistake!

"Do I have to introduce myself to you, too? I should think you would remember me even if I have gained a few pounds."

And then I did remember. It was my old school chum and neighbor. But what a change! When I saw her last she was a thin, scrawny, sallow-complexioned, complaining creature. She was the most unpopular girl in our crowd, because she never wanted or could join us in our games and sports, and was always "too tired" to go to a dance or on a hike. We left her stick to the crowd only because we were sorry for her. Now before me I beheld a young woman, fresh-complexioned, clear sparkling eyes, finely shaped. Was it possible, I thought?

"Why, Mary! what have you done to yourself? You're glorious—beautiful."

She laughed. "Come with me to our old tea-room. . . I'm dying for some refreshment, and I will tell you all about it there."

"Now," no sooner did we settle ourselves in our chairs, "out with the secret."



Figure 3

thought I would make a good start by first learning how to swim down at the old creek. Believe me, I used to go early in the morning so no one would see me because I was so ashamed of my shape. My young brother used to go down at the same time, and from him I learned enough to keep up on the water—after that it was easy to learn. Then in the afternoons I used to coax him to teach me how to play tennis, and finally in despair he taught me. I became such a good pupil that we never missed a single day after that.

"I kept this up for a few weeks, but I realized that I must do something else; some regular routine of exercise in the morning or at night to build up my body. Swimming, tennis and hiking were all right, but I needed some regular exercise to gain more weight, strengthen my muscles and become shapely. I began by buying physical culture magazines, and from them I mapped out a course of exercises for myself.

"After four months' training I discarded my rouge box. I felt like a new girl; no aches or pains, no dull feeling, and my mirror told me that I was gaining. I kept this up, and today I am in perfect health, weigh 121 pounds, am happy and enjoying all there is in life. That is all there is to it. We are created, and we alone are to blame if we do not make

ourselves as nearly perfect as possible. Everyone who is under-weight or over-weight and unhealthy has the same opportunity as I had to become shapely and healthy. I only regret that I did not realize my mistake years before I did."

And as I looked at her I knew the wisdom that lay in those words.

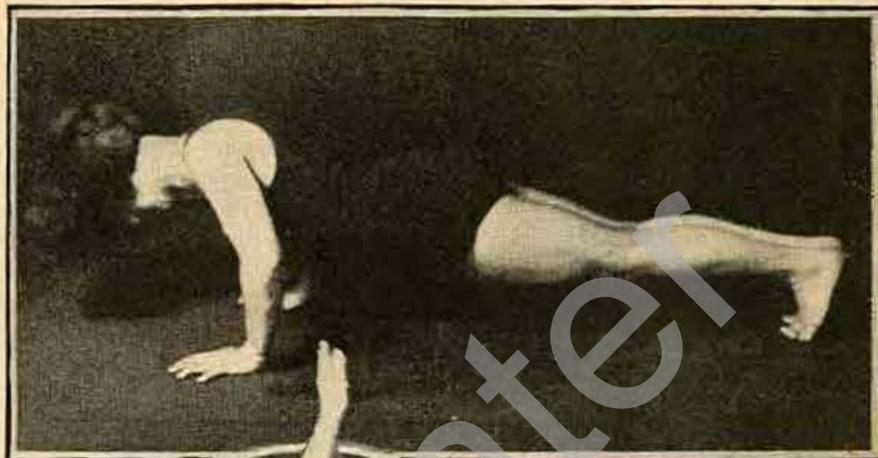


Figure 4

Surely it is a woman's fault if she is either too slender or too stout, and if her body and face show that she is in poor health. If this one girl, who seemed such a hopeless case, could accomplish what she did, how about the thousands of others? It is only the healthy and strong girl who makes a success in life and who fills the most important positions.

It is not hard once you set yourself to the task, although it seems hard and impossible when we sit down and think about

it, but "action speaks louder than words."

Later on I visited my chum again, and she showed me her schedule of exercises, which I am going to give here for the benefit of those girls who want strong healthy bodies and perfect health, and for those that are already blessed with both and want to retain them. I asked her how often she practised them, and she said: "When I started I practised three-quarters of an hour every night. I concentrated on each and every exercise and did them with as much pep as I could. For the first week or two all my muscles ached, but I did not get discouraged. After I began to see actual results I cut down my exercising period to twenty minutes."

Her first exercise was breathing. Breathing perhaps is the most essential of the entire routine of exercises. It builds up, quickens the digestive processes and rids the body quickly of waste. A full chest is the rich reward of proper breathing.

Stand erect, head up, chin, chest and toes held in a vertical line, arms outstretched and feet together. Raise arms up sideways, palms out, and rise slowly on toes at the same time, inhaling deeply.

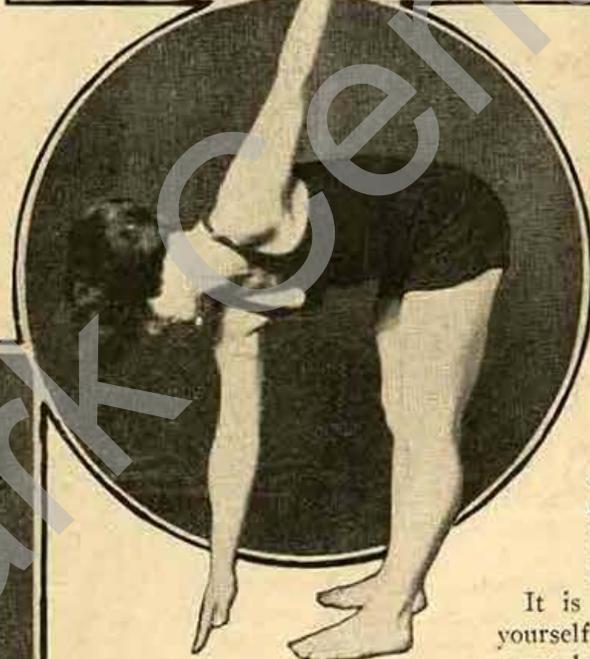


Figure 5

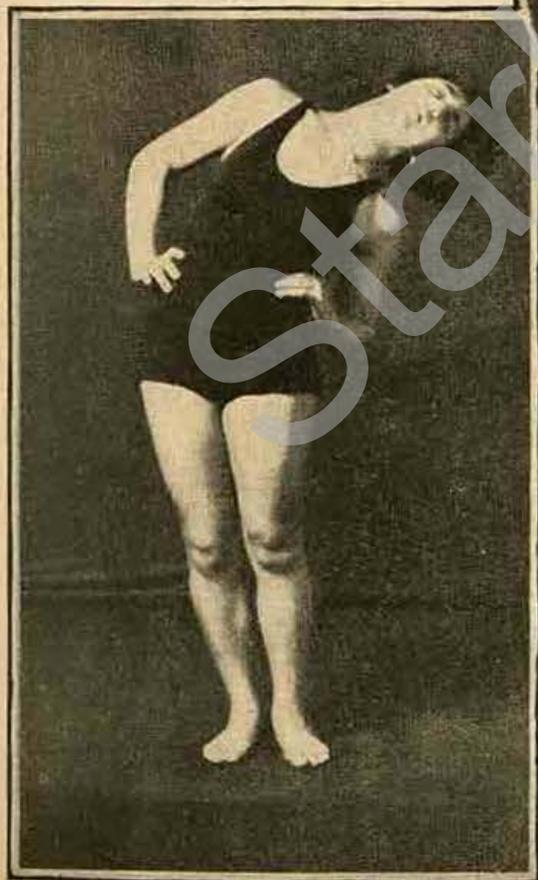


Figure 6

Then bring arms slowly down and lower the body at the same time, exhaling forcibly. (Fig. 1.)

This may be done from ten to fifteen times, and also may be practised any time during the day, as it has a wonderful tonic effect. You should try to breathe properly throughout the entire day. So many of us

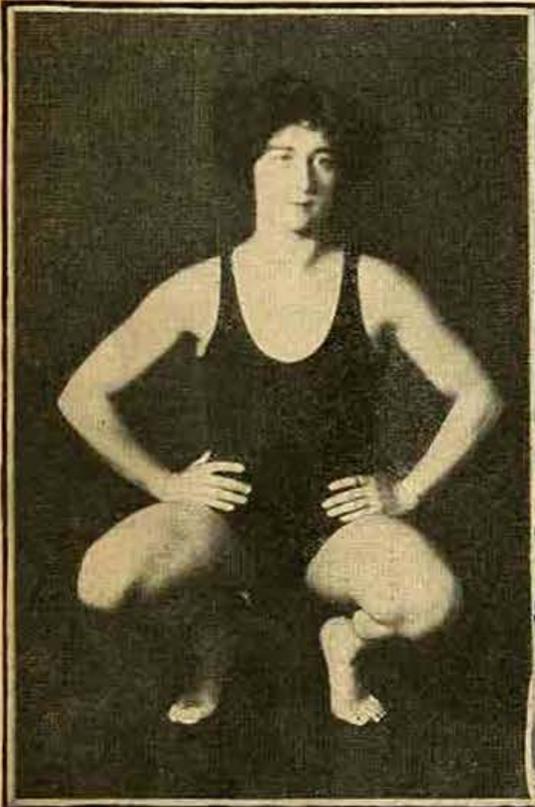


Figure 7

never give breathing a thought. Aside from its developing power, it is a very essential factor to our health.

That partly takes care of our chest. Another good exercise for chest and bust development (and incidentally good for the arms and shoulders) is this one:

Stand with the body perfectly straight and arms extended at shoulders, palms facing front. Bring arms to meet in front of the chest with a quick slap, then swing back as far as you possibly can, striving to touch the backs of the hands and holding arms as high as possible. The swinging of the arms should be done with force. In time you will be able to make the palms of the hands meet in back of you. (Fig. 2.)

Now let's take a look at our shoulders. Do the bones "stick out"? Well, here is a good exercise to overcome that, and one that is effective, too:

Bend arms over shoulders, hands clenched, then slowly turn and bring the arms forward (still holding fists over shoulders) and try to make the elbows meet in front of you. At first you will only get the elbows half-way, but with practice you will soon get the elbows to meet (Fig. 3). Exercise No. 2 also aids in developing poor shoulders.

For the arms we have the well known floor dip. Incidentally, this is also good for shoulder development.

Lie down upon the floor with feet against something for support. Place the palms of the hands upon the floor about eighteen inches apart. Then slowly raise the body, allowing the hands and toes only to touch the floor, trying

to keep the body in a straight line. Then slowly lower the body until the chin touches the floor. Then repeat, but do not make the mistake of "flopping" down with your full weight. Of course, at first you will only be able to do it once, but you may as well start right. (Fig. 4.)

A valuable exercise for developing the arms and shoulders, waist, back and hips is the following. If done correctly and with force, it has a great developing power:

Stand erect, feet together and hands at sides. Bend forward, touching the fingertips of your right hand to the floor—keeping the knees perfectly straight. The left arm is extended straight upward. Then the right arm is swung straight upward and the left brought down so that the fingertips touch the floor. (Fig. 5.) Very effective if you do it about ten times without stopping. Too much cannot be said about arm, shoulder, waist and hip development.

For the development of the hips and waist we have an exercise known as the body roll. The squat and the "touching the floor" exercises are also good.

Stand with body straight and feet together, hands on hips. Then slowly and deliberately roll the upper body in the form of a circle. Back as far as you can—to the sides and front as far as you possibly can without moving or bending the lower body. (Fig. 6.) Five or six repetitions will be sufficient, but they can be increased to ten or fifteen after you become limbered up. The squat is



Figure 8

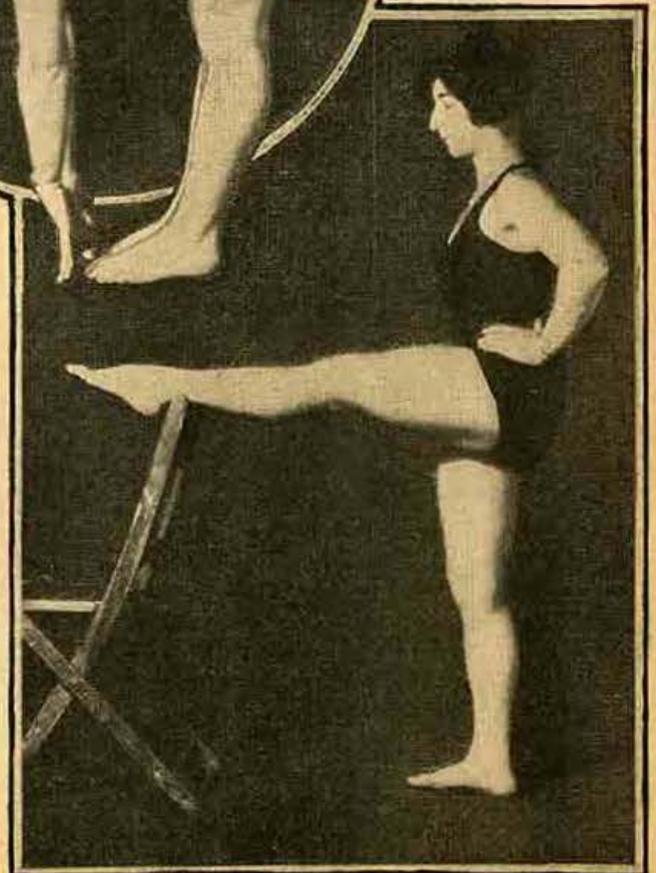


Figure 9

a good exercise for the hips, and helps to develop the thighs and calves if done in variation.

Stand erect with arms in front of you. Rise high on the toes, then slowly lower the body until it rests upon the heels. Then come up and back into position. (Fig. 7.) If you want to kill two birds with one stone, try squatting without rising on the toes and keep the body upright when in squatting position. This will give vigorous play to the thighs and calf muscles. Another exercise for the waist and hips is the one commonly known as "touching the toes."

Do not bend the knees when you go down; go down and come up with force, resting a few seconds before each repetition. (Fig. 8.) If proper attention is paid to breathing while doing this exercise, you can also benefit the chest at the same time. Inhale deeply when you come up, and exhale when you go down.

In addition to the squat, kicking is a very effective exercise for the thigh. Front kicking, side kicking and back kicking. For a beginner, however, the front kick is the easiest and best. This can be done with the aid of a chair.

Stand about three feet behind a chair with the back toward you, arms outstretched. Kick moderately high over the back of the chair in a circular fashion, first with one foot, then with the other, but be sure to keep the body perfectly erect and the foot on the floor straight. (Fig. 9.) You can also practice the squat first with one foot and then the other, but that is more for the ad-

vanced pupil. After you have mastered the plain squat thoroughly, practice this one leg squat. It will give twice as much work to the muscles of the thighs and calves as the plain squat. (Fig. 11.)

The back bend is also good for the back and sides of the thighs, but it is also an advanced exercise which

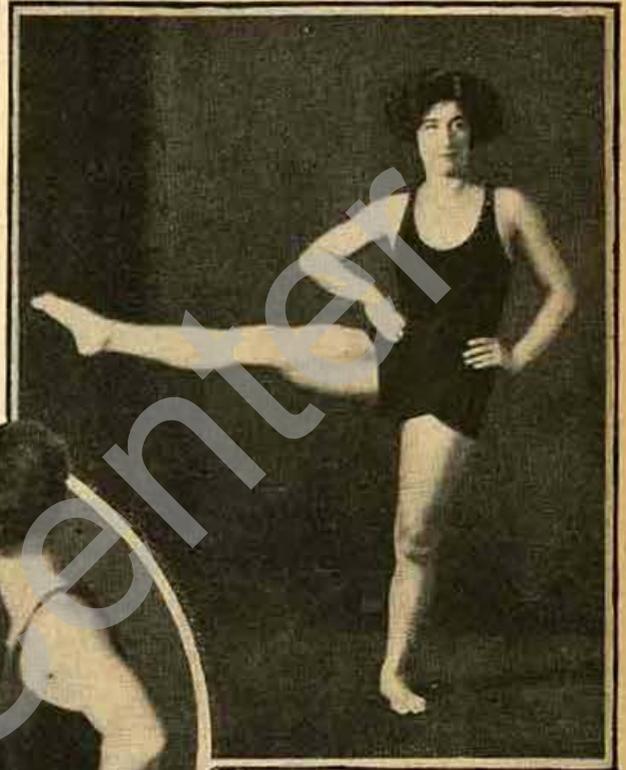


Figure 10

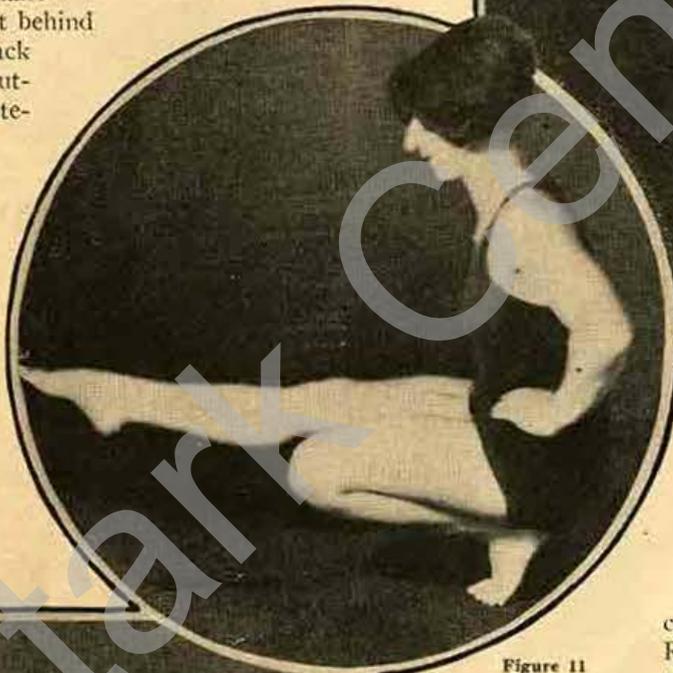


Figure 11

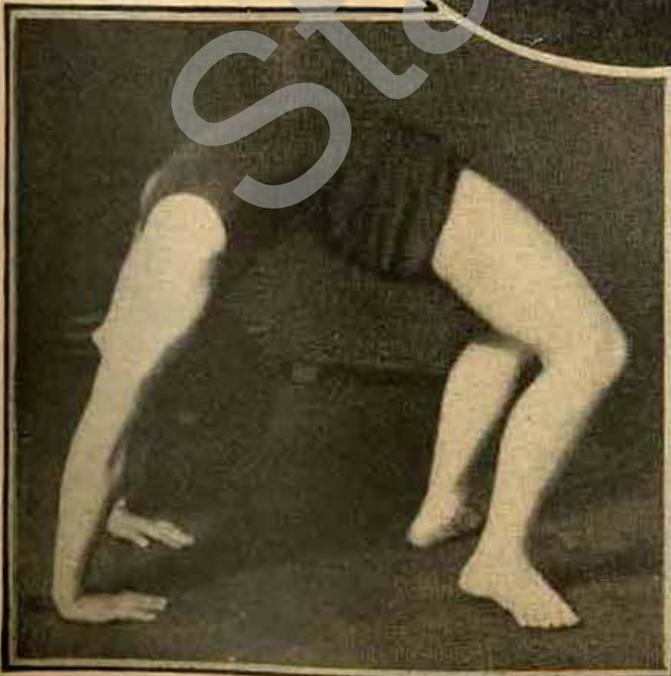


Figure 12

should be taken up later. (Fig. 12.)

For the calves we have the plain rising on toes and walking across the room. Then to position and back again. This can be repeated ten to fifteen times. Rope-skipping gives the calves the quickest development.

If you do not have the time in the morning to exercise, that does not mean that you should not start the day right. Hop out of bed and stand before your open window and practice the breathing exercise. That is all you have to do to "pep" yourself for the balance of the day. Next drink a large glass of clear, cool water.

Make it a habit to drink a glass at night on retiring and a glass in the morning on arising, and watch the change in your complexion and digestion. Also drink plenty of water during the day and during your meal time, as this has a tendency to fatten. If, however, you are stout, avoid drinking water with your meals. Walk to or from your work if it is not too far. Honest to goodness heel and toe walking is a great calf developer. Do your exercises every evening, spending from a half to three-quarters of an hour on them. After you have made noticeable gains, these exercises can be practiced every other evening, providing you are active during the day.

The average busy woman (Continued on page 91)

# How I Walked Off My Extra Pounds

Walk for Your Health and Feel 100% Better

By Pearl Allen

**N**ATURE endowed me with a strong body and a normal mind at birth, and I feel it was my own fault that I allowed myself to become almost an invalid.

When I was a young girl people used to admire my wonderful complexion and beautiful form. After I married I had very little to do and never got any exercise. As soon as my lunch was over I would get a magazine (fiction of course) and lie down to read.

After two years of such lazy living I gained forty pounds. Instead of weighing one hundred and twenty, my normal weight, I weighed one hundred and sixty. I felt heavy and looked it too, always had a "dragged out" feeling and never wanted to go anywhere. My husband insisted that I see a doctor and, of course, I did. Instead of improving I grew worse, and the largest part of my husband's check went to the doctor.

However, I could not afford to go to the doctor very often as circumstances would not permit.

I saw an advertisement in the paper exploiting a fat reducer, and I sent for it. Soon after beginning to use it I lost in weight, and in less than a year I was down to my normal weight. However, I did not feel any better in health and was in a very weak condition. While in this condition a baby came to us—a frail, fretful little girl who only lingered about three months and died. I was growing thinner and thinner, even though I had long since stopped using the reducer. I now weighed only ninety-eight pounds and looked like a skeleton.

My husband took me to a doctor again, but he did not do much for me. Then another baby came, and for months I was so weak I could hardly lift my hand. The second child was always ailing and took medicine for three years as regularly as the hands of the clock went around and then his system no longer could take the "dope" with which it was saturated and he died.

As a last resource, my husband and I went to the country to live. He worked on a ranch which was about eighteen miles from a doctor's house. The cost of the trip was so great that I

couldn't afford to go frequently, and as often as we could spare the money I had a load of medicine brought home and took it regularly, as though my very life depended upon it.

One day my husband was thrown from his horse. He lived only a short time and I was alone in the world and was soon to become a mother. The people for whom my husband worked gave me a home until my baby was three months old, and then I went back to the city to look for work. I found employment with a wealthy woman who spent each summer in Los Angeles, California. She took my baby and me out there with her, and I took charge of her two children. They took medicine every day of their lives and she felt I was fully qualified to care for them, for she knew I never once failed to see that the "dope" was given to them on time.

Then one day the mother was killed in an accident, and her husband took the children back to his mother and I had to look for another position. I found work about twenty blocks from where I lived, but I did

not move as the lady with whom I lived had taken a great liking to my baby and offered to care for her while I worked. I did not make enough to afford to ride both ways to work and buy medicine too, so I walked one way.

I was so tired after my first walk that I could hardly stand to cook at the restaurant where I found employment. I always seemed to be hungry, and as we were allowed to eat anything in the house we wanted, I ate three times a day.

Steaks, chops, soups, pies, white bread and jam made up my daily meal, and I began to get fat again. After working there a year I started to ride both ways to work and all forms of exercise stopped. I would go to the park with the baby and sit and read while she tumbled about on the grass. I never moved about because I had that same "too tired" feeling.

Then the man for whom I worked went out of business, and I was out of work with about sixty surplus pounds of flesh and a trunk of useless clothes. The lady with whom I lived moved



Walking, as an exercise, brought her weight down from 162 pounds to 125 pounds in three months.

to a farm and wanted to take my little daughter with her. Thinking that I could never give her the proper attention and work at the same time, I let her go, for I could ride out on the car and see her as often as I cared to do so.

I tried for days to obtain work and my money was getting low. I answered an advertisement and got employment at a laundry in Long Beach which was twenty-eight blocks from where I lived, but the salary was very small. If I used my money for carfare, I would have to do without eating so I decided to try walking. I arose at six o'clock in the morning and drank a cup of weak tea, ate an apple, orange or some grapes. Then after that meager meal I would start in to work, and that walk in the salty air before the sun was up cleared my brain of sleep and fatigue at once. At noon I would buy a sandwich and sit on a bench by the ocean and watch the bathers. At times I would sulk and envy some of the fresh pink complexions I saw. My own complexion was sallow and I had dark rings under my eyes.

I spent every evening there, but no one paid any attention to me. I dressed well, for I spent all I made in a year on clothes, but my dull hair, poor skin and eyes were repellant and it took me a long time to find it out.

I continued walking to work and back, but now I ate about a half a dozen graham crackers and drank a bottle of milk for lunch instead of the usual meat sandwich.

While passing a pair of scales one day, I decided to weigh myself. One hundred and fifty-four pounds instead of one hundred and sixty-two! I had lost eight pounds in eleven days and I now decided to walk every day. My eyes were opened! I decided to make a test. I ate meat, rich pies, cakes, coffee, etc., and at the end of a week I weighed myself again and I had not lost a pound or gained a pound. I then took the money I spent on cakes, pies, sweets, etc., and hired an instructor who taught me how to swim, and I lived on graham crackers, milk and a fruit diet for a month. I spent each noon hour in the water, and when the time came to stop work I went for a plunge and then walked home and had my lunch, which consisted of some fruit. I now arose at five in the morning instead of six and walked to the beach and took another swim.

After one month had passed I weighed one hundred and forty pounds and was feeling fine. At the end of the second month I was down to one hundred and thirty-two pounds, and in two weeks' time I weighed about the normal weight—one hundred and twenty-five pounds. I was beginning to feel like myself again. My legs were now slender and round, my stomach, instead of a soft fatty mass, was hard and flat, my skin was pink and clear and my eyes shone like stars. I had long since thrown away all my medicine and was feeling well and happy.

I then called to see my daughter. She was very ill and was so weak she could hardly stand alone. She had been given medicine regularly but without effect. I decided to take her home with me, so I stopped work for a while and took good care of her. Every morning I would dress her warmly and take her down to the beach. Her diet consisted of milk and orange juice. Instead of cake or candy I gave her fresh figs and fresh dates. In two weeks she was much better and could run around and play like other children. Before



Mrs. Allen as she looked at 162 pounds.

six weeks had passed she had gained her normal weight and was laughing and romping about.

Five years have now passed, and my baby is a big girl and a little athlete. I never take any medicine, nor do I give her any. I have a car and we take long trips together. I have also learned that you can get fresh air and pleasure out of hikes in the city as well as any other place.

I thought how foolish I had been not to have realized before that it was exercise and fresh air that my system needed. I never knew that walking was such a beneficial exercise. It changed my figure and made me strong in mind and body. As I look back when I was such a physical wreck, I can hardly believe that I am today a well woman in perfect physical condition. I am absolutely convinced that nothing except walking, fresh air and diet would have saved me, and if I had not been forced to walk and eat in moderation, because of lack of money, I might have been in my grave today. I never intend to stop exercising. I shall always walk as much as I possibly can, live out in the fresh air and eat the proper foods and in moderation.

If you people who ride to work, sit or stand in the house all day, sit in crowded rooms a couple of hours, ride home, go to bed and so on all the year round, would save that carfare, whether you need it or not, and walk for your health you would feel one hundred per cent better. Walk for your health, eat fruit, drink plenty of milk, and then in six months' time weigh yourself. Try walking for the blues, and you will soon forget what it was that worried you so anyway.

# An Ace of Matcraft

An interesting write-up on one of our best men on the mat today — Will this Greek idol ever throw Stecher for the world's title?

*By Dean Carrol*

**I** SAT in my office with some red hot "wrasstling" fans, just a few days after big Munn had fanned the carpet in defeat to the veteran Zbysco, discussing the rise and fall of the big ex-gridiron star preacher. Satisfied with our opinions, we passed on to talk about Lewis, Stecher, Pesek, Judson and other sensations of the mat. We gossiped about the wonderful attributes that each man had, when the question was put up to me just what did I consider made up a star matman.

"Well, boys, I'll tell you. I believe there are two angles to look at in that question. A man may be a real winner, but if he is not a thriller he is a poor box attraction, and the public cares little whether he wins or loses. In fact, the man who has the action, and loses more often, is the grappler that the people love to see. Take Plestina for example—a marvelous powerful man all right, but no action. His stuff gets monotonous. Then there is Pesek the Tiger man—a man who I believe will

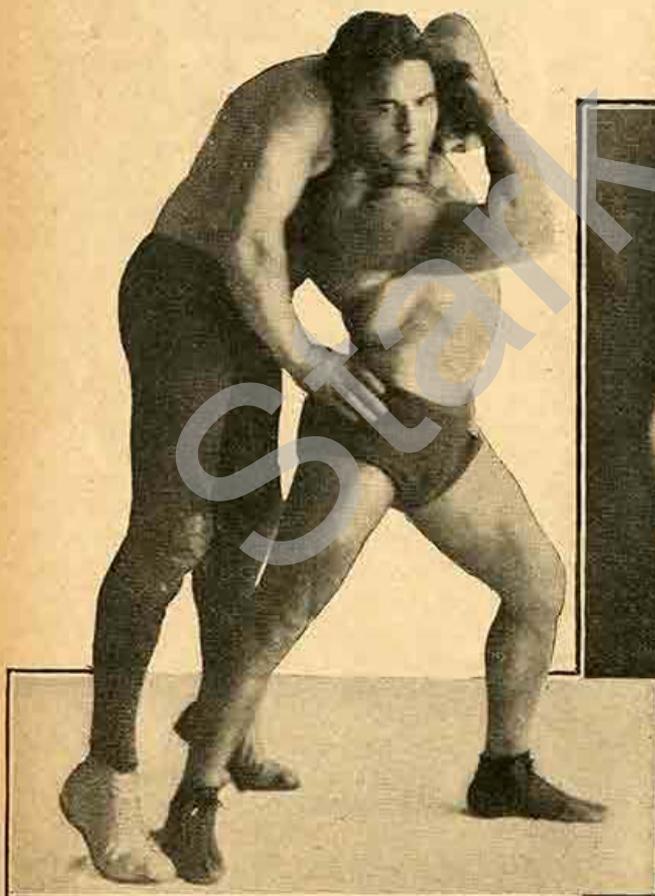
never hold the crown, as he lacks the necessary strength—but what a thriller! The Nebraska boy has the crowd on their toes with wildest excitement all the time. Slippery and as clever as they make them, he is a house 'jammer' wherever he struts his stuff. But the man who has the wonderful combination of strength, speed, skill and showmanship is the real ace of matcraft.

He is a winner, a thriller and a house filler. Of course you seldom see a man with these wonderful combinations, but in Jim Londos you'll find a man who measures up to my standard. If Jim lacks one thing it is weight, but he makes up for that with his remarkable ingenuity of matcraft, that more than compensates for his lack of bodyweight. I never saw a man who could maneuver his opponents into position, fool them, and trap them like he can. Continually on the go, the St. Louis wild cat is bounding and bobbing about to the consternation of his adversary. There is nothing so aggravating as to think you have your man and then to find he has snaked away. Such elusive tactics would wear out the patience of Job, so no one should blame the grappler (who is more or less temperamental anyway) for

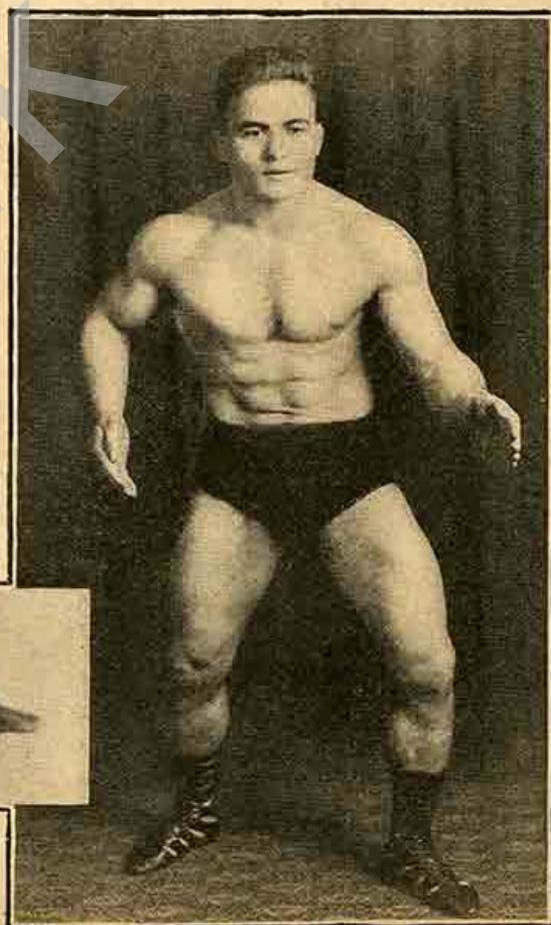
showing his exasperation when facing this clever Greek wrestler.

"Apart from this, his knowledge of applying and breaking holds and locks is remarkable. Backed by this knowledge is a degree of strength that is amazing. I have seen the St. Louis Greek pick up men in crotch holds and so whirl them around that they could not turn, and some of them were much bigger men than he.

"Take his favorite hold, the flying head-lock. Believe me, it takes some power to get that started, and it takes speed and agility to secure it.



Jim Londos demonstrating his famous hold—the flying head-lock—in which he has defeated all his opponents.



"Time after time he pulled this lock off on Gardini, the Italian idol, in Chicago, and the grappling Wop could counter it no-how. Even George Walker, the Canadian Panther, who has a neck like a bull, took the aerial when Jimmy clapped on his flying head-lock.

"His antics and maneuvers tantalize his opposing fans to an exasperating degree, while his followers simply scream with jubilation.

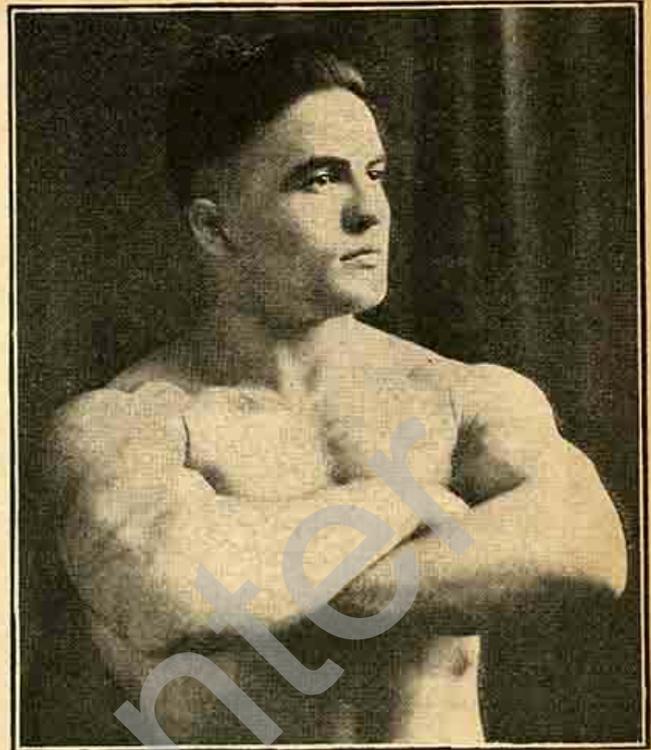
"From the days of the terrible Greek up to the present time, I have seen them all, but the classic nation never turned out a Spartan the equal of Londos. He is a living monument to that long lost era of idolized physical perfection. With the physique of a Greek god his wonderful proportions lend color to his artistic showmanship, and that helps considerably to make him one of the greatest idols of the present mat era.

"Londos is, by far, the best built man in the game to-day. His remarkable breadth of shoulders and depth of chest make his massive eighteen-inch neck free from the grotesque appearance so commonly found among wrestlers. The back, tapering down to a neat square waist, supports a beautiful torso, while the full rounded arms and legs put the finishing touch to a beautiful picture of an extremely well proportioned body. The splendid development of his latissimus dorsi muscles tell the tale that he is no stranger to the iron game. Indeed, he is more of an adept in handling weights than one realizes, and has to his credit a Bent Press of 207 pounds and a Two Hands Clean and Jerk of 236 pounds. Compare the following measurements with his pictures in this story and the reader gets a fine comparison of what this husky Spartan shapes like.

