

Vol. XV, No. 2

Preliminary Track Training

# Strength

APRIL

25¢

Health

Questions

Answered

Spring

Exercises

for

Women

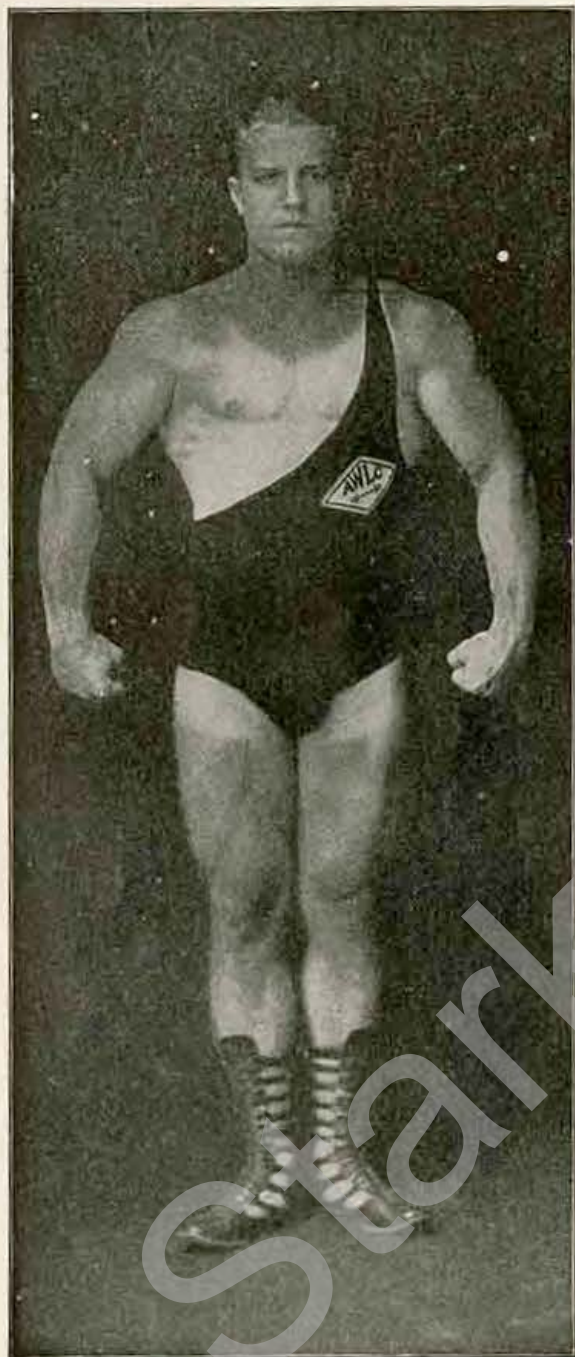


Travis: 40 Years a Strong Man

STRENGTH: MAGAZINE

APRIL 1930

# Milo Bar Bells Bring True Your Dreams of Physical Perfection



**L. H. CUNNINGHAM**

Who's Superb Physique Should Be Proof to You  
What the Milo System Can Do

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

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

## What Is Your Desire? A Bar Bell Can Supply It

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

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

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

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

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

## Get Away From the Idea That Bar Bells Mean Hundreds of Pounds to Be Lifted

It is true that our Bells do run into the hundreds of pounds. This is so because you will eventually need greater weight to cope with your ever-increasing strength. But the Milo Bells are adjustable also. This means that no matter how puny you are now, a weight well within your present strength can be had. Furthermore, your physical condition is taken into consideration and you are started off on the correct weight and exercises by one of, if not the best authority on physical training with a Bar Bell. This expert personally assigns you your exercises, weights to start with, and any other special information that pertains to your individual case, which he is exceedingly capable of giving you.

## Our Guarantee Is the Broadest in the History of Body Culture

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

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

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

**Mail This Coupon Now!**

THE MILO BAR BELL CO., Dept. 758  
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Gentlemen:

Send me, without obligation, your free booklet on *Bar Bells and Strong Men* and also your pamphlet "*How Much Should I Weigh and Measure.*"

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**The Milo Bar Bell Co.**

Dept. 758  
2739 N. PALETHORPE ST. PHILADELPHIA, PA.



# "You folks must think I can't play!"

*I cried, when they laughed at my offer*

IT was the monthly get-together of our little group. We had met at Tom's house, and the fun was at its height. Mabel had just finished singing a touching version of "Frankie and Johnnie" and the room fairly shook with laughter. Then I offered to play.

"Boy! This is going to be good. Did you folks hear what Jim just proposed? He said he'd play for us!" cried Tom.

I pretended to be highly insulted. Drawing myself up with mock dignity, I said, "You folks must think I can't play! Why, the very idea!"

This caused a fresh explosion of laughter. "Can't play!" called someone. "Say, if I could play as well as you, I'd be digging ditches right now!"

That was too much. Seating myself at the piano I held up my hand to command silence. Then, with a good many flourishes and turning of pages, I opened the "Collection of Southern Songs" at "Swanee River," turned it upside down, and began to play.

And how! My usual one-finger clowning was as nothing compared to the performance I put on now. It was masterly. I traveled up and down that keyboard with my one good finger, as Tom called it, until the crowd howled for mercy. Finally I stopped, turned around, and demanded, "Now who says I can't play?"

"You win!" came from all sides. "Only please don't demonstrate any more, for the love of heaven!"

But instead of getting up from the piano, I suddenly swung into the haunting

strains of "The Pagan Love Song." But with what a difference! This was not clowning, but real music. I played as I had always longed to play—beautifully, effortlessly, with real skill and feeling.

No wonder the crowd gasped with astonishment! I knew they could hardly believe their ears. The moment the piece was finished they overwhelmed me with questions. *Where had I learned to play? When had I studied? Who was my teacher? Why had I kept it a secret?*

## How I Taught Myself To Play

And so I told them the whole story. Told them how, ever since I was a child, I had been crazy about music. But, like most children, I hated to practice. That's why, after a few desultory attempts, my music lessons were given up, and I had to content myself with hearing others play.

But every time I pepped up a party with my one-finger clowning the longing to really play returned. However, I had no time now to take lessons and spend hours practicing, to say nothing of the expense of a private teacher. Just as I was beginning to think that my dream of some day learning to play would remain a dream, I happened to come across an ad of the U. S. School of Music.

"Why, that's a correspondence school, isn't it?" interrupted Tom.

"Yes, I told him. "It's a correspondence school. The ad had offered a Free Demonstration Lesson to prove how easy it is to learn to play at home, without a teacher, in one's spare time. That sounded reasonable to me, and I sent for the test lesson. But I never expected that it would be as easy as it actually was.

"That's why I sent for the entire course. It was great. The U. S. School of Music course requires no private teacher—no interruption to one's regular duties. I learned in my spare time, after work, and enjoyed each lesson as much as if it had been a delightful game. For there are no long hours of practice—no tiresome scales—the U. S. School of Music way. Everything is as easy, almost, as A-B-C.

"In fact, almost before I knew it, I was able to play all the pieces I had always longed

to do jazz, classical, anything. But I didn't want to tell you folks until I was sure of myself—you know, no clowning. . . . Well, what do you say?"

They were dumfounded. But only for a little while. Then they eagerly demanded piece after piece—dance music, ballads, snappy songs. Now I'm never invited anywhere that I'm not practically forced to entertain with my music. Some difference between now and the days when they used to listen to my clowning with polite attempts to act pleased. . . . As Tom says, learning to really play has certainly made me popular.

## No Talent Needed

This story is typical. People who once didn't know one note from another are good players today—thanks to the U. S. School of Music.

For the U. S. School course presents everything in such a concise, graphic way—so clear and simple—that a child could understand it. No time is wasted on theories—you get all the musical facts. You get the real meaning of musical notation, time, automatic finger control, harmony.

You simply can't go wrong. First you are told what to do—then a picture shows you how to do it—then you do it yourself and hear it. No private teacher could make it any clearer. Many students get ahead twice as fast as they would the ordinary routine way.