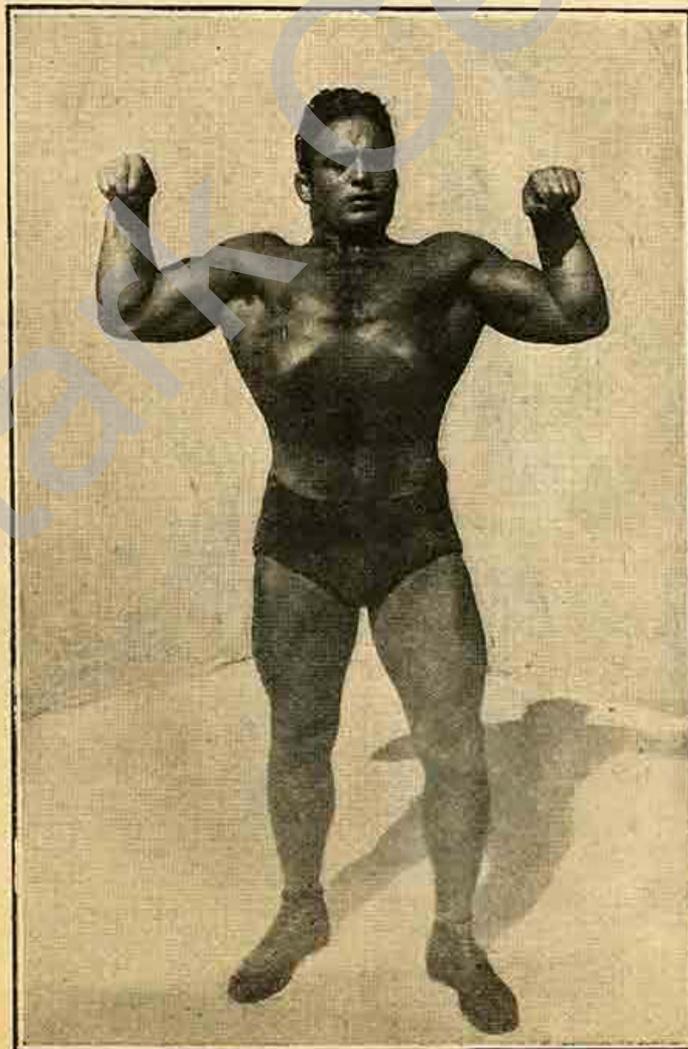
"Chest, 49 expanded; neck, 18 inches; waist, 32 inches; bicep, 16 $\frac{3}{4}$  inches; forearm, 13 inches; thigh, 24 inches; calf, 16 inches; wrist, 7 inches; height, 5 feet 6 inches; weight, 193 pounds; age, 28.

"This Greek idol was born in Greece of a very athletic family. His brother was a famous gymnast and influenced Jim considerably by the benefits he had gotten for himself from physical training. Under these circumstances there is no wonder that Jim developed into the athletic marvel he is to-day.

"Since coming to this country, twelve years ago, Londos has been very prominent in all-round athletics. Commencing wrestling in the San Francisco Y. M. C.



In repose one gets the idea of his great arm development.



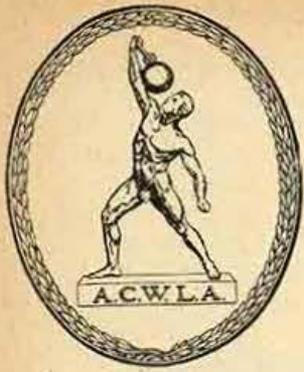
Note the beautiful torso development which shows his magnificent physique.

A., he speedily forged to the front, and for three years in succession he won the American Amateur Middle and Light heavyweight wrestling championship. He developed the lovely physique that he still retains, and prior to taking up the professional reins he was in great demand as an artist's model, and posed for some of America's most celebrated masters.

"On the cinder track he made his century in even time. As a tumbler he was superb. One of his favorite stunts was to turn a somersault with a thirty-six pound dumb-bell in each hand.

"He commenced his professional career by entering vaudeville in a posing act, but his remarkable talent and love for the grappling game drew him away onto the mat, where he has won for himself greater renown.

"I never get tired of seeing this splendid grappler work, he is so  
(Continued on page 90)



# American Continental Weight Lifters' Association Notes

## Results of the Eastern and Western Tourneys Deciding the National Champions For 1925

**J**UNE the sixth dawned in the throes of a heat wave with no respite when evening came, which compelled the gladiators of the steel sinews to attempt to perform their best in a steaming atmosphere, although the Milo building was quite cool compared with the great heat that prevailed outside.

Considering the weather, we had a much better attendance than was expected, and the usual enthusiasm prevailed.

Much interest was centered on three of the events because of the fact that the Western division held their tourney on the evenings of May 27th and 28th in Los Angeles, California. The

Wm. Burns, winner of  
National Amateur  
Heavyweight Cham-  
pionship.

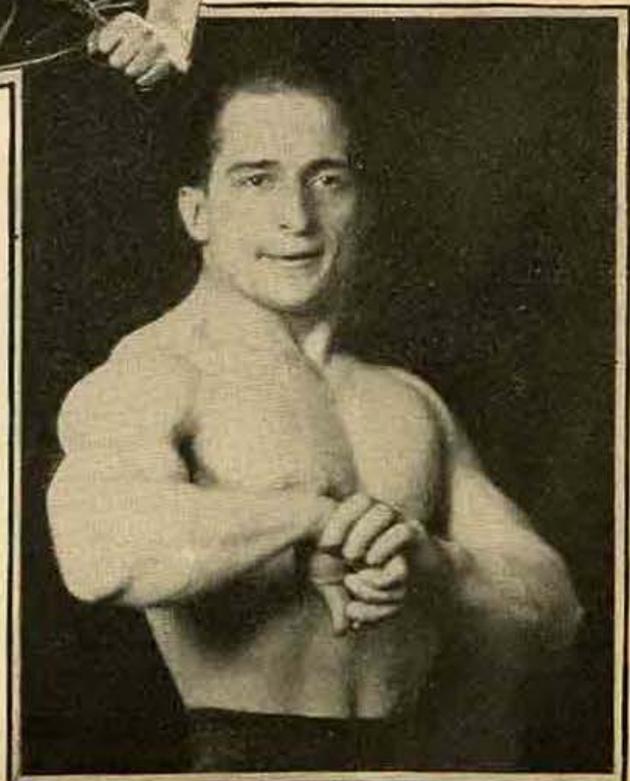
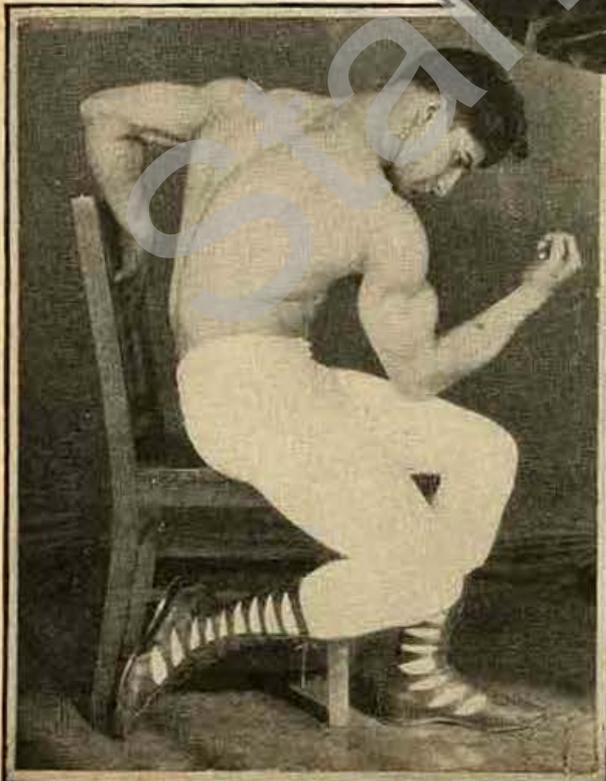
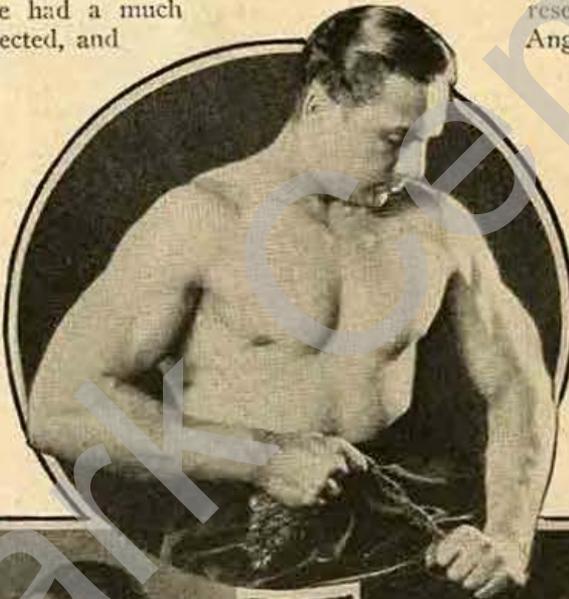
Frank Dennis, Amateur  
Middleweight Champion of  
America.

aggregate totals of each winner in the East and West were to be compared, and by this means the champions in each class would be named for 1925.

We were afraid that the results would not be on hand in time for the article in this issue, but we were fortunate in receiving our Californian representative's full report on the Los Angeles exhibition just in time.

The Philadelphia exhibition opened with a fine demonstration of muscular control and posing by Ed. Geiser of Camden, New Jersey, which was highly appreciated. Also, our old friends, Shadle and Kuklick, were on deck with their fine routine of team work in hand-

Chas. Shaffer, former Na-  
tional Amateur Banta-  
weight Champion, whose  
debut into the professional  
ranks has left this title in  
abeyance.

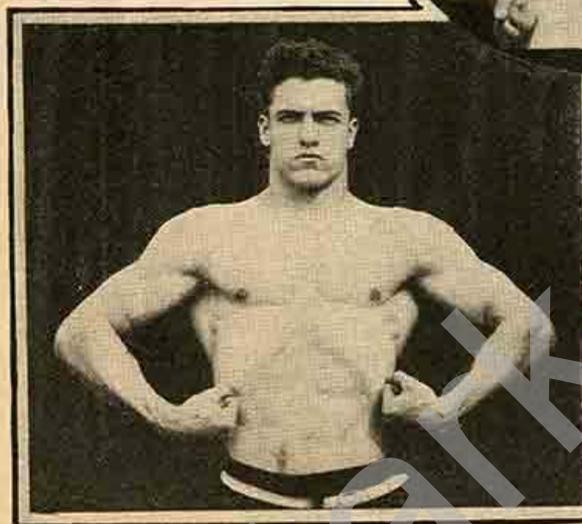
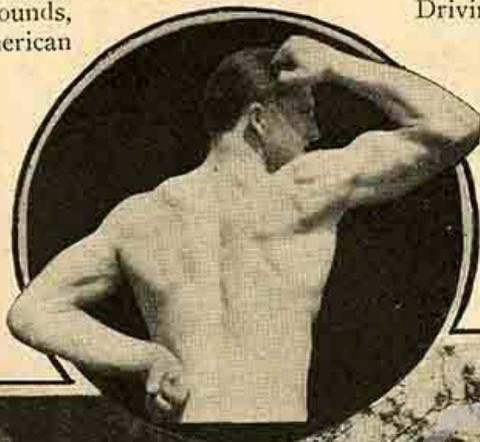


to-hand balancing. Their stunts never fail to bring applause.

The one fall wrestling contest between E. Johannson, world's cruiserweight champion, and J. Braun, ex-German champion, excited considerable interest. But Johannson's variety of holds were too intricate for the Teuton, who was compelled to succumb to the lighter man after eighteen minutes of strenuous work.

From lack of competition, Dennis was obliged to lift alone, accomplishing with ease a Two-Hand Clean and Jerk of 222 pounds. He just about failed in jerking the same weight from behind the neck, but succeeded with 215 pounds, which makes a new American Amateur middleweight record, as also does his Two-Hand Snatch of 167½ pounds. By the way he handled himself

Romaine Straight, winner of Pacific Coast Amateur Middleweight Championship and runner-up for American national title.



David Willoughby, Light Heavyweight Amateur Champion of America.

in all three of these lifts, it is quite apparent that Dennis can beat any of these poundages at any time he likes. His bodyweight was 153½ pounds.

The officials were Teddy Mack, as inspector of weights and scales, with C. Collier assisting. Mr. E. Allen and G. Craig acted as judges, with Geo. F. Jowett as referee.

The platform was next taken by Donald Pitts of Hanover, Pennsylvania, and M. Berry of Newark, New Jersey, in their return match. The weather seemed too much for the Newark featherweight, who fell below his regular form. He was compelled to bow once more in submission to the Pennsylvania lightweight. The totals were: 917½ pounds for Pitts, who weighed in at 131 pounds, against 892½ pounds by Berry, who weighed 128½ pounds. Berry lifted 18½ less than on May second, while Pitts increased his score by 2½ pounds. Both fell down on the Two-Hands Dead Lift, but Pitts showed considerable improvement on his snatch, in

which he jumped ahead twenty pounds over his previous best effort.

By next year we expect to see Pitts giving the very best in his class a real battle. Berry has decided to lay off for the summer. He has been lifting continuously since last September. He is a glutton for work with the iron, and a lay-off will do him lots of good.

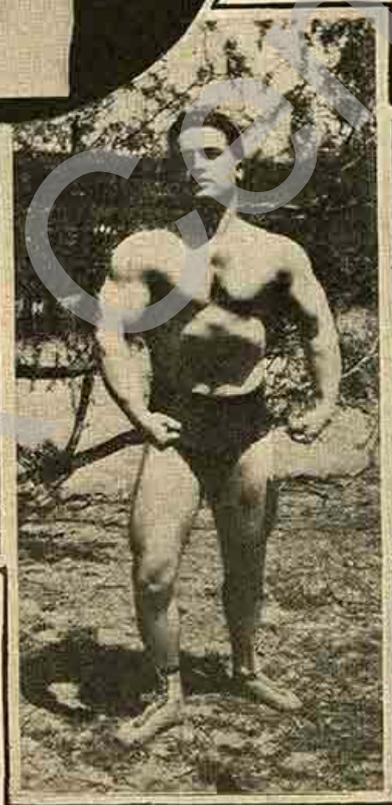
The next event was looked forward to with keen anticipation, due to the fact that Bob Snyder returned to defend his national title against competition of the East and West.

Snyder lifted under unfortunate circumstances. Driving from Hagerstown, Maryland, his bus broke down several times. He arrived at the last minute drenched with perspiration and in nervous apprehension at being late.

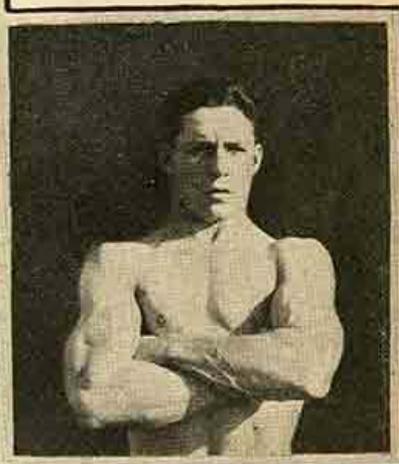
The program was held up while Bob stripped for action. The President explained the circumstances, and "Our Bob" received a rousing reception.

Well, Bob will ride in Fords.

Nevertheless, Snyder covered himself with glory. Lifting better than he has done all year, he scored the grand total of 967



Robert Snyder, Amateur Lightweight Champion of America.



J. Kingsbury, runner-up in the Amateur Heavy Middleweight Championship of America.

pounds at his lightest bodyweight, which was 136½ pounds. Losey of Jersey City, at 136½ pounds and, Levani of Brooklyn, 135 pounds, followed in a row the totals of 955 pounds and 940

pounds.

Bob is to be congratulated on his fine showing under such adverse conditions, and as will be later seen in this article, he more than proved his superiority as America's leading lightweight.

Manger was very unfortunate in having no opposition. His opponent, Dr. Raftery, hurt his hand two weeks before the contest, and was compelled to drop out. On the One-Hand Clean, the Two-Hands Snatch and the Dead Lift, Manger fell down considerably. Much below what we have seen him do. The Baltimore boy thrives on competition; the lack of this cost him the

national title, which we know he is quite capable of winning.

The Los Angeles Tourney for the Pacific Coast championships went off fine, which speaks well for the splendid enthusiasts of the sunny state.

Under the able directorship of Al Treloar and Ben Price (both famous coaches and athletes of the L. A. A. C. and directors of the A. C. W. L. A.), the event was an assured success. Our old friend Willoughby acted in his capacity as the A. C. W. L. A. representative, and added another notch to his bar-bell by securing first place in his bodyweight class.

A good attendance favored the two-nights tourney, and unusual enthusiasm was displayed. The most interesting part of the whole event was the splendid new material that was uncovered.

As will be seen by the schedules, there were introduced two different classes.

The reason for this is that for a long time all the weight-lifting bodies all over the world have been fighting over the bodyweight question. Every time the Olympics took place the English-

speaking nations had to revert to the Olympic standards, which are heavier. An effort was made to come to some agreement, but everybody wanted their own way. However, to cut a long story short, President Jowett got in touch with the British body, stating we were quite willing to keep our class weights the same as theirs, providing a change was made in the light heavyweight class.

No answer came back at any time from overseas, so it has been taken for granted that the British did not wish to make the change. Being all English-speaking, the American body would have liked to have seen lifters on both sides of the Atlantic stick together; but there is an

advantage in adhering to the European class-weights, simply because the weight-lifting sport is more popular and numerically they are more powerful.

With the events taking place in California, the coast branch was anxious to have the question decided. Mr. Jowett waited until the last minute, hoping to hear something satisfactory, but no word coming, the change was decided on by a meeting of the

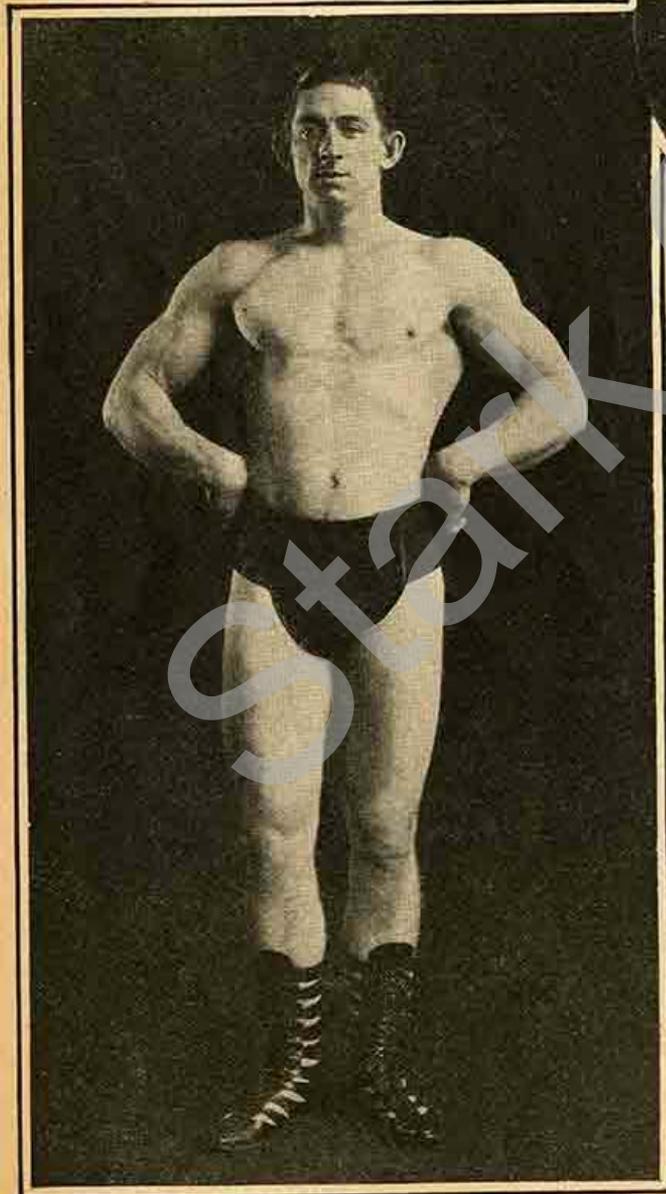
directors. This means that all the weights remain the same, with the exception of the light heavyweight class, which will be known as the heavy middleweight class, as in Europe, the same bodyweight prevailing of 154 pounds to 168 pounds.

The additional class is made by a change in bodyweight standard. From now on the light heavyweight class will be made up of the lifters whose bodyweights range from 168 pounds up to the limit of 182 pounds.

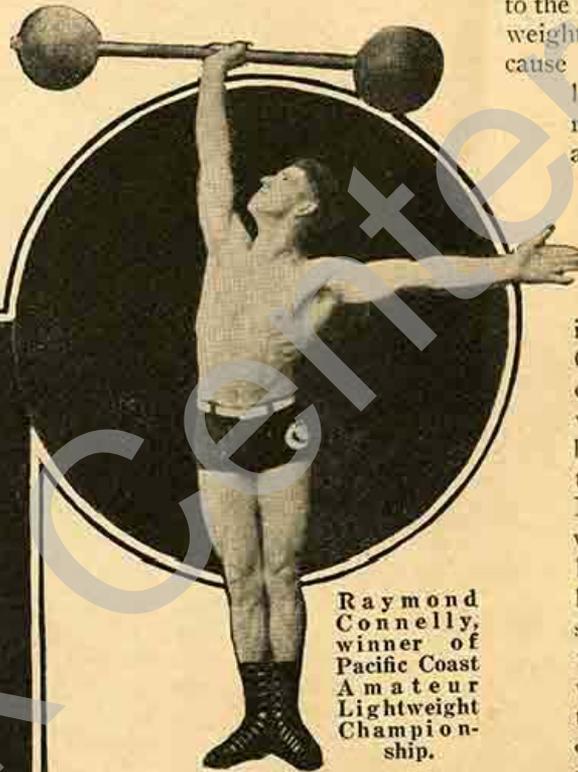
It was never fair to expect a 170-pound man to stack up against a 200-pounder. This he had to contend with, and much more in many cases, which always proved too severe a handicap.

This brought Willoughby, the former heavyweight amateur champion, down into the new class, which he won. Willoughby has been unfortunate of late, one thing and another intervening that made it impossible for him to train. This explains his poor showing in comparison with his usual form. Yet we heartily congratulate him, as he has always proven himself a game lifter, and has done a lot for the game in the West. The runner-up was Max Allen, whose form is progressing all the time. The third place was taken by the gallant old veteran, Alfred Martin, who is one of America's greatest amateur "pressers" at his bodyweight.

The heavyweight honors were (Continued on page 92)



A. Manger, runner-up in the National Amateur Heavyweight Championship.



Raymond Connelly, winner of Pacific Coast Amateur Lightweight Championship.

**W**HEN 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.

Dear Doctor:

I am a beauty specialist, and what is popularly known as a cosmetician, and am very greatly interested in what you have intimated as the relation between the glands and the general nutrition of the body, particularly with reference to the hair and the skin. I would like very much to ask you to tell us how the color of the skin is controlled by the thyroid and the adrenal glands, and what causes the thickness or thinness of the skin, and why some people have dry, brittle hair and brittle nails.

R. J. M., New York City.

Practically all glands are concerned in the physical makeup of the body. The facial appearance is especially influenced by the integrity and the proper functioning of our glands, as is also the shape and contour of the body. Whether we are tall or short, fat or lean, sluggish or alert, bright or dull, our glands are to be looked to for these states or conditions.

Now, the thyroid gland helps in the proper elimination or burning up of waste products. It favors skin perspiration. The adrenal glands affect the color of the skin by controlling the proper surface circulation, by contracting the capillaries at one point and dilating them at another, through their influence upon the vasomotor nerves.

This favors the proper distribution of color, without which there can be no true beauty. No girl can have the "skin you love to touch" unless her adrenals and thyroid are working properly, for lack of adrenal and thyroid secretion absorbed into the blood and carried through the circulation impart to the face a sallow appearance, freckles, liver spots, and other forms of pigmentation.

With the lack of thyroid functioning, there is defective perspiration and undue dryness of the skin. Inasmuch

as the waste products, through failure to be eliminated properly, accumulate beneath the outer layer of the skin, blackheads, acne, and other skin eruptions are produced.

The consistency of the skin—that is, its thickness or thinness—is dependent upon the thyroid, adrenal, and sex gland activity. This accounts largely for the more delicate skin found in the female than in the male. When the thyroid is deficient, the skin not only becomes dry, but it also thickens, as the accumulated waste products beneath the skin, by constant irritation, produce hypertrophy, or a thickening of each individual skin cell. As to the tonicity or elasticity of the skin, I might say that the thickening of each individual cell affects the elasticity of the skin and produces a lack of facial expression which is so characteristic of the "dopiness" of face found in the hypo-thyroid individual—the individual who is deficient in the activity of the thyroid gland.

The appendages of the skin, that is, the hair and the nails, are also markedly affected by the deficient thyroid action, as well as by the deficient action of the adrenal and pituitary glands.

For instance, brunettes have excessive adrenal secretion, while blondes have less thyroid and less adrenal. Failure in growth of hair is caused by defective thyroid function. Premature greying of the hair is usually caused by underactive thyroid gland. Premature baldness or the tendency toward it usually accompanies the thyroid gland which is laying down on the job. Excessive growth of the hair and superfluous hair, on the other hand, are usually caused by overactive pituitary or sex gland functioning.

Dry, brittle hair is caused by defective thyroid functioning. White spots on the nails mean a deficient adrenal action. This is particularly noticeable after a severe illness, at which time the adrenals are severely depleted. Thick brittle nails are also caused by defective thyroid function.

From the above, the importance of cooperation between the cosmetician or beauty specialist and the physician is obvious. For the physician can be of the greatest possible aid to the cosmetician in bringing about a normal state of the skin and its appendages, toward which the entire attention of the cosmetician is directed on behalf of her patient. Many failures on the part of the cosmetician may be avoided by obtaining the proper diagnosis of the glands status of that particular patient. I might state that if any patient comes to the cosmetician with a bad case of acne, no amount of external treatment of any kind will be of any value unless combined with internal treatment that will help eliminate toxins and burn up the waste products of the body. The acne might be alleviated for a little while by salves, unguents, massage, etc., but it will invariably recur. Also, if the beauty specialist has a case that comes for undue discoloration, poor quality, or falling out of the hair, no hair tonic and no scalp massage can possibly be permanently beneficial unless combined with the internal treatment that is calculated to help the thyroid and adrenal glands. If you should have a case that is prematurely old looking, with a wrinkled face, poor quality of skin, no ironing or plastering of any kind will ever help her condition unless combined with proper treatment of the sex glands.

So, bear in mind that while I have the highest respect for and full approval of all beautifying methods, complete success will be much more easily obtained by eliminating the root of the trouble through the various glands.

This, it also goes without saying, contemplates regulation of the diet, the proper amount and kind of exercise, adjusted to the particular needs of the patient, hygienic measures, such as deep breathing, drinking ample quantities of water, proper elimination, proper bathing, and other measures that tend to promote the highest possible state of health.

Dear Doctor:

A relative, 21 years of age, suffered a severe attack of rheumatism last fall, and he is unable to bend joint of wrist the slightest. It seems that the joint is knitted together entirely. All other signs of rheumatism have disappeared. The joint is of normal size. So kindly advise me as to the best treatment you would suggest for same.

J. E. D., Gathersburg, Md.

For mobilization or ankylosis of the joint following rheumatism the treatment that has been found most effective is dry baking, at a temperature of 250° to 300°. This is followed by massage, with some good unguent, such as lanoline. I might add that we have been having some very excellent results in a number of these conditions through use of gamma ray stimulation, combined with hypodermic injections of radium bromide, which seem to have a specific tendency in certain cases to break up these joint deposits which cause ankylosis.

Dear Doctor:

I thought you might give me some advice about what can be done for a catarrhal condition of the bowels. My doctor says I have a poison forming in my bowels from the

food containing protein, and put me on a diet of fruit and vegetables. That was a year ago, and I am not much better. My trouble persists. I still have lots of mucus coming from my bowels. Two years ago I had an attack of neuritis in my arms and shoulders, and intestinal indigestion, and my left arm is still lame or tires very easily.

Mrs. R. L. J., Waterloo, Iowa.

I do not believe that your low protein diet is calculated to help intestinal catarrh or colitis. I believe that you would do very much better on a well balanced diet in which you can get the juice of rare roast beef or broiled steak, which you will get by thoroughly chewing up the beef or steak and rejecting the fibrous portions. This, accompanied by milk, eggs, and the vegetable juices of all kinds, made by boiling the vegetables into a soup, then straining out the fibrous portions, will give you better results.

High colonic irrigations two or three times a week for a few weeks and then less frequently may also be of service, particularly if you incorporate a little permanganate of potash or even ordinary baking soda in the solution. The neuritis is no doubt the result of the absorption of the toxic material from the bowels, and if you can overcome the catarrhal condition the neuritis will disappear of its own accord.

Dear Doctor:

I am suffering from an immense hand sweat since a year ago. I will be very grateful to you if you will tell me how to overcome it. Age 27 years. I. S., Chicago, Ill.

You might try a solution of permanganate of potash. Add enough of this to color the water a fairly deep blue, in which wash or soak your hands two or three times a day. This usually helps sweating of the hands. With some people the formaldehyde solution may be even better.

Dear Doctor:

I have a light case of piles, and would like very much to know if there is any way of curing them without having an operation. It first came on me about nine months ago. I am seventeen years old. G. J., Portland, Tenn.

Regulate your diet so as to be sure to secure two or three daily movements of the bowels. If you cannot do this through the use of green vegetables, you might take a teaspoonful of oxychrystine every morning. Then you might use some dianal ointment, which you may secure at most any drug store. Inject a quantity of this ointment into the rectum every night for the first week, then three times a week for the next week, twice for the succeeding week, and once a week thereafter until the condition is relieved.

Dear Doctor:

Can you please tell me how I can stop my nose from constantly bleeding? Every day it bleeds, and sometimes twice and three times a day. There is no pain at all and I never have a headache. I am in good health, exercise every day and eat only plain wholesome food, including fruit and plenty of water.

My age is 23 years, and I am five feet seven and a half inches tall and weigh 153 pounds stripped. It is mostly the right nostril that bleeds. J. H. D., Nottingham, Eng.

At your age, 23, it is hardly likely that you should have high blood pressure. Therefore, your nosebleed probably results from a weakened condition of the mucous membrane of the nose, created probably by some old catarrhal involvement. Or, you may have adenoids, which spongy growths have (Continued on page 83)

# The Punch That Wins

No Doubt Pugilists of Former Days Used Upper Cuts, Straight Leads, Short Jabs and Other Well Known Blows, but we Doubt Whether They Used Them with the Same Scientific Ideas Behind Them as the Present-Day Stars of the Ring Do

By Ralph Hale

**T**HE other day I was talking to an old friend of mine who happens to be a real old boxing fan, and naturally we fell into discussing boxers, past and present. We talked about them all. Peter Jackson, old Fitz, Joe Gans and many others with whom my friend was very familiar when those celebrities were at the heyday of their profession.

Reminiscently he spoke: "Say, but there does not seem to be the romance attached to the game like there was in those days."

Like the old saying that "Far away pastures look green," the events of yesterday seem to appeal to our imagination more strongly than do the happenings of the present day. Perhaps it is because we did not live through the scenes ourselves, and the colorful descriptions of the sport writer, when reciting those old fights, have placed a fascination around them. There is no doubt that the battles we see today appear drab in consequence.

There is something about boxing that has an inherent appeal to us all. That lust for battle which was the element of the primeval man remains with us in a more dignified manner, which no doubt brought about the birth of fisticuffs. And with the growth of this manly sport a greater degree of science has been developed, so that nowadays we coincide boxers with their specialty on certain blocks, stops and hits.

When a man gets talking about a boxer, the conversation invariably leads backwards to others who were also proficient in that certain feat of boxing science, and finally the conversation veers around to who was the first to introduce that certain move into the game.

That is a very hard question to answer, since fighting with the fists

dates back to the days of the Roman gladiators. No doubt those pugilists of former days used uppercuts, straight leads, short jabs and some of the other well known blows; but I doubt if they ever used these blows with the same scientific ideas behind them as the present-day generals of the squared ring do; and I am certain that their knowledge of the entire game was very meagre, especially in the art of blocking, stopping and covering.

Therefore, our interest dates back to more recent times, where we can more closely trace the advance of boxing science.

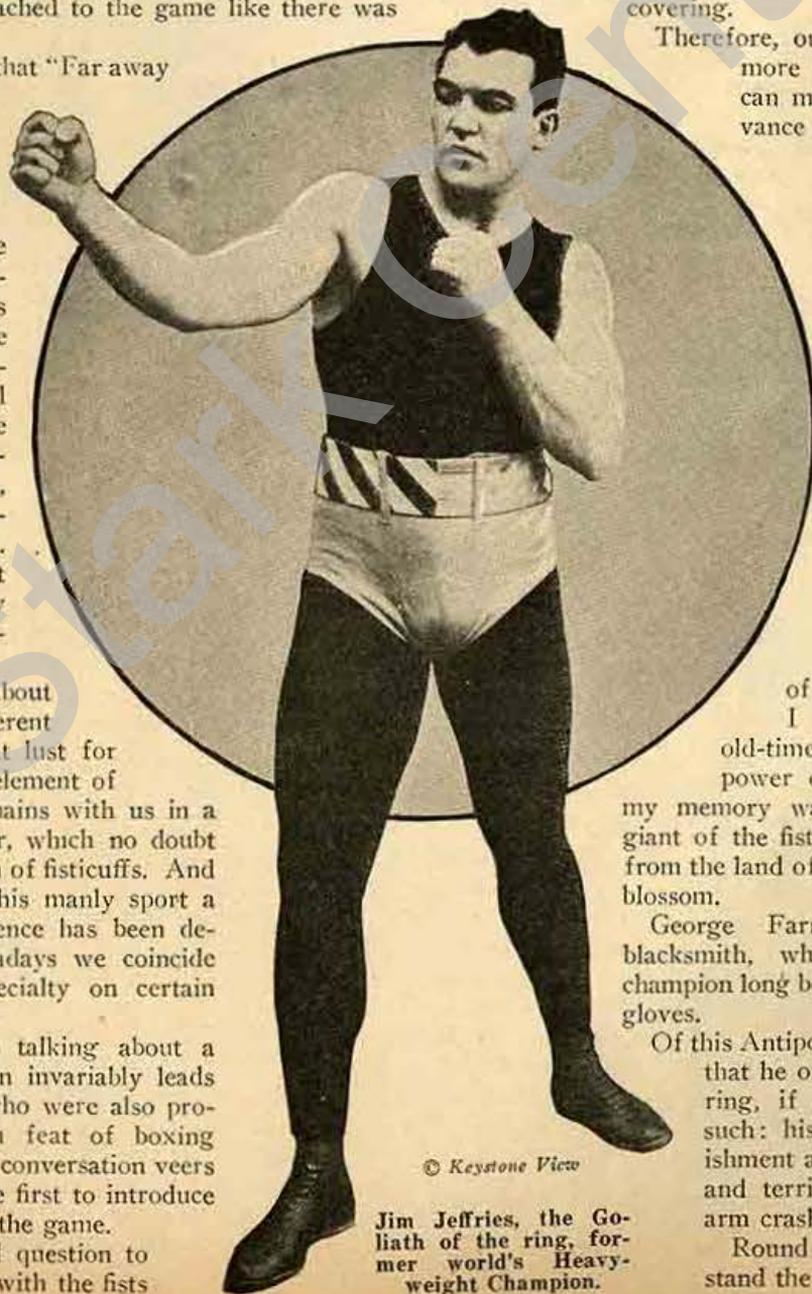
During the conversation with my old boxing friend, we talked much about the short-arm blow that traveled apparently so short a distance, and landed with such devastating effect upon the solar plexus. This blow was the pet of old Bob Fitzsimmons, with which he defeated most of his opponents.

My friend was of the idea that Fitz was the greatest exponent of this blow, but greatly as I admire that wonderful old-timer and respect the terrific power of that paralyzing blow, my memory wanders back to another giant of the fistic game who also hailed from the land of the kangaroo and wattle blossom.

George Farnham, the Melbourne blacksmith, who was the Australian champion long before old Fitz donned the gloves.

Of this Antipodean I have heard it said that he only had two tricks in the ring, if you want to call them such: his ability to absorb punishment and the lightning rapidity and terrific impact of his short-arm crash to the solar plexus.