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994 Brunswick Bldg., New York City

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# Strength

APRIL, 1930

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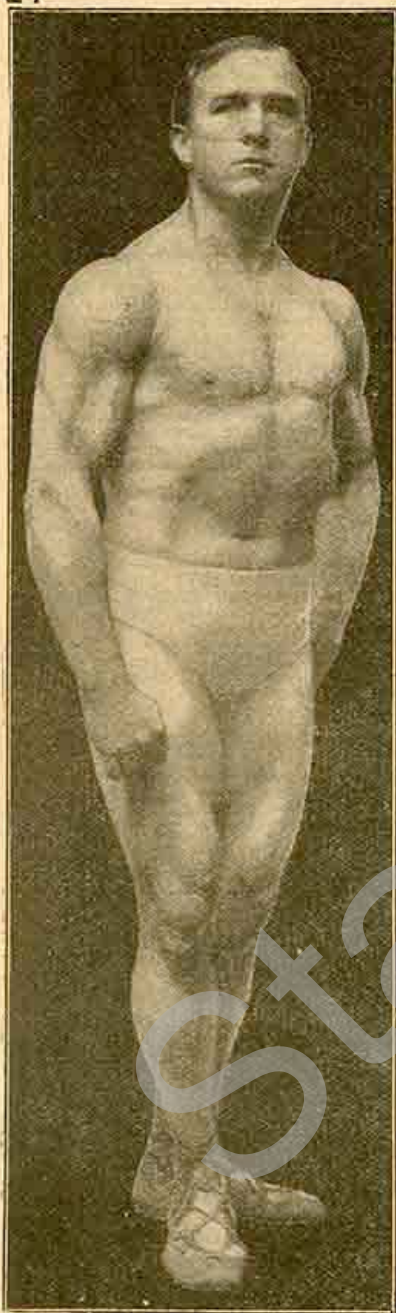
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Jim Corbett had Fitzsimmons lashed to the mast in their famous battle, when suddenly—BANG! Fitz shot a terrific wallop to the solar-plexus and dropped Corbett for the count. This blow, the right uppercut to body, is illustrated by Jimmy De Forest above. Just think what it would mean to have this greatest of all trainers show you exactly how to deliver this punch and all others! That's what you get in the wonderful De Forest Boxing Course—everything in boxing.



The Dempsey Roll! In this remarkable photo Jimmy De Forest shows every step in the Manassa Mauler's famous weaving style—how he feinted his opponent out of position, then came in with one of his crushing body blows. Pictures like this illustrate every blow, every defense, every move in the whole science of boxing. Profuse charts and diagrams show footwork, the knockout spots, dazing points, etc.

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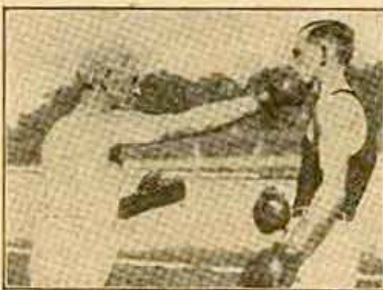
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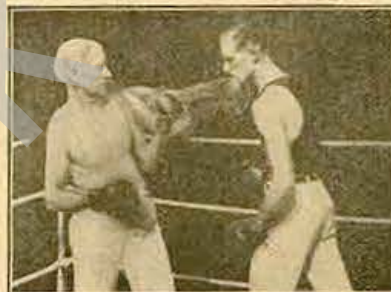
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George Tasker had never won a fight in his life before taking this Course—then he took NINE OUT OF TEN in a row—and the tenth he lost only on a close newspaper decision.

If you want a ring career, Jimmy De Forest will put you in on the big money. It doesn't matter whether you've ever used your fists before or whether you are already an experienced boxer—this Course is filled with priceless information.

And all it costs you is \$2.98. Others have paid many times this price for the same system—but now this great offer is made to encourage interest in boxing among all red-blooded men. You shouldn't need any urging to take advantage of a golden opportunity like this!

**Send No Money** It isn't necessary to send a penny in advance. Just mail the coupon and the complete Jimmy De Forest will come to you in one mailing. No reader of this publication should miss this sensational offer. MAIL THE COUPON RIGHT NOW.

JIMMY DE FOREST BOXING COURSE, (Dept. 134)  
347 Madison Avenue, New York, N. Y.

# Why You Must Use a Milo

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

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

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

## But the Wise Fellows Get a Milo

and we sincerely hope you are going to be one of them in the near future. You can save time and get your bar bell quicker by using the order form on this page. It is just as official as our other enrollment forms and will get you the same increasing personal attention to your physical requirements.

### COMPLETE PRICE LIST OF MILO BELLS

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

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

#### ORDER BLANK

Date.....

The Milo Bar Bell Co.,  
2739 N. Palethorp St., Philadelphia, Pa Dept. 759.

Gentlemen:

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

{ Express } to .....

{ Freight } County .....

State .....

My mail address:

Name .....

Address .....

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

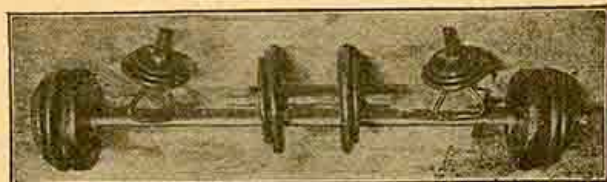
#### MEASUREMENTS

Neck.....	Weight.....
Normal Chest.....	Age.....
Expanded Chest.....	Occupation.....
Upper Arm.....	How Many Times Can You Chin the Bar?
Forearm.....	How Many Times Can You Dip on Parallel Bar?
Waist.....	Check off your aims below:
Hips.....	Improved Health—
Thigh.....	Great Strength—
Calf.....	Perfect Physique—
Wrist.....	To Reduce Weight—
Ankle.....	To Increase Weight—
Height.....	

WE DO NOT PREPAY SHIPPING CHARGES

### We Advise Our 200-lb. Plate Bell

because, at the price of \$24.00 you get the second hundred pounds of plates at the low price of \$9.00—\$15.00 being the price of a one-hundred pound bell. Furthermore, you would out-grow a hundred-pound bell in a very short time. Save time, money and progress faster with our two-hundred pounder. There are other advantages too, such as the steel bars against pipe bars and 3 courses of instructions against 2. So you can see that you get much more for your money when you purchase a 200-lb. set as against the hundred pound set. But whatever bell you select, make up your mind to order it today.



### Under Our Expert's Care

Just as soon as we receive this order form from you with your measurements and any other information you care to send him, our expert will take hold of your training personally. That is to say, our expert in the use of bar bells and the developing of the human body and strength will write you personally concerning points you should know. He assigns you the amount of weight with which you are to begin your exercises. These starting weights vary according to the exercise. So you see you are under expert care at all times, as well as having the best apparatus and course ever produced. You get the best of everything when you become a Milo pupil, that is why our success of building real strong men is so well known.

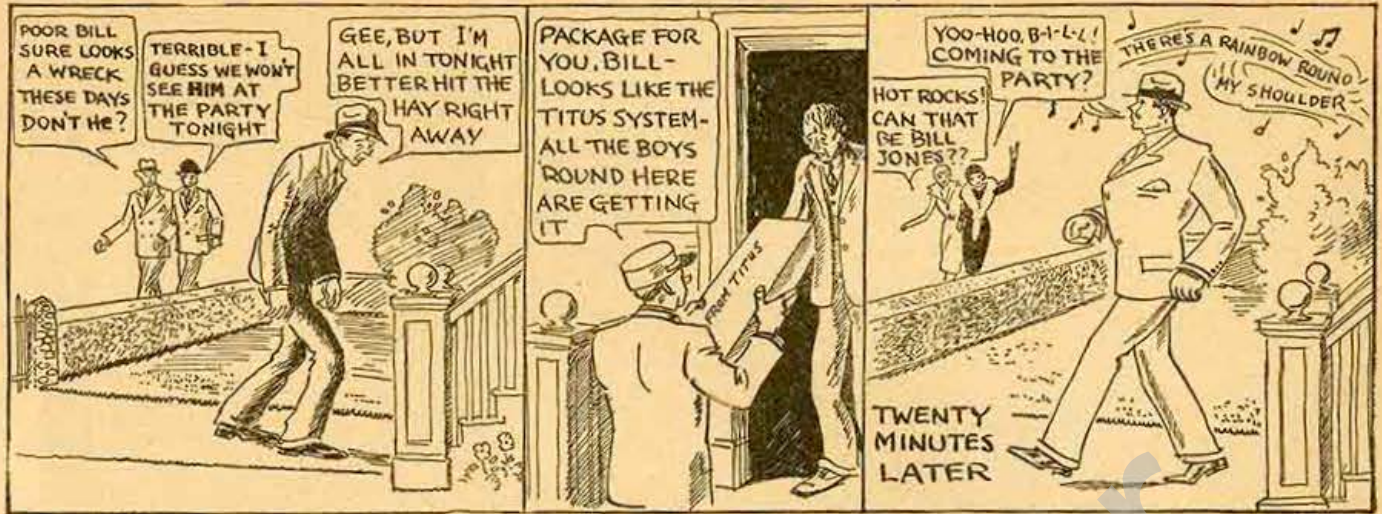
START RIGHT—RIGHT THIS MINUTE

The Milo Bar Bell Co.

Dept. 759

2739 N. Palethorp St. Philadelphia, Pa.





The Well Known Cartoonist Rafe's Humorous Conception of The Speedy Results of Titus Training.

# "I Never Put On Muscles SO FAST in all my life"

THAT'S what one man writes: "I never put on muscles so fast in all my life!" And his words are echoed by thousands of others all over the world.

MIRACLES WORKED IN MUSCLES! Weak men made strong! Puny, sickly chaps transformed into husky, broad-shouldered athletes! Man, if you've got an ounce of red blood in your veins you're going to find out about this wonderful way to get STRONG. All in a few minutes a day at home. My Free Book tells the whole amazing story. Send for it TODAY.

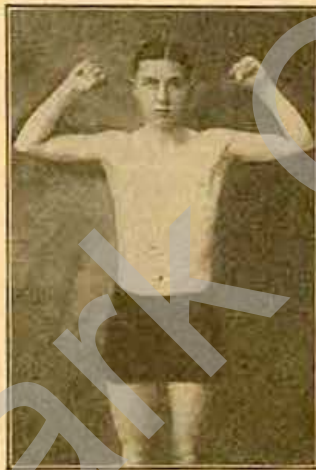
## A New Body in 20 Minutes a Day!

Find out how you can be made over! How you can quickly change into a superb model of muscular MANHOOD—how you can develop a powerful athletic build—how you can cover that frame of yours with



**SAXON**  
Famous strong man, writes: "Many people who have seen my feats of strength on the stage have asked me how I developed such powerful muscles. I give all credit to Titus—the greatest instructor in the world, creator of the world's greatest muscle-building apparatus."

rippling layers of solid muscle! Man, I'm going to fill you so full of glorious pep and health that you'll be the life of the party wherever you go. Read what I've



## Which Is You

Look at those two pictures! Which is YOU? A puny, run-down weakling, scorned by your fellowmen, avoided by the fair sex, ashamed to show yourself in a bathing suit? Snap out of it, friend! Take a look at that big boy at the right and cheer up. That's the way TITUS builds men. And YOU'RE NEXT.

done for other men and be happy—for boy, you're NEXT.

## "Muscles Seem to Grow Over Night"

That's what Walter Hollyoak of Victoria, B. C., says about the wonderful results of Titus Training. And Miguel Yeaza writes from the Philippine Islands: "I could hardly believe my own eyes at the

## FREE "Miracles In Muscles"

Come on, friend, you're next! I can't begin to tell you here what Titus Training has done for thousands of men—what it will do for you—but my great new book tells the whole amazing story. This book will give you the surprise of your life—read how weaklings have been changed into strong, brawny, HE-MEN—see actual photos of magnificent models of muscular manhood—discover how EASY it is for you to get strong. This glorious book is yours FREE. Mail that coupon NOW—no cost, no obligation, no salesman will bother you. There are no strings to this offer.

**TITUS** 853 Broadway, Dept. X-149  
New York, N. Y.

great change you have made in me. My muscles grew as fast as the beanstalk in the story of 'the Giant-Killer.' YOU have made a new man of me."

## Can You Do These Feats of Strength

How would you like to amaze your friends by tearing a telephone book or deck of cards in two? Titus Trained men do these feats, and many others, with ease. Anthony Ottavio of Massillon, Ohio, is only 18—but what a MAN! He writes: "I can bend a light horseshoe with my hands. I can lift 200 lbs. with my left and right hands. I can lift 150 lbs. with one finger."

Adam Altman of Chicago, Ill. writes: "Before I took your course I could only chin myself eight times; now I can chin myself twenty-five times."

Stanley Thompson of Multnomah, Ore., writes: "I can tear a pack of cards in half, bend spikes, and do many other things which I could not do before. Titus-Built men sure have the speed and power behind every punch."

## Let Me Make You Over

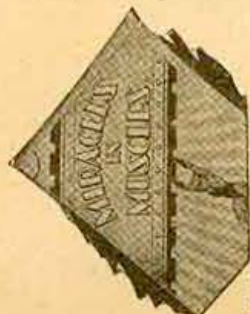
Just give me 20 minutes a day, that's all—and WATCH THOSE MUSCLES GROW! See the amazing change in 30 days. Man, won't you be PROUD of those big, rippling muscles! But don't get a swelled head when you hear the girl friends raving about your handsome, athletic build.

I don't just promise you all these good things—I GUARANTEE results. I guarantee to put "a solid inch of powerful muscle on your arms, a couple more on your legs—I guarantee to develop every muscle in your body in proportion—to broaden your shoulders and add 5 inches to your chest—to strengthen your internal organs, too—I Guarantee you new pep, new energy, NEW LIFE.

TITUS, Dept. X-149,  
853 Broadway, New York, N. Y.

Dear Titus: Okay, send me that wonderful new book of yours "Miracles in Muscles." Get it to me by return mail without the slightest cost or obligation on my part.

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
TOWN \_\_\_\_\_ STATE \_\_\_\_\_

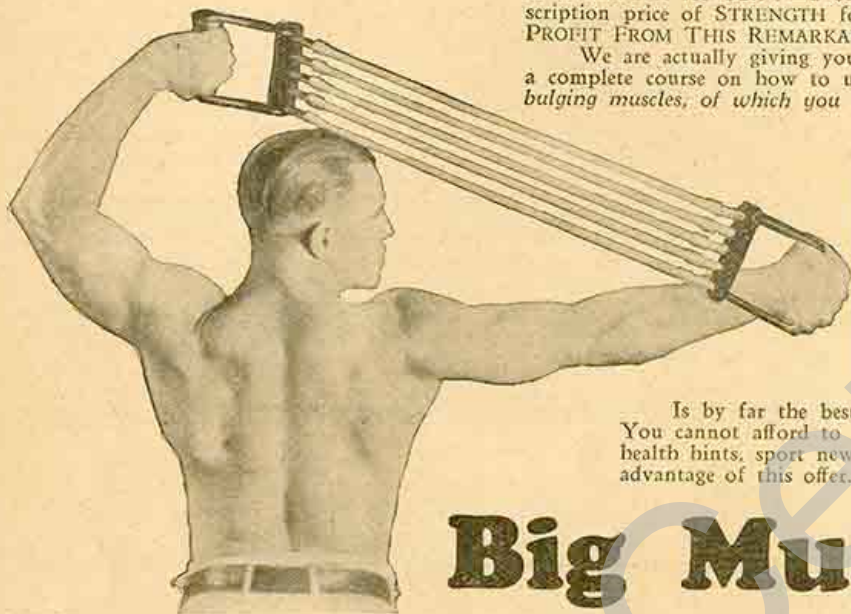


# If Some One Handed You a \$2.50 Gold Piece—

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

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

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



## Strength

MAGAZINE

Is by far the best magazine of its kind on the newsstands today. You cannot afford to be without it. For one whole year you will get health hints, sport news and body building information if you will take advantage of this offer.

# Big Muscles and Enormous Strength Free

### WE PAY ALL MAILING CHARGES

All you pay now or later is the price indicated on the coupon. We prepay each monthly copy of "STRENGTH" as well as the exerciser and course. There is nothing whatsoever to pay the postman. Can you beat that for an offer? Like the deuce you can.

### THE MILO PUBLISHING CO. STANDS BACK OF THIS EXERCISER

Don't get the idea that, because this exerciser and course is free, the cables are not strong and serviceable and the course no more than a chart like those that accompany most cable exercisers. If you have any idea like that about this offer you are *all wrong* and will regret it when you finally witness the truth of the matter.

### CHEAPER THAN BUYING "STRENGTH" FROM THE NEWSSTANDS

Even the subscription price of "STRENGTH" is a saving to those who would purchase it from the newsstands, not to mention the convenience of having it delivered to your door regularly each month. Why not save the extra cost of newsstand

purchases and at the same time receive the great exerciser and course free? Why not?—it is excellent business on your part and will result in great pleasure.

### WILL DEVELOP FINELY MUSCLED ARMS, BACK, CHEST AND WAIST

Imagine getting big upper arms, steely fore-arms, a broad, powerfully muscled back, a deep chest with muscles that fascinate, a well-knit waist and a mighty neck at no more cost than the little effort you spend in using this exerciser. Weigh all that against the cost and if you are not the winner by a mile we'd like to know why.

### THE EXERCISER

is strongly made throughout with hard wood grips and nicked cable ends. You can, of course, use one, two, three or any number of cables up to five or ten as the case may be. The five-cable exerciser can be used as a strength tester as well as an exerciser.

### THE COURSE

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



A SUBSCRIPTION TO  
"STRENGTH"

WILL ENTITLE YOU

# FREE

TO THE BIG  
MUSCLE  
GETTER.  
ABOVE

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Canadian Orders \$4.75  
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Send that Coupon in  
for Quick Delivery **Now!**

## DON'T WAIT!

# MUSCLE AND MARRIAGE

WE ARE TURNING WRECKS INTO REAL MEN, AND ORDINARY MEN INTO SUPERMEN

**A** REAL man's two greatest ambitions are (1) to have a body covered with good strong muscles and (2) to one day possess the loveliest little wife and children. You, friend, have these two ambitions or you would not be reading "Strength" Magazine. You want to know the way to realize these ambitions.