Round after round he would stand the battering from his more



© Keystone View  
Jim Jeffries, the Goliath of the ring, former world's Heavy-weight Champion.

elusive opponents, until he was in some cases a pitiable sight. This Farnham would endure until he saw his chance, which invariably came with the over-confidence of his antagonist. Then like a bolt from the blue that terrible blow was delivered, which was always the end of the fight.

Peter Jackson, the famous Australian negro, whose remarkable elusive tactics enabled him to make a fade-away more effectively than any other fighter of that historic period, did not escape from Farnham's right when they met in their first encounter. Jackson afterwards said that when Farnham hit him he heard all the sheep bells in Australia ringing at once in his head.

In their second encounter Jackson won, and while he admitted that Farnham was only a shadow of his former self, he remembered that terrific punch so well that he took no chance with it, old as Farnham was.

I always remember Farnham better because of the following interesting story, which tells more plainly than mere words what terrific punching power this knight of the anvil possessed.

Not far from Melbourne there lived a squatter who was notorious all through Victoria for his bullying. It was a joy to him to thrash every strange man he came in contact with, and he never missed the opportunity to pick a quarrel. After all was said and done, he was game and was a natural born mixer, but his brutality made him feared wherever he went.

Business took him into Melbourne, and walking around the town, he wandered into Farnham's smithy. Farnham was busy, as also

were his men and for that reason he paid no attention, beyond a nod, to the squatter. Somehow the fact that no attention was being paid to him rankled the squatter, who was used to having his own way. And, perhaps, the fact that Farnham looked so husky and

fit stimulated the jealous instinct of the squatter to the fact that here was a man who might be better than he. Native pride would not stand for this, and the squatter began to make his presence obnoxious by passing offensive remarks about the workmen's skill, and then passed on to the workmen.

During this one-sided altercation Farnham had not said a word, but kept pounding away on the anvil as though nothing was taking place.

Reaching the stage of exasperation, the squatter strode up to Farnham and ground out between set teeth, "You ignorant scum, if you were on my ranch I'd make you talk," to which Farnham calmly replied, "Maybe it is a good thing for you that I am not on your ranch."

This was the straw that broke the camel's back, and in anger the squatter struck George across the face.

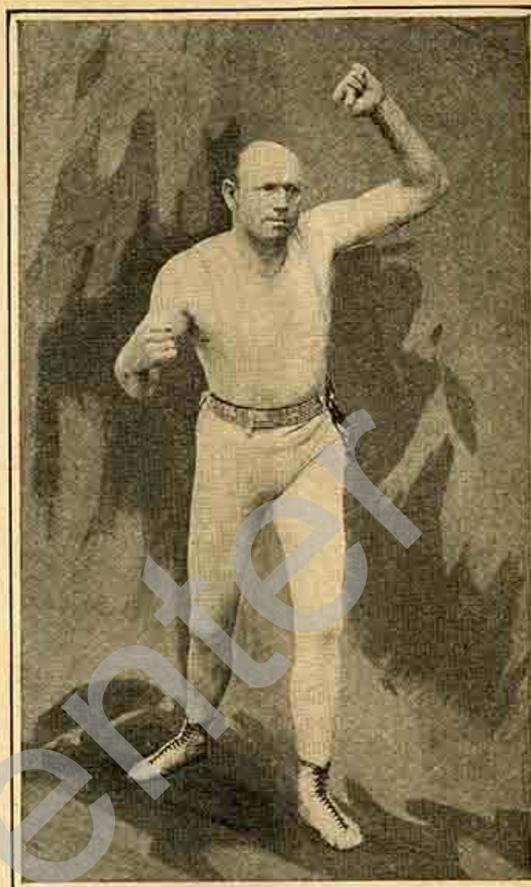
Farnham realized this was the stopping point. Looking the squatter square in the face, he quietly remarked, "Well, you have been looking for it, now you can have it."

With this he began to take off his leather apron, and ordered his men to make space in the yard flanking the smithy. While this was in progress one of the blacksmiths took the opportunity to whisper to the squatter just who and what he was up against, and advised him to beat it. The squatter gave a start when he heard Farnham's name pronounced, but he was game and eager for the fray.

Taking up their positions, Farnham faced his opponent with his weight balanced solidly on flat feet, while the squatter, dancing on his toes, darted in and out with snapping blows. The fact that he could land so freely upon Farnham gave the squatter encouragement, and he began to believe that the blacksmith was a false alarm, but all the time Farnham was watching and waiting as he slowly moved in a circle, taking all the other man had.

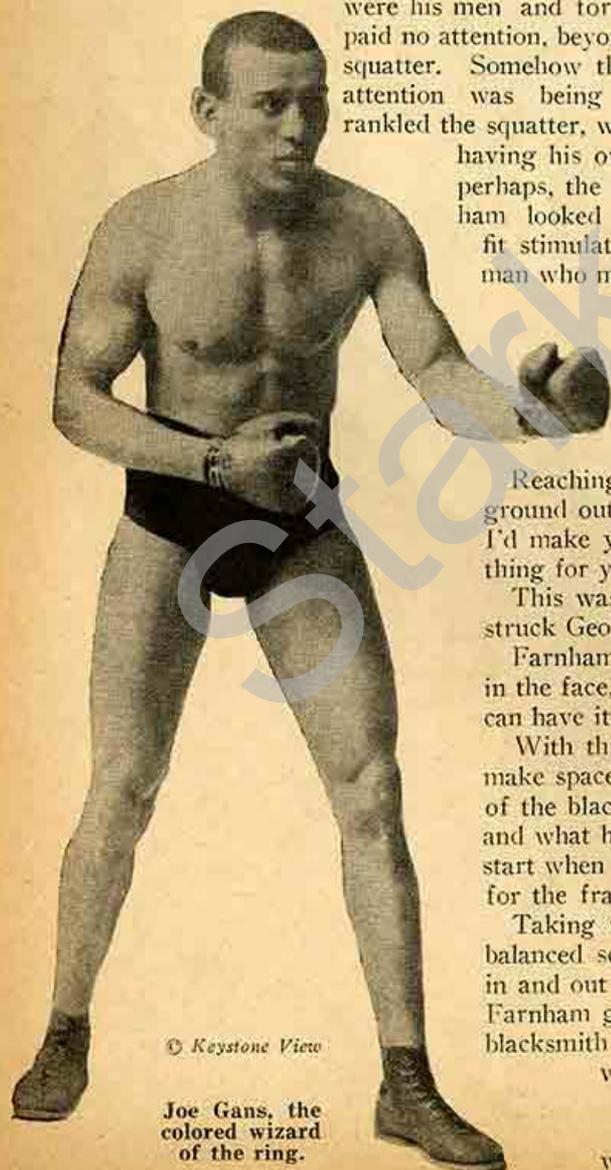
The end came like a thunderbolt from the sky!

Becoming too eager, the squatter landed a "one-two" to the head, which left his body exposed, when *crash!* (Continued on page 77)



© Keystone View

**Bob Fitzsimmons, the man who developed the solar-plexus blow.**



© Keystone View

**Joe Gans, the colored wizard of the ring.**

# Extraordinary Gymnastic Achievements

In this Article the Reader will Find Complete Instructions on How to Perform a Series of Circus Stunts Rarely Accomplished by Even the Greatest Professionals

By *P. H. Paulinetti*

**G**YMNASTS and acrobats come and go, but the great artists, like the Comets, always leave their trail behind; but that does not say that others could not be found who would be able to accomplish the same feats.

In this article I shall endeavor to point out how it was possible to master a number of feats which the leading gymnasts of the world contended were impossible of accomplishment by any normally formed person.

A number of years ago I was rated as one of the top-notch acrobats of America, when I met with an accident. This set me back considerably; in fact, it changed the whole course of my career that I had mapped out for myself as an acrobat, dancer and gymnast.

At that time I was known to the circus and vaudeville profession as an all-round performer of the highest grade, and was able to branch out in almost any kind of dancing, acrobatics or gymnastics.

My accident laid me up for seven months. During that time I did much thinking in trying to decide just which one of the arts I should take up; and finally decided to put myself through a highly specialized system of training in the art of hand and head balancing. When I came to this decision I commenced to think of what all the great artists in this line had accomplished, and discovered that I had a mighty task before me, as there were some artists at that time who "wanted some beating."

I decided to try and form a new series of feats. The only opening I could see left to me was to perform feats of strength on my hands, using my own weight for the purpose in different movements. I was able to push a dumb-bell (which was considerably more than my own weight) at arms' length above the head with either arm, thanks to Mr. Richard A. Pennell, who held the

world's record at that time. He was also the gymnastic instructor at the Pennsylvania University, Philadelphia, Pa. Mr. Pennell was my instructor in handling the weights, and recommended me to Professor Edward Muybridge for the purpose of posing for the professor's series of instantaneous photography, which he named "Animal Locomotion" (some of which are shown here). These photos were taken at the Pennsylvania University grounds in sunlight.

The dumb-bell used in the accompanying series weighed eighty-five pounds, while my own weight was exactly one hundred and nine pounds. This weight, as figured out by Mr. Elliott Flint (son of Dr. Austin Flint of New York City) was, and still is, far above the world's record for the "curl" in that position, according to the weight of the bell in comparison to that of the man. Mr. Richard A. Pennell curled one hundred and two pounds in the same position, but his weight at that time was two hundred and five pounds.

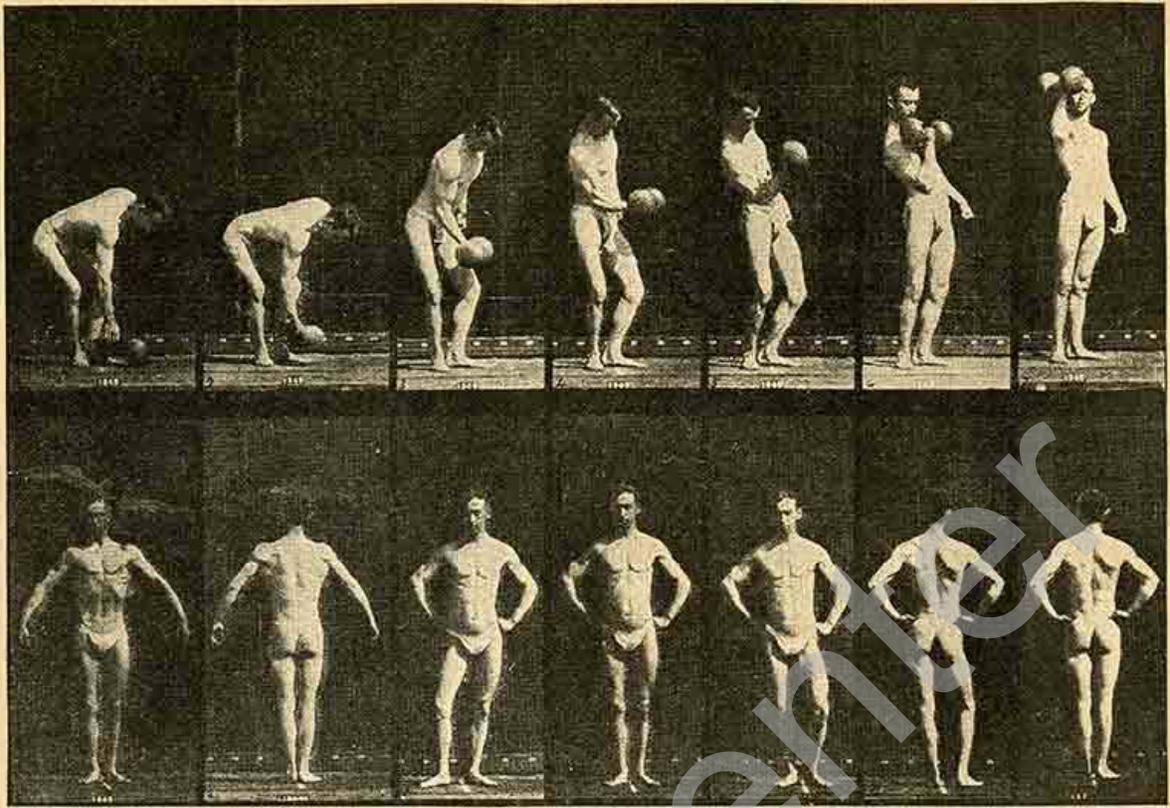
You will notice in this curl that the elbow is resting against the body in front, which was strictly in accordance with the rules then used in competitions. I am not certain, but I think that the military press from the shoulder to arms' length above the head is equally on a par with the curl as a record, at least up to that time.

After finishing my posing for Professor Muybridge at the Pennsylvania University, I commenced my new task. I made a statement to Mr. Pennell as to the great things I was about to accomplish. He smiled and wished me luck. He was a very keen judge, and I, well knowing this, did not know just how to take that smile. It looked to me as though it meant "we will see." This made me very determined, and I set myself to the task.

I shall pass over the ordinary



Mr. Paulinetti was one of the very few who could do a one-hand balance in this position.



Professor Edward Muybridge's "Animal Locomotion."

feats, with which the reader is more or less familiar, and take up what was considered by the artists in my line as impossible, or bordering on the impossible. When I mentioned to a number of gymnasts the feats, and what they were, that I was going to perfect, they gave me what is commonly known as the "horse laugh."

I practised a few months on the quiet the following named feats: A one-hand balance on each hand. This was very discouraging, as I tried, right from the start, to straighten up in the hand stand with the legs rigid, the feet together, and the free arm taken away from its use in helping to balance by placing it by my side or across my back as shown. The one-hand balance in that position had never before been accomplished, nor had the same balance been performed changing from one hand to the other.

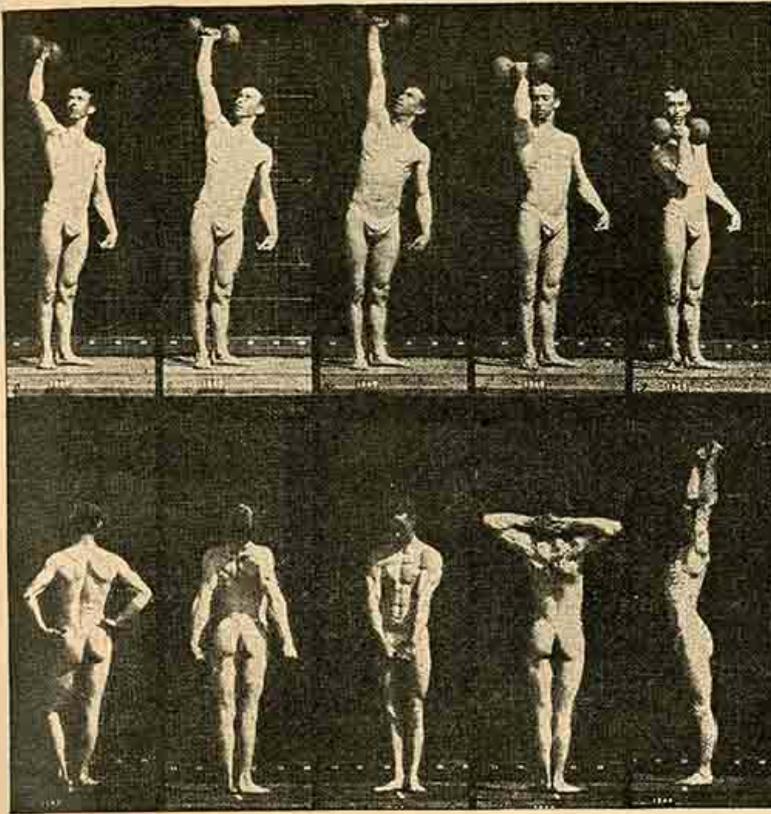
Two months of the most strenuous practice found me with little or no progress, and I was on the verge of giving up and acknowledging defeat, but the thought came to me, "What will all those people to whom I made my boast think of me?" This made me dismiss all thought of defeat, and I went on with my practice with renewed vigor.

One morning the thought came to me, "How do I balance

on my feet?" I stood on one foot, then on the other in different positions, and found that the natural position was the true position, with the toes pointed slightly outward from the center and the leg perfectly rigid. Then I wondered what the natural position of the hands would be. Without looking at them, I opened them out as they hung by my side, and discovered that they were in the exact position as I stood on my feet, and the fingers were separated. I placed my hands on the floor in that position, and pushed hard so my arms were rigid. Then leaning over with my weight on the right hand, to my astonishment I could feel a balance in this rigid position, and was able to remain there a few seconds. I was highly delighted. The hand in the position named is the true secret of this balance, as it prevents the elbow



Holding the "planche" requires tremendous strength of the shoulders and powerful arms.



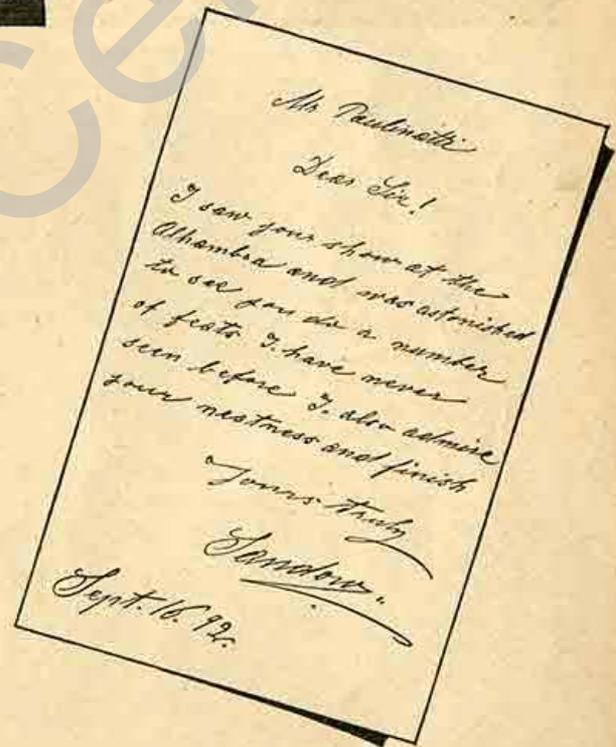
from moving, which weakens the arm.

Although I could do a head balance, I could not straighten up with the legs straight and feet together; but after learning the true principle of the one-hand balance I soon commenced to master the center of gravity of a head balance and applied it. The real secret of balancing on the head is to stand squarely on top of the head and press or bear one way with most of the weight; that is, rest toward the back of the head, or toward the front, whichever way it may feel best to the person practising it. The shoulders should be kept well back if you press backward, and near the center if you press forward. I found that pressing toward the back of the head with most of the weight was much better for steadiness, as the weight of the body is supported by the large muscles at the base of the neck.

While working on these feats I commenced to practise what is known as a planche, or horizontal (as here shown on two hands). From a hand stand the body is lowered down to this position, and is held there. A person who may be just slightly acquainted with gymnastics needs no stretch of the imagination to see the difficulty of this feat with that tremendous leverage on the shoulders. The same feat, upside-down, while hanging from rings or bar, is infinitely easier to hold. This feat is accomplished by first trying to hold the position with the legs bent up backward from the knees as far as possible, thus shortening the leverage. This was an easy task in comparison with the following named feat: Pushing up to a one-hand balance by the use of one hand alone. This I accomplished in a number of ways; the first was to place the hand flat on the floor, stretching the other hand out as far as possible in front, with the head turned toward the hand on the floor. Lifting the leg on the same side as the free hand, toward the back of the head, being balanced on one hand and one foot on the floor, with the arm rigid, the body is

slowly moved forward toward the arm supporting the body, until the entire weight is resting on the hand, then the foot which is resting on the floor is slowly raised up until it meets the other, and the legs and body are straightened out into a perfect balance. This feat, besides requiring a very fine balance, requires a great amount of strength, and the only way it can be accomplished is to learn to balance on one hand to perfection.

While practising one day after I had perfected the planche on two hands, I tried to think of a way of doing a hanging planche, and from this to pull up to a planche on top; so I placed two chairs at the proper distance apart for a hand stand on the back of them; from the hand stand on top I lowered down to a planche on top, and held it; from there I lowered the body slowly down until I was in a planche, hanging between the chairs. My idea was to rest there, then pull the body up while in this planche to a planche above the chairs and hold it, and from there back to a hand stand from where I had started, but I could no more move from this lower planche between the chairs than I could fly without



wings. However, this did not dismay me in the least. After having tried it numerous times, it suddenly dawned upon me that it was close to impossible to allow the arms to straighten out entirely while hanging between the chairs and start back, so I tried it by not going all the way down, and found that it could be accomplished. This was the greatest feat of strength in this line I had ever dreamed to be possible, and when performed it was a great success with the spectators.

I was much pleased with myself, and went merrily on my way for about three years. I shall never forget the surprise I received one evening on my arrival in New

York from a Western trip. I walked into the London Theatre in the Bowery, and just as I was seated out came a short man on crutches. I looked at the programme and discovered that it was Mr. Jules Keller, a European artist who had just arrived in this country. I had heard much about Mr. Keller from a great many European artists, as his line of performance was very similar to my own. Mr. Keller was born a cripple, and practically used his arms for legs all his life. He was not more than four feet six inches in height, and his legs were very short, with little or no flesh on them. On this account he had practically no weight at the hips, consequently all he had to do was to place his hand on any object and reach out with the other arm in front, and the weight of his free

arm and head would counterbalance the weight of his legs and body, by his legs being curled around at his back (as here shown). Even with all this advantage, and the disadvantage he labored under, he gave a most wonderful performance. He could run on his hands almost as others run on their feet. He did a sand dance, using shoes on his hands. Mr. Keller's appearance at the London Theatre created considerable talk among acrobats and gymnasts, as nothing had ever been seen in this country just like that. On numerous occasions I was confronted with the quiz, "Have you seen Keller; what do you think of him?" I was compelled to say that he was an absolute marvel, even with all the natural advantages he possessed for that class of work. He did my feat of lowering from a hand stand to a planche on the back of two chairs, continuing the lowering of the body down between the chairs in this position to the hanging planche, then coming up again, while still holding the planche, to the horizontal position above the chairs, and held that position with extraordinary ease.

I walked out of that theatre with my sails drawn considerably, and did some deep thinking for a couple of weeks, trying to offset what others thought a defeat for me. Mr. Keller's most difficult feat, as I noticed, was a planche on one hand. So I started to work on that also, and went one better, which was still more difficult on account of the endurance it required for the combination of feats in routine, while balancing on one hand. I commenced this routine by placing one hand flat on the floor in front of one foot, the other arm and my head stretched out forward, raising the foot on the side of the free hand up and drawing it around back of my body with the knee bent. From this position I raised the supporting foot up from the floor until a perfect one-hand balance was attained, then I started to lower the legs until the body and legs were horizontal, or in a perfect planche. I held this position for a

moment to show the pose (here shown), then lowered the body, while holding the planche position,

until it rested on the elbow, the arm being bent in an L shape under the body; this position was held a few seconds for the purpose of

resting, then the legs were curled around with the knees bent, back toward the head. In this position, or motion, the body was lifted from the elbow slowly, and pressed up to a perfect one-hand balance. All this

(Continued on page 74)



If you think this is easy, try it. A stunt that is very seldom, if ever, seen.

A feat requiring a very fine balance and great strength.



# Health—Strength— Beauty

## Our Girls' Circle

Conducted by *Marjorie Heathcote*

Gladys S. Miller's measurements are: Height, 4-11; weight, 95½; chest, 26½; neck, 11½; upper-arm, 9¼; fore-arm, 7½; wrist, 5½; hips, 30½; thigh, 19; calf, 12; waist, 22½; age, 24.

me photos, and don't forget to keep in touch with me on the progress you and your friends are making. In this way only will you be a true member of this department.

In the June issue I urged the girls to get together and form physical culture clubs, and to date I have suggested three or four names for such clubs, and have given their leaders various information on progressive exercises and outdoor sports. They have promised to send me pictures of their clubs, which I will publish for the benefit of all. My aim is to organize a club in every locality, so I want more of you to form clubs—to help your friends to attain health, physical perfection and happiness.

I am getting quite a few photos of professionals and winners of former contests, and although I am very glad to welcome them to our department, I will not be able to use them as entrants to our "Well-Formed Women" contest, as this contest is for amateurs only. I will, however, be very glad to publish their photos from time to time, for I am sure that the other girls will be interested in their development, and how they acquired it.

I am proud to publish the photos of four new members, all of whom acquired their development from exercise and sports.

Mrs. Bernice Fox, High Point, N. C., writes:

"When I was a child I had an unfortunate accident that injured the base of my spine. It pained me all the time, and I had to have a cushion to my

**W**ITH this issue of STRENGTH I am going to call this department *Health—Strength—Beauty*. I am sure that all our women readers will agree with me that this is a much better name for our department because, after all, that is what we are working for—health, strength and beauty (beauty of form).

I have just received the pins for the "Well Formed Women" contestants. They are very attractive, the shape of a shield for victory, in red and blue, representing "Strength," and the letters "W. F. W." are engraved in gold. Now I know that everyone of you would like to possess one of these pins, so get together and send me your photos (in bathing suits, of course, to show your development to its best advantage), and if I find them satisfactory I will publish them in this department, and you will be rewarded with this beautiful pin.

Although I am swarmed with letters, I want to hear from more of you. The more the merrier! You girls who have already sent me pictures, get your friends interested and have them send



Another of our contestants, Marcella Smythe, Pittsburgh, Pa., who acquired her grace and beautiful figure through dancing. Her measurements are: Neck, 12 ins.; shoulders, 37½ ins.; chest, 32 ins.; bust, 34 ins.; arm, 10 ins.; fore-arm, 9 ins.; wrist, 6 ins.; waist, 26 ins.; hips, 37 ins.; thigh, 20 ins.; knee, 13 ins.; calf, 13½ ins.; ankle, 7¼ ins.; height, 5-5; weight, 125 lbs.; age, 18.

back and someone to help me sit down and arise. Even the softest of cushions didn't enable me to sit comfortably. There was a continuous ache at the base of my spine.

"It was shortly after my baby was born that I became interested in exercises. It happened that my husband brought home a copy of *STRENGTH*, and after reading several articles I then and there picked out of the magazine a set of exercises that were gentle at first, then more strenuous, as my strength would allow. I kept them up until now I have no symptoms of an injured spine. I can recline on the hardest of surfaces without any discomfort.

"Besides curing me of my spine trouble, I acquired a fairly good development, and am never ill. My husband and I have become very devoted readers of your magazine, and I have taken a great interest in your Women's Department. It was your magazine that inspired us to begin leading a really healthy life, for up until a year ago I didn't give exercising a thought, and I was a victim of many ills."

Spine trouble is a very serious thing, and very often pronounced incurable by physicians. But Mrs. Fox proves to us that in her case there was a cure. There are many girls and women who have the same trouble Mrs. Fox had, or who have a slight curvature, yet they do nothing for it. This condition causes them in later years to become stooped, and is the root of most of their troubles.

These women can only hope to overcome their



**Martha Becktold, Sanger, Calif., who advocates exercise for keeping fit. Her measurements are: Height, 5 feet; neck, 12½ ins.; chest, 30 ins.; bust, 31½ ins.; upper-arm, 10 ins.; fore-arm, 9¼ ins.; waist, 25½ ins.; hips, 33 ins.; wrist, 6 ins.; thigh, 19½ ins.; knee, 13½ ins.; calf, 12½ ins.; ankle, 8½ ins.; weight, 107 lbs.; age, 15.**

affliction by exercise—exercises that involve bending and twisting and that will strengthen the spine and give flexibility and elasticity.

Gladys Miller writes us:

"Since I was a very small child I have always taken all kinds of gym work, such as bars, rings, trapeze, dancing, etc., and have loved to do these things.

"My father taught me how to box and use the punching bag when I was quite young, and although this is not quite a popular sport among women, it is a great developer and health producer. I have recently taken up toe dancing, and like it very much. I have never taken any of this work with the main idea of developing a perfect body. It is because I have always liked to do such things, and they seemed natural.

"I have always been careful of what I ate. No white bread, pies, cakes, few potatoes and little meat. I eat mostly vegetables, fruits, whole wheat bread (no butter), cereals and plenty of eggs (not fried) and milk. No tea and coffee."

Dear Miss Heathcote:

I have never written to you before, although I have read your department, and I want to congratulate you on the wonderful work you are doing.

My girl friend and I are of the same age and height, and on the first of May we both weighed 135 pounds, although we are only 5 feet 2 inches tall.

(Continued on page 88)



**Mrs. Bernice Fox, High Point, N. C., who acquired health through doing such stunts as shown above. Height, 5-7; weight, 135 lbs.; neck, 13 ins.; chest, 32¾ ins.; bust, 35 ins.; waist, 27 ins.; hips, 38 ins.; thigh, 22½ ins.; knee, 14½ ins.; calf, 14¾ ins.; ankle, 8½ ins.; forearm, 9¾ ins.**



# THE MAT

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

Conducted by George F. Jowett

## The Small of the Back

Dear Editor:

Which do you consider the strongest part of the body? Is it the big leg muscles or the back? I know that when I pick up a heavy sack of wheat or pig iron the effort is felt on the legs and more so on the back, and I am curious to know which is the strongest part of the body. Hope you will tell us in your Mat talks, for I feel it will be interesting to every one who studies the development of the body and feats of strength.

AN ENTHUSIASTIC MAT READER.

At first sight it would look as though I would have to commit myself to one group of muscles in order to answer the letter as required. This, of course, would not be logical, for muscles that operate powerfully from one angle are neutralized in other positions by other groups of muscles that operate more powerfully simply because it is the natural action of various muscles to operate from various angles more strongly than others.

To give an explanation by example. The thigh muscles, being the largest in the body, are compelled to operate vigorously in the deep knee bend, but in the wrestler's bridge all they have to do is tense and help push the body over into position as the body arches when the neck action forms the bridge. The big effort is taken up by the neck muscles.

Now that I have explained this and feeling sure that my readers will appreciate these facts, I will continue with the discussion that is taking our interest for this month.

To start with, we will take the man who is about to pick up a big chunk of pig iron. First he has to bend



Percy Hunt,  
C. B. Pain and  
Ernest Thornton, three  
"Mat Fans"  
from England.



over from the waist, and bend the legs at the knees in order to get near to the object he is about to lift. He grasps the weight in his hands and then commences to straighten up. He has very little difficulty in straightening his legs, but when he begins to straighten his body then he feels the exertion. Just as our friend remarks in his letter, the strain is felt more particularly on the back.

There is more than one reason for this condition, and not the one that is probably in those of my readers' minds, who think that the back is the weakest of the two factors under discussion.

The biggest trouble lies in the average person's ignorance in not knowing how to apply himself to such an effort.

It is surprising to see how little even practised weight-lifters and body culturists know about the correct positions.

With the average untrained individual you will always find that the moment he exerts all his strength to lift some heavy object off the floor, the first thing that happens is his exclamation "Ah." This sound is forced from him because of the great physical effort which drives all the air out of his lungs. When these organs become contracted the air supply is stopped in much the same manner as a child holding its breath.

The second, and most important of all, is that the back, instead of being kept flat, is rounded in much the same fashion as a bow. Just because it is rounded is the reason for all

the evident strain and the person's inability to stand erect with a straight back.

In what is commonly termed "the small of the back" are two rope-like muscles that fit one on each side of the spine, known as the spinal erectors, which by reason of their com-

plicated accessory muscles and prolongations into the neck, fill in the grooves between the spine of the vertebra and the angle of the ribs on either side. Although covered by the superficial muscles, these fleshy columns have a decided influence on the surface.

These muscles are remarkably pliant, and have a tremendous contractile power that allows them to operate vigorously from all bodily angles *when properly controlled*. The trouble is that they are seldom properly used.

When a person stoops over to pick up a weight he invariably employs the round back, and when he gets into this position the spinal erector muscles, instead of contracting, become flattened out, and their motive power is minimized. This is not all. If you had to see a person perform this movement with the back bared, you would find that the vertebrae of the spine stand out very prominently.

The work of the spinal erectors is to support the spine, but when the back is in the condition explained, all the strain is thrown on the spine.

When the strain becomes too much, the consequences often are that a vertebra becomes displaced, which is the cause of all the back trouble so prevalent among men and women today.

This is why such a strain is felt in the back.

To insure yourself against such a risk, the position should be always taken up with the back as flat as possible. This compels the spinal erectors to flex, and fortifies the spine in the lumbar region or the small of the back. When so flexed, they are very noticeable, standing out so prominently on each side of the spine as to show a hollow in which the backbone is embedded.

The correct position adopted will make it possible for a person to stand erect with most any object they can pick up off the ground.

In this position the muscles perform the work they are designed for and named. They erect the spine. These muscles, although smaller than the thigh muscles, have a great deal more contractile force behind them. Of course, the Latissimus Dorsi muscles help

somewhat, but they do not straighten out the spine.

I know a very enthusiastic body culturist who always liked to practise the exercise known as the "hands-alone." He often complained to me that he felt he should be capable of handling a lot more poundage than he did in this exercise. When he tried his back would always go up on him. I agreed to see what his trouble was, although I knew it beforehand, but I did not tell him so, as he was "sure he did the exercise the right way."

He took a weight of about 350 pounds, and with it he had great difficulty in standing erect. I asked him to try again, but he felt he could not repeat the feat. Anyhow, I persuaded him to try, and as he made the attempt I stood behind him and pressed strongly with my hand on the small of his back, at the same time pulling his chin up with my other hand. To his amazement he stood erect with ease, but for a long time I had to stand

behind him and correct his position before he broke away from it, so habitual had the *round back* position become with him. Although 350 pounds was his limit, inside of three weeks he was handling over 100 pounds more with no sign of that back pull which he had always felt before. So much for the right and wrong way of doing a thing.

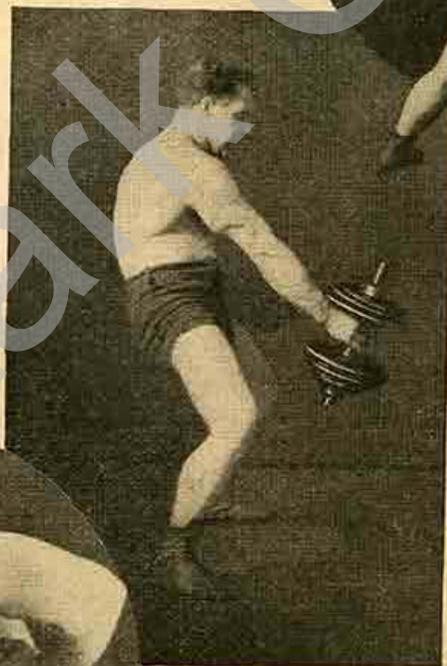
A person should always remember that when picking up an object from the floor the back has to go a much greater distance in order to straighten out than the legs have, which is another reason why the effort is always



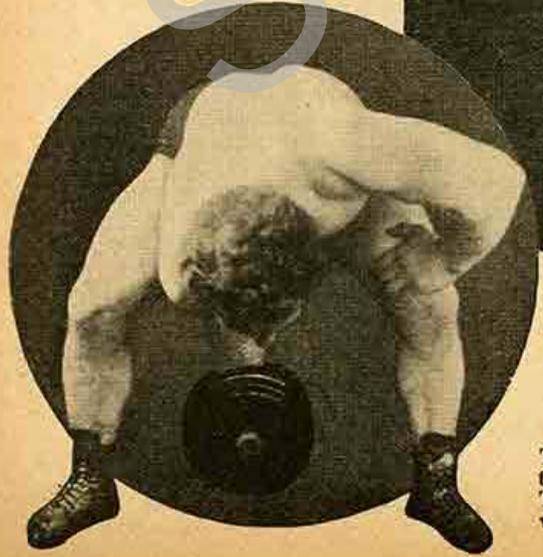
The finish of the "swing," showing the forward "thrust" style and the "back hang" method. Notice how the weight is carried on the front of the forearm.

felt much more in the back.

As I have remarked, although the leg muscles are the largest and strongest, they do not have the continuous contractile power that the spinal erectors have. It is much easier for a person to go past the line of co-operation with the thigh muscles than with the back muscles. Take, for instance, a novice jerking a bell from the shoulders—he will generally make a deep knee bend in order to secure the initial jerk, but he finds he has gone lower than the line of his best muscular co-operation, and he fails to get away with the weight. But when the back is flat it is amazing how



The weight in its flight, showing how it is carried on the forearm and the body thrown backward in order to counteract the forward pull.