**BERNARD BERNARD**  
D. Sc. (Phys.), M. S.,  
P. M. P. C., Chief,  
Physical Culture  
Consultants.

There is one thing positive. Both depend upon your mastery of your vital and nervous energies. If these are running unduly to waste you simply cannot be your full self. Due to ignorance many a fellow has ruined his chances of lifelong happiness and success. If parents only realized what a responsibility they are shirking, and to what dangers they are exposing their loved ones, they would spare no effort to educate and warn their children of the pitfalls and disasters which make true happiness, health and strength impossible.

You want good muscles. To possess them you must have a clean, sound mind and body. The aftermath of bad habits is often an abnormal unconscious drain of the vital and nervous energies. Fellows worry about this, but the worry only makes matters worse.

What is perhaps ridiculous is the exhortation to the victim to make resolutions and be determined to keep the mind off the subjects which stimulate these unconscious drains. It is ridiculous for the reason that most sufferers are—goodness only knows—fighting like death already to expel such thoughts.

What they want to know is *how* to check the thoughts.

The brain and nervous system are subject to physiological law. A nervous action creates a path along certain nerves. Professor Wm. MacDougal has shown that this nerve path becomes worn so that there is developed the tendency for impulses to travel along it at the slightest provocation.

What has to be done, therefore, is to change the path. This is a physiological procedure, and best accomplished by means of scientific physical culture.

Blood circulation and nervous impulses may be diverted by the right exercises, diet, and certain hygienic instructions. Then it becomes easy to prevent the undue waste of the vital and nervous forces.

That is what we always endeavor to do, and that is why we are so uniformly successful with our pupils. Most of them come to us in the very depths of dependency and helplessness. In a few weeks they are rejoicing in the cleanliness of body and mind and freedom from the slavery of either convulsions or abnormal unconscious drains on their vital and nervous energy.

Then also it becomes an easy matter to put on muscle and strength. If you read our messages regularly in "Strength", you will have noted how towards the end of the course practically every one of our pupils puts on weight. This is not mere fat, but real honest-to-goodness muscle.

With a body covered with fine muscles, strong and firm as steel when flexed, you know that you can face life and all that it may mean to you. You know that your marriage will be successful—for most wrecked marriages are due to inability of the husband to play his full part.

Think of the glorious bodies of our great physical culturists, and then compare yours with them. Are you satisfied? Of course you're not. Think of the day when you will be expected to play your part as husband and father. Are you thoroughly fit to do so?

Women love strong, real he-men, and for very good reason. Children inherit strength or weakness from their parents, and women want children sound of body and mind.

You want to have a good time in life, to possess muscles and real manhood, to have a wife, children, position in the world. Get started now on the right path. The **PHYSICAL CULTURE CONSULTANTS** have demonstrated for years that they are turning wrecks into real men, and ordinary men into super-men. We are proud of our work, and glory in it. Each pupil gets our personal attention, and real sympathetic understanding of his difficulties and complexes.

Read the case below. Another **MAN** made by us.

Case No. 6093.

Pupil aged 26 years.

Single.

Suffering from:—Lack of sexual development, Nervousness, Catarrh, Night dreams, Palpitation at times.

First letter, before treatment:

"I am strong but I don't feel as well as I ought to be. The solitary habit first got its grip on me when I was 13 years of age. I mastered the habit some when I was 18 years old but it comes back on me about once every two months. There is a continued drain on my system during sleep and at stool caused by straining. I am embarrassed which I believe is the cause of my headache. I cannot sleep well at night. I always feel unclean. It is my wish to stamp out forever this vile thing that's got me in its grip. My parts are under developed which causes me a lot of embarrassment. I am a user of tobacco, smoke cigarettes. I have head catarrh and catch cold easy. I seem to be nervous in the presence of company and self conscious. I can't get mental sex pictures out of my dream. I feel blue at times."

First Report after Second Lesson:

"I am glad to report that I feel better and I know I am improving. Yes, I mean general around. I sleep better, my headaches are gone and the catarrh seems to be leaving me. I haven't had a cold for a week now and breathe easier. No night losses. Urine still cloudy but improving. My bowels move from two or three times a day. I enjoy the diet very well and the exercises. My nervousness is almost gone. I have quit the tobacco habit. Smoked only three cigarettes on the first day and then no more. Needless to say I follow the lesson strictly."

Second Report:

"The natural diet makes me feel a lot better. I know I am improving. Sleep much better at night. Don't have to roll around so much. I am able to control my thoughts much better. My nervousness is much better. Little things don't get me so excited as before. The urine is almost as clear as spring water. I have followed this second lesson carefully and I intend to do so on the third. It is not my wish to try to rush this good work through. I wish I had known of the Physical Culture Consultants and the good work they are doing long ago."

Third Report:

"This is Christmas day and I am glad to report that I haven't broken my diet. I am certainly feeling fine. That depressed feeling is gone. I am enjoying life more than I ever did. When I go to bed I sleep soundly. There's no trace of nervousness. Always calm and cool. There is just a little trace of catarrh. No effort at all to breathe through the nose. Had only one night loss in 14 days, that is, not since four

days before I started this lesson. No more loss at stool for five weeks. I have two and sometimes three bowel actions a day, never had less than two good actions. My heart is beating more normal. I never felt any better for a long time than I do right now."

Fourth Report:

"I am glad to say that I am feeling better than I did in years. There has been a great improvement since I started the course. No night losses since last report. No losses at stool. I get two natural actions a day. Urine is crystal clear. Heart beat is normal. My depressed feeling and all sex and sex thoughts are forgotten. I feel no trace of catarrh and haven't had a cold for some time. I certainly sleep fine and when I get up in the morning I feel refreshed and full of pep. Morbid thoughts are out of the question. I haven't had any thought of abuse for three months now. I used to think that sex was vulgar for lack of proper knowledge. I realize now that sex is natural and nothing to be ashamed of. My weight is slowly but steadily going up."

Fifth Report:

"I am glad to report that I have improved remarkably. My mind is as clear as a sound of a bell. I have gained 5 pounds; these last two weeks and it is in muscle instead of just fat. My chest is filling out and the lungs show some strength. I haven't had any night losses for over a month now. I don't worry or think about them any more. I now have sex thoughts and sex matters under control and I have better control over myself. Now I can hold my head up and look people in the face and feel that I am clean and natural in mind and body and ready to face the world and what I am called upon to do without fear and trembling. I am still having two natural actions a day regularly. My circulation is in good condition. My hands and feet are warm in the coldest weather. I enjoy my food better than ever I did, and I don't stuff like I used to. Those exercises are certainly putting strength into my muscles. The muscles are developing all over my body. Rip Van Winkle hasn't anything on me when it comes to sleeping soundly, and when I arise I feel refreshed and full of pep. The future certainly looks bright to me now and I can make friends more easily. I think I can get along without your assistance after the sixth lesson if I keep up the good work you helped me to start and for which I am grateful to you."

Sixth Report:

"This about ends my course which was worth many times the money to me. I am glad I put my case in your hands. You certainly put me on the road to health and strength. I am gaining weight and strength every day and I feel like a new man. If I meet any young fellows who are in the condition I was in I will refer them to you."

AS A PRELIMINARY SEND FOR

## "Sex Weaknesses, Their Cause and Remedy"

It is full of most helpful information, and will point the way to virile manhood. Begin the new era of your life today.

### INTRODUCTION.

#### CHAPTER I.

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

#### CHAPTER II.

Inheritance From a Remote Ancestry.  
Heritages From Remote Days.—Sex Con-  
trol.—Why Sex Excesses Cause Degenera-  
tion.—Human Life a Struggle Against An-  
cestral Passions.

#### CHAPTER III.

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

#### CHAPTER IV.

Physical and Educational Neglect.  
How Physical Neglect Induces Sex Weak-

ness.—How Cases Become Chronic.—Crim-  
inal Neglect of an Important Subject.—  
Drive Away Ignorance.

#### CHAPTER V.

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

#### CHAPTER VI.

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

#### CHAPTER VII.

The Psychology of Sex Weakness.  
Mental Functions and the Mental Appa-

ratus.—The Importance of the Desire for  
Knowledge.—Mental Influences on Sex and  
Health.—Is the Sexual Instinct Due to  
Chemical Action?—The Mental Sexual  
Function.

#### CHAPTER VIII.

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

#### CHAPTER IX.

Sex Weaknesses and Their Cure.  
Solitary Vice.—Involuntary Losses.—Pro-  
miscuity.—Sex Hallucinations.—Impotence.—  
Mental Sexual Obsession.—Prostatitis.—  
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Physical Culture Consultants,  
Consultation Dept., Dept. C-81,  
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Please send me "SEX WEAKNESSES, THEIR  
CAUSE AND REMEDY." I enclose \$1.00.

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# A Man Without a Weak Spot

THIS COULD APPLY TO YOU AS WELL AS IT DOES TO MR. KLEIN



SIEGMUND KLEIN--A "MILO" PRODUCT

**M**R SIEGMUND KLEIN, is a good example of the kind of shape and development which comes from practicing "progressive" or "graded" exercises with an adjustable bar-bell. He is one of our pupils, and is acknowledged to be the most perfectly proportioned and symmetrically developed of all the younger generation of "Perfect Men." By following our instructions he succeeded in developing every part of his body—inside and out. In this pose he is making no effort to display his really wonderful muscles. The idea was to show how he looks when he stands at ease. That is the real test. Not whether you can show a few lumps by fiercely tensing your muscles, but whether your proportions are the kind that indicate the possession of unusual vital power; whether you look well at all times, and whether your figure has the balance and symmetry which denote the maximum of strength, speed, suppleness, and staying power. A too-heavy man lacks speed, a too-slender man lacks strength, and a fat man lacks both speed and endurance.

A prospective customer, looking over the wonderful set of pictures which adorn our catalog, exclaimed:—

## What Magnificent Bodies Your Pupils Get

He did not say, "What an arm that chap has!" or, "That man has fine legs." What impressed him was the matchless symmetry of the whole body.

It is the proportions and development of your *body* that govern your physical condition. If a man is fat he can reduce only by exercising his *body*-muscles. If he is round-shouldered, or flat-chested, or weak-lunged or if he suffers from digestive troubles, it is his *body* (not his limbs) that he must train.

The *strength* of your arms and legs is regulated by the strength of your body. The *quality* of your muscles is dependent on the vigor with which your internal organs function.

## You Can Get a Wonderful Bodily Development

not, mind you, just *arm* development, but a *body* that is perfectly developed in every part, by using bar-bells. Some of the big muscle-groups on the body are capable of such tremendous power that it is next to impossible to bring them to their full size and vigor by practicing arm-movements with light weights, or by practicing the ordinary kind of leg-movements. (You can, for example, lift several times as much weight on your back and shoulders as you can with your hands.) Beginners at our course frequently express surprise at the moderate weight we make them use in some arm exercises, and amazement at the ease with which they can handle considerable weight in the back and leg-movements.

That is where the adjustable bar-bell demonstrates its superiority over any other developing apparatus. If you go to a "gym" and seek development through doing stunts on the rings, parallel bars, etc., you find that in every stunt you must handle your own weight. There is no alternative—either you handle your weight, or else you can't. But with a bar-bell you can readily *adjust* the weight used, so as to suit the strength of any one muscle, or group of muscles. And furthermore, you can, by adding weight from time to time, increase the size and the power, and improve the shape and the tone of any particular set of muscles. And remember that as muscle grows fat disappears.

## WE ARE BODY BUILDERS

with a record of success during the last twenty years. Our catalog is worth owning. The description of the bar-bells we make and the courses we issue will fascinate you, and the pictures showing the superb bodies of our pupils will inspire you. Until you have investigated bar-bells, you have no idea of your own possibilities in the way of muscular development and physical beauty.

## THE MILO BAR BELL CO.

2739 N. Palethorp St., Dept. 760, Philadelphia, Pa.

\*\*\*\*\* COUPON \*\*\*\*\*

THE MILO BAR-BELL CO.  
Dept. 760  
2739 N. Palethorp Street  
Philadelphia, Pa.

Gentlemen: Please send me, without obligation on my part, your free catalog, "HEALTH, STRENGTH AND DEVELOPMENT AND HOW TO OBTAIN THEM."

Name .....

Address .....

City .....

State .....



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I made mine an even \$100,000. Made it in only 5 years from a \$5 start. That's the opportunity Real Estate offers men and women everywhere. Get into this amazing business—my way. Start at home—in spare time. Send for my free book. Make this BIG money.

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"Pulled me out of rut, \$14,400 earnings to date." H. G. Stewart, Maryland, ex-salesman. (Tells how on page 10 of my free book.)



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\$650 my first commission. \$825 following week. Income exceeds \$1,000 monthly." Mrs. A. G. Attmann, New York, supporting 2 children. (Read her story on page 35.)



**\$1,650**

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**\$6,000**

"July 4th listed farm. Sold August 4th. Commission \$6,000." W. E. Shoop, Pennsylvania, former weaver. (Story on page 10.)



**\$9,000**

I have made \$9,000 in less than 9 months. Morris Horwitz, former printer. (Story on page 13.)



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By **MARK H. BERRY**

The Science of Development Presented in a New and Novel Way

## \$3<sup>50</sup> Your Next Book \$3<sup>50</sup>

NEW SECRETS

THE LATEST KNOWLEDGE

### All Testimonials Unsolicited

I received a copy of your crowning effort a few days ago and am simply elated at your great knowledge on the subject of Physical Culture. You certainly know it from all its angles and I am only one of the very few who realize how really hard it is to write nowadays on this subject and make it not only so wonderfully interesting but so instructive and useful to anyone who reads it. I know this work will bring you many new admirers. With best wishes of continued success.

OTTO ARCO.

I received my book a few days ago. It is great. I think it beats any book ever written on Physical Training and pictures! Why, I never saw so many and so original.

You can be proud of being the author of such a book.

I congratulate you on your good work and wish you a Merry Xmas and a happy and successful New Year.

Yours truly,  
EMMETT PARIS.

P. S. It will take me about 6 months to read it; there is so much in it.

I received Mr. Berry's book "Physical Training Simplified" four or five days ago, in good shape. I am delighted with it, and wish to say that it beats anything that I have read so far on this subject, and I have read plenty of them in the past fifteen years.

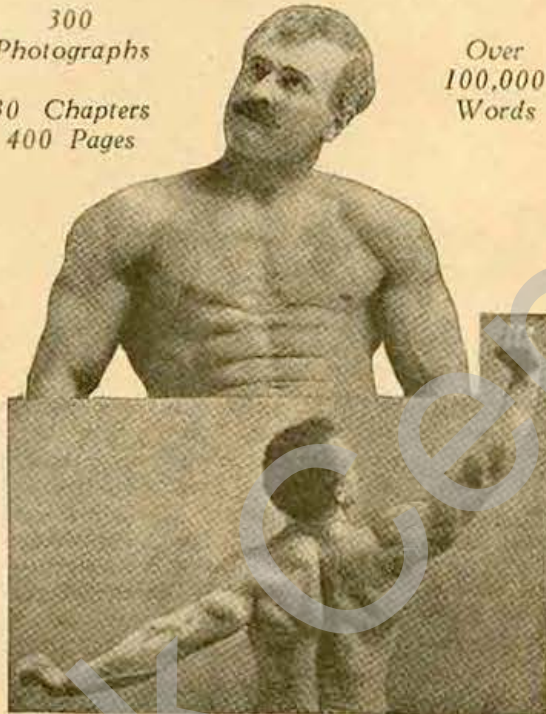
Very truly yours,  
ROBERT BUTSKE.

Just a note to inform you that I have received my copy of "Physical Training Simplified" and that I am very pleased with it. Mr. Berry certainly wrote a wonderful book. All information that I have ever desired I have found in his book. It is a regular ten-volume set condensed into one very readable and interesting volume.

Sincerely yours,  
LEO CONNOLLY.

300  
Photographs  
30 Chapters  
400 Pages

Over  
100,000  
Words



Over Thirty Exercise and Physique Poses of Eugene Sandow. Rare and Valuable.

### All Testimonials Unsolicited

The Wonder Book arrived. I have been very busy lately but had time to glance through the book and truthfully speaking I think it is the greatest book of its kind that I have ever read or heard of in my experiences. It seems to hit on every point of developing the human mind and body, mentally and physically, and is a guide to health, happiness and longevity.

The records of the different strong men seem to be accurately quoted. My sincere wish is for a great circulation throughout the civilized world. It will go a long way in making your name live long in the minds of the human race, for the book will certainly benefit every mortal who reads it.

Yours for strength,  
WARREN LINCOLN TRAVIS.

I received your book, "Physical Training Simplified" several weeks ago, and thought that I would take this opportunity to thank you, and at the same time congratulate you on this work.

As you probably know, I have in my collection of books probably every one published that deals with strength and development, but am glad to say that yours is without a doubt the leader up to date.

When I read a book it must have several things to be classed, in my opinion, as a leader. First it must have good, inspiring poses, and second it must contain reading matter that will actually grip and hold the reader's interest, and last it must be instructive.