The commencement of the "One-Hand Swing." The front disc is level with the line of the heels.

much weight can be lifted. If a person finds the weight too heavy, his back will round, because the muscles are not strong enough. This, then, is the danger signal, and a person should have common sense enough to realize it and quit. There is a limit to everything, no matter how strong a person is. That is also one more reason why a person who is interested in developing the body should know as much about the body as possible in order to give the muscles all the possible co-operation when under exertion.

There are many other circumstances where the muscles are not used to their best advantage, but the back muscles are the most particular, by reason of the important bony structure they protect.

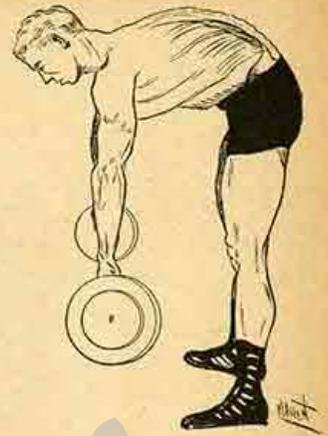
With a round back the owner's strength is not used; it is abused if anything.

The spinal erector muscles are very important, and should be carefully cultivated. They are very versatile, and when under extreme contortions of bending and twisting they still retain their motive power. They are also very patient muscles. By this, I mean they stand an awful amount of abuse before they complain, but when they do, a person develops that lame back feeling.

I feel quite sure that many do not realize just how important these muscles are. During the day's work they perform an enormous amount of work, and if a person has a cold in the back or any kidney trouble

these muscles have to suffer in consequence. Therefore, strict attention should be paid to the development of these powerful and very capable muscles.

I have been obliged to be rather technical in explaining all this, but it could not be avoided, and as I have only one more topic to discuss in connection with this ex-



The wrong way to lift a weight off the floor, as explained in "The Small of the Back." The back is too round.



The correct way to lift a weight with the knees bent and with a firm, flat back.

tremely important subject, I will ask you to bear with me a little longer so we can wade through it together, as I feel it will be for your benefit and prove enlightening.

Earlier in this discussion I remarked how the

air was driven out of a person's lungs by the muscular exertion which caused a compression of the lungs.

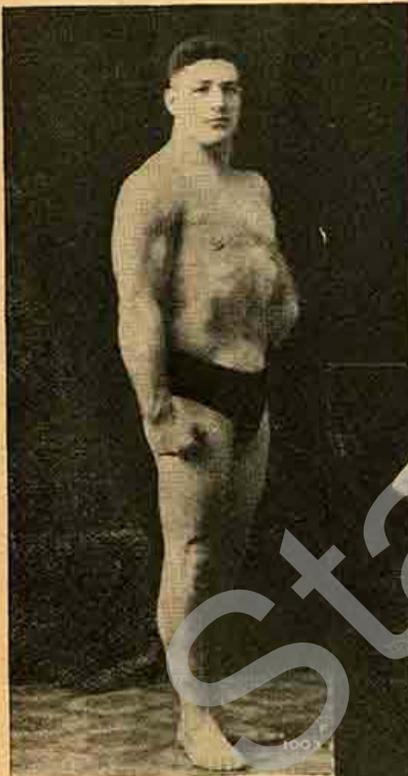
Now this is a very serious condition, but is found to exist entirely among the non-devotees of body culture. The more expert a body culturist is, the less will this

condition be found to exist. The reason for it is that the external muscular organism is much stronger than the lung power, which should not be. When this condition exists the lungs become contracted, the breathing is cut off, with the result that no oxygen or fuel is taken into the system to replenish the absorption of energy. This has a detrimental effect upon the blood stream, which is prevented from performing its natural duties. Instead, it rushes to the head and causes the severe reddening of the face always seen when an ordinary person is under exertion.

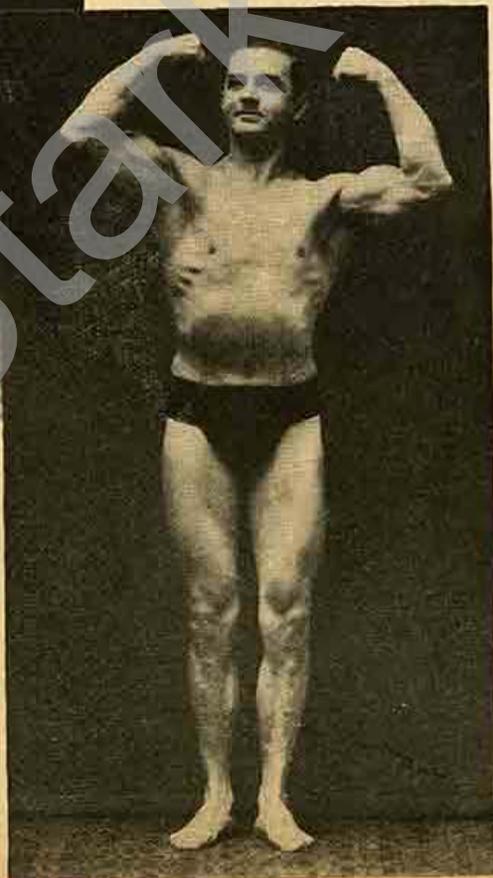
When a muscular effort takes place the blood is drawn in greater quantities to the muscular area that is under exertion. By this action the muscles are stimulated and the broken-down tissues are expelled in various ways from the system. At the conclusion of an effort the blood will still continue to be drawn, in order to leave a reserve which continues the double process of purging and stimulating the muscles just under operation.

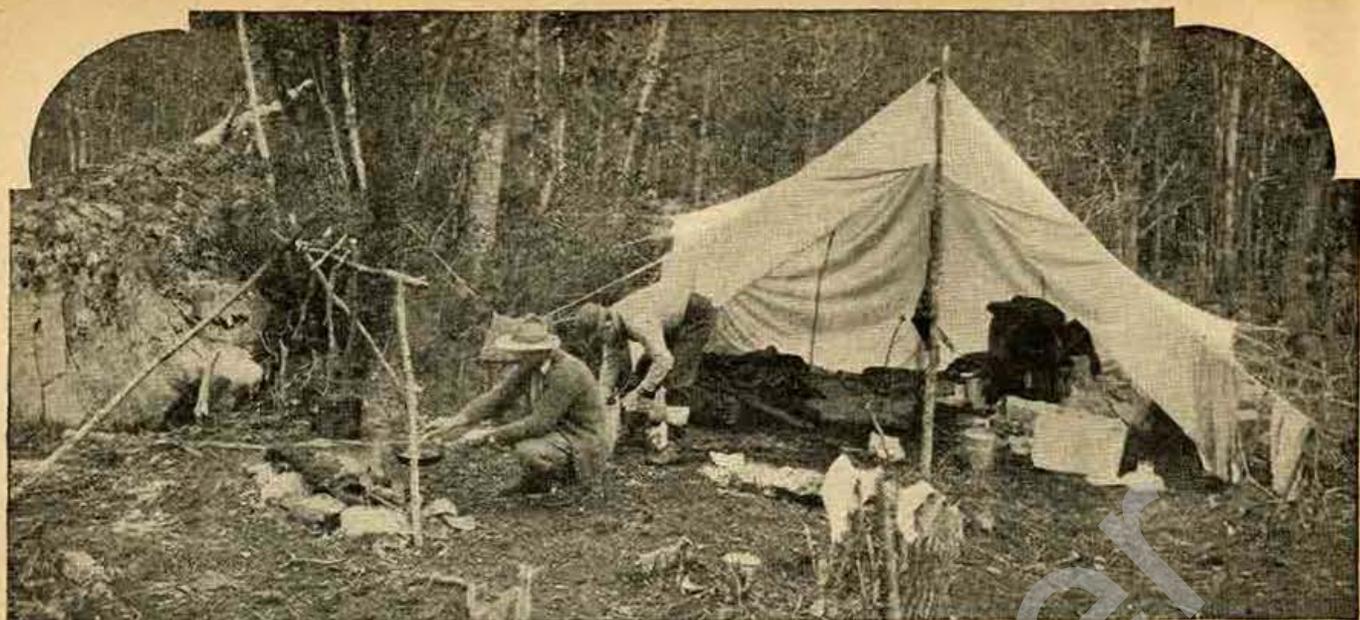
Prior to making an attempt a practised person will be seen to breathe deeply and forcibly before making the trial. This is what we term oxygenising the heart.

(Continued on page 85)



John Antiochos and Frank Reckless, two more "Mat Enthusiasts" from the States.





# Don't Spoil Good Camping With Bad Eating

## Some Hints on How to Do It

*By Elon Jessup*

**W**OULD<sup>N</sup>'T it be a foolish piece of business to top off an exhilarating vacation camping trip or even a day's refreshing motor run with a stomach ache? Wouldn't that be an absurd anti-climax?

I suppose it's a rather low-down trick on my part to suggest such gloomy possibilities when one's spirits are running high with glowing expectations of good times to come. There's good health and joy in the curling smoke and sparkling aroma of your camp fire. I am all with you. Far be it from me to discount the great value of an outing.

But I do say that the value to you of such an outing, whether it be for a day or a week, is largely dependent upon the selection and preparation of the food you eat. In order to show why this is essentially true of camping, let me first remind you of average home conditions today as regards food matters.

In everyday living the average person's diet is of an extraordinarily high standard. The food which we eat is of better quality, better cooked, wider variety, and it is selected in wiser proportions than was true of that eaten by our forefathers. Science has made enormous strides during the past few years in its discoveries of what constitutes nourishing healthful diet.

This information has long since become common property. We all know the fundamental principles of wisdom in diet without being told. Thus, every thinking person instinctively realizes such facts as the need

for variety in food, the important part that fruits and vegetables play in the diet, the folly of overeating or of eating in snatches, the necessity of properly cooking the food—these and additional aspects concerning food may be classified as just ordinary common sense. We know that when we break fundamental rules we are likely to suffer the consequences. Ordinarily we seldom do break them.

Yet, what happens when we go camping? Well, there is a common tendency to disregard these carefully learned and formerly respected rules. We enter a new kind of environment which traditionally is guided by a different set of rules in dietary matters; rules which in some respects are at variance with the findings of modern science. In great part these are Daniel Boone sort of stuff; the tradition of great simplicity and slight variety. Which perhaps was well enough in the trackless wilderness of pioneering days when you couldn't get variety.

With the average camper of today the case is different. The so-called trackless wilderness has become pretty well tracked by automobile highways. The necessity for living upon a Spartan diet, lacking essentials which the body demands, has in great part vanished. And why should one cling to the old traditions when there is no need to do so? As one wise camper has aptly remarked, "It is no sin against the Red Gods to treat your tummy as well in the woods as you do at home."

Part of the tradition of Spartan simplicity is the belief that camping develops a cast-iron stomach and therefore you do not have to treat it with the same amount of tenderness as at home. As a matter of fact, there is a slight suggestion of truth in this belief—yes, there is just enough truth in it to get one into trouble.

For example, people who breathe fresh air and take exercise almost universally develop a great craving for sweets. This is a fact which science recognizes and encourages. As a rule, it is important that sugar in various forms have a place in the camp larder. You will miss it to an extent which you have never missed it in the city in case it is not there. Furthermore, your real need for it is greater in camp than in the city.

A person who exercises vigorously out of doors can assimilate an unusually large amount of sugar. Perhaps if you were to eat a pound of candy while living a sedentary life in the city you would pay for this gorge in the form of a headache and indigestion. Maybe the same pound of candy if eaten while camping would leave no ill effects whatever, for you are in a better condition to assimilate it.

Take as another example the stimulating effects of coffee. When living in the city I never dare take a cup of coffee in the evening, for I know that it will keep me awake. But when camping, I usually have no fear upon this score, for the fresh air and exercise are effective agents in neutralizing the stimulating effect.

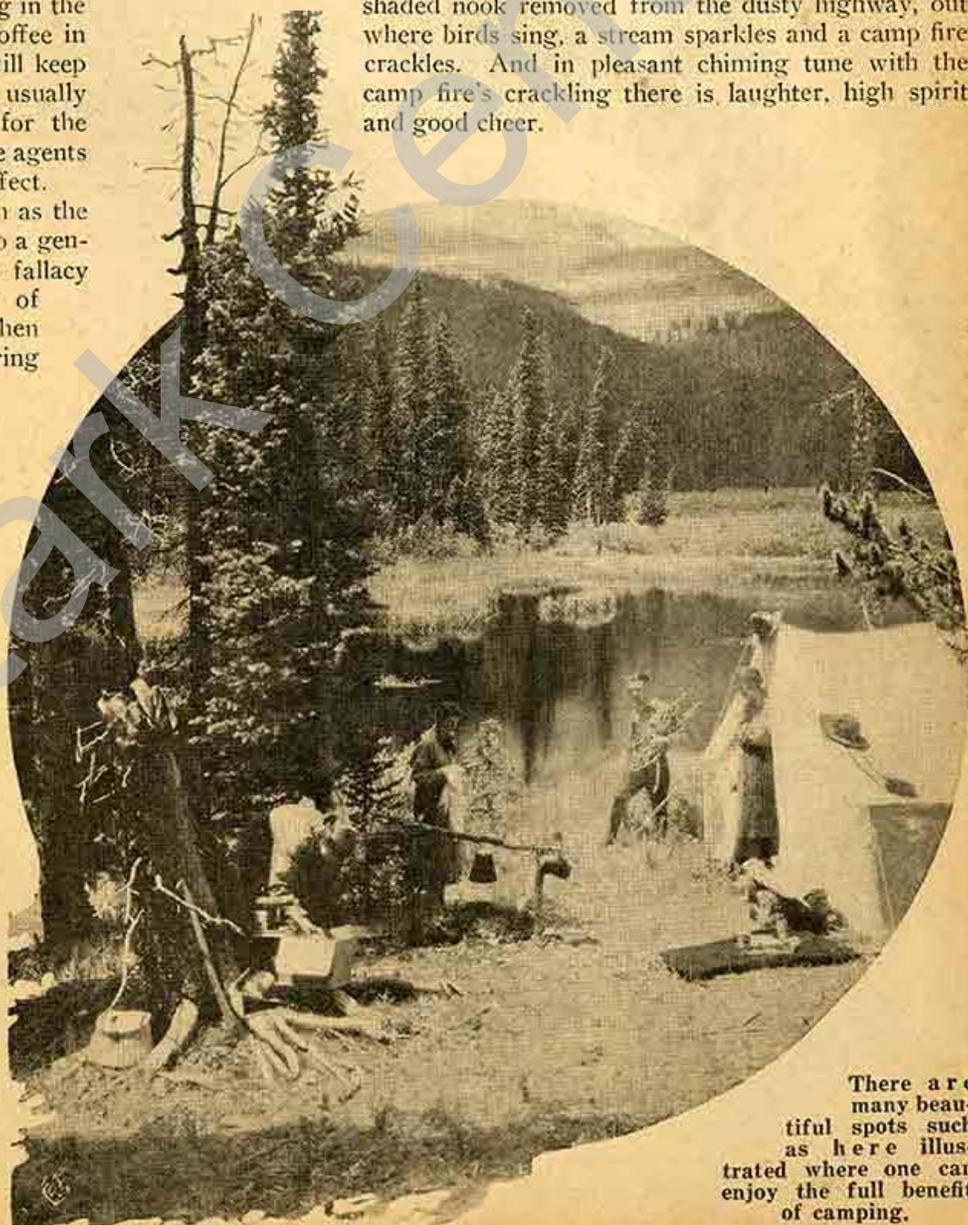
A few individual instances such as the foregoing are likely to give rise to a generalization. Hence the popular fallacy that one can take all manner of liberties with one's stomach when living in the open without suffering the usual consequences. That is why I say there is just enough truth in this fallacy to get one into trouble. You know the old adage, "Give a horse an inch and he'll take a mile." That's about the way it works out with a good many campers.

The needs of the human stomach may vary to some extent with different modes of living. Take this matter of coffee again. In sedentary city life a good many people manage to thrive on a breakfast that is confined to the sparse nourishment of a cup of coffee and a slice of toast. But in the rigors of average camping this won't do at all. One needs to institute a more nourishing program as one soon discovers in the form of an "all-gone" feeling which appears upon the scene about an hour or so following the camp breakfast that has consisted mainly of coffee.

Although the stomach's needs may vary in such particulars, it is under all conditions the same old stomach. Nor is it made of cast-iron. The eating of three meals a day for perhaps half a lifetime makes this fact quite evident. One has learned by experience the advisability of treating it with respect. Continue to treat it with respect when you go camping.

I will cite as a single instance an example of uncommonly poor sense which not infrequently is indulged in by motorists during a day's outing. Every automobile highway is lined with frankfurter stands, each a throne of the familiar "hot dog," always ready to receive hungry homage. The "hot dog" holds court at all hours of the day and most of the night, but noontime is his busiest period. "Hot dogs, coffee and pie, all around," comes the brisk order from a motoring party when lunch hour arrives. They silently munch, and within five minutes are on their way again.

It would be difficult to imagine a more characterless, unromantic and indigestible noontime interlude for a day's outing than this. How much greater is bound to be the health and enjoyment of the motoring party that takes from home a lunch that is both delicate and satisfying; a lunch that can be spread in some lovely shaded nook removed from the dusty highway, out where birds sing, a stream sparkles and a camp fire crackles. And in pleasant chiming tune with the camp fire's crackling there is laughter, high spirit and good cheer.



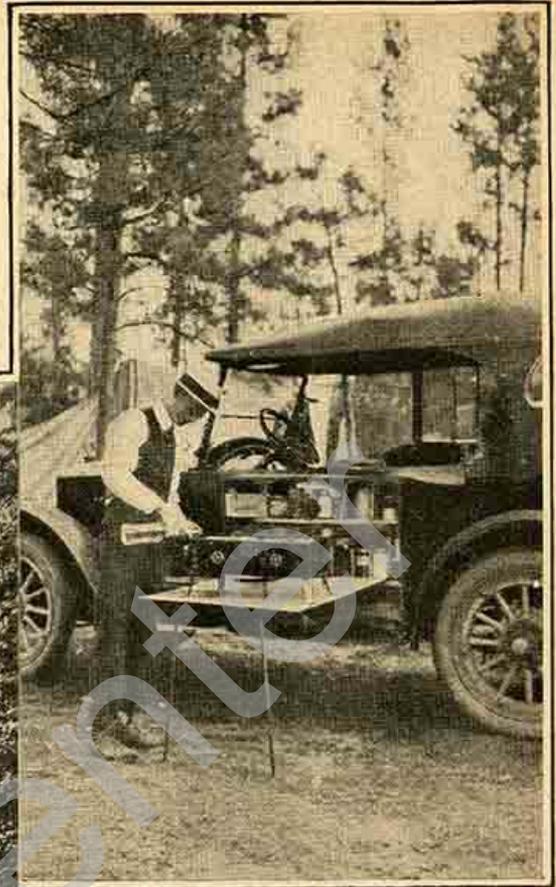
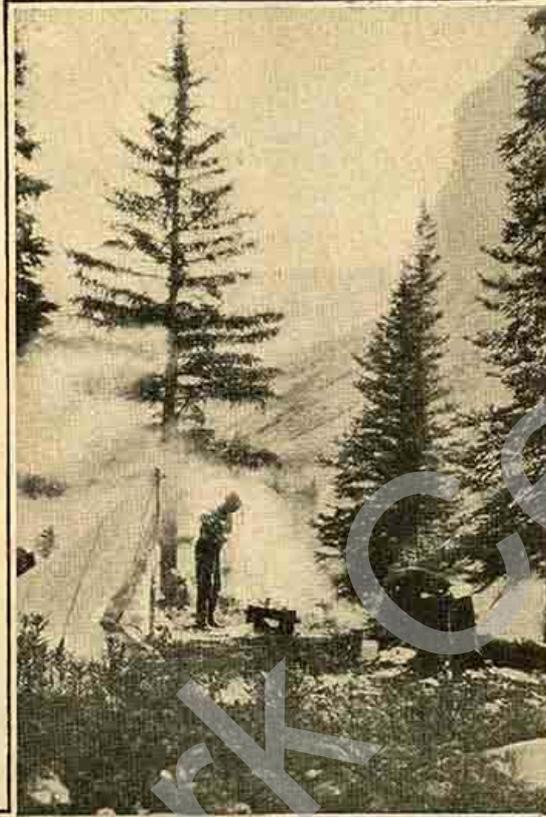
There are many beautiful spots such as here illustrated where one can enjoy the full benefit of camping.

(Courtesy Denver Tourist Bureau)

In what contrast to this is the motorist who snatches five minutes for lunch and silently munches a "hot-dog." And I might say that a doctor who lives in a vacation center thickly populated with frankfurter stands told me not long since that he had been treating a great many cases of ptomaine poisoning which had been the results of visiting "hot dog" counters. To be sure, most of us like to broil a frankfurter on a stick over a camp fire now and then. But I think this statement fairly well indicates the wisdom of our buying our frankfurters from reliable butchers.

Let us turn now to camp cooking in general. Its two outstanding pitfalls are lack of variety and excessive use of the frying pan. The vacationist who indulges in this combination for any length of time is all primed for a visit to the doctor upon his return to the city instead of being in condition to tackle his work with new zest. Both of these evils are heritages of backwoods traditions, and they are both still going strong in backwoods districts. But just because other people, either through choice or ignorance, ruin their digestion is no reason why the vacationist should follow suit.

Dr. Edward Breck, in speaking of the preponder-



ance of fried food that is consumed in the woods, once remarked: "The result is that many a magnificent specimen of manhood suffers from chronic indigestion that would kill him outright if he lived any other life than that of the woods." So, if you have been off on a fishing or hunting trip for a couple of weeks with a North Woods guide and he has done all the cooking, perhaps you don't feel as zippy as you should upon your return. Too much frying pan may have had a good deal to do with it.

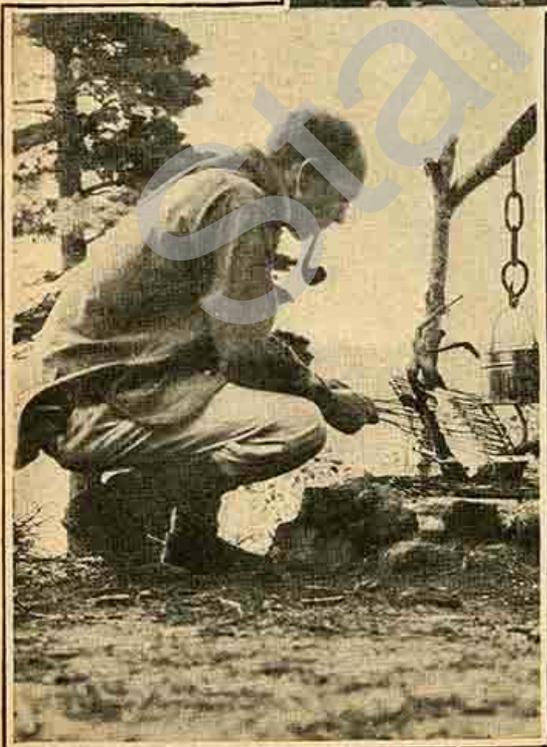
Whenever an artist paints or draws a picture showing camp life, a frying pan usually occupies a prominent place in the picture; whenever a camper starts buying camping equipment, one of the first articles on his list is the frying pan. All of which indicates the power of romantic tradition, which in this case happens to be

**There's good health and joy in the curling smoke and sparkling aroma of your camp fire. Broil your fish if you would eat them at their best, and avoid a case of "camper's indigestion."**

the frying pan.

Now, the frying pan is an uncommonly useful piece of camp cooking equipment. You can cook wholesome stews in it, or if you lack an oven you can bake camp bread in the frying pan by the simple process of placing some hot coals on its lid. In such instances the frying pan is a wholly harmless utensil. But so far as the frying pan's chief activity in life is concerned—you'd do well to use a soft pedal. This means fried food. And when a person eats fried food three times a day (as is not uncommon in camping) he is plastering his stomach with grease three times a day. No human stomach is designed to tolerate such outrageous treatment.

I don't suppose there is any place where fried foods taste as well as they do in camp. This liking for (Continued on page 89)





Mr. Ward Photographed in his office at Postl's, Chicago

# Men Who Want More Money Will Listen to This Man!

*You may think that my arithmetic is funny, but it certainly worked for me. You can add ten and ten in the ordinary way and you will never get more than 20—and that's just about what I was earning a week before I left the States for 20 months' active service in France. When I came back I determined that I would not go back to the old grind! I found a way to put one ten alongside of the other, so that the total made over a thousand dollars—and that's what I averaged every 30 days for the last twelve months. Through the simple method I'll tell you about I made \$13,500 last year.*

By A. H. WARD

**T**HERE'S no reason why any ambitious man should not follow in my footsteps. I read an advertisement, just as you are now reading my story—it told about W. Hartle of Chicago, who had been in the R.R. Mail service for ten years. Hartle made a sudden change—against the advice of his friends—and made over \$1,000 the first thirty days. Berry, of Winterset, Iowa—a farm hand—made \$1,000 the first month. C. V. Champion says his earnings for 1925 will easily exceed the five figure mark. F. Wynn made \$554.37 the first seven days, and Miller, a former stenographer, made \$100 a week after making this change.

Well, man, I sat up and took notice. If they could do these things—ordinary men like myself—I knew that I had a chance. I investigated and found that what the advertisement said was true. Fact is, you can figure it out for yourself in simple logic. Consider these two points:

## Easy for Two Reasons

First: There is no money and no future in the routine job. Every one knows that. If you want to make the real money, you must get into the producing end of the business—be a salesman. Wait now; don't let the word SALESMAN scare you. For the

second thing is this: Salesmanship is governed by rules and laws. It is just like learning the alphabet. And men who always have thought that salesmen are "born" and not made, very quickly learn that there are certain definite ways to approach different types of prospects to get their undivided attention—certain ways to stimulate keen interest—certain ways to overcome objections—batter down competition and make the prospect act. And any man can learn these simple principles. I know that because *I've proved it to myself!*

## This Free Book Started Me

I sent for the book that Mr. Greenslade, the president of The National Salesmen's Training Association, will send free to any man who sends the coupon.

After reading I enrolled. Within one year I had averaged over \$1,000 a month income—\$13,500 the first year—and in addition was elected as an officer of Postl's of Chicago.

Now don't misunderstand me. I don't say that you can do as well. You may not make a thousand dollars the first month. You may not have as much determination to succeed as I had. But I do say that since looking into the matter can't cost you

a cent, you should at least investigate. You can't help but benefit, and if you're any man at all you should double or triple your income without half trying.

## Send Today for FREE Book

If you really want the good things of life—the things that only money can buy—I urge you to send the request blank in this page to Mr. Greenslade. He will send you Free and without any obligation "Modern Salesmanship," the book that started me on the road to success. Then decide for yourself. Even if you don't go ahead you will be out only two cents. And on the other hand you may find a way to double or triple your salary in a short period. Just mail the attached coupon today with your name and address.

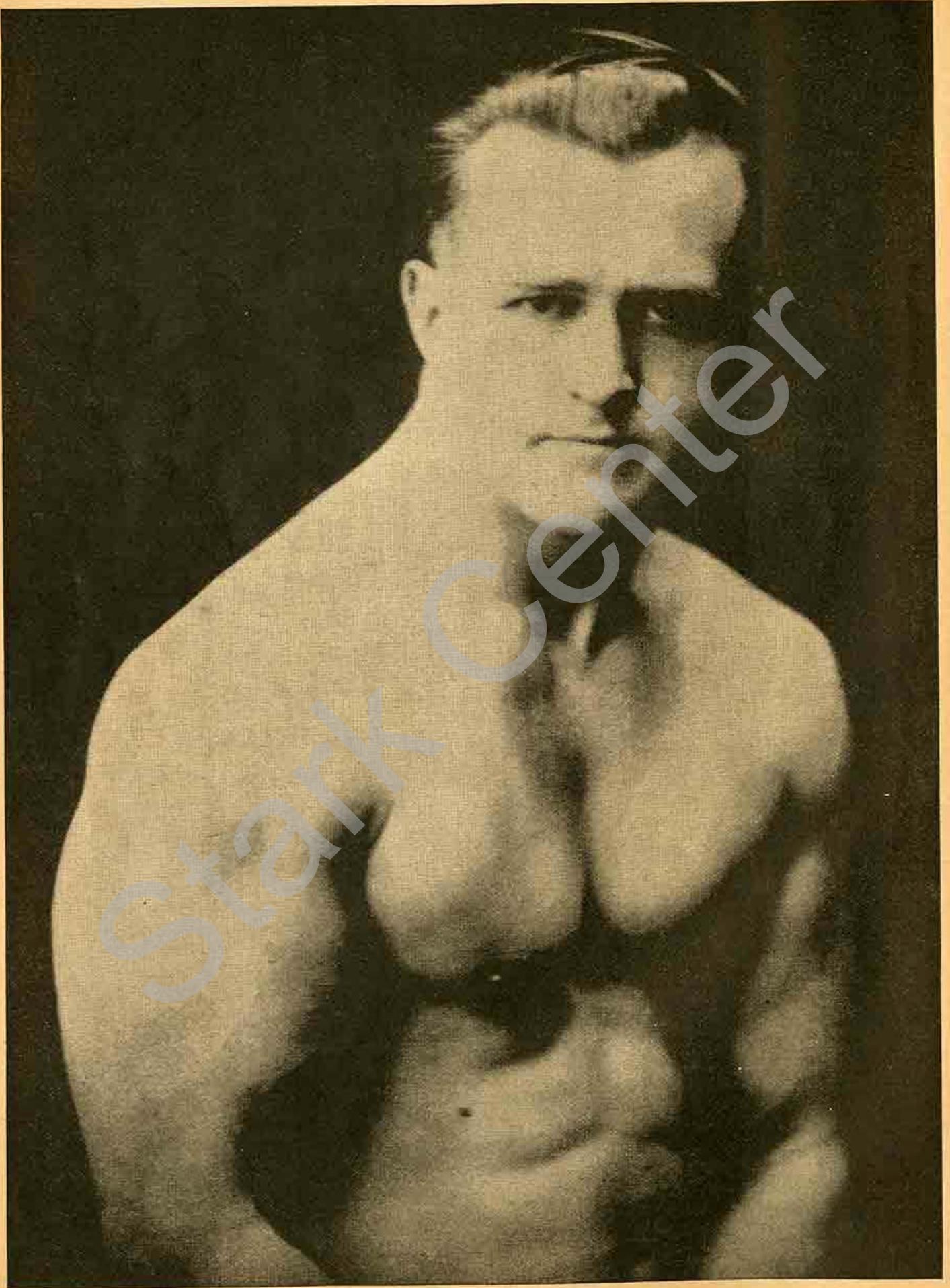
Yours for success,  
A. H. WARD.

Written for Mr. J. E. Greenslade, President National Salesmen's Training Association, Dept. K-21, N. S. T. A. Building, Chicago, Ill.



MR. J. E. GREENSLADE, President  
National Salesmen's Training Association  
Dept. K-21, N. S. T. A. Building, Chicago, Ill.  
Send me free the book that gave Mr. Ward his start.  
This does not obligate me.

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Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_  
Age \_\_\_\_\_ Occupation \_\_\_\_\_



**EARLE E. LIEDERMAN**  
The Muscle Builder

*Author of "Science of Wrestling", "Muscle Building", "Here's Health", "Secrets of Strength", etc.*

# ~and the Best Man Won!

Crack! His fist landed squarely behind the bully's ear and down he fell in a heap. Quick as a flash he turned to face the other hold-up man who, with fist closed, was right on top of him. Another thud and another limp form lay on the ground. Quivering with tense excitement, he stood over the two prostrate figures waiting for them to get up. But they did not move. Both were knocked cold. Smilingly his sweetheart came toward him and, patting him on the arm, she said: "I am proud of you, but I knew you could do it." A small crowd gathered. Admiring and envious eyes watched the young man and his sweetheart as they slowly moved away. Even the policeman who had arrived on the scene was loud in his praise.

## How Did He Do It?

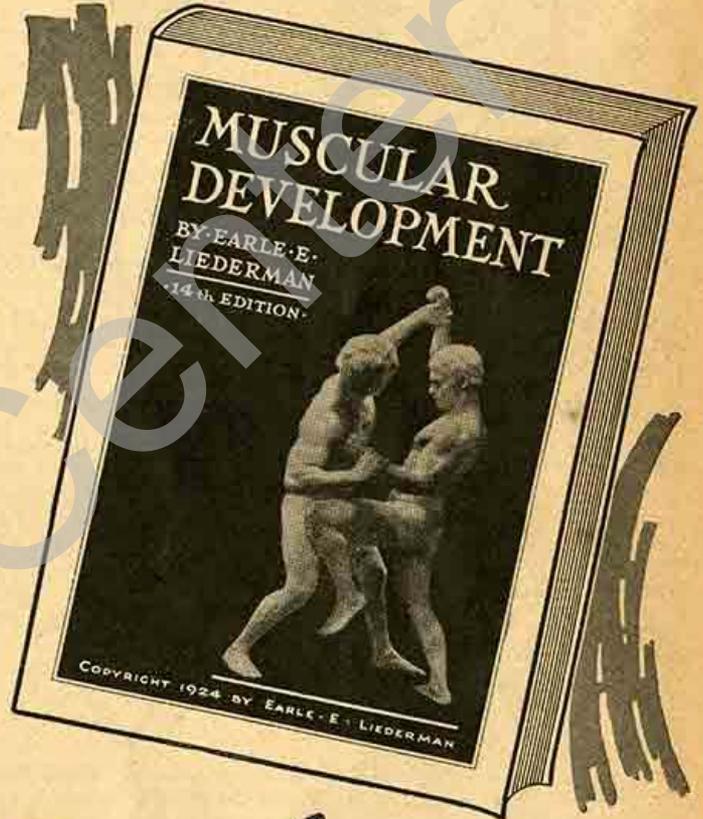
"I can thank Earle Liederman for that," was his first remark as they walked away. "Six months ago I would never have dared to face one man, and certainly not two at the same time. That system of his sure did put me in fine physical shape. Now I am ready for anything and I never know what it is to be afraid. The bigger they are the harder they fall."

## What Would You Do?

Suppose some one tried to bully you, would you run away? Do you possess the muscular development and the courage that goes with it to resist an insult? What would your wife or sweetheart think if they found you played the part of a coward in a circumstance like the above? There is no excuse for it. Any man may now fortify himself and

## Be Prepared

to cope with any such emergency. I can take that body of yours and in 30 days I will add one full inch of muscle to your arms. I will add two inches to your chest at the same time. But that's just a starter to show what I can do. I give you not only muscular arms, massive legs, deep chest and broad back, but I strengthen every muscle in and around your vital organs. My system is progressive. I work on every muscle in your body. I'll make a he-man of you. I'll fill you full of vitality and pep. I'll put a spring in your step and a flash in your eye. I'll give you the courage that goes with a perfectly functioning, muscular body. You won't know what fear means. I'll make people stare at you and say, "There goes a big two-fisted he-man." Come on, boys, let's get started. Don't waste time. Right now, before you turn this page



Send For My New  
64 Page Book -

# "Muscular Development"

IT IS FREE

It contains forty-three full page photographs of myself and some of the many prize-winning pupils I have trained. Many of these are leaders in their business professions today. I have not only given them a body to be proud of, but made them better doctors, lawyers, merchants, etc. Some of these came to me as pitiful weaklings, imploring me to help them. Look them over now and you will marvel at their present physiques. This book will prove an impetus and a real inspiration to you. It will thrill you through and through. This will not cost you one penny. I want you to have it with my compliments. It is yours to keep. This will not obligate you at all, but for the sake of your future happiness and health, do not put it off. Send today—right now before you turn this page.