As for the poses let me say that the collection you have are worth the price of the book alone especially those master Sandow poses, which are really superb. As for the reading matter, I tell you it is so interesting that I would not advise anyone to start reading the book who will not have time to finish it at one sitting unless they are willing to sacrifice other appointments.

And last, the instructions are so clear and helpful that the beginner in physical culture should make rapid and satisfactory gains in a short time.

Again let me congratulate you, and assure you Mr. Berry that your name will go on as an authority on strength and development with all the great masters of the past.

I remain,  
Yours Cordially,  
SIEGMUND KLEIN.

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# YOUR MUSCLES GAIN AMAZING POWER

*from Magic Minerals Taken in Drinking Water*

## How You May Double and Treble Your Muscular Power, Your Vitality and Endurance Without Exercise of Any Kind

**A**n astounding discovery has been made! Almost IMMEDIATELY it gives you tremendous new strength, fills your body with new pep and vitality, invigorates every organ in your body! You experience a wonderful new sense of buoyant health; your whole system seems flooded with dynamic energy; you feel ready to whip your weight in wildcats.

You will be amazed at the new POWER in your muscles. You will find yourself doing feats of strength you never before thought possible. There will be new life in your muscles—you will have that lightning-like agility, that perfect co-ordination of mind and muscle that makes CHAMPIONS.

All this without a stroke of exercise, without the use of any apparatus or appliance whatever. It is not the SIZE of your muscles that counts. You have seen men of small stature handle men twice their size like babies. You know it wasn't the mere size of Fitzimmons' or Dempsey's arms that gave them such terrific hitting power. Or take the case of wild animals—you know that a gorilla has the strength of TEN men.

### WHAT IS THE SECRET?

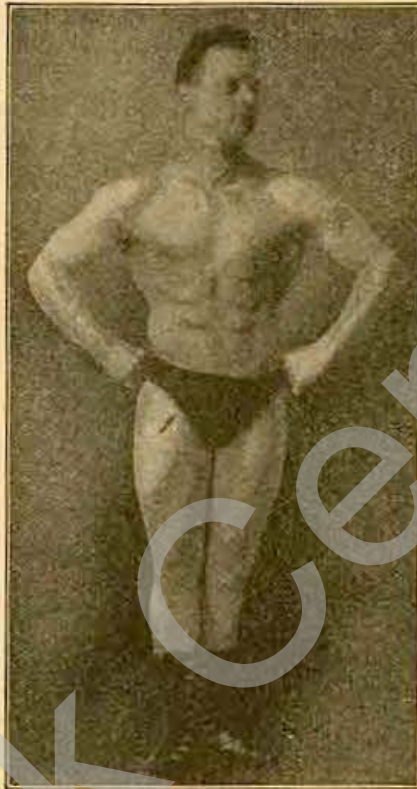
What is it that gives wild animals their amazing vitality and power? What is it that makes some men veritable dynamos of energy, bubbling over with health and pep, while others drag through life half-alive?

At last Science has found the answer. Science has discovered the very key to super-strength, super-health, super-vitality. They are yours for the asking! You can charge your body with amazing new powers simply by drinking a glass of water two or three times a day! Yes, the way has been found to put into your ordinary drinking water the magic elements that will re-vitalize every organ and muscle of your body.

### REMINERALIZE YOURSELF!

*Remineralization*—that is the secret. You cannot live without minerals. The whole process of life, METABOLISM, depends upon the minerals in your body. They are the magic elements by which the food you eat is converted into energy.

Right now your body is only half-alive. It has an under-supply of minerals. Sodium, magnesium, sulphur, potassium, iodine, bromine, manganese, iron, calcium, lithium, phosphorus, chlorine—your body needs all these minerals, but you get very little of them in modern foods.



"I attribute a great deal of my success in weight-lifting and my record-breaking feats to the powers I have derived from Remineralization, the wonderful discovery of the Post Institute of New York. I take this concentrated mineral water regularly and find that it increases my strength to an amazing degree. It also charges me with wonderful vitality and endurance. No man can hope to be strong without the proper amount of minerals in his system, and Remineralization provides them in just the right form. If anyone is thin, run-down and weak, the results of this treatment will astound them. I recommend it to everyone who wants to develop his maximum strength!"

ROBERT RA NOUS.

But see what happens when you put these minerals into the body. Your arms can lift two and three times as much. You can run like an Indian without getting tired. And feel good? You sing in every muscle, you eat up your work and ask for more, you are mighty happy to be alive.

You can't go to the drug store, buy these minerals, mix them and eat them. They would go right through you without doing any good. The minerals have to be in a form which the body can assimilate.

### THE DISCOVERY AT LAST

Now you can get the vital minerals in a form which your body can use. The world-famous Post Institute laboratories

have succeeded at last in "ionizing" these minerals so that they can be readily taken into the blood. By a special secret process, these minerals are held in solutions which are quickly digested and assimilated.

The treatment is very simple and pleasant. You simply add a few teaspoonful of Remineralization to your drinking water before meals. It is practically tasteless, pleasant, and not in any sense a drug. Remineralization is a HEALTH drink. It contains, in their most effective form, all the vital mineral elements. These minerals are super-concentrated; you get the same benefits as if you were to eat an abundance of fresh vegetables, rich in minerals, but you get these benefits QUICKLY. Your system immediately obtains all the minerals it needs. Your strength increases at once. You become a man of iron.

### CONVINCE YOURSELF

#### WITHOUT RISK

The results of taking this new treatment are so amazing that you cannot believe them possible until you have tried it for yourself. You don't risk a penny. Just TRY Remineralization and judge for yourself. Your money back if you don't feel like a new man in 30 days.

Send no money with the coupon. The Remineralization Treatment will be sent to you at once—the larger size bottle, regularly \$5.00, for which you pay the postman the special low price of \$2.95 plus a few cents postage. Then begin *remineralizing* yourself. Watch your muscles become gorilla muscles. Watch your complexion brighten, your eyes sparkle and a new vitality sing through you. If the results aren't all you expect, back will come your money. Mail the coupon NOW.

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Gentlemen: Please send me on trial the \$5.00 Baku Remineralization Treatment, at the low introductory price of \$2.95, plus postage, C. O. D. I will use the treatment 30 days. If not delighted you agree to refund all my money. I desire treatment especially for:

- |  |   |
|--|---|
| <input type="checkbox"/> Greater Strength  | <input type="checkbox"/> Vitality               |
| <input type="checkbox"/> Overweight        | <input type="checkbox"/> Chronic Headaches      |
| <input type="checkbox"/> Underweight       | <input type="checkbox"/> Neuralgia              |
| <input type="checkbox"/> Auto Intoxication | <input type="checkbox"/> Neuritis               |
| <input type="checkbox"/> Lack of Energy    | <input type="checkbox"/> Indigestion            |
| <input type="checkbox"/> Nervousness       | <input type="checkbox"/> Pimples or Black-heads |
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NOTE: If you prefer to enclose \$3.00 with this coupon, treatment will be sent postpaid. Same Money-Back Guarantee.

# Buy Now—Best Quality

These leotards are made to order from the finest imitation leopard skin. They are not a printed cloth but a velvet that looks like genuine leopard skin. Try to get them anywhere else under \$12.00.

## Leotards



No. 1—Price, \$7.00 postpaid

## Sandals



Here is a sandal of the type worn by all strongmen and at a very moderate price. The color is black. The soles are soft but substantial allowing

the feet to grip the floor better than when hard, stiff soles are worn. Your leg appearance will be improved 100 per cent. when you slip on a pair of these sandals.

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

No. 2—Price, \$6.50 postpaid

## Wrist Straps



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

These straps have double buckles as shown in the illustration. The leather used is strong, yet soft.

No. 3—Price, \$2.50 postpaid

## Head Protectors

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



No. 4—Price, \$6.00, Head Mask

No. 5—Price, \$10.00, Face Mask

## Muscle Control

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



No. 6—Price, \$2.00 postpaid



You can add inches to your arms and chest in just a few months' time. 10 to 15 minutes a day will make a real he-man of you. The best way to prove this to yourself is to invest \$4.95 and get yourself one of these remarkable exercisers. You get a chart of exercises with your Muscle Builder to follow each day, and all this for only \$4.95.

Is made of the finest steel, finished in nickel. With properly shaped black hardwood handles. There is a built-in scale for recording the degree of strength exerted in a given moment.

No. 7—Price, \$4.95

## Overjocks

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

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



No. 11—Price, \$2.50 postpaid. Was \$3.00

## Tumbling

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



No. 8—Price, \$2.00 postpaid

## Tumbling Belts



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

No. 9—Price, \$5.00 postpaid

## Wrestling



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

No. 10—Price, \$2.00 postpaid

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CITY \_\_\_\_\_

STATE \_\_\_\_\_

Any of these Sporting Goods articles will be sent to you C. O. D. if you live in the United States. All Foreign orders must be sent cash-with-order.