**EARLE E. LIEDERMAN**

Dept. 708

305 Broadway

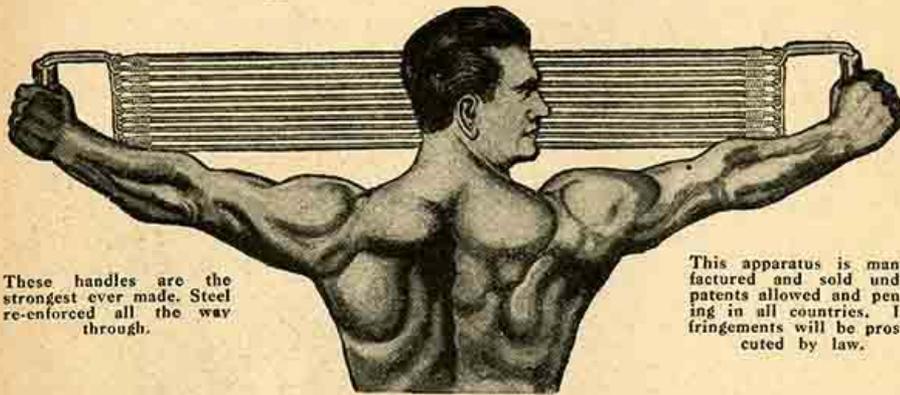
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(Please write or print plainly)

# You TOO Can Have Muscles Bulging with Power



These handles are the strongest ever made. Steel re-enforced all the way through.

This apparatus is manufactured and sold under patents allowed and pending in all countries. Infringements will be prosecuted by law.

**Every Muscle in Your Body Can Be Brought to the Highest Pitch of Development by My Methods and Apparatus—A New Invention**  
Over 100,000 Users—Not One Dissatisfied

**T**HINK what it would mean to you to be five or ten times as strong as the average man—to have many times his pep, energy and vitality—to have muscles like steel cables all over your body—to enjoy the keen satisfaction of knowing that you could perform incredible feats of strength with the ease and sureness of the professional strong man. Nature gave you the frame and the muscles. Now you need only the *right kind* of regular daily exercise to develop them to their fullest capacity. And remember that as you grow in strength you also grow in confidence and the ability to handle yourself in any emergency that calls for the courage and power of a *real man*.

## The McFadden Patented 10 Cable Progressive Exerciser

will positively give you strength like that. It will add inch upon inch to your arms, legs, neck and chest, greatly increase your heart

and lung room, vastly improve your blood circulation, and make you stronger, healthier and more vital in every way.

## This Exerciser Has a Resistance of from 10 to 200 Pounds

With the patented handles, which are a part of this apparatus, you actually have two 5 cable Progressive Exercisers that can be instantly converted into a 10 Cable Progressive Exerciser. The safety snap hooks can be

quickly adjusted, giving you as many cables and as much or as little resistance as you want. The progressive feature allows you to increase the resistance as your muscles become stronger.

## My New Patented Stirrup Builds Legs of Steel

That's where most of the big fellows are weak—in the legs. But the ingenious new stirrup that I have added to my 10 Cable Progressive Exerciser will build your calves and thighs to marvelous proportions. It is made of one piece steel and stands a resistance of from 50

to 1,000 pounds. It can be attached to any 10 Cable Progressive Exerciser. Strong, muscular legs are a vital necessity to anyone who goes in for any form of athletics. This device is the only one designed to develop the leg muscles.

## My Adjustable, Patented HEAD-GEAR Increases Your Neck One Inch in 30 to 90 Days

No man can claim to be a *strong man*, unless the muscles of his neck are fully developed. The McFadden Patented Head Gear will positively increase the size of your neck **ONE FULL INCH** in a few weeks. This apparatus

is simplicity itself. It is adjustable, and will fit any man or boy. By using it in connection with my Progressive Exerciser, there is no reason why you can't be just as strong as you want to be.

## SEE WHAT YOU GET—

### My Complete \$30 Outfit for the Introductory Price of Only \$8, Including My Incomparable 12 Weeks' Instruction Course.

After you have used my apparatus a few weeks, you'll be the first to admit that it's the greatest eight dollars' worth of sheer value you ever received. It has changed many a man from a thin, puny, undersized weakling to a prodigy of physical strength and rugged health.

Here is what you get—a complete outfit for developing every muscle in your body.

Any of these can be purchased separately at the price shown.

10 Cable Progressive Exerciser, worth	\$8.00
Patented Progressive Handles with 1,000 pounds resistance, worth	2.00
Patented Progressive Stirrup with 1,000 pounds resistance, worth	1.00
Patented Progressive Head-Gear, the only one of its kind, progressive resistance and adjustable to any size head and neck, worth	3.00
12 weeks' Home Instruction course, the most wonderful ever written—the kind you cannot get elsewhere, worth	15.00
The Michael McFadden Encyclopaedia, worth	1.00
	<b>\$30.00</b>

## TOTAL WORTH, \$30.00; COSTS YOU ONLY \$8.00

You cannot buy a similar outfit anywhere else at three times this price. In fact, you cannot buy an outfit as complete as this with such a course as I give you, at any price. Thousands of the world's greatest strong men have endorsed my course of instruction and the McFadden 10 Cable Progressive Exerciser. Remember, I guarantee it to increase your biceps **ONE FULL INCH** in from 30 to 90 days, and

all other parts of your body in proportion. Think what this means. In a few short weeks you are a new person—well on your way to be a professional strong man if you wish. If you are not fully satisfied, your money will be refunded without quibble or question. Start today along the royal road to health and strength—send **NOW** for this great body-building outfit before you forget it.

My Guarantee Is Backed by a \$10,000 Challenge

**MICHAEL McFADDEN** Dept. 183, 103 E. 13th Street  
New York City

## Hay Fever

(Continued from page 23)

water, or else Dobell's solution, after which the mucous membrane is carefully wiped with a pledget of cotton, and a good antiseptic oil spray is used. The combination, suggested by Dr. Herman H. Rubin, in his Department last month, is excellent for this purpose. This consists of oil of pine needles, half a dram; oil of eucalyptus, twenty drops; menthol five grains; carbolic acid, two drops; and benzonol or liquid alboline to make one ounce. This should be used morning and evening as a routine measure in an oil atomizer.

If this treatment is begun three or four weeks before the expected onset of hay fever, not infrequently the attack may be greatly mitigated, if not entirely abolished.

The diet should be regulated so as to bring about an increase in blood alkalinity. This is accomplished by the exclusion of an excess of meats, sugars and starches, and by increasing the intake of milk, green vegetables and citrus fruit, building up thereby a better alkaline reserve.

At least six or eight glasses of water should be drunk every day. A minimum of two free daily movements of the bowels should also be secured. Three would be even better. Baths and massage are very helpful, while rest for the overtaxed nervous system and exercise to bring about a better functioning of the organs of digestion and assimilation are of unquestioned value.

Dr. Rubin has found that many of these hay fever patients suffer from what is known as *hypo-adrenia*, a depleted condition of the adrenal glands. It is well known that many cases of asthma have a direct cause in this condition. In point of fact, the hypodermic use of adrenalin has been recommended for many years in the treatment of asthmatic conditions. The normal stimulation of the adrenal glands, by means of gamma ray radiation of the endocrines, has proved much more satisfactory, however, as it is more definitely in line with natural methods.

Hay fever serums and vaccines have had their advocates, as have also certain other preparations such as Phylaccogen, although Phylaccogen has been very definitely discredited by the official organ of the American Medical Association.

Zone therapy, as used and advocated by Dr. Wm. H. Fitzgerald, has an especial and peculiar interest for hay feverites. For it has mitigated, if not entirely relieved, the red-eyed misery of hundreds of them. And none—except those who have been victims—can know what a real relief this is.

It is significant that of all the hundreds of hay fever patients that have come under the care of Dr. Fitzgerald, not one has had an absolutely normal nose. Invariably there were bony spurs, protruding turbinate bones, cartilages twisted out of proper alignment, an inflamed and thickened mucous membrane, or some other

pathological condition, one usually requiring surgical interference.

So if you have, or expect to have, hay fever or any other abnormal condition of the nasal mucous membranes, see a specialist and have your nose placed in as nearly perfect a condition as surgical skill and your physical shortcomings will permit, not forgetting also a thorough stretching of the soft palate. This the surgeon will accomplish by means of a finger inserted in the throat, or a hooked instrument in the passage back of the nose. By enlarging the contracted parts of this passage, normal drainage and circulation in these tissues is established.

The best results are obtained by operating during the height of an attack. If sometimes even a needle be thrust through the congested mucous membrane, so that the blood flows freely, the attack can be broken up, and the condition frequently eradicated for that season.

Then use any combination of the following procedures, which experience has proved helpful, remembering that here no fixed rule can be laid down, and that what "works" magically in one case might have but little effect in another.

First, make steady firm pressures on various points in the roof of the mouth with the thumb. Be careful to "cover" the region directly on a line with the nose. These pressures should be maintained for from four to eight minutes at a time, and repeated a half dozen or more times daily. Those experienced in zone therapy claim that the pressures have an immediate and powerful effect upon abnormal conditions in this zone. At the same time the upper lip should be firmly forced against the teeth with the first finger. This usually has a most discouraging effect upon sneezing.

Pressures with a cotton-tipped probe on the back wall of the pharynx (the inside junction of the nose and mouth) as well as upon the mucous membranes of the nose, give, in the hands of physicians, the quickest results. The cotton-tipped probe may be dipped in trichloroacetic acid, or some pungent agent, which will lend "punch" to the contact impulse. A curious feature in connection with this improved therapy is that if the patient, by coughing, resents the presence of the instruments, the effect seems to be dissipated. In other words, the transmission of the nerve impulse is partly inhibited. It is fair to say, however, that patients become rapidly accustomed to what at first frequently causes irritation.

The use of a tongue depressor, covering the center of the tongue fairly well "forward" has also been found most helpful, if pressed down and held firmly several times a day for three minutes or more at a time. In fact, it is expedient to use the tongue depressor in almost all nose, throat and stomach troubles—or, in fact, any condition occurring in the "front" of the body.

# Fast Life Wrecks the Nerves

By PAUL von BOECKMANN

Lecturer and Author of numerous books and treatises on Mental and Physical Energy, Respiration, Psychology and Nerve Culture

**W**E are living in the age of SPEED, the mile-a-minute life. We crowd two or five years of life into one. We hurry; we worry; and we dissipate, little realizing that there must come an end to our supply of Nerve Force—that we will become nervous wrecks.

Long before a person reaches the final stages of nervous collapse, he passes through months and even years of subnormal nerve power, which seriously handicaps him in life, undermines his constitutional powers and causes all kinds of organic and mental disorders. It would be proper to call these people "near-neurasthenics."

There are countless "near-anesthetics" about us everywhere—in the streets, in the cars, in the theatres, in your business, and especially in your own home—right in your own family.

They are said to be troubled with "nerves," a condition which is not considered serious, but admitted to be most annoying, especially to those who must associate with people who have "nerves."

"Nerves" is not a malady which manifests itself, as many people believe, in twitching muscles, trembling hands. These conditions are found only in advanced stages of Nerve Exhaustion.

The symptoms of Nerve Exhaustion vary according to individual characteristics, but the development is usually as follows: First State: Lack of energy and endurance; that "tired feeling." Second State: 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 State: 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. You feel it, and you act it. You are tired, dizzy, cannot sleep, cannot digest your food and you have pains here and there. You are told you are "run down," and need a rest. 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.

The cure of weak and deranged nerves must have for its basis an understanding of how the nerves are affected by various abuses and strains. It demands an understanding of certain simple laws in mental and physical hygiene, mental control, relaxation, and how to develop immunity to the many strains of everyday life. Through the application of this knowledge, the most advanced case of Nerve Exhaustion can be corrected.



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.

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 this 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 and how to apply simple methods for their restoration. It includes important information on the application of deep breathing as a remedial agent. The cost of the book is only 25 cents, coin or stamps. Address me—Paul von Boeckmann, Studio 468, 110 West 40th St., New York City.

This book will enable you to diagnose your troubles understandingly. The facts presented will prove a revelation to you and the advice will be of incalculable value whether you have had trouble with your nerves or not. Your nerves are the most precious possession you have. Through them you experience all that makes life worth living, for to be dull-nerved means to be dull-brained, insensible to the higher phases of life—love, moral courage, ambition and temperament. The finer your brain is, the finer and more delicate is your nervous system, and the more imperative it is that you care for your nerves.

"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—Efficiency. Physicians recommend the book to their patients—Health. Ministers recommend it from the pulpit—Nerve Control, Happiness. Never before has so great a mass of valuable information been presented in so few words. It will enable you to understand your Nerves, your Mind, your Emotions, and your Body. Over a million copies have been sold during the past fifteen years.

## What Readers of "Nerve Force" Say:

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

A physician says: "Your book is the most sensible and valuable work I have ever read on the prevention of neurasthenia. I am recommending your book to my patients."

"Reading your book has stopped that dreadful feeling of FEAR which paralyzed my stomach and digestion."

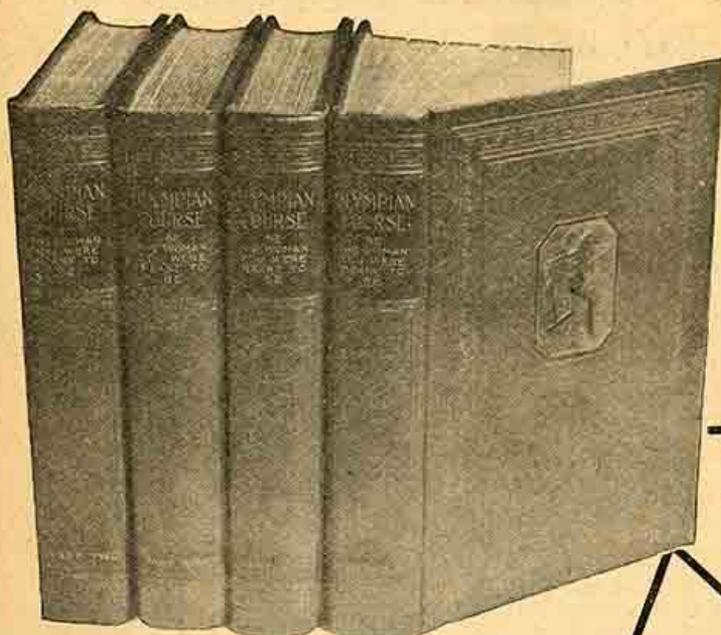
"Your book did more for me for indigestion than two courses in dieting."

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

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

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

# The OLYMPIAN SYSTEM OF CHICAGO



THE VOLUMES OF COMPLETE PHYSICAL KNOWLEDGE

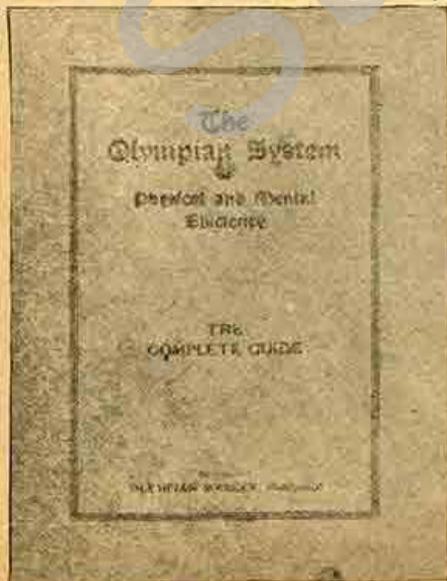
The Olympian System is designed for family necessity. Your children's health as great system of keeping fit.

Besides the bounteous health topics that male alike), unmarried women and health questions that apply to women ing exercises that go with them, as "The Queenly Carriage;" "The Bust—How dren;" "Should Cousins Marry;" Exercises;" "Teaching the Child Sex

The male members of the family will or debility of the human body. There

## The Olympian Course

There is as great a difference be there is between day and night. feet health and strength, but an ignorant way if you are an and you should know these



The Olympian System is indisputably the acme of physical and mental training methods. The entire course is artistically designed and gorgeously finished. It covers the enormous subject of health, strength, body-building and personal hygiene far more thoroughly than any other method could possibly do. It is a course supreme in every respect.

There are over 1200 large pages in the four volumes. These 1200 pages cover 133 subjects or chapters. Read the titles of these chapters at the bottom of the opposite page, and you will then realize how completely the great subject of personal hygiene and health is given you.

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In appearance, these four volumes are beautiful to behold. They are not a thing apart, but are the main-spring of the Olympian System around which the other parts (12 Discussional Lectures, The Guide Book or Key to the System, the numerous large, colored illustrated Exercise and Instruction Charts) revolve.

## FOR BOTH MEN AND WOMEN

both men and well as your own

women. Therefore, it is a great is safely guarded by this

apply to everyone in mothers of families will only. Such chapters, and Female Form—Ideal and Real;" It May Be Developed;" "The Preparation For Motherhood;" Truths," are of great interest to all wo- find help and instructions that apply to every physical is nothing lacking in the Olympian method.

the family (male and fe- find much help in the the health-perfect- "Acquiring a Diet of Chil- "Maternity men. disease

## Stands Out From Among the Multitude

tween the Olympian Course and the general run of others as An Olympian-trained man, woman or child not only gets per- knows why and how he got it. You do not develop your body in Olympian pupil. There is a cause for every weakness and ailment, causes before attempting to cure ailments or build up strength.

Know your physical self perfectly, as this is the only way in which you can get to the bottom of your weaknesses and develop your body into the perfect man or woman you should be and were meant to be.

The Olympian Method is the only method that thoroughly and steadily builds you up from the lowest depth of physical debility. You will be doing correctly the all-important thing of regaining or holding perfect health and strength if you enlist with the army of Olympian pupils.

## Written, Designed and Arranged by No Less Than Thirty Experts

Thirty men and women, all specialists in their respective subjects, are responsible for this great production. Never before have so great a number of experts been brought together for the sole purpose of conceiving and bringing to being a course of health and physical uplifting.

Is it any wonder the Olympian Methods are more complete, reliable and far ahead of all others?

The works of these specialists were then arranged by experts on physical training. All the subjects written so clearly and competently by those experts mentioned in the preceding paragraph are fitted together to such a nicety that once given the key, the entire system is as clear as a photograph to you. These physical training specialists knew their business and, consequently, produced a super-excellent course.

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Don't do yourself or your loved ones the great injustice of failing to make the Olympian System an active part of your home. Perfect health makes life a pleasure. A healthy family is a help and joy, while a sickly household makes a miserable existence for the well members as

health also by getting the unequalled Olympian System. If you or members of your family are ailing, you need the Olympian System as soon as it can be gotten to you.

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Strength Testing  
The Seven Ages of Exercise  
Walking the Perfect Constitution Builder  
Fresh Air and Deep Breathing  
Corrective Exercise  
Strengthening the Heart  
Can One Grow Taller?  
The Female Form  
Exercise for Women  
How to Discard Corsets  
Play a Vital Necessity  
Music and Exercise  
Athletic Training  
Sports That Build Manhood  
Learning to Swim  
Life Saving  
Teach Your Child Artificial Respiration  
You Are What You Eat  
Table of Food Composition  
The Value of Acid Fruits  
The Question of Sweets  
How Much Meat Do We Need?

The Vegetarian Diet  
The Virtues of Uncooked Foods  
Milk—Perfection in Food  
Buttermilk—The Long Life Food  
The Diet of Children  
Eating as an Art  
How Many Meals to Eat and Why  
Appetite and Hunger  
The How and Why of Digestion  
Criminal Cookery  
Preparation of Balanced Meals  
What is True Food Economy?  
How to Economize on Foods  
How to Avoid Indigestion  
Conquering Constipation  
Auto-Intoxication: How Caused, How Cured  
The Milk Diet as a Cure  
Specific Curative Diet  
Hearing and How to Improve It  
Better Thinking  
How to Improve the Memory  
Concentration  
Mastering the Emotions  
Thinking for Results  
Acquiring Self-Confidence  
How Success Is Mastered

Middle Age Life-Saving  
Old Age—How to Prevent It  
Exercises for Keeping Young  
How Much Sleep Do You Need?  
Simple Remedies for Sleeplessness  
Outdoor Sleeping  
Pure Air Indoors  
Sunshine, Climate and Health  
Clothing and Health  
The Care of the Skin  
Cold Baths—How, When and Why?  
Annual Physical Examination  
Colds and Coughs  
Health and the Liver  
The Kidneys  
Heart Disease  
Nerves and Nervousness  
The Hidden Disease Menace  
The Vital Machinery of the Body  
The Nervous System  
The Senses  
Man's Muscular System  
The Bones and Skeleton  
The Human "Balance Wheels"  
Eugenics

Alcohol and Eugenics  
Should Cousins Marry?  
Does Delayed Parenthood Produce Superior Men and Women?  
Preparation for Motherhood  
Maternity Exercise  
The New Baby and Its Care  
Making the Baby Strong  
Teaching the Child Sex Truths  
What Is Your Correct Weight?  
How Not to Be Fat  
Help for Thin Folks  
Breaking the Drug Habit  
How to Cure the Tobacco Habit  
Curing the Alcohol Habit  
Beautifying the Complexion  
Healthy and Beautiful Hair  
Hygiene of Teeth and Mouth  
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Address.....  
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## Extraordinary Gymnastic Feats

(Continued from page 58)



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# IF

- you do not enjoy your work
- you are not contented and happy
- your work is too hard
- it does not pay well
- your prospects are not bright
- you contemplate changing your occupation
- you are not earning enough to get the worth-while things of life for yourself and those dear to you
- you do not know what course in life to follow
- you have no idea what occupation to follow
- you are in doubt about the value of a certain course or school
- your work is dull, drab and uninteresting
- you are drifting along without a definite aim
- you want to succeed by following a definite plan
- you want expert advice and help in formulating that plan
- you want to settle once and for all the question "What am I best fitted for?"

Send us your name and address for the easiest, simplest, quickest and surest way to organize your life upon A SUCCESS AND HAPPINESS BASIS.

**Bureau of Vocational Research,**  
Dept. 801, 530 Broadway, New York, N. Y.

routine was performed in slow rhythmic motion. The writer feels safe in saying that this routine performed in the way explained is the most difficult and scientific of any routine ever accomplished in the art of hand balancing or gymnastics. In the latter routine I had Mr. Keller handicapped, as he could not do the planche resting on the elbow on account of his head, shoulders, and the free arm being so much heavier than his hips and lower limbs. This is when I commenced to get even with my critics, who thought I had been defeated for all time. After having accomplished the above-named routine, I immediately published a challenge to all-comers, and offered one thousand dollars to any artist who could follow me in the feats I performed.

In a very short time I had convinced my critics that they, not I, had suffered defeat. While walking on Fourteenth Street, New York, I happened to meet one of the unbelievers, even though I had convinced him that not even Mr. Keller had me "stopped." This gentleman was Mr. Hugo Moulton, one of America's very finest horizontal bar performers. While walking along we stopped in the lobby of Tony Pastor's Theatre, where the Dare Brothers were appearing. Mr. Stuart and Thomas. Stuart Dare had but one leg, and a very short stump left of the other. He did all of his feats on a single horizontal bar, and three of the feats he performed were considered impossible by all the leading gymnasts of Europe and America, for a person to accomplish who possessed two lower limbs in normal proportion. Mr. Moulton and I saw their performance that afternoon. After the Dare Brothers had finished their act, Mr. Moulton asked me what I thought of the work of the man with the one leg, and I said that it was extremely fine. Mr. Moulton came back with the remark, "Perhaps you could master those feats also." I smiled and replied: "Not perhaps! I am absolutely certain that I could accomplish all the feats that yourself and all the others have said were impossible for a normal man; besides, I am sure that it is quite possible to add a few more, even more difficult, than what either Mr. Keller or Mr. Dare is performing."

It did not take long for the boast that I had made to Mr. Moulton to reach the ears of all the prominent acrobats and gymnasts in this country, and they all came back with the remark that I was suffering with "toxicomania." It was not long afterwards that I visited Wood's gymnasium, 6 East Twenty-Eighth Street, New York, where there were not less than nineteen of the leading gymnasts of America (including Mr. Hugo Moulton) working themselves into condition for the on-coming circus season. Voices came from all directions as I entered. "So this is the guy who can do all the tricks of Stuart Dare's on the bar,"

and I received the merry ha-ha, which did not please me in the least. I came back with the remark that I would put up one thousand dollars against a thousand of anybody's money that I could accomplish those feats in three months. I received another round of laughs, and after they died out I asked the lot of them to collect a thousand between them and put it up, saying that it was easy for them, as there were nineteen against one to put up the money; besides, I would be compelled to do all the work, while they would collect easy money if I failed. Everybody did a lot of talking, but put up no money. Just then Mr. John Wood, proprietor of the gymnasium, stepped in and asked what all the excitement was about. I told him that I had offered to put up a thousand dollars against a thousand that I could accomplish all of the difficult feats in three months which were being performed by Mr. Stuart Dare on the horizontal bar. Mr. Wood said: "Gentlemen, I will add another thousand to his, which will be two to your one, that he will do what he says."

At that time I was Mr. Wood's ideal as a gymnast, and he had known me from the time I was nine years old. No money on the part of the gathering appeared, so I told them the old story, "Put up or shut up," and was elated over their defeat, if only in the conversation. Very shortly after this controversy, the Dare Brothers dissolved partnership. Mr. Stuart Dare (the brother who had but one leg) sailed for Europe, Mr. Thomas Dare remained in America. While looking around for a new partner to take the place of his brother, he had heard that I made the statement that I could master the feats, which his brother had made famous, in three months. He was not long in hunting me up, and his expectation was to meet a very powerful looking man. I did not come up to his expectations in the least, and it did not take him long in telling me so, as I looked nothing like the man he had pictured in his mind. When I had made my boast to him all he said was, "Never!" and seated himself on one of the benches in the gymnasium. While he was there I stripped, and with practice costume I went on with my daily work-out, and to show him that he did not know quite all about my adverse appearance to him, I removed my gym shirt, which displayed the extraordinary condition I had attained.

During my practice I paid no apparent attention to Mr. Dare, although I was assuring myself that I would put a crimp in this wise fellow's idea about weighing a person up on first sight. So I continued my practice with extraordinary ease, and when I came to the planches, which I knew would upset all his calculations about my strength, I was facing in his direction, and held the one-hand balance planche, without

(Continued on page 76)

# NOW A Gymnasium In Your Home — Without Cost



Professor  
H. W. Titus  
as he is today

Any room or corner in your house can be instantly converted into a gymnasium with an exerciser for every muscle in your entire body — without driving a single nail or even moving a single piece of furniture.

**Why?** Do the finest ocean liners have gymnasiums?  
Do the finest Athletic Clubs have gymnasiums?

Do all Y. M. C. A.'s, schools, colleges and similar institutions have gymnasiums

**Because!** Exercising Apparatus is highly necessary to build up and strengthen the muscles of the body and to develop the great strength required by all athletes and strong men.

Knowing as I do that exercising apparatus is essential in body and muscle building, I perfected and patented the TITUS PROGRESSIVE and AUTOMATIC EXERCISER. It is the backbone of the famous and highly successful TITUS SYSTEM which has been used and endorsed by many of the world's greatest strong men and famous athletes. With this remarkable apparatus, which is in itself a complete home gymnasium, I have combined a course of instruction and a set of exercises which develop to enormous proportions every muscle of the entire human body—and do it much quicker and better than the old-time methods.

If you want big muscles rippling all over your body: a chest several inches larger than it is now; legs, arms and neck that will make people admire and envy you; a pair of shoulders that look as though they could carry a couple of tons; and if you, like everyone else, want this marvellous development in the shortest possible time, you will choose the TITUS SYSTEM because it will do all this and even more for you. It will build and tone you up so that you will hardly know yourself. It will strengthen your vital organs—increase your lung capacity, strengthen your heart so that it pumps clear, rich blood through your veins with renewed energy, and fill you with a new thrill that comes only with perfect circulation and functioning of the entire body.

The TITUS SYSTEM has accomplished all of this for thousands. You can see the pictures of many of them and read exact copies of their letters in my big FREE book, "Building Better Bodies." Regardless of your present condition, size, age and strength, the TITUS Home Corresponding Course is so complete and the TITUS Progressive and Automatic Exerciser is so flexible that they will meet your exact condition and needs.



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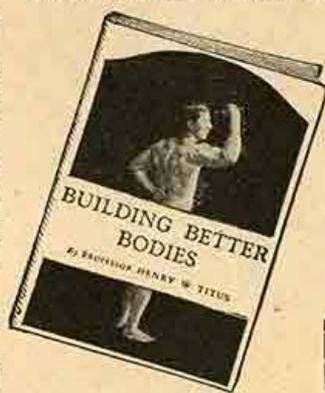
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**Prof. HENRY W. TITUS**  
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## Extraordinary Gymnastic Feats

(Continued from page 74)

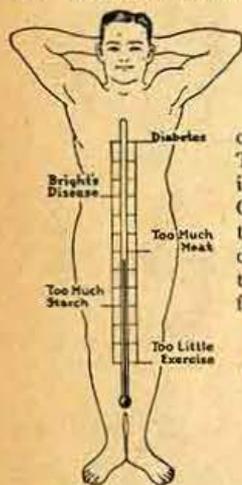
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AT 5 in the afternoon he toppled over. Passed out at 7:15 the same night. Only that morning O. W. was whistling merrily as the front door slipped into its latch. 45, outwardly in the pink of health. But disease had a deadly grip upon his system and HE DIDN'T KNOW IT!

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any apparent strain on the face. Mr. Dare almost leaped over to where I was, and clasped me by the hand and said, "Young fellow, if any normally formed man could ever do those feats my brother did, you certainly are the man!" He asked me if I thought I really could accomplish the feats, and I gave him the same answer that I gave the others, that I did not only think so, but I was absolutely certain that I could. He told me that if at any time I did accomplish the feats he would be much pleased to form a partnership with me. This was my chance to prove to all my wise critics that I did know just a little as to their ideas about the impossible. I dropped my own work, saying nothing to anybody, and started at once to work on the feats mentioned, and the reader may believe me that I had a mighty task before me. Every morning I waited on the steps of Wood's gymnasium for the colored attendant to open the door, so I could get through before any of the other professionals had arrived. After three days' preliminary work I became so sore in the legs that I was compelled to lift one leg after the other into bed on retiring, and the same process on rising in the morning.

This lasted over two weeks. No person could possibly credit such an experience, for I was doing nothing on my legs. All the feats were practised while in a hanging position, or the weight balanced above the bar on the hands.

Not having used the muscles which support the body in the hanging position for a considerable time, my body and arms were almost as sore as my legs. What made my legs so sore was trying to roll up or twist the body up on one arm while turning it backward, and twisting the body around the arm while hanging, until it is raised up with the head higher than the bar, the free hand above the bar, and the bar against the armpit, the body hanging almost perpendicular. This is what is known as a roll-up. (On the trapeze bar or rings it is known as a throw-in.) The fact that the muscles of the lower limbs were sore for no apparent reason was on account of the limbs being trained technically, as were the arms and body, to take the strain. The feat named was one of the impossibilities performed on a fixed bar, instead of a trapeze ring. The next impossibility was to hang in the arms under the elbows, the legs and feet together, and while suspended in this position the body and legs to be held rigid and straight. The body is to be drawn up until the back touches the bar, then it is turned over the bar, the feet up and head down, until the performer is lying on his back in a balance on top of the bar.

The next impossibility was a planche on top of the bar, after a hand stand; that is, to lower the body from a hand

stand down to a horizontal position, with the arms straight at the elbows, and hold it a few seconds. The reason why this feat was considered impossible was that the whole weight of the body, in the horizontal position, had to be supported by the thumbs, as the body had to be stretched out forward over the bar, the bar being crosswise to the body. Up to date the writer has never seen either of these feats performed by a normally built person. The soreness was caused by the terrific straining of the lower limbs in stretching out to counterbalance the great leverage lift these feats require. At this time I had the left side equally developed with the right.

Seven weeks after Mr. Dare's first visit he called again just as I had started my day's practice and asked me if I had tried the feats. I said that I had, and asked him to be seated and I would show him the feats. I did, and though they were not absolutely perfect, they astounded Mr. Dare, and we at once agreed to form a partnership. One week later we commenced an engagement at Koster and Bial's Music Hall on TwentyThird Street, west of Sixth Avenue, New York, where nothing but the very highest class of vaudeville artists were engaged. In this theatre I had been featured alone a number of times previously. Instead of three months, which I had allowed myself, I accomplished the impossibilities in eight weeks, with more of them thrown in, and started to perform the feats before an audience in exactly eight weeks. In a very short time I had accomplished a one-arm forward as well as a one-arm back planche on each arm, also considered impossible at that time. This feat I did swinging and hanging still, as well as pulling up to each of these feats from a straight hanging position, which still stands as a record. The word was soon broadcast that Mr. Dare and I had formed a partnership, and that I had accomplished the so-called impossible feats. This gave me a very high rating among all the great gymnasts of the period. Mr. Dare and I were engaged with Mr. M. B. Leavitt's original production of the "Spider and Fly Company," after having played four months at Koster and Bial's. The following season we were engaged with Kiralfy's Water Queen Company. Each of these companies made a trip to the Pacific Coast, where we were prime favorites.

At the close of the season with the latter named company, Mr. Dare and I discontinued our partnership, and I was immediately engaged by Mr. Bolossy Kiralfy to take charge of the gymnastic, acrobatic and athletic portion of the Kiralfy production, of that great outside attraction, "King Solomon," which was produced at Eldorado, atop of the Palisades, Weehawken, opposite New York on the Hudson. I then commenced to work on a new type of

hand and head balancing, conforming to eurhythmics throughout the entire presentation.

The original feats produced were: pressing up to a one-hand balance on a walking stick or cane while in full dress; removing the hat while balancing, and replacing it on the head. I walked up a staircase on my hands to a pedestal, where a white statue of the bust of "Hebe" was placed. I then balanced on my head on the head of the statue, and while in this position I removed my full dress suit, shoes and all, being under-dressed in white silk tights (corresponding to the tint of the statue), then straightened up with feet together and legs straight (as shown). Then I used bird cages to form a pyramid to perform some of the feats, such as planches and pushing up feats mentioned in this article, besides revolving while balancing on the head by the action of the muscles of the neck. I made my first trip to Europe with this act, appearing first at the Crystal Palace, London, with extraordinary success; the Alhambra Theatre, Leicester Square, London, afterwards. While playing at the Alhambra I received the letter shown here from Mr. Eugene Sandow, and likewise a letter of a similar nature from Mr. Paul Cinquevalli, who was the very finest artist as a juggler of all time to date. These letters I received before I had ever met either of these gentlemen, and which I considered a great tribute and honor from men of such high standing as artists. I gracefully acknowledged receipt of their kindness, and I became a lifelong friend of both. The reputation I had established in London created competition for my appearance in Paris, Vienna, Rome, Naples, Madrid and all the great cities of Europe, as well as the rest of Great Britain and Ireland, also the rest of the civilized world, where I was received with kind appreciation. Does it pay to perfect the finer points of gymnastic skill? The writer says yes. The world has seen me! I have seen the world!

## The Punch That Wins

(Continued from page 54)

the blacksmith's arm leapt from his side and he sunk his fist so deep into the solar-plexus that they claim the squatter had to be lifted off Farnham's hand. For days his life was despaired of, but he survived to remain through life a hopeless wreck. The squatter never stood erect again, and had to be moved around in a bath chair to the end of his days.

To me this is the most terrible testimony of Farnham's punching power.

Later, "Ruby Robert" made this particular punch more famous, but he did not learn it from Farnham. The fact is that Fitz did not know he had a punch until he put it over Hall, another of his countrymen. But Fitzsimmons, like Farnham, was a blacksmith, and his strenuous work at the anvil developed the hitting muscles involved in this blow.



# I Learned to Draw in Spare Time—

## Now I Have a Studio in New York!

\$25 for an easy day's work—\$100 for a single drawing. That sounds like big money—but it's not at all unusual. The success I dreamed of is now mine—and I owe it all to an easy method of learning to draw in spare time at home.

AS I look back, it doesn't seem possible that I am where I am today—successful, happy, sought after—hob-nobbing with famous people in the art, literary, theatrical and business world—maintaining my own studio in the "magic city" of New York—making lots of money—Well, to a young fellow born and raised fifteen hundred miles from Broadway—it's a constant temptation to pinch myself to make sure I'm awake.

In the small town out west where I grew up, I had the usual small town opportunities for an education—no more, no less. And until I went to work clerking in my father's store, I had no idea that I could ever become more than a common "Main Street" merchant in a dreary small town.

Well, I got my first touch of the "art fever" by drawing crude pictures and signs for the counters of our store. Of course, they were amateurish affairs. But it was interesting and I labored so hard over these things in my spare moments, that a salesman from the East, who came in one day, got interested and in a half-joking way, I thought, asked me why I didn't study art.

I took it as a joke—but the salesman was serious. He told me about a friend of his who had started out with no more natural ability than I had, and who was now connected with a publishing house in Boston and making \$100 a week. Then he told me how this friend got his start by studying at home, in spare time, a course in drawing prepared by a famous art school in Washington, D. C. He gave me the address and said I ought to write to them.

Well, I didn't take his talk seriously—but after he went, I got to thinking about it. Three weeks went by, and for some reason or other I couldn't forget the salesman's talk. So one night I wrote to the Washington School of Art, Washington, D. C., for their literature.

That was the beginning. Is there any need to go into the days that followed—the easiest, the most fascinating hours I ever spent in my life? Every minute I could get from work—nights and Sundays included—I plugged away, starting with simple straight lines and curves—then rapidly learning action, perspective and all the more advanced secrets of drawing. The best part of it was that my work with the school had the individual attention and criticism of a real artist. It was like having him right at

my elbow. And almost before I knew it, I was making drawings that I could sell.

### Watching Dreams Come True

With this encouragement, I began to dream big dreams. I dreamed of going East—of making big money—of mingling with artists and writers—of having the kind of pleasures I had read about. I don't want you to think I got "puffed up", but actually the time came when our little town got too small to hold me. I just had to spread my wings and fly.

Well, I did it—and I hope that salesman chances to see what I have written here—for I have always wanted to thank him from the bottom of my heart for putting me on the right road.

And yet I don't think I've done a thing that any one can't do. As I know now (which I didn't know then) the demand for competent artists far exceeds the supply. Newspapers, magazines, advertising agencies, big stores and factories and many other places are constantly on the look-out for people who have been trained to draw. Splendid positions paying from \$10 to \$25 a day are opening up constantly.

### Send for Free Book

If you want to know more about the wonderful opportunities in this fascinating profession, and how easy it is to learn—right in your own home in spare time—I'd advise you to write to the Washington School of Art for their free booklet—and do it NOW. Hundreds of former students of this famous school are now holding down dandy positions, or are making good as free lance artists with studios of their own. There's no reason in the world why you shouldn't make a big success of Art, too. Everything is made so simple, so plain, so easy, that you'll be astounded at your rapid progress.

Of course, sending for the booklet places you under no obligation—but afterwards, if your experience is anything like mine, you'll be mighty glad you did. You don't have to write a letter. Simply mail the coupon below to Washington School of Art, Room 678C, 1115 15th St., N. W., Washington, D. C.

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Please send me your Free Book on Art which tells about your simple method. Also details of your special Free Offer. Please write plainly.

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## They Make Your Arms Massive

in appearance and they are also used as a protection for the wrists. No one who is interested in the appearance of his physique while giving exhibitions or posing before the camera should be without a pair of these straps.

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## Sculptor Form

(Continued from page 36)

strained to jar upon the senses such as we so frequently see in the majority of poses. He is another example of the heavy man who, when properly proportioned, can be more beautiful to look upon than a Farnese Hercules. Yet when he tenses his muscles they all stand out in bold relief.

The flat abdomen, the sweeping curves of the legs, the slope of the shoulders to the points of the fingers are elegant. And he was known as the strongest man in the American Navy. Every man whose pose adorns this article is famous for his mighty strength, which is a greater tribute to the value of the sport of weight-lifting as a developer than my pen can write.

It gives me great pleasure in introducing in our pages for the first time before the American physical culturist Europe's greatest poseur, Brancaoca. I am sorry I have no other poses on hand of him to show you than this, for which I am indebted to my friend, Professor Desbonnet of France. I have seen some lovely statuary interpretations by this famous poseur, whose form is as purely Grecian as if it had been carved out of marble by the hand of Praxiteles. His forearm and triceps look below the development of the rest of his body, but that is because of the lighting effect upon the picture when it was taken.

His head has the Grecian cast, which lends greater harmony to the all-round Grecian appearance of his physique. He is considered by Europe's greatest authorities to be the finest representation of the Greek model living. He certainly has a beautiful torso, but I do not think it can surpass the torso of Staff Sergeant Moss for muscular display.

Moss scales 168 pounds, and has on measurements alone the finest balanced physique I have ever had the pleasure to study. Wrists, forearms, biceps, thighs and calves, both right and left, measure alike. He once told me that from the time he took up physical training, whatever he did with the right arm or leg he did with the left. He is one of the world's greatest gymnasts and strongest men, and a wonderful contribution to the elect of sculptor form.

As will be seen by his pose, he has clean-cut joints that give clearer indication to his muscles.

All the muscles are so plainly visible that they look as though they had been moulded in a cast.

Staff Sergeant Moss is by no means a young man any more, but he has always retained the delicate curves and lines of his muscles that he built up as a young man.

Perhaps Hackenschmidt is the most remarkable example of all, mainly because he followed the profession of wrestling. As a rule, all wrestlers develop a smooth rubbery muscle that shows little separation, but Hacken-

schmidt never lost the magnificent development he got from his early training with the bar-bells. The picture shown here was taken of the Russian Lion when he was at his best, hailed as the greatest wrestler of all time.

The great George would have made a more fitting model for a Farnese Hercules, which when finished would be more profoundly inspiring because of the perfect balance of his huge proportions.

Carefully note the perfect balance of his powerful leg and compare it with the unbalanced monstrosity of the Farnese Hercules. I do not have to ask you which of the two you prefer, as that question is settled in your mind the moment you compare them.

Sculptor form! The blending of strength and the physical graces. The super-shape, the ideal form in one. What a treasure to possess. Why do you fellows still crave for that 17-inch bicep or the 46-inch normal chest when you know you are developing one at the expense of all the rest. When you get it, what good is it? The rest of your muscles, being less in proportion, cannot hope to co-operate with its greater strength, for when any part of the body is developed at the expense of the body as a whole, that part of the body always appears grotesque.

I know a very enthusiastic body culturist who is obsessed with the desire to secure 18-inch biceps. They now measure 17½ inches, and his legs are so weak that they cannot sustain the weight that his arms can easily support at the shoulders.

Can you imagine the foolishness of a person developing great strength in his arms at the expense of his leg muscles, which naturally should be much larger and stronger?

There is much more to be desired in a body that can be classed as sculptor form. It becomes a creation of beauty which the owner can always be proud of, and in the moulding of such a form greater strength will be built than can possibly be gotten in arm or breast specialization.

It is great to have a 17-inch arm, but it is greater to have a 45-inch chest with neck and legs in proportion. I admire a form like that. I never become tired of looking at a beautiful body. It has a sermon that needs no words to extol its glories to me.

Siegmund Klein is only a small man, weighing about 147 pounds, but he owns one of the most perfectly shaped bodies to be found in the country, and his interpretation of art is more perfect than I have seen for a long, long time.

Henry Steinborn possesses a mighty physique, one that has never been given justice in his photos.

The shape of his neck and chest have a powerful appeal to me. Columnar, his neck sits squarely upon his magnificent shoulders, while the fullness of

(Continued on page 82)



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and you will get a good idea of the kind of physical development which results from the use of bar-bells. Most of our bar-bell users succeed in getting 42-inch chests, 15-inch upper arms, 23-inch thighs, and other measurements in proportion; and a large percentage of our pupils do even better than that. It is not an unusual thing for us to take a man of average physique, and by a few months' training give him a 45-inch chest, 16½-inch upper arm, a 24-inch thigh; increase his bodily weight by anywhere from 20 to 50 lbs., and give him a physique which is a combination of the Hercules and Apollo types.

Space does not allow us to show many of our thousands of magnificently developed pupils at one time. However, if you will notice our other advertisements in various magazines of the physical culture class you will see pictures of many more of the Milo pupils. The great number and the superb physiques of these men will certainly prove the worth of bar-bells in general and the Milo Bells and Methods of Instruction in particular.

(The pictures will also give you a good idea of the different size combination bar-bells we manufacture, and show you the iron plates which fit inside the spheres, and which are used to graduate the weight of the apparatus.)

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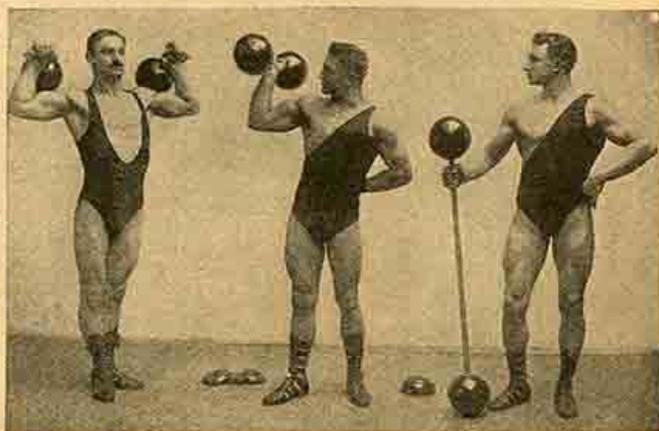
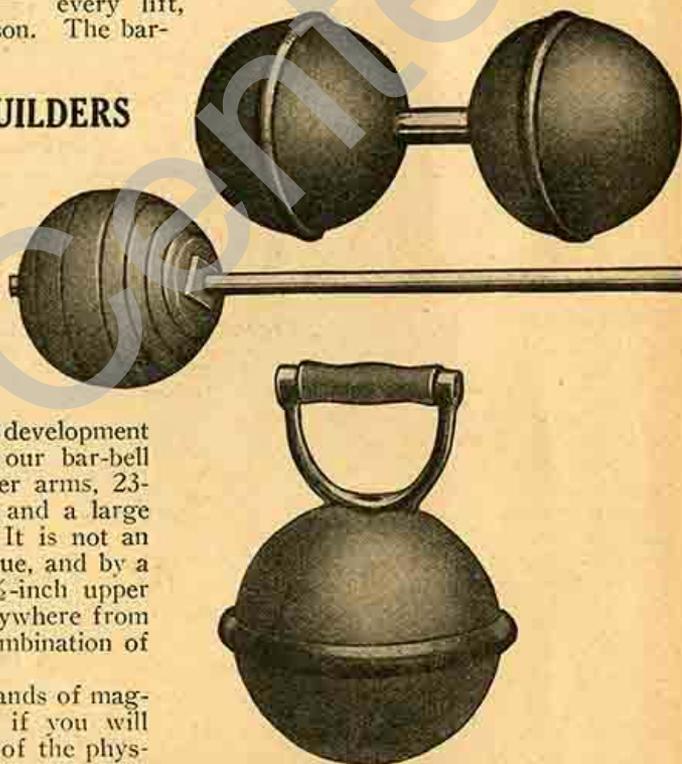
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A BAR-BELL is simply a long-handled dumb-bell. It has many advantages over a pair of dumb-bells. For instance, it is far easier to handle a 50-lb. bar-bell than two 25-lb. dumb-bells. Again, with a bar-bell you can do certain back and leg exercises where it would be awkward to handle a pair of dumb-bells.

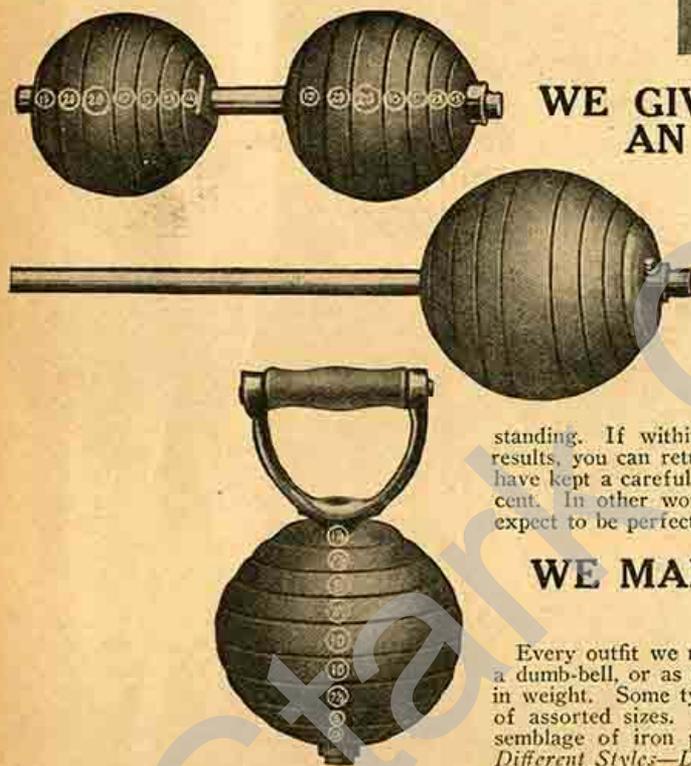
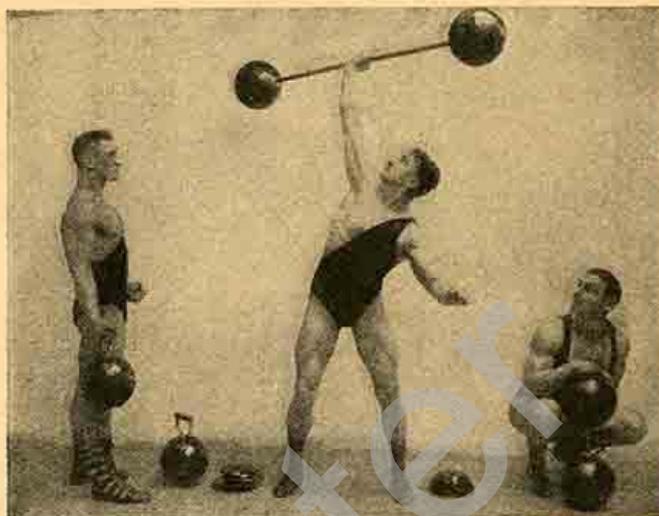
Because the bar-bell is the largest of the set, the complete set is often called by this name. A complete set, however, consists of a bar-bell, a dumb-bell and two kettle-bells or ring-weights, as they are often called. The bar-bell, or long-handled bell, is for two-hand exercises, but is also used in a few one-hand lifts and exercises, as shown in the upper right-hand picture. The dumb-bell, of course, is limited to one-hand use only, as are the kettle-bells. The numerous and varied weight plates that are a part of each set make possible the wide range of weights for every lift.



# WHAT A BAR-BELL IS?

young pupils gain as much as twenty pounds in weight and six inches in chest measurement in the first six weeks they were under our training. We have taken stout, middle-aged parties and shown them how to regain the fine proportions, the elasticity and the vigor of athletic youth. We get orders from hundreds of business men and office workers, and we show them how it is possible to get the greatest possible results in the shortest possible time. (Possibly forty per cent. of our pupils are indoor men.) One of our greatest delights is taking husky farmers, outdoor workers, and gymnasium devotees and showing them what real strength and development is like. Every case is individual with us, and we have handled so many different kinds of health-seekers, shape-seekers and strength-seekers that it is hardly possible your case would present any new problems for us.

You will find a set of Milo bells a real treasure to possess. Not only will you be proud of the physique and strength they will get for you, but the Milo bells themselves are perfect in workmanship, design and finish. You will like them so well you will hardly be able to wait for your next training period to come around.

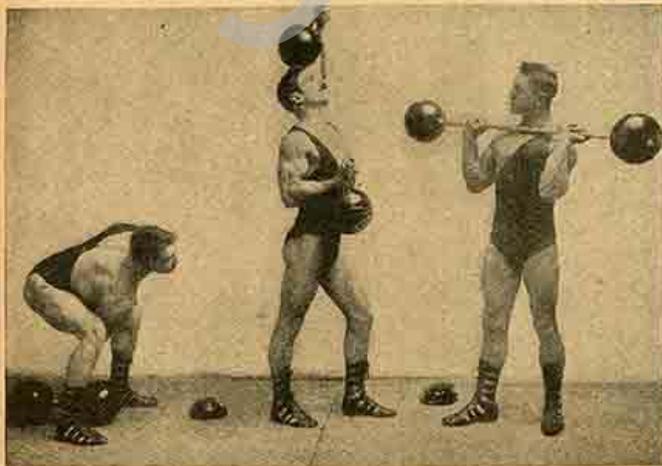


## WE GIVE UNLIMITED SERVICE AND AN ABSOLUTE GUARANTEE

With us it is not a case of giving you so many "lessons" and then forgetting you. You are our pupil as long as you own the bar-bell you buy from us. You may be in such condition that we can give you the kind of developing work that makes you gain at a rate so rapid that you will be amazed. Or it is possible that you are in such a run-down or absolutely undeveloped state that we will have to start you with the bell adjusted to very moderate weights, put you on a mild progressive schedule, and coax your body to its proper proportions, and teach you how to accumulate a stock of reserve vigor and health. All of which is part of our job, and what you pay us for. All our goods are sold on the same understanding. If within ninety days after enrolling you are not satisfied with the results, you can return your outfit and have your money refunded. For years we have kept a careful record and find that the proportion of returns is 1/3 of 1 per cent. In other words, we satisfy 299 out of every 300 customers. (We never expect to be perfect.)

## WE MAKE ADJUSTABLE BAR-BELLS OF ALL VARIETIES

Every outfit we make is a combination affair, which can be used as a bar-bell, a dumb-bell, or as a pair of kettle-bells. Every part of each outfit is adjustable in weight. Some types have hollow spheres which can be loaded with iron plates of assorted sizes. Others have no covering spheres, but consist just of an assemblage of iron plates and the different handle bars. We make bar-bells of *Different Styles—Different Sizes—Different Prices*, but every outfit we make can be adjusted to such a moderate weight that it can be easily handled by the weakest and smallest man, and yet can be almost instantly adjusted to a weight that would tax the strength of Samson.



SEND AT ONCE FOR  
OUR BIG,  
FREE CATALOGUE

"Health, Strength and Development and How to Obtain Them," is the title of this catalogue. It contains a complete list of prices, sizes of bells we manufacture, weights of each type of bell, and also shows what physical benefits can be obtained from their use.

COUPON

The  
Milo Bar-Bell Co.,  
Dept. 109,  
2739 N. Palethorp St.,  
Philadelphia, Penn.

Gentlemen:  
Please send me without obligation on my part your free catalogue, "Health, Strength and Development and How to Obtain Them." Also your pamphlet entitled, "How Much Should I Weigh and How Much Should I Measure?"

Name .....

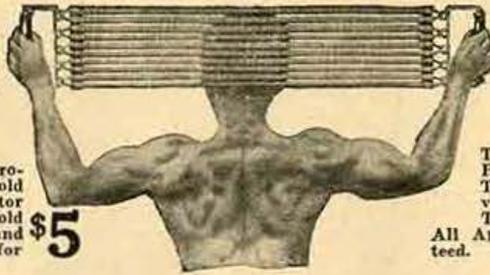
Address .....

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

# The Finest 10-Cable Progressive Exerciser That Can Be Built \$5.00

—Including Complete Body Building Instructions and Exercises and Valuable Books on Boxing and Wrestling

These Patented Handles are the Strongest and Safest ever made. Steel Reinforced and Scientifically Designed.



Also My 5-Cable Progressive Exerciser Sold Regularly for \$10. Victor Master Grip, usually sold for \$3 and Boxing and Wrestling Books all for

\$5

This Apparatus is Manufactured and Sold under Patents Allowed and Pending. Infringements will be prosecuted.

These Amazingly Low Prices Are for a Limited Time Only. Take Advantage of Them Before They Are Withdrawn. All Apparatus Fully Guaranteed.

## You, Too, Can Have Muscles Like This!

With either of the outfits described above, you can greatly increase the breadth, depth and expansion of your chest and develop every muscle in your body to amazing proportions and strength in an almost unbelievably short time simply by following my complete course of instructions. These instructions are worth more than the price charged for the whole outfit—they are the kind you cannot get elsewhere at any price. The material used in these exercisers is the very finest obtainable. Nothing is cheap about them except the price.

### Victor 10-Cable Progressive Exerciser

This apparatus, illustrated above, is unique in many ways, and is the most scientific exerciser ever designed. It is used by professional strong men and famous athletes the world over. It has a resistance of from 10 to 200 pounds, depending on the number of cables used. You regulate the resistance as your muscles increase in strength. The cables are fastened by safety snap hooks into patented handles that are built for heavy duty. Instead of a clumsy, hard-to-hold handle with 10 loops, the Victor Handles have only 5 loops which accommodate from one to TEN cables. These handles are steel reinforced and are the strongest, safest and most practical ever made.

With the Victor 10-Cable Progressive Exerciser you get my incomparable Course of Instructions, a valuable book on Boxing and another on Wrestling—all for the ridiculously low price of \$5, which is about half what

you would have to pay for an inferior exerciser of this type.

### Victor 5-Cable Progressive Exerciser and Master Grip

Built exactly like the Victor 10-Cable Exerciser, except it has only 5 cables and a resistance of from 10 to 100 pounds. The VICTOR MASTER GRIP is the most ingenious and successful exerciser for developing your wrist and forearm and increasing the strength of your grip. You can regulate it mild, medium or strong. It is also a grip tester registering from 1 to 100 per cent. Used by all athletes and famous strong men. If you want a REAL GRIP and powerful forearm, you cannot afford to be without the VICTOR MASTER GRIP.

VICTOR 5-CABLE PROGRESSIVE EXERCISER, VICTOR MASTER GRIP, Complete Course of Instructions and valuable books on Boxing and Wrestling—all for the amazingly low price of \$5. Master Grip alone, \$3.

Order one of these combinations TODAY. Either the VICTOR 10-Cable Progressive Exerciser, including Instructions and Boxing and Wrestling Books or the VICTOR 5-Cable Progressive Exerciser and Master Grip with Instructions and Boxing and Wrestling Books. Each Combination costs only \$5 and is the greatest \$5 worth you ever saw. Satisfaction guaranteed or your money refunded. These low prices cannot last very long. Order NOW!

HENRY VICTOR

109 E. 13th Street,  
Dept. 35, New York City

# PIMPLES

## Blackheads—Acne Eruptions

Now Are Easily Removed at Home at a Small Cost!

Banish those unsightly blemishes easily and quickly by using "CLEAR-TONE"—a simple home treatment that has cured chronic cases of long years standing. Use like toilet water. Leaves the skin clear, smooth and without a blemish. Has made many friends with men, women and children.

**FREE!**

Simply send name today for FREE Booklet, "A CLEAR-TONE SKIN," telling how I cured myself after being afflicted for 15 years. And I know every embarrassment one has to endure with a bad complexion. \$1,000 COLD CASH SAYS I CAN CLEAR YOUR SKIN OF THE ABOVE BLEMISHES.

E. S. GIVENS 206 Chemical Building KANSAS CITY, MO.

## Learn Advertising at HOME

## TOBACCO

Habit Cured or No Pay

Any form, cigars, cigarettes, pipe, chewing or snuff Guaranteed Harmless. Complete treatment sent on trial. Costs \$1.00 if it cures. Nothing if it fails. SUPERBA CO. L-18 BALTIMORE, MD.

The highest paid men in the world are advertising men. You can learn easily and quickly at home during your spare time. Biggest opportunities now in advertising than ever before. Tremendous demand for our graduates at big pay.

Send for FREE Book. Giving interesting information and vital facts—just what you want to know about advertising. Write today! PAGE-DAVIS SCHOOL OF ADVERTISING Dept. 577-A 3601 Michigan Ave., Chicago, U. S. A.

## DO YOU WANT THIS JOB?

MEN 18 TO 45  
BECOME CITY AND RURAL MAIL CARRIERS

\$1700 TO \$3300 YEAR

Steady work. Paid vacation. Common education sufficient. Pull unnecessary.

Mail Coupon — Today Sure



Coupon  
Franklin  
Institute  
Dept. F-195,  
Rochester,  
N. Y.

Send me, without charge, (1) Your copyrighted Civil Service Book. (2) Tell me how to get a position as City or Rural Mail Carrier at \$1700 to \$3300 a year. (3) Send free sample examination coaching.

Name .....  
Address .....

## Sculptor Form

(Continued from page 79)

his massive chest stands out like a promontory, heroic in every detail.

Sculptor form is the definition of the human body in its perfection as it appeals to the master sculptor, who after all is the one, by his creation, that preserves for all time the glories of the living form.

He, by the study of anatomy, makes his knowledge valuable, and students of the body beautiful know that he is right when he points to the Theseus form as the final word for the example of body culture.

It has the correct appeal—it is the ideal physical state, and we all should strive hard to equal it.

## What Do You Know About Life Saving?

(Continued from page 32)

with either arm, as in starting a driving movement for swimming, and throw the other arm upward and over the body backward, rolling supine. Hold the breath as you turn over and until your body has come to balance, face up. After that it is just a question of practice to become adept.

Everyone should know how to tread water, as this is also a valuable asset in life saving and also in swimming. Treading water is the term applied to the action of the swimmer in supporting himself, or herself, in upright position in the water, head above surface.

The action is a combination of arm and leg movements, but either arm or leg motions suffice to keep afloat, as most people actually possess enough buoyancy to stand up motionless in the water, with mouth clear of the surface, if the head is thrown well back, chin in the air.

To tread water with arms only, extend arms on the surface, slightly bent at elbows, hands a few inches further apart than breadth of your shoulders. Then turn palms inward, facing each other, and press them laterally against water, inward, of course, bending from wrist. Make it a quick flip. When hands have completed the flip turn them palm down and move them outward, again from wrist, until they are twisted outward a trifle, at an angle to the forearm. Then repeat the motions continuously, making the inward flip with good pressure, the outward glide slowly, and causing the fingers to describe an arc of about eight to ten inches.

For comfort, freedom of movement, and, above all, safety, avoid hampering garments when you go in swimming. Wear a one-piece suit whenever possible. For use in public places by both men and women the Californian suits—actually one-piece suits with short skirt attachments—may be recommended. They are comfortable, modest and sensible. Do not go in the water laden down with heavy and cumbersome attire, as many women do.

## Ask the Doctor

(Continued from page 52)

a tendency to bleed freely. From the fact that it is only the right nostril that bleeds, a suspicion of this origin might be aroused.

You should keep the bowels thoroughly open and keep the nasal passages clean. Perhaps a good atomizer oil spray, used morning and night, might be helpful. I believe I have given this formula before in this column. It is as follows:

Oil of Pine Needles— $\frac{1}{2}$  dram.  
Oil of Eucalyptus—20 drops.  
Menthol—5 grains.  
Carbolic Acid—2 drops.  
Benzonal, enough to make an ounce mixture.

Sometimes homeopathic remedies act very wonderfully in these conditions. I have had splendid results with Ferrum Phos., Ipecac, Ergot, Erigeron, etc.

Dear Doctor:

Could you please prescribe a quick cure for blushing and self-consciousness? I have had this complaint all my life, and I would like to get rid of it. I saw a question in the STRENGTH Magazine asked by a lady of 40 or 50 years old, but you said that the complaint indicated change of life symptoms. I am 16 years old and do not complain of any illness whatever.

J. N., Milltown, Maine.

Blushing is caused by the dilatation of the capillaries of the face and neck, produced by what is known as vasomotor inhibition. In other words, the vasomotor nerves which control the diameter of the small blood vessels are temporarily paralyzed by embarrassment, etc., and they contract the valves of the veins and hold the blood in the surface vessels, instead of letting it flow freely, as it ordinarily should.

Blanching is just the reverse of this. They are both produced by disturbances of the adrenal function. Their cure, however, is a very difficult matter. More could be accomplished by suggestive therapeutics, perhaps, than by any other means. Christian science, mental healing, hypnotic suggestion (which is the best and most practical of all) are your best remedies.

Dear Doctor:

I have been a hay fever sufferer for the last seven years. I am 30 years of age; am a barber. I am 5 ft. 5 inches tall and weigh 120 stripped. I don't smoke nor drink. My diet is composed mostly of milk and vegetables and fruit. I cannot get more than one bowel movement a day; at times when I think that I do not eliminate enough waste, I use an enema. Is there anything you can advise me to cure my hay fever?

L. T., Cleveland, Ohio.

In this issue of STRENGTH you will find a very exhaustive article by Dr. E. F. Bowers on the subject of Hay Fever. This will give you the latest and most practical information on the subject.

# Classified Advertisements

The rate for classified advertising in STRENGTH MAGAZINE is 10c a word. Cash must be sent with order. The closing date for each issue is the 20th of the second preceding month, viz., May 20th for the July issue. Address all orders or inquiries to Classified Advertising Manager, STRENGTH MAGAZINE, 104 5th Avenue, New York, N. Y.

## Health Resorts

**America's Most Beautiful Milk Diet Sanitarium.** Send for circular telling about our new location and natural health-building methods. Twenty years' experience in treatment of chronic ailments. Dr. Galafian's Sanitarium, Box 8, Lutherville, Md.

**Rose Valley Sanitarium, Media, Penn.** (Near Philadelphia): All natural methods, including fasting and milk diet. New accommodations now available.

**Constipation Can Be Cured. Ninety Per Cent of all diseases is due to constipation.** Remarkable discovery at the Crane Sanitarium, Eat Honey Sweet, Lax-O-Joy, combination of fruits and vegetables, which restores lost function of the digestive tract. No cases too difficult. Send for literature and trial box, \$1. Crane Sanitarium, Health Food Department, Section B, Elmhurst, Ill.

## Education and Instruction

**DOUBLE Entry Bookkeeping mastered in 60 hours with 8 keys; guaranteed; diploma.** International Bookkeeping Institute, Dept. 6, Springfield, Mo.

Correspondence course, text books, sold complete; 1/3 usual prices because slightly used; easy terms; money-back guarantee. All schools and subjects. Write for special free catalog. Courses bought for cash. Economy Educator Service, S-202 West 49th St., New York.

**WANT A BAR-BELL? CAN'T AFFORD IT? Make it yourself!** I can tell you how. Drop me a postal. L. Whitten, Bath, Maine.

## For Quick Sale

Physical Culture Courses Sold, List Free. Wm. C. Hughes, Dodgeville, Wisconsin.

## Old Coins for Sale

Attention, Coin Collectors. New Catalogue and 20,000 German Marks, 10 cents. Alexis Mengello, Box 387, Colorado Springs, Colo.

## Miscellaneous

**Bulldogs. Trained Fighters Or Pups. Bulldogs.** 501 Rockwood, Dallas, Texas.

## Agents Wanted

**AGENTS—90c an hour to advertise and distribute samples to consumer.** Write quick for territory and particulars. AMERICAN PRODUCTS CO., American Bldg., Cincinnati, Ohio.

**"Earn Money—Part or Full Time—Men—Women—150% profit—Sell GLOO-PEN.** Write for particulars. Philip Carol, 1317 Park Pl., Brooklyn, N. Y."

**Big money and fast sales, every owner buys gold initials for his auto.** You charge \$1.50, make \$1.44. Ten orders daily easy. Samples and information free. WORLD MONOGRAM, Dept. 155, Newark, N. J.

## Personal

**"Kil Smoking Habit! Harmlessly; Quickly! Send \$1.00 To-day for Guaranteed Remedy!** Leo J. Awad, Shenandoah, Penna."

**FIX YOURSELF. "ENERGOS METHOD"** (with money back guarantee), \$1. ROCIC'S, 147 East 27th Street, New York City.

**GOOD LUCK is only a question of doing the right thing at the right time.** Send your full baptismal name, birthdate and 50c. I will mail you valuable advice. Therese Ralston, 35 West 50th St., New York.

## Help Wanted—Male

**GOVERNMENT JOBS.** Become Railway Mail Clerks. Men 18-25. Commence \$1900. Common education sufficient. Specimen examination questions free. Write immediately. Franklin Institute, Dept. F61, Rochester, N. Y.

**BE A DETECTIVE.** Work Home or Travel. Experience unnecessary. Write, George Wagner, former Government Detective, 1968 Broadway, N. Y.

## Help Wanted, Male or Female

If you are interested in Natural Health Methods, you can build up a profitable and permanent business distributing our Vitalized Wheat and Laxative Confections in your home vicinity. Write for particulars. The Health Culture Institute, Inc., 1084 East Rich Street, Columbus, Ohio.

## Spare Time

**\$6-\$18 a Dozen Decorating Pillow Tops at Home;** experience unnecessary; particulars for stamp. Tapestry Paint Co., 300 La Grange, Ind.

## YOU HAVE A BEAUTIFUL FACE

But Your Nose!

IN THIS DAY AND AGE attention to your appearance is an absolute necessity if you expect to make the most out of life. Not only should you wish to appear as attractive as possible, for your own self satisfaction, which is alone well worth your efforts, but you will find the world in general judging you greatly, if not wholly, by your "looks." Therefore it pays to "look your best" at all times. Permit no one to see you looking otherwise; it will injure your welfare! Upon the impression you constantly make rests the failure or success of your life. Which is to be your ultimate destiny?

My newest greatly improved superior Nose-Shaper, "FUNDOS MODEL 25" U. S. Patent, corrects now all ill-shaped noses, without operation, quickly, safely, comfortably and permanently. Diseased cases excepted. Model 25 is the latest in Nose Shapers and surpasses all my previous models and other Nose Shaper Patents by a large margin. It has six adjustable pressure regulators, is made of light polished metal, is firm and fits every nose comfortably. The inside is upholstered with a fine chamois and no metal parts come in contact with the skin. Being worn at night it does not interfere with your daily work. Thousands of unsolicited testimonials on hand, and my fifteen years of studying and manufacturing Nose Shapers is at your disposal, which guarantees you entire satisfaction and a perfectly shaped nose.

(Above illustration represents my "Trade-Mark" and shows my first and oldest Nose Shaper. It is not a replica of my latest superior Model No. 25.)

Write today for free booklet, which tells you how to correct ill-shaped noses without cost if not satisfactory.

**M. TRILETY, Face Specialist, 2419 Ackerman Bldg., Binghamton, N. Y.**



# —and the doctors told him he would never recover the full use of his eyes!

If you have to wear glasses and want to discard them—if you want clearer, stronger, better vision—read the letter to the right

**M**R. MAURER is one of thousands whose eyes have been restored to their full measure of usefulness through Bernarr Macfadden's course of Eye Exercises.

Here is a man who writes: "Strengthening the Eyes has enabled me to completely forget the optician. It has practically cured a bad case of astigmatism."

And here is another who says: "By faithfully following the directions given in your Eye Course I have discarded glasses worn for years, and have had absolutely no trouble for the past two years."

Another grateful reader of this helpful book writes: "I had been wearing glasses since I was eight years of age and could not go a day without them. I am now twenty-four and with just a little effort in practicing the Eye exercises each day for a period of two months I have been able to stop wearing glasses entirely."

These inspiring results bring a message of hope to everyone who is troubled with weak eyes or poor sight. There is hardly any condition that is beyond the reach of Bernarr Macfadden's revolutionizing method of eye training. Even the hopeless cases, as shown in the letters reproduced here, respond with almost unbelievable results to the treatment outlined by the noted physical culturist.

## Glasses Are Only Eye Crutches

The conventional method of treating eye troubles today is to supply glasses to assist the eye in its work. But glasses are only eye crutches. They simply bolster up the eyes—they cannot cure or eliminate the conditions responsible for the trouble. They are useful just as crutches are useful for an injured leg, but they can no more restore your eyes to their former strength than crutches can mend a broken limb. The real help must come from other sources. In the case of the eyes it is exercise.

## What Bernarr Macfadden Discovered About the Eyes

Over twenty years ago Bernarr Macfadden, father of Physical Culture, had a most trying experience with his eyes. Due to many nights of hard literary work under poor artificial light, they became terribly strained. The idea of wearing glasses was intolerable, so, always willing to back up his theories by experimenting upon himself, he immediately started in upon a course of natural treatment that he fully believed would help him.

**MACFADDEN PUBLICATIONS, INC.**

Dept. S-8

Macfadden Building  
1926 Broadway, N. Y. C.

Entirely at your risk, you may send me your course of Eye Exercises. Upon receipt I will pay the postman \$3.00, plus delivery charges.

It is understood if, after trying the course for five days I decide not to keep it, you will immediately refund my money upon return of the course.

(Postage prepaid on cash orders)

Name.....  
Print name and address

Street.....

City.....State.....  
Canadian and foreign orders—cash in advance.

The results were so entirely satisfactory that he associated himself with one of the few really great eye specialists and together they entered upon a period of research and experiment covering many years. A few of their findings, proved beyond any doubt of contradiction, are:

- (1) That eyes, like all other parts of the body, are governed by a set of simple, natural laws.
- (2) That if these laws are obeyed, good eyesight throughout life almost always results.



- (3) That if they are not obeyed, the eyes give out early and are a source of continual trouble and increasing inefficiency thereafter.