# At The Lowest Prices!

## BOXING

If you have only a spark of real manhood you will want to be able to give a good account of yourself if the occasion arises. If you have that feeling of inferiority in this respect why don't you invest a couple of dollars in this boxing course and be rid of it.

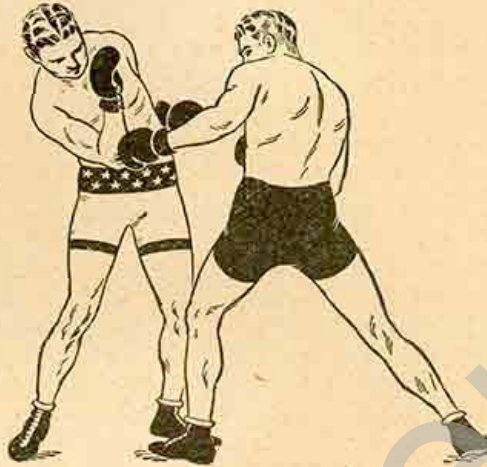
With this course as your instructor you soon won't have to take anything from anyone. You will learn how to train for boxing matches; how to spar expertly; how to feint, block, counter, side step, retreat, advance and deliver all the blows known to the art of self-defense. You'll be taught the proper way to do all those boxing essentials.

You will soon learn where and how to deliver the knockout blows—how to protect yourself from a knockout punch.

Oh, Boy! How the fellows will respect your ability after practice with this system of boxing. They'll all let you alone then or seek your company out of sheer respect for your fighting qualities. Believe us there is a real thrill in knowing that you can take care of yourself.

Then there is also the possibility that you may become a great boxer. We don't have to point out the advantages, financial gain, glory, popularity, etc., in such a career for you are familiar with all that. You may not become a great boxer or a boxer at all but it certainly is worth an investment of a couple of dollars to improve your boxing ability and to see if you have the ability to enter the prize ring.

No. 12—Price, \$2.50 postpaid.  
Was \$3.00



## FIGHTING BAGS

There is only one way you can develop a mule-kick in those fists of yours and that is with a Heavy Fighting Bag. These bags are sold both empty and filled. They are made of powerful materials, strongly put together. They'll withstand the severest drubbing. These bags are 36" deep and 16" in diameter. At the bottom there is a laced mouth for filling purposes. The filled bags weigh about 60 lbs. and are filled with cotton packing. The empty bags can be easily filled with saw-dust or any other like material. Fighting one of these bags not only develops the punch in both hands, but is a fine all-round strength developer.



No. 17—EMPTY BAG, \$6.00 P. P.  
No. 18—FILLED BAG, \$12.00 Plus shipping charges.

## Striking Bags

Punching the bag is an art and great sport. It is fine exercise and develops the speed of hand and eye making you quick as a flash.

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

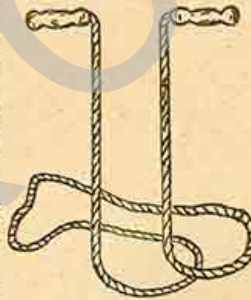
No. 13—Price, \$5.00, \$6.50, \$8.00 postpaid



## Skipping Ropes

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

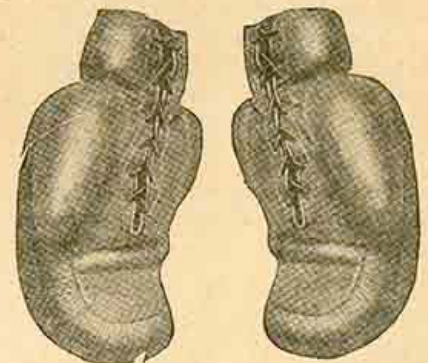
No. 16  
Price \$1.25



## Boxing Gloves

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

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

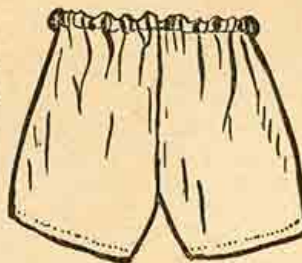


No. 19—8 oz. (4) gloves—\$6.00  
No. 20—12 oz. (4) gloves—\$12.00

## Boxing Trunks

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

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## STRIKING BAG GLOVES



These gloves or leather mits are for the purpose of protecting the knuckles from being skinned and bruised when punching either the striking bag or heavy fighting bag.

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

No. 15—Price, \$2.50, \$3.50 per pair

LEHIGH SUPPLY CO.,  
Real Estate Trust Bldg., Phila., Pa.

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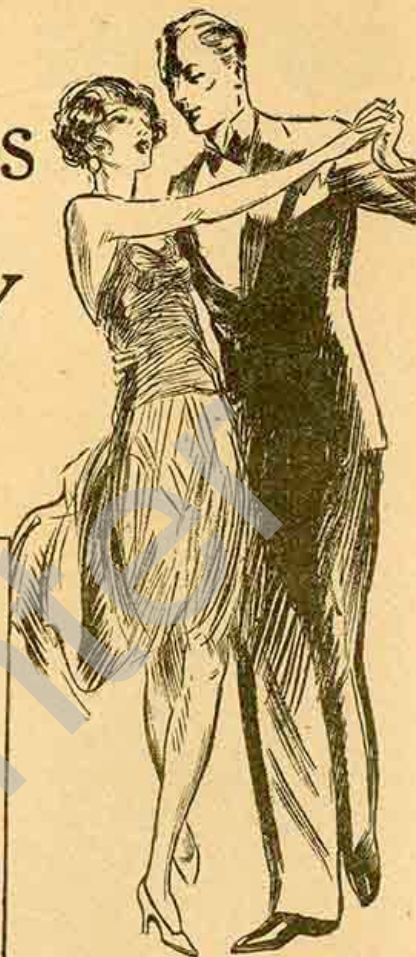
NAME \_\_\_\_\_

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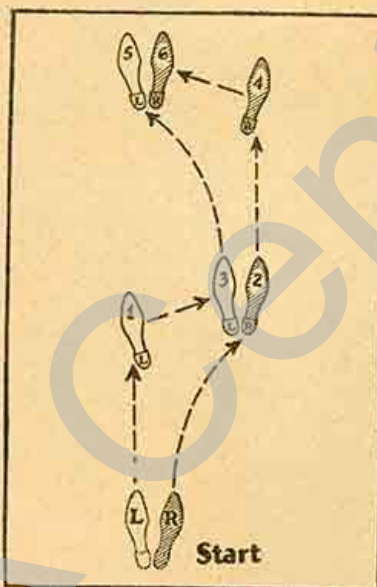
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## Editorial

*Moderation*

A WORD of wonderful meaning, and though generally used as a word of admonition, it may be used as the keynote of success in many things, even life itself. Yes, it is a word which carries tremendous power when properly understood and given practical application.

For some time considerable observations have been made of the effect of competitive athletics on the participants. A belief has fast been gaining ground that the highly specialized competitive athletics of school and college are far from beneficial in their effect upon the immature student. As a recent addition to the warnings of the danger in athletic specialization by immature youths we have word of a slightly unofficial nature from the American Medical Association in an editorial in *Hygeia Magazine*, wherein attention is called to the necessity of safeguarding the health of participants by means of more thorough preliminary physical examinations.

Furthermore, from one of the leading university coaches of the country comes the word that he considers a certain type of standard competition too strenuous for men of college age. He is later supported in this contention by an experienced athlete of no little fame. It is not our intention to decry the widespread growth of athletics. What we believe to be necessary is the more general use of the admonition—moderation.

For a long time physical directors, as a body, have been advocating intramural rather than intercollegiate competition, that is, contests between representatives of classes in the same school rather than contests between picked teams of different schools. Others at the present time are seriously advocating paid professional teams to represent each college, thus leaving the bonafide students to their studies and personal physical improvement.

We do not, for a moment, consider that all the current talks spells the death knell of intercollegiate athletics—far from it, for the thing has attained proportions which are far too great and it holds a too important place in the hearts of all lovers of red-blooded manhood to meet such an untimely end. We do believe, however, that the day is not far distant when great-

er importance will be attached to more thorough physical preparation of candidates for all athletic teams in our colleges and schools. Moderation should be practiced in the preliminary and preparatory stages of training until the stress of high class competition is hardly more than moderation for the powers of the properly trained athlete.

We have repeatedly called attention to the folly of referring to college athletes of immature age as being the highest degree of athletic efficiency, a custom which has been very pronounced among sports writers particularly in reference to stars of the gridiron.

Without attempting to throw a scare into those young men among our readers who are athletically inclined, we can do nothing better than suggest moderation in athletic training and especially in competition. For the youth of immature years an equal amount of time devoted to the improvement and upbuilding of the body will prove far more profitable in the end.