- (4) That practically every pair of weak or crippled eyes can be greatly improved and in many cases entirely restored by proper methods of treatment.

- (5) That almost always the effect of glasses is to gradually weaken the eyes, making them more and more dependent upon the glasses, and stronger and stronger lenses necessary as the years pass.

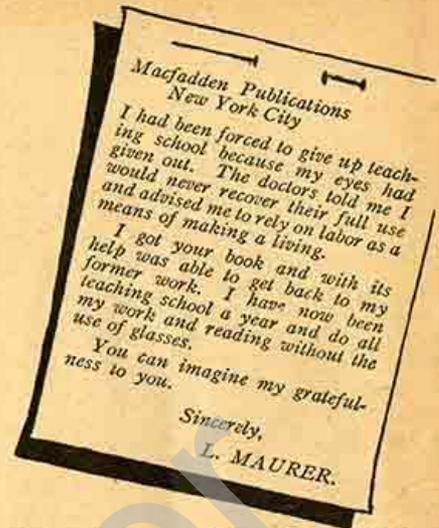
- (6) That inasmuch as eyes are made up of muscles, nerves, blood vessels and tissues, the same as other parts of the body, they respond wonderfully to the same Physical Culture principles that develop and improve the other parts of the body. The reasonableness of these findings cannot help but appeal to you because they are founded absolutely upon common sense of the sort that Physical Culture has always taught.

## A Startling Revolutionary System of Eye Training

Upon these startling, revolutionary facts has been based a remarkable new scientific system of eye-training, which quickly enables you to train these muscles of the eye so you can make them work properly at all times, and without effort or strain. This new system has been prepared by Bernarr Macfadden, in collaboration with the eminent ophthalmologist who discovered the real truth about eyes.

Although this remarkable system has only recently been introduced to the public, it has been in use for more than twenty years, and it has been conclusively proven of inestimable value.

The benefits which you can derive from this new method of eye training may seem too surprising to be true. Yet you cannot doubt its efficacy when you read the letters from the people who have tested it out, when you know that it has helped thousands of children to regain normal vision in a short time. Your eyesight is your most important possession.



It can never be replaced if it is lost. And since no amount of money could make you sacrifice your eyes, you owe it to yourself at least to investigate what this new scientific method can do for you.

If you already wear glasses, find out how you can discard your glasses—and see better without them. If you do not wear glasses, but feel that your sight is failing, then find out how a few minutes each day assures you perfect sight without the use of glasses. If you are a parent, send at once for this method, and learn how to save your children from the scourge of near-sightedness, how you can save them from the slavery of eye-glasses, and how you can train their eyes so they will always have perfect, normal vision.

## You Can Try This Course Entirely at Our Risk

No claim is made that this course is a cure-all. In many cases glasses are essential. But if you are wearing glasses because of faulty refraction—far or near sightedness—astigmatism—cross eyes—squint eyes—weak, watering eyes—eye headaches or strain, you at least owe it to yourself to give these methods a fair test. You can test these principles of eye education out in your own home without a cent of cost. Just mail the coupon and the entire course comes to you at once.

The very first reading will show you all you want to know about the eye—its construction—relation to the rest of the body—and the way it sees. You will learn instantly how to test your own eyes and just how to start to get immediate benefit.

Cross-section drawings show plainly the whole mechanism of the eye—muscles and nerves. Photographs of defective eyes make clear the real reasons for poor sight. Your own trouble is clearly illustrated. With this knowledge in mind, it becomes easy for you to correct your defective muscles and gain strong sight.

It only takes a few odd minutes each day. No trouble whatever, no manipulation or massage. No instruments or appliances. Just natural muscular exercise builds the eye, corrects the cause of troubles and brings it back to normal strength and vigor.

We want every reader of this publication afflicted with eye-trouble to examine Mr. Macfadden's wonderful course and try the eye exercises that it prescribes. In order to bring this about we are willing to send the entire course on approval, giving you the privilege of returning it within five days after receipt if not satisfactory. The price of the course has been placed within the means of everyone—only \$3.00, plus delivery charges.

Less than you would pay for a single pair of glasses. Can you afford not to take advantage of this offer and all it may mean to you? Not if you value strong eyes. So mail the coupon now, before it slips your mind, and you may never have to wear glasses again.

This book is also on sale at all leading book shops and department stores.



**Macfadden Publications, Inc., Dept. S-8**  
1926 Broadway, New York City

## The Mat

(Continued from page 63)

By this process a greater supply of oxygen is drawn into the lungs and blood stream, making it richer and more purifying.

With constant training the lungs acquire a greater degree of resistance against any external physical exertion. By this I mean, no matter how great the muscular effort is, the lungs become developed to such a great extent that they can function under much stress if necessary, and this eliminates any fear of high blood pressure.

You never see these conditions exist with a body culturist who knows his subject. He has developed a body by acquired knowledge that makes him master of a situation in which an ordinary person is helpless.

We have all experienced the sensation when we did this one thing wrong, when the blood was forced to the head. How we reeled and became dizzy and when released from the effort we found ourselves panting and breathless.

It is just like stopping up a dam. When the breathing is stopped and when released, the blood let loose rushes so quickly away from the head it disturbs our equilibrium and leaves us dizzy and reeling because we deprived ourselves of breath in the first place.

With the rounding of the back, the cut-off air supply, depressed blood stream, and with the strain thrown on to the spine alone, one can readily see why so much back trouble exists. It is pure ignorance on each person's part in not knowing himself.

To the small of the back pay strict attention, and learn to control your respiratory system and you will be master of yourself. A body culturist who knows his body is always free from danger, and his system benefits to the extent that it is always capable and efficient.

Not long ago I was examined prior to going into a contest, and the doctor stated he was curious to see how my heart and blood pressure had stood the test of all the years of strenuous exercise. I had actually done five times more strenuous work than any of the other athletes there, and the doctors were amazed to find my blood pressure perfect and my heart as sound as a bell.

To use a crude example, I will say it is like the two men who went to shoe the mule. The experienced man put one shoe on with ease, but the other got severely kicked because of his ignorance, which is the same penalty imposed on all who try to tackle something they know little or nothing about.

### The One-Hand Swing

This lift is one that has been very little practised on this side of the Atlantic, consequently very little has been accomplished. But in Britain the lift has developed into quite a science under the guidance of that remarkable

lifter, W. A. Pullum. It was always considered an extraordinary feat for an athlete to swing his own body weight with one hand, but the English lifters have developed quite a few who have even succeeded in surpassing their body weight. In all the amateur divisions the British hold the swing records, and also hold the records in the bantam, feather, light and middleweight professional classes. The light heavy-weight record I have the honor to hold, and incidentally am the only American Continental athlete to ever swing my body weight, which I first performed as a middleweight, swinging 160 pounds at 154 pounds and later making a world's record with 172½ pounds at 168 pounds. To Rigoulot of France is given the world's heavyweight honor, which he won by beating Arthur Saxon's record of 200 pounds by swinging 201 pounds.

This lift is a hard one to master, as it requires exceptional speed combined with great strength and timing, and practically is the key to all speed lifts. A lifter must have perfect control of his balance from the start to the conclusion of the lift. This may not seem so difficult on first reading, but the lifter goes through various changes in positions when performing this lift, that compel the body to be carried to acute angles.

The original ruling of this lift was that the dumb-bell should be kept at right angles to the body throughout the lift, and the arm should be kept perfectly straight, which is the manner in which all former records were performed. The British do not perform the lift this way. They are allowed to bend the arm, providing no arm push is used in fixing the bell overhead. It is not a swing in the true sense of the word, and in America the bent arm style is not favored. Much more weight can be raised in the British style, but my recent record was made with a straight arm, and if the bar had not been so bent with the fall it took on lowering it to the ground after the first attempt, I could have done 180 pounds which I did in practise. British style, I am sure I could do much more.

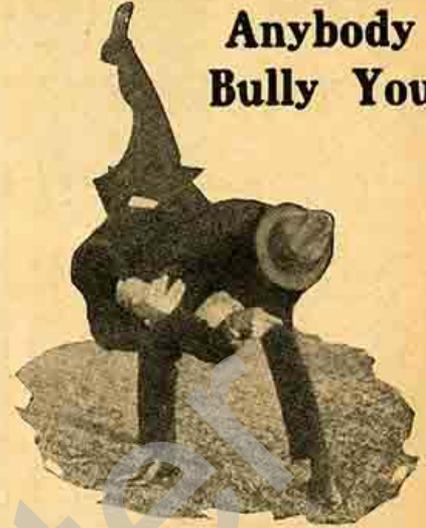
A dumb-bell should be secured with an inside grip of five inches, and care should be taken that collars are not used to keep the plates apart. A sleeve grip should be made so the plates can rest upon it at a distance of five inches apart.

The ideal height of the largest plate is eleven inches, and the edges of the plates should be beveled, while a swing gauntlet should be used in order to protect the arm.

There are different methods in arranging the balance of the plates, but the newest and most adopted by all the best swingers is what is termed the "back hang" style. More weight is loaded on the back end than the front,

(Continued on page 86)

# DON'T LET Anybody Bully You



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New Health Magazine

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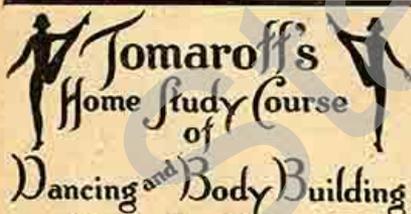
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### ARON TOMAROFF

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which compels the back end of the weight to hang or carry lower than the front end.

This arrangement has special advantages. Greater momentum is gained in the initial sweep from off the ground, and in the continuation of the swing, the back end being heavier, does not carry out so far. Instead it overbalances the lighter end, which allows the heavy end to hang upon the forearm, from which better control is gotten.

The excess poundage can be arranged to the lifter's liking. I usually used an excess of thirty pounds; some use more and some less. But the "back hang" style I earnestly urge all "swingers" to master.

Having loaded the bell, it should be placed back between the legs so that the front disc is on a line parallel with the heels. Grasp the handle as close up to the front disc as possible, and be sure to keep the arm straight. The back should be kept flat, with the buttocks low and knees well bent and the head comfortably up, looking straight forward. The disengaged hand should be placed upon the corresponding knee, with the fingers of the hand on the inside of the thigh.

The position of the feet, as adopted by myself, is that these be kept fairly wide apart, with the foot under the lifting arm a little further back of the other foot. This gives better co-operation in following up the "body thrust" in completing the lift.

The whole body should be allowed to lean forward, dragging on the weight, then with a terrific effort of the whole body heave forward, BUT as soon as you feel the heave forward die, immediately counteract by pulling backwards and straightening the back. If you don't, the weight will carry you forward onto your toes, and the balance will be spoilt and you will not get very far with the weight.

You actually create a rocking movement with the body forward to carry the weight, and slightly backwards and upwards to counter the forward pull.

By pulling back the weight is kept more closely to the body and a better centralization is effected.

As soon as the weight is swept forward and the back pull made, I always step forward and sideways in a vigorous louncing movement, with the legs and all my body power I apply in a thrusting effort behind the lifting arm, which acts like a prop on raising the weight overhead to its completion.

The forward movement of the leg takes the place of a dip, and the lifter is placed in a unique position, by which he can control the weight if it happens to be the least bit out of alignment by sinking into a deeper squat, but be sure to bring the disengaged hand upon the corresponding knee to steady your balance if such happens.

The opposite foot to the lifting hand should not move, as the movement is done with the lifting leg. Also do not grip the bar with the first two fingers of the hand. It is not necessary, and the relaxed grip of the two fingers allows for the little play made as the bell is carried forward.

Some "swingers" adopt the squat without any foot change, but for various reasons I do not approve of that for this lift. Also some find it to their advantage to swing the weight forward and upward by straightening the back and legs, and thus gather momentum for the final effort, by allowing the bell to come down between the legs and immediately crash into the lift.

I never could perform this to an advantage, as I am short in stature and have a longer body in proportion to the length of my legs, and on lowering a weight it would always strike the floor.

There are two other ways by which momentum can be gained, which are much better than the method just mentioned, but space compels me to reserve them for some future discussion of this fascinating lift, which, with the snatch, is the prettiest and cleverest lift as far as science is concerned in lifting weights.

## Clean Blood

(Continued from page 28)

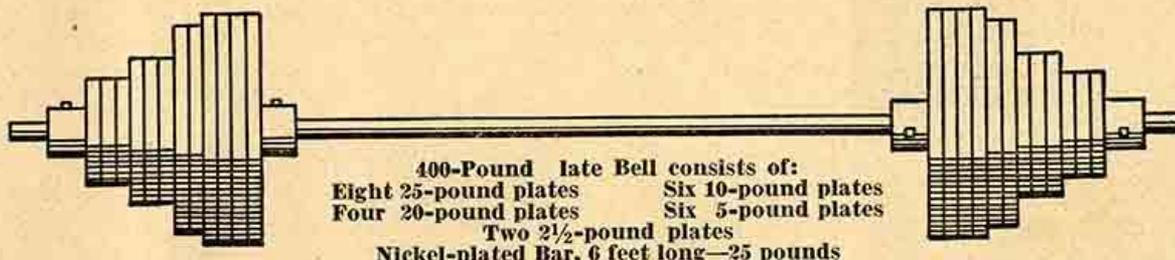
I stop whatever I am doing and go through all the bending and stretching exercises and, as I have told you, all the time I keep my muscles moving. If I am writing I breathe deeply. I move the abdominal muscles up and down steadily; it doesn't disturb the writing, so smoothly have I learned to do it. If I go upstairs I exercise all the back muscles by twisting and tensing them. When I walk, I walk all over. At almost any kind of work save sewing, these things may be done, and deep breathing may be practiced while sewing.

At any housework I keep up a lot of extra exercises, and the surprising thing is that you don't tire as much as if you exercised just the muscles that particular work calls for. You can, in fact, rest yourself by variety of action and keep the blood moving.

Then when you lie down to sleep you'll sleep, *believe me!* You go off the very minute your head strikes the pillow and know nothing more till morning. You wake up feeling like shouting from sheer joy of life and ready for a new day of delight. You don't need nearly so much sleep when your sleep is deep like this. Twenty minutes of such sleep is more regenerating and restoring than a whole night of the restless sort most people experience.

I find that so much good blood in the body makes me more insensible to cold—I wear very little more clothing in winter than in summer. I carry my heating apparatus inside, you see, and my good warm blood keeps the radiators just right; which is one more proof that I have found the way to health at last.

# PLATE BAR-BELLS



400-Pound late Bell consists of:  
 Eight 25-pound plates      Six 10-pound plates  
 Four 20-pound plates      Six 5-pound plates  
 Two 2½-pound plates  
 Nickel-plated Bar, 6 feet long—25 pounds

**D**UE to the numerous appeals I have received from my advanced and finished pupils, I take great pleasure in announcing that I am now manufacturing Adjustable Plate Bar-Bells. The Liederman Plate Bar-Bell consists of a solid steel bar  $1\frac{1}{8}$  inches in diameter, six feet long and heavily nickel-plated. The iron plates vary in weight from  $2\frac{1}{2}$  to 25 pounds each and the Bell may be adjusted from 25 to 400 pounds.

I am also making another short bar for dumb-bell work. This is heavily nickel-plated, weight approximately 7 pounds and can be increased up to and over 300 pounds. I also can supply handles for kettle weights.

## THE ADVANTAGES OF MY PLATED BELLS ARE NUMEROUS

In the first place they are *adjustable*. The beginner can start his work—not with apparatus too heavy for him as so many beginners make the mistake of doing—but with the exact weight suited to his development. As he improves—and you would be surprised at the muscle-building powers of exercises properly done with bells—he can add weights as he sees fit.

But the chief advantage of the Liederman Bar-Bell is that the plates are taken off and put on rapidly and with great ease. They are securely locked in an instant and there is no chance of a weight slipping or grinding in the midst of an exercise or an especially difficult lift.

You may purchase on the installment plan, if you wish. However, \$5.00 must be added to the respective prices if you intend to take advantage of my easy-term proposition.

In that case, one-half cash must be paid down and the balance in weekly payments to suit your convenience. For example—in purchasing a 200-pound Plate Bell, the price listed is \$25.00 for cash. If this bell is to be bought on the easy payment plan, \$15.00 must be paid down and the balance of \$15.00 at the rate of \$3.00 a week for 5 weeks, until \$30.00 has been paid in all.

I am forced to charge this extra \$5.00 on each sale, if sold on the installment plan, owing to the extra expense I am put to in book-keeping, filling and maintenance of a collection and credit department.

## TIME MEANS A LOT IN THESE DAYS

If your exercising period is limited why waste half of it in the tedious adjustment and readjustment of spheres and the changing of shot required by so many types of bells? By using my plate combination not more than *one-half minute's time* is needed to make the change.

The plates are large enough to afford safety and there is enough clearance from the floor to protect your body should it fall while you are doing reclining work.

Remember all the world's records were created with Plate Bar-Bells. You will find that you can lift from 10 to 15 pounds more with a Plate Bell than you can with a Globe Bell, whether the latter is filled with shot or not. Plate Bells are absolutely quiet and that is what you need when concentrating on a certain lift. There is no rattle or grind in the Liederman Bell to distract you in your work.

Then, too, the handle turns at the command of the wrist—another distinct advantage.

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with my factory, whereby I am able to manufacture a complete 100-pound Plate Bell, which includes a heavily nickeled solid bar, 80 pounds of weights (two 20-pound plates, two 10-pound plates, two 5-pound plates and two  $2\frac{1}{2}$ -pound plates, collar screw and wrench), complete, F. O. B. Carlisle, Pa., for \$12.50. Other plate bells (complete) are as follows: 150-pound, \$18.75; 200-pound, \$25.00; 400-pound (for strength work), \$49.50.

Note especially the Strength Plate-Loading Bar-Bell which consists of 375 iron plates of assorted sizes, and a heavy nickel-plated solid steel bar weighing 25 pounds. This outfit can be adjusted from 25 to 400 pounds in intervals of 5 pounds each.

This 400-pound plate bell is not made for the purpose of endeavoring to perform overhead work with all weights attached, but there are so many leg and back exercises wherein 400 pounds can be used that the pupil will find it advantageous to work with a bar-bell of this weight. For example, in performing the hands and thigh lift or leg exercises known as the "Jefferson" style, where it is possible to raise well over 400 pounds, it is perfectly safe to use 350 or 400 pounds, providing, of course, you have trained your muscles properly. This bell is designed so it can be used by the beginner as well as the strong man.

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# Health, Strength, Beauty

(Our Girls' Circle)

(Continued from page 60)

I urged my girl friend to do what Strength advocates, but she would not, insisting that she could reduce as quickly and less strenuously with some kind of "liquid dope." However, I bought a copy of Strength and she bought a bottle of "lightning reducer." On the first of June we again weighed ourselves and to my friend's astonishment but not mine, I lost 6½ pounds, and she lost only 2 pounds. I know I would have lost more than that had I watched my diet.

This month we have both bought a copy of Strength and are going in very strong for diet and exercise. We are going to do much walking too.

Will you please tell me what the perfect measurements for 5 feet 2 inches are? We are fifteen. Do you think it would harm our growth if we diet?

E. K.

I am very glad that this magazine has helped you out, and that you think so highly of it. I am sure that if you will do some of the exercises and follow some of the diet hints that you will soon come down to 115 pounds, which is about what you should weigh.

We certainly do not think diet will "stunt" your growth. Eat lots of laxative foods and fruits. Avoid all starchy foods such as potatoes, cornstarch, puddings, rice, white bread, fried foods, pastries, bananas, candies, etc. Let your diet consist of salads, vegetables and fruits as much as possible. Don't cut down on the amount of food you eat, but on the kind of food.

The measurements for a girl 5 feet 2 inches, according to figures prepared by leading American institutions, are:

Weight 112, neck 12, chest 28, waist 23.75, biceps 10, fore-arm 8.25, wrist 5.75, hips 34, thigh 20.75, calf 13.

Walking is certainly a very good and healthy exercise. It is a good hip and waist reducer, too.

Dear Miss Heathcote:

Will you please advise me what kind of exercises I should do to make the neck strong and beautiful, as mine is thin and I would like to develop it.

Will you also advise me how to develop my arms, as they are thin. I am twenty years old, five feet three inches tall and weigh only about one hundred pounds. Is there anything you could suggest that would help me put on flesh?

Any information that you may be able to give me will be greatly appreciated.

C. R. Z.

Mollenauer, Pa.

There are several good exercises for making the neck full and beautiful. Two which are very good are:

Stretch the neck forward, touching the chest, then back. Next, turn the head as far to the right as possible, keeping the body still from shoulders down, while trying to see something over the right shoulder. Then roll or circle the head around, first in one direction, then in the reverse.

The second one is—lie flat on the floor, draw feet up under the body, crossing the arms on the chest at the same time; then rear the head back, raising the body from the floor, leaving only the top of the head and soles of the feet upon the floor. Sway gently forward and backward, letting only the shoulders touch. The neck muscles will be very sore for three or four days and the harder the exercise is tried after the first day, the sooner will the soreness disappear. An alcohol rub will help.

In this issue you will find "Exercises for the Thin Girl." Read this article carefully and if you practice the exercises faithfully you will increase your weight in a short time. This article likewise gives several exercises for developing the arms.

Dear Miss Heathcote:

I am sending my measurements in order that you may help me to improve my figure. I am a school teacher and don't have much opportunity for exercise except during the summer. Until four years ago I was very strong and able to indulge in all kinds of sports. At that time I had an operation for appendicitis, but have never been strong since. I had to give up gymnasium work on account of tiring easily and had a pain in my side. Am fond of walking. Will this tend to decrease size of hips, which are rather large?

H. P.

Mount Jewett, Pa.

The measurements for a girl 5 feet 5 inches should be something like this—weight 132, neck 12.25, chest 30.5, waist 26, biceps 11, forearm 9, wrist 6.25, hips 37, thigh 23, calf 14.

You have a trifle too much flesh on the neck and to overcome this try the two exercises recommended to C. R. Z. in this department. Your hips are all right, but it is your waist that is too fat. We do not think that light bending exercises would have any bad effect on you.

Start by bending forward and touching the floor with your finger tips. Begin with ten repetitions and increase according to your strength. Kicking is also good for waist reducing—front, side and back kicking. Rolling the body in a circular fashion is also beneficial. All these exercises will also strengthen the muscles of your stomach and sides and you will soon lose that pain and tired feeling.

Walking, as I said before, is a very healthy exercise. It will help to get rid of some of the fat that has accumulated around your waist. Lots of girls have written me that they keep fit by walking and hiking only. After you practice a month or two write to me again and send me your photos. I think your development is good with the exception of your waist and neck and that you have nothing else to worry about.

## Don't Spoil Good Camping With Bad Eating

(Continued from page 66)

grease cooked products of the frying pan can readily be explained. In addition to the quickness and ease of frying, fresh air and exercise give one a craving for fats; and food which is cooked in grease satisfies this craving. Don't forget, however, that too much grease also brings on a bad case of indigestion.

So it is that I say, don't get the frying pan habit. Take a frying pan with you on your camping trip, for you will need it. But whenever grease is concerned, use it temperately and wisely. Vary your cooking methods. Instead of frying your eggs and bacon morning after morning, try them poached and boiled now and then. Your stomach will appreciate the change.

The same way with fish and other foods. Fried fish is tasty. No one can deny that. And a certain proportion of fried fish in the diet can harm no one. But why make a habit always of *frying* this excellent food? Here again your stomach will appreciate variety in cooking methods. Broil your fish and meat if you would eat them at their best. A fifty-cent investment in a wire broiler may save a doctor's bill.

Bacon is a fine food that too frequently is served from the frying pan. We'd hardly feel at home in the woods unless this camp-fire classic were sizzling over the coals. At the same time, a steady diet of grease-soaked fried bacon is likely to prove hard on the health. Any one who has viewed the streams of grease that pour out of a strip of bacon will recognize the superiority of broiling over frying. Broil your bacon now and then if you wish to receive the value of all its goodness.

Meat and vegetable stews of various sorts are very wholesome dishes. In such instances, the grease being absent, the frying pan is quite above reproach. A meat stew with vegetables, retaining all their juices, is a complete and balanced meal.

The remaining outstanding pitfall in camp cooking is a lopsided diet; in other words, lack of variety in the selection of foods. The need for extreme simplicity in camp foods (by which I mean lack of variety) belongs in great part to a past era. Old time prospectors used to live for weeks and months at a time on a diet that was confined almost exclusively to bacon, beans, cornmeal and coffee. How they managed to survive upon it I do not know. I do know, however, that practically every one of these old timers I have ever met has complained of aches and pains and indigestion.

Of course, even today there are some types of camping in which, either because of transportation difficulties or inaccessibility, variety of food becomes a hard problem. But these are the ex-

ceptions rather than the rule. For the most part, we can pick and choose, as our fancy and appetite dictate, and in doing so we would make a big mistake were we to dig back into tradition and be guided by the old prospector's views instead of those of modern science.

We all know in this enlightened day and age that good health demands that we live upon a diet offering a well-balanced variety of wholesome food. Camp life is no exception to this general rule. The right combination of several foods is essential if we are to receive in the proper proportion all the elements of nourishment we need.

Now with this fact so very self evident in everyday home life, isn't it surprising that it should be frequently overlooked in camp life? In addition to ordinary variety we know that a diet which is wholly lacking in fresh foods is never a strictly normal diet, yet I have met many motoring campers, constantly in touch with fresh food supplies, who lived almost exclusively on canned stuff. Canned food is usually wholesome food, but a steady diet of it is not good.

My plea is for the application of ordinary common sense in regard to food when one goes vacationing. The average person who goes camping and departs to a notable extent from his home standard of well-balanced diet is to varying degrees doing himself harm. An abundance of fruits and vegetables should occupy a prominent place in the provision list. There should be a salad in camp every day. Raw cabbages and onions make an acceptable salad when other green stuffs are unavailable. I mention raw vegetables in particular because these are lacking in average camp fare. Raw as well as cooked vegetables should be present.

When making out your list of camp provisions it is a mistake to place too much reliance upon a single kind of food. This is common in camping. Instead, keep in mind variety and possible food combinations. For example, rice combined with cheese and gravy is a more palatable and nourishing dish than rice alone; again, dates are a pleasing addition to oatmeal. An almost indefinite number of examples of this sort might be mentioned. This variety is of necessity more limited with some campers than others. But even when transportation is an important consideration, a reasonably large amount of different kinds of foods need not prove a greater burden than few foods in large quantity.

Watch for the September issue of *Strength*. Dr. Bowers is going to write an interesting article on Malaria.



At Last!

### The American Sandow Harry Glick

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## An Ace of Matcraft

(Continued from page 47)

smooth, sliding from one hold to another and out of deadly locks with the skill of a past master.

"He has met the best men in the game and is always a dangerous contender for the championship crown. His victories over Gardini prove it, for Gardini gave old Stan all he could handle in the hour that they wrestled in Philadelphia, two weeks following the defeat of Munn, and we have not yet forgotten the draw Gardini wrestled with Strangler a year ago.

"I well remember the time when the 'scissors' king, Joe Stecher, got the surprise of his life when he stacked up against the Louisiana wild-cat in St. Louis in what was supposed to have been a handicap match. Stecher contracted to throw both Gardini and Londos once each inside of two hours.

"The boy from St. Louis was the first of the two to take the mat, and remained there during the two-hour time limit that was full of excitement from start to finish. Gardini was not needed, and enjoyed the melee from a ringside seat.

"Stecher tried all he knew for every minute of the two-hour set-to, but it was of no use. For the first hour Jim gave Stecher and the spectators an artistic demonstration of his knowledge in breaking holds. It takes a real mat man to out-general a clever offensive wrestler with an impregnable defense. As a rule it is considered that the man underneath is getting the worst. This is so when the under man lacks that astute cunning that foils and foils the aggressor at every step. He has to know something. But when a man pulls an hour's defensive matwork off on a man like Stecher, you can bet he knows more than 'something.'

"Stecher, like Londos, is a natural wrestler, and they both apply and break locks as naturally as a baby falls out of a chair. The long arms and legs of the Nebraskan Pole twist and wind in and out and around the body like the tentacles of a giant octopus, and when he secures his favorite hold the other man goes through a perfect 'scissors.' But the stocky Greek had Stecher's number, and time after time the 'scissors' were secured only to be broken.

"Working every feint, with his legs continuously reaching and winding to secure more 'scissors,' it was amusing

to see Jim pivot on his head or shoulders in a circle around the mat, always just out of reach.

"The battle' was full of fire and ginger, which captivated the spectators in spasms of breathless suspense and crescendos of applause. They swayed and throbbed like a giant pulse through the second stage of the climax, when Londos let out and had the ex-champion in a serious condition with a series of Japanese bar-locks.

"Leaping in to the attack, Joe was cleverly forestalled by the Spartan, who, bounding to meet him, executed a quick turn-in that momentarily threw the Nebraskan off his guard, and which allowed Londos to carry out his flying head-lock that crashed the long Pole to the mat, badly shaken. He hung on to the mat and succeeded in dragging himself off onto the ropes, which no doubt saved him from disaster.

"No fall was gotten, and this melee is one that will not be forgotten. Full of surprises for Stecher, it taught him a lesson that he never forgot, and proved to the followers of the grappling game that the St. Louis boy was a match worth while for either of the big four, despite his lack of weight.

"Unlike the big four, who are all specialists on one certain hold, Londos is versatile. While he favors the flying head-lock, he is not married to it like the others are to their pet holds. This fact makes the Greek harder to handle. That is, an opponent finds it useless to plan ahead. When a man stacks up against Lewis, he knows it is the head-lock to beware of, and Munn the inside crotch; but Londos, with his versatility and rubber-ball bouncing around the mat, makes himself an enigma to concentrate on.

"There is just one pair I would give a good deal to see brought together and travel far to witness. Pesek and Londos. It would be a battle that would be a feast for the gods. Both have tons of action, barrels of mat science and speed, with bodies that out-rival contortionists in their ability to twist and turn. I visualize it as a whirlwind between two angry pythons, but my money would go on Jim Londos, ace high, the greatest Greek wrestler of all time, a man who would wear the world's title with honors."

## Dorothy Knapp—"American Venus"

(Continued from page 21)

otherwise neglected parts, and that enable you to acquire in full measure those same qualities that make our professional beauties what they are. You cannot do it by a visit to the beauty parlor. Beauty parlors do not even suggest any of the great fundamentals

upon which true beauty depends. At the very most they aim at a transitory surface improvement. The great truth is that you can only build beauty, as did Miss Dorothy Knapp, through the cultivation of strength and health and general self-improvement.

# Mickey Walker—A Champion Worthy of the Name

(Continued from page 26)

And right there is the quality that would make a ring idol of the man who could step into any class today and win his fights that way. The public is waiting for him eagerly. The bouts to be held this summer may bring one forward. Mickey Walker has shown more indication of being that kind of a fighter than anyone in sight at present.

The welterweight class was about the poorest attraction of them all when Jack Britton held the championship. Master of defensive skill and counter hitting that he was, Britton could not draw flies and received purses less than some good prelim boys get. Then along came Walker and defeated Britton by tearing into him round after round entirely unmindful of the then champion's punches.

Walker may not be the greatest fighter in the world. Even though he is the welter champion, there are some who claim his superiors exist right in his own class. But the fact remains that when Walker fights he fights and tries to win in as short order as possible. That makes for popularity.

The methods Kearns employed went a long way toward making Jack Dempsey the fighting man he is. Kearns saw the value of a reputation for ferocity once in the ring. He developed that quality in Dempsey and made him sacrifice boxing skill, defensive ability and everything else to speed and attacking power. It brought results and the same thing may happen in the case of Walker, although Walker already has his championship as a welter. But it is the middleweight crown that he is aiming at now.

Put Dempsey out of the picture and bring Walker in as the welterweight and middleweight champion and there is an excellent chance that the classes he ruled would hold greater prominence than the heavies.

That is the big thing hidden in the fistic campaign for the present summer.

# Exercise and Grow Shapely

(Continued from page 43)

neglects herself too much. The short time the care of the body requires never takes quite so much time as any one portion of the day's work; yet it is the habit of most not to even give themselves this little time. Personal charm and health are largely a matter of good mental and physical condition.

Remember that to have health and beauty you must work for it. Yes, sometimes it comes naturally, but you must work to retain it. Go in for everything—swimming, tennis, golf, hiking, horseback riding and numerous other sports. Eat regularly, sleep regularly and exercise regularly. Enjoy life to its fullest extent, and above all, avoid worrying.

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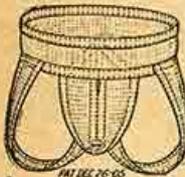


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## American Continental Weight Lifter's Association

(Continued from page 50)

carried off by a new comer, in the able personage of Wm. Burns. As will be seen, his total on the five lifts eclipses Albert Manager's of Baltimore, which pronounce Burns the new American amateur national champion for 1925.

The heavy middleweight title also goes to the west. The totals of both Betty and Kingsbury beating the total of Hall of Connecticut, with Betty making the highest score.

The Pacific Coast lightweight championship was won by Raymond Connelly, the former American Amateur Featherweight champion.

Two more new comers in the game, won first and second place in the middleweight class; Romaine Straight making the highest total with Ernest Weber running in second place.

Both the totals in the light and middleweight classes are below that of the Eastern boys, which brings these two titles down east, with Mark Berry securing featherweight honors.

It is too bad that Chas. Shaffer, the famous Pittsburgh bantamweight, turned professional, as he would have brought another amateur title to the East. As it is, the title is vacant. There is no doubt that the Pocket Hercules is the greatest in his class in the world, and we all wish him the best in his vaudeville career.

The following is a schedule showing the relative standing of East and West, which will no doubt prove vastly interesting to all readers.

This is the first time that lifting has ever been decided in this manner. It is another tribute to our President's genius, making it possible for all who desire to gather at their nearest center and compete. The totals after being gathered together and compared make the winner of the highest score the national champion. Something like this had to be done, owing to geographical conditions and the cost of transportation.

### Featherweight Class—126 Pounds

Mark Berry, Newark, New Jersey, weight 125 pounds; One-Hand Clean and Jerk, 140 pounds; One-Hand Military Press, 57 pounds; Two-Hands Snatch, 150 pounds; Two-Hands Clean and Jerk, 190 pounds; Two-Hands Dead Lift, 373 pounds—total, 910 pounds.

### Lightweight Class—140 Pounds

Robert Snyder, Hagerstown, Maryland, weight 136½ pounds; One-Hand Clean and Jerk, 157 pounds; One-Hand Military Press, 85 pounds; Two-Hands Snatch, 155 pounds; Two-Hands Clean and Jerk, 210 pounds; Two-Hands Dead Lift, 360 pounds—total 967 pounds.

A. M. Losey, Jersey City, New Jersey, weight 136½ pounds; One-Hand Clean and Jerk, 145 pounds; One-Hand Military Press, 75 pounds; Two-Hands

Snatch, 145 pounds; Two-Hands Clean and Jerk, 210 pounds; Two-Hands Dead Lift, 360 pounds—total 955 pounds.

S. Levani, Brooklyn, New York, weight 135 pounds; One-Hand Clean and Jerk, 145 pounds; One-Hand Military Press, 80 pounds; Two-Hands Snatch, 155 pounds; Two-Hands Clean and Jerk, 220 pounds; Two-Hands Dead Lift, 340 pounds—total 940 pounds.

D. Pitts, Hanover, Pennsylvania, weight 131 pounds; One-Hand Clean and Jerk, 145 pounds; One-Hand Military Press, 62½ pounds; Two-Hands Snatch, 140 pounds; Two-Hands Clean and Jerk, 210 pounds; Two-Hands Dead Lift, 360 pounds—total 892½ pounds.

R. Connelly, Los Angeles, California, weight 133½ pounds; One-Hand Clean and Jerk, 135 pounds; One-Hand Military Press, 53 pounds; Two-Hands Snatch, 125½ pounds; Two-Hands Clean and Jerk, 202 pounds; Two-Hands Dead Lift, 400 pounds—total 915½ pounds.

### Middleweight Class—154 Pounds

F. Dennis, Birdsboro, Pennsylvania, weight 154 pounds; One-Hand Clean and Jerk, 140 pounds; One-Hand Military Press, 80 pounds; Two-Hands Snatch, 150 pounds; Two-Hands Clean and Jerk, 210 pounds; Two-Hands Dead Lift, 432 pounds—total 1,012 pounds.

R. Straight, Los Angeles, California, weight 152 pounds; One-Hand Clean and Jerk, 155½ pounds; One Hand Military Press, 63½ pounds; Two-Hands Snatch, 151¼ pounds; Two-Hands Clean and Jerk, 202 pounds; Two-Hands Dead Lift, 420½ pounds—total 992¾ pounds.

E. Weber, Los Angeles, California, weight 152 pounds; One-Hand Clean and Jerk, 135 pounds; One-Hand Military Press, 70½ pounds; Two-Hands Snatch, 146 pounds; Two-Hands Clean and Jerk, 202 pounds; Two-Hands Dead Lift, 361 pounds—total 914½ pounds.

### Heavy Middleweight Class—168 Pounds

M. Betty, Los Angeles, California, weight 160½ pounds; One-Hand Clean and Jerk, 171½ pounds; One-Hand Military Press, 60 pounds; Two-Hands Snatch, 151¼ pounds; Two-Hands Clean and Jerk, 216¾ pounds; Two-Hands Dead Lift, 472¾ pounds—total 1,078¼ pounds.

J. Kingsbury, Los Angeles, California, weight 163 pounds; One-Hand Clean and Jerk, 160½ pounds; One-Hand Military Press, 76 pounds; Two-Hands Snatch, 156¼ pounds; Two-Hands Clean and Jerk, 221½ pounds; Two-Hands Dead Lift, 452 pounds—total 1,066¼ pounds.

(Continued on page 94)

## The Neglected Half in Breathing Exercises

What mental picture comes to you when the subject of respiratory gymnastics, breathing exercises, is mentioned? In all probability it is the picture of a person taking a long deep breath and striving to get all the air possible into his lungs.

Do you see the person letting that air out? Not until I suggest it, I venture—and even now you can't see him taking any particular pains with the exhalation. That is the popular conception of breathing exercises—that it is merely a matter of taking deep breaths.

Exhalation is vitally important; in one way it deserves more careful attention than inhalation: a thorough exhalation naturally brings a deep inhalation, but the reverse is not true. Exhalation should be rather slow, and careless breathers soon form the habit of rapid exhalation.

Persons who think that it does not matter how imperfectly they exhale should remember that emphysema, a chronic and ultimately injurious inflation of the lung tissue, comes from a failure to empty the lungs—that is, as nearly as may be. Like a rubber band that is stretched too long without relaxation, the lungs finally take on the inflated size permanently.

A surprising number of people think that exhalation should be through the mouth. Even some persons who enthusiastically advocate nasal inspiration advise mouth exhalation. This mistake has been so prevalent as even to form a part of the teaching in some well known physical culture systems. But, nevertheless, it is a mistake, and a serious one.

The first thing one notices in practicing mouth exhalation is the tendency to breathe-out quickly. The comparative lengths of time taken for a nasal inhalation and a mouth exhalation are so disproportionate that short, jerky respiration is unavoidable. But this is only one of the defects in such a system.

As we all know, the nose is equipped to filter the air of impurities as it goes through. The hairs, the nature of the mucous membrane, and the "round-aboutness" of the nasal passages are designed for this purpose. But what becomes of those impurities? Most of them are supposed to be cast out again by the returning current of air. But if the breather sidetracks this to another exit (the mouth), those foreign substances which have lodged in the nasal passages are left there; the mucous membrane becomes a hotbed for their development.

An acquaintance of mine who was subject to frequent and violent fits of sneezing completely cured himself by persistent attention to nasal exhalation. The mucous membrane of his nose was especially sensitive, and the retention of any dust particles or similar matter immediately caused irritation.

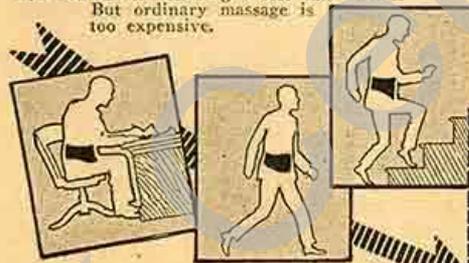
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## American Continental Weight Lifter's Association

(Continued from page 92)

H. Hall, Middleton, Connecticut, weight 158 pounds; One-Hand Clean and Jerk, 140 pounds; One-Hand Military Press, 85 pounds; Two-Hands Snatch, 165 pounds; Two-Hands Clean and Jerk, 200 pounds; Two-Hands Dead Lift, 412 pounds—total 1,002 pounds.

### Light Heavyweight Class—182 Pounds

David Willoughby, Los Angeles, California, weight 178 pounds; One-Hand Clean and Jerk, 179½ pounds; One-Hand Military Press, 80 pounds; Two-Hands Snatch, 184½ pounds; Two-Hands Clean and Jerk, 250 pounds; Two-Hands Dead Lift, 440 pounds—total 1,134 pounds.

Max Allen, Los Angeles, California, weight 178½ pounds; One-Hand Clean and Jerk, 169½ pounds; One-Hand Military Press, 75 pounds; Two-Hands Snatch, 169½ pounds; Two-Hands Clean and Jerk, 245 pounds; Two-Hands Dead Lift, 440 pounds—total 1,099 pounds.

A. Martin, Los Angeles, California, weight 172½ pounds; One-Hand Clean and Jerk, 150 pounds; One-Hand Military Press, 91 pounds; Two-Hands Snatch, 150 pounds; Two-Hands Clean and Jerk, 210½ pounds; Two-Hands Dead Lift, 449 pounds—total 1,050½ pounds.

### Heavyweight Class Over 182 Pounds

W. Burns, Los Angeles, California, weight, 190 pounds, One Hand Clean and Jerk, 199¾ pounds; One Hand Military Press, 85 pounds; Two Hands Snatch, 189¼ pounds; Two Hands Clean and Jerk, 249¼ pounds; Two Hands Dead Lift, 69½ pounds; Total, 1192¾ pounds.

A. Manger, Baltimore, Maryland, weight, 183 pounds, One Hand Clean and Jerk, 180 pounds; One Hand Military Press, 105 pounds; Two Hands Snatch, 190 pounds; Two Hands Clean and Jerk, 260 pounds; Two Hands Dead Lift, 450 pounds; Total, 1185 pounds.

The results of these totals pronounce the national title holders in each body-weight class to be as follows:

Mark Berry, Featherweight champion; Robert Snyder, Lightweight champion; Frank Dennis, Middleweight champion; M. Betty, Heavy Middleweight champion; David Willoughby, Light Heavyweight champion; W. Burns, Heavyweight champion.

These results show the fine progress that the A.C.W.L.A. has made all over the country. The fact that the honors are now evenly divided in the East and West will make competition much keener for next year. Each exhibition in the various centers will unearth new material. We expect to open up exhibitions in New York City, Newark, Jersey City, Boston, Chicago and

Pittsburgh as well as in Philadelphia. Watch for the announcements.

What the famous French Canadian heavyweight will do in Philadelphia and Jersey City on July 11th and the 18th, is hard to say. He is a marvel for manpower. His ability to pick up big weights and walk with them and pressing high poundages is remarkable. We are looking for something big from the famous Montreal lifter, a one-time team mate of Geo. F. Jowett.

The exhibition following the July displays will be held over to the first week in September when an extra big card will be pulled off. What this will be and who will take part in it is very hard to say at the present time, but our President is negotiating with some mighty men.

On the afternoon of the same day, there will be a general meeting of all A.C.W.L.A. directors and representatives, and we want every official to attend if possible, in order to discuss the association affairs and the future prospects. Every member is welcome.

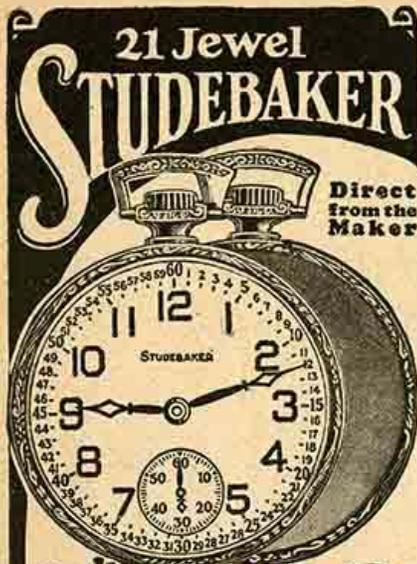
It will be interesting to all members to learn that the Association will be controlled by different degrees, which will be conferred upon members. Each degree will be known by a different jewelled lapel button.

At present our President is in touch with Los Angeles, trying to develop a match of a unique order. The proposition is that at three o'clock of the afternoon of the date of the September convention and exhibition, A. Manger of Baltimore will lift in Philadelphia on the five lifts, and at the same hour W. Burns will lift in Los Angeles. As soon as each contest is over the aggregate total will be wired East and West and the winner will be announced, during the evening performance in Philadelphia and at the L.A.A.C. in Los Angeles.

This is a genuine sealed contest and we hope it will be arranged, for East is East and West is West, which makes us all clannish in our sentiments. We are out for sport, and members and lifters from North, South and East heartily extend their congratulations to all our Western brother sports, officials and lifters alike, for their splendid showing in the recent coast tournament.

The new book written by the President clears all difficulties and ignorance on the rules, constitution and records in the strongman sport, and the game can be followed more correctly in consequence.

Now that vacation time is in full swing, we hope the visiting members will not neglect to call upon any of the local representatives in the cities they happen to visit. Our friend, Siegmund Klein, has moved to 207 West 48th St., Times Square, to larger quarters. Don't forget the change of address.



Direct from the Maker

Only \$1.00 DOWN

America's greatest Watch value sent you for only \$1.00 down! The balance in easy monthly payments. The famous 21-Jewel Studenaker Watch—

### Insured For a Lifetime!

You may choose from 54 new Art Beauty Cases and 8 handsome dial designs. 8 adjustments—to the second—for heat, cold, isochronism and 5 positions. Sold direct from the maker at lowest prices ever named for equal quality. Mail coupon today for Free Book and Special Offer.

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For a limited time, we are offering a beautiful Watch Chain FREE. Write now while this offer lasts.

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Send at once and get a copy of this book—FREE! See the newest, beautiful advance styles in Studenaker Art Beauty Cases and Dials. Read how you can buy a 21-Jewel Studenaker Insured Watch direct from the maker—save big money—and pay for it in easy monthly payments. Get Free Chain offer while it lasts. Mail coupon today.

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Dept. K83 South Bend, Indiana  
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Dept. K83 South Bend, Indiana  
Gentlemen: Please send me your Free Book of Advance Watch Styles and particulars of your \$1.00 down offer.  
If you live in Canada send your inquiry to Canadian Office, Windsor, Ontario

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Address.....  
City..... State.....  
 Check here for Ladies' Watch Folder.  Check here for Jewelry Folder.

## Make \$250 an Hour Your Profit in Advance



"Stay-Prest" Trousor Pressor sells quick to every man—thousands in use. Men and women are cleaning up big profits with this fast seller. Sells on sight. Priced low. 40% clear profit for you. You take orders. We deliver. Your profit in advance.

**Wonderful New Invention**  
Fits perfect creases in trousers. Takes out wrinkles and baggy knees. Easy to use—takes less than half a minute. Folds into small size. Saves clothes and tailor bills.

**Make Big Profits—Others Do**  
Jack Ames made \$24 in four hours. Randle sold 25 the first day. Mary Roberts made \$10 in one evening. Others making big profits in spare or full time. So can you. You risk nothing. We start you.

**FREE** Write quick for FREE selling outfit and full details of money-making selling plan.

THE GETGEY-JUNG CO., D-75, G-J Bldg., Cincinnati, O.

# YOU CAN BE FAR SUPERIOR TO THEM ALL

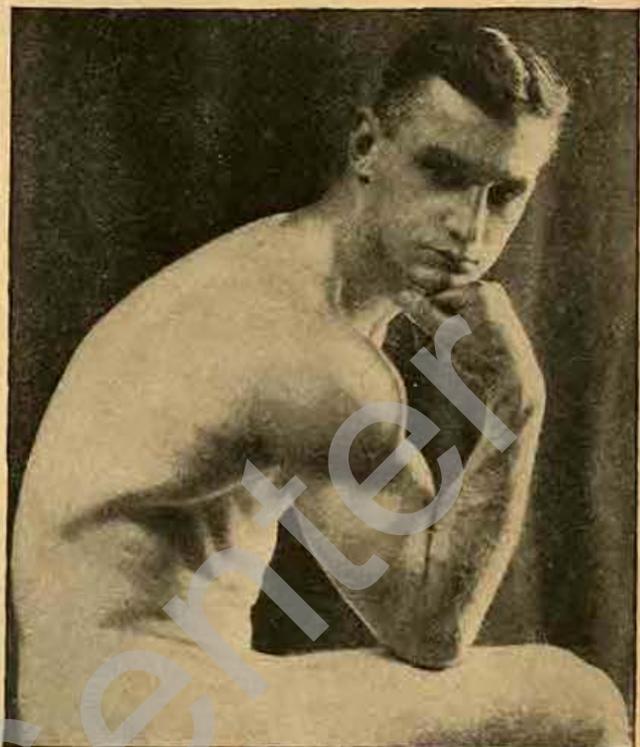
**P**HYSICALLY speaking, you can be far above those around you. Your large, symmetrical muscles, graceful, agile movements, and great strength will put you at the head of your associates. Whether it be in a business, social, or athletic way, you will stand out and be looked up to for your sheer physical powers. Your marvelous physical qualities will bring more people to your feet than any other quality you may possess.

## GET A REAL CHEST

Put yourself under my instructions, and you will very soon be able to cease wishing and hoping for the chest that will make you look like a real man.

The chest is easy to develop, *if you know how*. And when you enroll with me there is no detail overlooked. By the combined improvements of increased lung capacity, and of muscular development on your chest and back, you will get startling gains.

I do not specialize on your chest only, but give you a trim but heavily muscled waist, and also a neck that will have a pillar-like appearance. You will develop such a pair of arms that your friends will have you rolling up your sleeves every once in a while. And last, but by far not the least, you will be shown original exercises for your legs that will develop them to such a great extent that it will be mere child's play for them to carry such a superb upper-body around all day. What a happy contrast between this and your present pair of legs that look as if the next step would be their last.



CHARLES MacMAHON

## FINE PERSONAL APPEARANCE—PERFECT HEALTH—GREAT ENERGY

My three months' course will absolutely transform you. Your personal appearance will improve at least 100 per cent. Your health will steadily improve, and you will get such superabundant energy that your daily tasks will seem like play, and your physical strength will make you the talk of your town.

## YOU DON'T NEED TO COMPLETELY REFORM

You don't have to stop enjoying yourself, and live the monotonous don't-do-this and don't-do-that sort of a life when you follow my teachings. You are not compelled to spend hours and hours at the tiresome methods of doing an exercise from 50 to 100 times. My exercises are interesting because the repetitions necessary for real development are very few, and the exercises are all different in each lesson. Besides this, the ever-increasing strenuousness of the exercises gives you something to look forward to.



CHARLES MacMAHON  
In a Muscular Pose

## ABSOLUTELY FREE

My Booklet, "The Royal Road to Health and Strength," will explain my methods in detail as well as give you valuable pointers on interesting feats of strength, agility, etc. These feats are illustrated, and in addition there are many prints of my own development and poses by my pupils showing what I have accomplished for them. This Booklet will cost you *nothing* except the little effort necessary to request it. So get your request in the mail box NOW and I will see that you get prompt attention. IT IS

CHARLES

CHARLES MacMAHON

Studio

180 W. So

PHILADE

# AGE!

**IS EITHER SLOWLY OR RAPIDLY CREEPING UPON YOU. BESIDES WORRYING ABOUT IT, WHAT ARE YOU DOING TO RETARD THIS CONDITION?**

It is a sure thing you are doing nothing, because you have always taken it for granted that nothing could be done. And this was true up until recently when science learned that certain glands control certain functions of the body and that by special treatment of these glands health could be restored, growth could be increased and old age put aside for years.

Furthermore, up until Dr. H. H. Rubín, of New York City, wrote his great work, "The Mysterious Glands," rejuvenation by gland treatment was out of the reach of the great majority of people the world over.

## But Now Everyone Can Know the Secrets of Their Glands

by simply getting a copy of Dr. Rubín's book, "The Mysterious Glands." This great book tells you why AGE is merely a disease that can be cured by gland treatment just the same as rheumatism can be cured by the same means. Dr. Rubín tells you that each and every cell is a separate entity with full powers of individual life. He tells you that you are what your cells are, that when your cells begin to function improperly you begin to age. Then senile decay, loss of virile power, wrinkled skin and saggy muscles set in with growing possibilities of affliction by various diseases.

## Make Yourself Young Again by Rejuvenating

your cells. The whole secret lies in your glands and this book bares the secret for you. Not only does this treatment of the glands make you feel younger, but that youthful appearance you were sure was gone forever will return to your body and face.

## Who Wouldn't Give \$2.00 in Exchange for Youth

or delayed old age? Nearly everyone would give thousands of dollars,

### Some of the Subjects Dealt with in Dr. Rubín's Book

To get some little idea of the tremendous interest of this vital book, just visualize for a moment how Dr. Rubín would treat these



H. H. RUBÍN, M.D.

if they had it, to be able to cheat Father Time indefinitely, and you are no exception. You, your family, your relatives and all your friends should not be without the knowledge this book imparts to its readers.

## You Owe It to Your Family to Stay Young As Long As You Possibly Can

They will need your support for years to come. They will want you to stay young to enjoy with them their youthful pleasures. Don't you want to stay young with them? Surely! You don't want to go around looking and feeling old when you should be just in the prime of life and getting a real kick from it. If you are so unfortunate as to have no family, you still owe it to yourself to remain youthful as long as possible.

## "The Mysterious Glands" Will Erase the Wrinkles From Your Face

It will put the sparkle of youth into your eyes again. It will chase the kinks and aches from your back and bring back to you the carefree days of youth. The mysteries surrounding "The Mysterious Glands" are made clear in Dr. Rubín's book.

There are glands that influence your beauty and glands that improve the tone of your singing voice. And when certain other glands do not function correctly, that tired, worn-out feeling develops and the cells are not rejuvenated completely and quickly. Then diseases appear or old age sets in long before it should.

## Concrete Proof of the Value of Gland Stimulation

To enable you to visualize the possible transcendent value of this book to you, or to some one dear to you, read the following letter, selected at random from among hundreds received by Dr. Rubín from grateful patients.

3026 Bainbridge Avenue, New York, N. Y.

Two results of endocrine treatment overshadow everything else to my mind, viz.:

1st—The chronic bronchial condition has been entirely cleared up.  
2nd—Mentally and spiritually, I am like another person. A depression and continual apprehension which had hung over me for months is gone and I see things normally once more.

Besides these two things there are, of course, many, many changes, both little and big, which have taken place in my physical condition and appearance.

Wrinkles are slowly disappearing and my face is beginning to fill out. Cheeks are flushed most of the time.

Eyes are clearer and brighter and whole facial expression better.  
Lips much better color than for years.

My appetite is much better and I take care of my food better. My sleep is much sounder and for longer intervals. My enjoyment of both work and play is keener.

In fact, the whole world looks different to me, and just living is a new pleasure.

Yours most sincerely,

Mrs. A. D. McKerchar.

**YOU WANT TO STAY YOUNG UPON NOW**

**ANY Pa.**

The Milo Publishing Company, Dept. S-8, 2739 N. Palethorp Street, Philadelphia, Pa.	
Gentlemen: Please send me prepaid "THE MYSTERIOUS GLANDS," by Herman H. Rubín M. D. I enclose Two Dollars for this.	
NAME.....	
ADDRESS.....	
CITY.....	STATE.....

# FREE BOOK "How to Secure a Government Position"



Just send me your name and I will mail you my new free book that may end your worry about jobs forever



## Pick the Job You Want

I guarantee that my training will get you an offer of the position you want within one year after receiving your rating—or it costs you nothing.

### Railway Postal Clerk

\$1900 to \$2600 a year. Extra travel pay. Up to 15 days' vacation and up to 10 days' sick leave every year with full pay.

### Post Office Clerk

\$1700 to \$2100 a year. Special clerks at \$2200 and \$2300. Up to 15 days' vacation and up to 10 days' sick leave every year with full pay. Advancement to better paid positions.

### City Mail Carrier

\$1700 to \$2100 a year. Up to 15 days' vacation and up to 10 days' sick leave every year with full pay. Advancement to better paid positions.

### R. F. D. Mail Carrier

\$1800 plus \$12.24 per mile a year. Pay of Rural Mail Carriers, it is estimated, will run from \$2090 to \$2300 a year. Up to 15 days' vacation and up to 10 days' sick leave every year with full pay. Fine position for men in rural districts.

### Custom House Positions

\$1140 to \$2700 a year. Extra pay for overtime. Up to 30 days' vacation and up to 30 days' sick leave every year with full pay. Positions nearly everywhere. Advancement to better paid positions.

### Postmaster

\$1200 to \$2500 a year and up. This is a position of great importance. In small towns a position that can be made very profitable.

### Internal Revenue Positions

\$1140 to \$2700 a year. Extra pay for overtime. Up to 30 days' vacation and up to 30 days' sick leave every year with full pay. Positions nearly everywhere. Advancement to better paid positions.

### Departmental Clerk

\$1140 to \$1500 a year and up to \$2700. Up to 30 days' vacation and up to 30 days' sick leave every year with full pay.

Here's What I Will Do For YOU!

I HAVE shown thousands how to get splendid, well-paid positions in the United States Civil Service. I'll train you for the one YOU want. That's my business. For eight years I was a member and, part of that time, a secretary of the Board of Examiners for the Second Civil Service District. I know the kind of training you need, and I will coach you so thoroughly in your spare time at home that you will stand right near the top of your class and therefore be eligible for one of the first positions open.

## Stop Worrying About the Future

Don't stick in an ordinary low-pay job that starts you off in a rut and keeps you there, and where you never know when a strike or lockout will put you on the streets again, job-hunting for months, spending the money it has taken you so long to save. Quit worrying about your job or your pay! Work for Uncle Sam, the finest, squarest, most dependable boss in the world, in a position that pays better to start than you'll get after years of hard work in most ordinary jobs. Many of the best-paid positions in the Civil Service are open *only to Civil Service Employees*. Hours easy—eight or less a day. Vacations and sick-leaves, up to 30 days each, every year with full pay. Work at home or travel, or work in Washington or at Panama Canal. Congress has raised the pay of Postal Workers by \$68,000,000. This means \$36 to \$50 a *week to start*. Put it up to me to train you so thoroughly in your spare time at home that you will take your exams, confident that you will pass with a high mark and stand among the first on your list.

## Costs Nothing to Get the Proof

PATTERSON CIVIL SERVICE SCHOOL,  
Dept. 888, Wisner Bldg.,  
Rochester, N. Y.

If you are an American Citizen, eighteen years old to sixty-five, you can get a Government Civil Service position, and if you have an ordinary 4th grade education as a foundation I want you to have a copy of my splendid book, telling you how you can qualify in your own home to become a Railway Postal Clerk, Postmaster, Custom Service Man, Panama Canal Clerk, or any of the other positions which are fully described in my book. Find out now just how I can train you for a steady, good-paying position with the U. S. Government. Mail the coupon or just a postal today.

ARTHUR R. PATTERSON, Principal

# PATTERSON CIVIL SERVICE SCHOOL

Wisner Bldg. Dept. 888 ROCHESTER, N. Y.

Please send me your big free book and tell me how you train me to secure a position with the U. S. Government paying me \$1900 to \$2600 a year, with excellent chance for rapid advancement. This request places me under no obligation.

Name ..... Age.....

Address .....

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



**STEEL.** There is more digestible iron in a sprig of parsley than in 100 bottles of iron tonics. More digestible phosphorus in a pound of lean meat than in any drug store, etc. Mineral salts, if eaten naturally in food, make a "live wire" man.



**PASTE** is extracted from cereals and starchy vegetables. In the form of food from cereals, etc., it nourishes the muscles, gives staying power to the brain. In excess it clogs the system, producing intestinal disorders, etc.



**GLUE** is extracted from sinews of meat and bone, from gum from trees. In the human system "glue" or mucus (the basis of colds, catarrh, gall stones, etc.) is formed from excessive use of eggs, cheese, fat, butter, oil, salt, cured meats, gum and compounds.



**GASOLINE or TURPENTINE** dissolves paint, grease, and cleans clothes. Similarly, lemons, grapefruit, berries, etc., when rightly applied produce healthy blood which dissolves lime deposits (arthritis), blood clots (paralysis), tumors and foreign matter.



**WATER** is a cleanser, but not nutritious and usually occupies space that more beneficially could be filled by solvent and cleansing fruits and vegetables, producing intense effects, less thirst. My horse on good pasture 3 months, refused drink.



**OIL.** In a fine watch, one drop of oil lubricates the entire works. If five drops are used it may clog the works. As food, oil and fat come from meat, fish, seeds, nuts, olives. It is a lubricant and heat generator. In excess, oil tends to form mucus, catarrh.

## Are you full of glue, paste or "live wire"?

All the elements (oxygen, nitrogen, iron, phosphorus, calcium, etc.) are needed in your body in **VARYING PROPORTIONS** as expended in work. We teach the art of **REPLENISHMENT** without using technical terms. There are over 2,000 miles of capillaries (small, hairlike blood vessels) in you, and **EVERY INCH IS AFFECTED BY THE FOOD YOU EAT.** The fundamental difference between persons is **ONLY** proportion of elements.

If your hair or nose is naturally too oily, is it from eating oily, fatty foods beyond your needs? Yes. From where else?

If your nostrils and throat are choked with mucus, is it due to using glue-like, or paste-like, or oily mucus-producing foods beyond your ability to absorb them? Yes, proved many times.

If your liver is clogged, and you feel dull; or if your gall bladder contains gall stones, kidneys contain kidney stones, etc., it is due to retention and penetration of mucus, as a basis, a sticky waste material formed from **WRONG PROPORTIONS OF FOODS DAY AFTER DAY**, a truism.

The first step in efficiency is to **REMOVE WASTE** (the source of disease) **IMMEDIATELY.**

The object of our teaching is to produce **EFFICIENCY.** If you take brainy food for mental work, muscle food for muscle work and a range of meals intelligently you will do your **WORK WITHOUT EFFORT.** All suitably fed animals and men enjoy work. It should not be an effort. It should be a continuous game, a delight in accomplishment.

Dr. McCollum, Professor of Chemical Hygiene in Johns Hopkins University, attributes the chief advancement in dietetics *not to chemistry but to biology* (experimental feeding of food to animals *within the previous ten years*). See "Newer Knowledge," etc., 1923. Write us for particulars of Government Bulletins describing experiments on convicts, hens, cows, etc. Deficient feeding produced disease, whereas *full nutrition* cured—e. g., paralysis, blindness in hens, rats, etc., pellagra, beri-beri, skin affections, etc., in men.

### Intensify:—Juices, No Water

New rich blood builds healthy tissue, displacing diseased tissue. No diagnosis required, only activities. Remove the one common cause.

### SIX RULES OF EVIDENCE

#### (1) Specific Results

Accept only specific statements as evidence.  
**GOITRE.** A. W. File M-799. Goitre 6 years. "My neck measured almost 17 inches before I began instruction. In this writing am wearing my old size collar, 15 ins."  
**CATARRH, BRONCHITIS, WEAK, HOARSE VOICE.** File M-1743. Age 22. Clerk.  
 "Life looks different to me now. My voice is getting clear and strong, and my head is just as clear as a bell. Have been making four times the money traveling, something I had the ambition but not the strength to do before."  
**PREGNANCY.** Age 40. File M-5297. Mrs. A. F. Sworn statement.  
 "Swelling feet and hands, mental depression, and sense of awkwardness were remarkably absent as compared with my two previous children."  
 "I have no very clear recollections of the births of my last two children, as the deliveries were so rapid. I consider it immeasurably far ahead of 'Twilight Sleep.'"  
**PROSTATE.** J. O. C. wrote: "Prostate trouble,

which consisted of severe irritation and inflammation, of which I was conscious every minute of the day, disappeared within 2 weeks; although I have suffered three years or more."

**TEETH AND TONSILS SAVED. MEMORY IMPROVED.** File 1885. "Pyorrhoea specialist advised extraction. After two months on Brinkler diet, dentist found that the five abscesses had disappeared and has since left teeth without any extraction."  
**PYORRHOEA.** Age 65. Pus ceased on seventh day.  
**FALLEN STOMACH AND INTESTINES.** Age 63. "Sagging of the intestines disappeared in four days, along with constipation, as bowels acted the first time naturally in 25 years. I gained 14 pounds in 11 days."  
**ECZEMA.** Age 59. Eyebrows lost. Skin cracked and scaling. Normal in three months.  
**CONSTIPATION.** Three eliminations daily.

#### (2) Real or Imaginary

Admit as evidence only the testimony that includes a statement of the existence of a previous condition of disease, and many previous diagnoses and treatments.  
**HEART OUT OF PLACE 2 1/4 INCHES.** Physician, age 65, from sworn statement, File 4675.  
 "Serious doubts were expressed as to my recovery. Every particle of swelling has disappeared from my legs and I can now sleep all night in my bed, perfectly unconscious of this action of the heart and free from any smothering sensation."  
 "When I arrived at the Brinkler Institute I was compelled to wear shoes unlaced and two sizes too large. Within two weeks, I could wear shoes of my normal size. I can now spring upstairs two at a time, and am gaining strength rapidly."  
 "Such minor troubles as catarrh and dandruff also disappeared."  
 "Having diligently investigated all methods of healing that appeared helpful since graduating at Harvard Medical School in 1879, I can conscientiously say that nothing known to me in regular practice or in dietetic measures can approach the efficacy of the Brinkler System of Nutrition."  
**EPILEPSY.** Physician, fits for 4 years, average every 10 days. Convulsions disappeared. Strength multiplied many times.  
**ULCERS.** Gained 30 pounds. Rev. G. S. B. Age 59. Retired Minister returned to work. Had to use stomach tube every night for 7 years.  
 "Physicians had diagnosed my case as ulcerated stomach, and enterocolitis, or falling stomach."  
 "I had not taken the food three days before I felt like a different person."  
 "I have gained 30 pounds and have not had 2 years of such comfort and freedom from pain, or been able to do so much work in 20 years."  
**TUBERCULOSIS.** File 2424. X-ray showed spot on right lung. Hemorrhage. Antrum trouble in winter. Cough. Bedridden.  
 After 8 weeks "have been walking and running 3 or 4 miles daily, and played tennis. Mucus almost gone."

#### (3) Long Duration

To prevent any delusion from accidental results, avoid statements of recurrent or intermittent disease, and accept as evidence only those statements representing disease of long duration and recovery of long standing.  
**HEMORRHOIDAL, TOO WEAK FOR OPERATION.** File B-2844. Mrs. S. H.  
 "For seven years I suffered terrible hemorrhages, and not one of the doctors could do anything to stop them."  
 "After taking Brinkler System two days the hemorrhages began to check, and by the end of third day had entirely ceased, and have not lost a drop of blood since: that is six years ago this May, 1914."  
**NEURASTHENIA.** File B-1889. "The Brinkler System has cured me of 4 years of neurasthenia, of months of continuous headaches, of indigestion, night emissions. I have as a result secured a position at a 25% increase in salary."  
**EYESIGHT.** A. L., age 59, wrote: "Before coming to the Brinkler Institute, I purchased two new pairs of glasses under an oculist's prescription to replace those already worn, as sight was growing worse. I had required three changes in three years."  
 "After two weeks I put away all glasses, and now, writing after two months have elapsed, I can say that I have never found the need of them and can read the smallest print in a dim light, as well as anybody."

#### (4) Exclusive Methods

To prevent possibility of mistake as to which method produced results, accept as evidence only those cases which used one method exclusively during the period of restoration or recovery.  
**TUMORS DISSOLVED, SIGHT AND HEARING RESTORED.** File 3610. Sworn statement. "For twenty years I suffered from rheumatism. My feet and legs swelled until I could scarcely stand on them. I had difficulty with both sight and hearing, being compelled to wear glasses. I was troubled from my kidneys and bladder: lime deposits; also goitre, and suffered from hemorrhages each month. My physician discovered that I had two tumors."  
 "When I began the Brinkler System of eating, I could not sit on the floor with my legs parallel to the floor as my muscles and joints were too stiff."  
 "To show you the result of following my instructions, I am enclosing two photographs showing how I can now do the shoulder stand through perfect control of muscles and joints. There is not a pain in my body and I can

read and write without glasses, and my hearing has been restored. My memory has also improved. Tumors are almost entirely gone, and the hemorrhages have ceased."

By occupation I am a saleslady, and I am pleased to say I have not lost one day's work since commencing the Brinkler System. I am no longer troubled with that terrible swelling of feet and legs. Neuritis vanished like magic. I have taken no medicine during the past eight months, whereas my drug bill was formerly from \$15.00 to \$20.00 each month. My bowels are restored to normal, functioning three times each day and in proper condition.  
 "This testimonial is entirely unsolicited, and is given in the hope that some other sufferer may be benefited thereby."



#### (5) Reserve Force Minimum

To prove the efficacy of the Brinkler System even when reserve force is at a minimum, a most severe test, admit as evidence statements from those who were over sixty years of age, and deficient in reserve energy.

**AGE 73. PULSE OF YOUNG MAN.** File 5915. Sworn statement. "Heart too bad to travel. In a few days pulse went from slow beat to the rapid pulse of a young man, feet and hands became warm."

"Two years constant headache and pressure disappeared in five days. Memory improved. Could read and travel alone."

"Prostate enlarged. Four doctors said no remedy but knife, and that unsafe and unsatisfactory. No discomfort after seven days. Throat sore 40 years, now well."

**ARTHRITIS. LEGS PETRIFIED.** Mrs. D., doctor's widow, age 58. "In 1922 I sprained my ankle in Miami, Florida, and lime deposits caused legs to swell, eventually to double size and to solidify from ankles to thighs. On the Brinkler System in spite of my bedridden condition my bowels acted normally two or three times daily. Deathlike pallor, hardness and swelling disappeared. Sixteen months later I could walk alone without help, due entirely to correct eating."

**GALL STONES.** Age 84. Bedridden, coiled every week for years, but not one attack since instruction over a year ago: now can do housework.

**PARALYSIS.** File M-14615. Age 81. Retired physician. Partial paralysis.

"Am doing very well. My hand, that was almost useless, has become much better now and can use it some. Can walk better."

**NEURITIS.** Giddiness, unable to walk three years. File 375. Age 70.

"Advised to give up business. But I can now take long walks, put in a full day's work. I owe my life to the Brinkler System."

#### (6) Remove and Reproduce

To prove that the Brinkler System is thorough and gives understanding of natural laws admit to evidence statements of those who are able both to remove and to reproduce symptoms at will.

**NEURALGIA, CONJUNCTIVITIS, MENTAL FEARS.** Mrs. A. R., Age 37.

"Removed all my complaints, neuralgia, pains in every joint, deafness, catarrh, skin troubles, fears of insanity. Also cured my children's complaints, adenoids, convulsions, eczema, etc."

"Would submit my person to a proper test. Have removed and reproduced symptoms of disease, for tests, at will, and in the period of a very few days."

### 410 Diseases From 1 Source

**A Sick House.** Water through a leaking roof produces: discolored wall paper (anemia), warped furniture (rheumatism, deformities), swollen doors (valvular heart), short circuit (blindness, deafness, paralysis, epilepsy, locomotor ataxia), fallen ceilings (hemorrhages, varicose), rotting materials (tumors, etc.).

To stop using Faulty Foods is like stopping a leak, but your body is also **SELF-REPAIRING FROM RIGHTLY PROPORTIONED FOODS.**

**Replenishment.** There are over 2,000 miles of capillaries (small, hairlike blood vessels) in you, and **EVERY INCH IS AFFECTED BY THE FOOD YOU EAT.** The basic difference between persons is **ONLY** proportion of elements. One person needs more nerve food, another needs more muscle food, etc., according to **NATURAL FIXED LAWS** which, of course, apply to **YOU.** Over 6,000 pupils. Sworn Statements. Educational booklet, 10 cents.

### BRINKLER SCHOOL OF EATING

Dept. 20 131 West 72nd Street New York