Compensation might be effected for those young men who are not good enough to make the teams by awarding letters for certain standards of physical improvement, a system which would be more in line with the true spirit of physical education and the real purpose of athletics in our college life than is that in vogue at present. For is it not of greater importance to assure young men of continued good health and physical excellence later in life than merely to win a place on a team at the expense of retaining in the system some weak link which should have been repaired beforehand?

STRENGTH MAGAZINE believes in athletics and desires to lend all available means towards the fostering of athletic pastimes among the masses but with the warning—in moderation—as far as the majority is concerned. Let us strive first to educate the public to a realization of the value and necessity of physical education in the sense of bodily development and improvement of the vital powers. Here, likewise, moderation is to be practiced. Then, having the assurance of proper physical condition on the part of those who desire to participate in athletics, we may look for greater standards of excellence than have existed heretofore.

# Go Outdoors for Pep and Beauty

The Never Failing Fountain of Youth, Strength and Shapeliness is found in a Vigorous Outdoor Life.

As told to a Staff Member

BY LAURA LAPLANTE

"I CAN'T emphasize too strongly the value of fresh air. At night I see that my windows are wide open, regardless of the temperature, for I find that the greater ventilation I have in my room at night, the more refreshed I feel the next morning.

"Upon arising in the morning the first of my daily routine is a good brisk walk—that is important.

Certainly it is about the least expensive exercise one can do. Breathe deeply, taking into the lungs as much air as you can hold. Then blow out all the air until you feel as if you would burst if you didn't take a fresh breath. By doing this you will rid the lungs of every tiny bit of impure air that is in them. Another good stunt (and one which voice culture teachers are fond of prescribing) is to take a deep breath, count ten while holding your breath—then exhale very slowly.

"Of course, I do not always find it convenient to take a walk the first thing in the morning, in which case I take my "daily dozen" in my room. However, I always manage to get out of doors sometime during the day.

"My first exercise is breathing before

an open window. Not only do I practice this to keep my lungs in good functioning order, but also for general health's sake. Then I practice various bending and twisting exercises for keeping the waist and hips from accumulating fatty tissue. Another of my favorite exercises is that of kicking the legs over the head, while lying flat on the floor. This is a little strenuous but how it does keep the waist, back, and stomach

muscles working!

"My next exercise consists of touching the ground with the hands for twenty counts. After about fifteen or twenty minutes of kicking, bending, and twisting movements I am ready for breakfast, and I might say right here that diet plays an important part in the daily care of the body."

When we asked Miss LaPlante what her diet consisted of she smiled and replied, "There is not so much I can say about diet except that one should eat plenty of fresh fruits and vegetables every day and drink plenty of water throughout the day. If one adheres to these principles there would not be very much to worry about."

Miss LaPlante has an enviable complexion, and she attributes part of it to

(Continued on Page 83)



Laura LaPlante, Universal's famous blond star, is a real outdoor girl in every sense of the word. She plays golf and tennis well.

# Getting Good Photographs

*Satisfactory Photographs of Muscular Poses Do Not "Just happen." They Depend upon Muscle Control, Posing, Lighting Effects and Photography*

BY ROBERT L. JONES

GETTING good results photographically can be likened unto getting rich—very rarely some individual does make satisfactory connections without expending any particular amount of thought and effort, but the general rule is that success comes only after wise and careful planning and acting. Even then, sad to relate, the anticipated achievement does not always crown the efforts of the ambitious individual.

Here in this office we receive hundreds of photographs monthly of strong men both actual and otherwise, said reproductions ranging from tiny V. P. snapshots to large 8 x 10 studio productions, and in

that varied assortment one can find examples of about every type and degree of photographic results. Once in a great while we do find a really good snapshot or photograph which clearly is the result of a random shot falling true, but the undisputable fact is that most of the commendable efforts received are produced in no such haphazard manner. Too many elements enter into the matter for such desirable accidents to happen frequently—the physique must be good, the control of the muscles to be displayed must be satisfactory, the pose itself must be acceptable, the lighting effect must be suitable for the pose, and the photography itself must be in line. It is like getting thirteen



*Figures 1, 2 and 3 illustrate different kinds of results with various lighting systems. Regardless of the merit of the pose, the final product depends greatly upon the arrangement of lighting equipment.*



Figure 4. A strong light from the side.

of the time of the attempt.

With these facts in mind and having in view the interests of our many readers who strive so frequently to obtain good results without the aid of a Sarony to direct them, I shall attempt to offer a few pointers and criticisms which, I trust, may be of assistance to future photographers and subjects of physique poses.

The subjects of muscle control and posing, which are so essential to success before the camera, have been covered in previous issues of *STRENGTH*, so I shall say nothing further about them. This leaves us the problems of lighting effect and photography, or equipment. Discussing the latter, it is sufficient to say that the larger the camera the better is the final product, and that, with the exception of certain "trick" perspective distortion pictures—like holding the elbow very near the camera to give a huge appearance to the arm—a lens of fairly long focus is better than a short focus, wide-angle element. But, after all, the camera records only that which it sees, and whether one uses a small box camera and an obliging friend or visits a high-power photographer the actual mechanical equipment has but little responsibility compared to that of the lighting effect, it being understood, of course, that nothing is vitally wrong with the pose in itself.

spades at bridge—"it happens" once in about a dozen lifetimes when everything is "according to Hoyle;" and if you want to be even reasonably certain of obtaining something approaching the desired result more frequently you must "arrange" things a bit ahead



Figure 5. The light came from near the floor.

As was stated in the article on posing, the only major difference between cabinet posing and posing before the camera is that the latter requires much more powerful illumination. The positions of the sources of light remain the same, as do all other conditions. Now we come to the point number one in this little discussion—the poseur needs *at least* two sources of light, one of considerable power as the major agent and a second of less brilliance, and properly located in reference to the former, to soften the harshness of the shadows which the principal light must cause. The fact is that when a strong man visits a photographer who knows the tricks of the trade he faces a large assortment of lights, trained here and there to soften a shadow or to emphasize a certain region, as the case may be. It is also true that there are not very many

of these thoroughly-conversant-with-strong-man-photography operators scattered around—the average run of photographers from Southwest Corner, Calif., to Farthest Point, Maine, do not know any too much about the subject we are discussing. Most of them, so it seems, are conversant principally with portrait work and the full front lighting of family groups, and are totally lost when a subject steps out with Roman sandals, a leotard and a smile, kinks up his biceps and asks, "How's this?"

• Still another angle is that the



Figure 6. A full front lighting is not desirable.

average photographer is strictly human and is apt to get so enthused over seeing a splendid physique that—not being acquainted with the details of muscular posing in the first place—he is completely "carried

away" with the unusual spectacle before him and is unable to use even the limited knowledge he possesses. So, instead of saying, "Raise your arm a little, and pull that right foot forward about an inch," he grunts, "Uh-huh, steady, now," and lets go with his optical cannon. The result, generally, doesn't measure up to the expectations of either the subject or photographer, like the pictures you made of the girls on the beach last summer, said pictures turning out much less captivating than you thought they would at the time you snapped them.

Nor is the photographer entirely to blame in such cases, for all too often the strong man concerned has never put in much time practicing posing, and without such practice the photographic adventure is doomed to almost certain failure. He who expects to pose for the camera should select a few likely poses and practice them before his mirror, and, unless he has a capable friend (or the photographer) who is acquainted with the poses and who can assist him in obtaining them he should master the poses until he can perform them without referring to the mirror, save for checking up on his effort. This is of utmost importance if the individual intends doing his experiment by sunlight in a back to Nature setting, or if the photographer he patronizes does not have a large mirror mounted beside his camera. The mirror, of course, is of tremendous assistance, because so



Figure 7. Made by sunlight from well overhead.



Figure 8. Similar to Figure 7, with "spot" on chest.

often the individual can rectify by a slight movement a condition which otherwise would remain undetected and so destroy the effectiveness of the pose.

Now to give the

professional photographers a breathing spell we shall take up the subject of what constitutes good lighting effect. Your strong man generally consists of an assortment of bulges, knots, cords, slabs and bumps scattered over a bony framework of orthodox design, and a good lighting



Figure 9. A full lighting from slightly above the head.

effect is, therefore, one which serves to make those items show up to best advantage in a pattern of lighted spaces and shadows. This being true, a source of light so placed that it casts no shadows could hardly be considered acceptable. On the other hand, it is not desirable to have shadows only, nor to have too much contrast between the light and shaded portions of the picture. For the former reason those pictures which are made with a full front light—they may be outdoor shots made at any time other than between about 11:15 A. M. and 12:45

P. M., the usual amateur flashlight efforts, or studio photographs made as previously described, with full lighting—almost invariably prove unsatisfactory because they show nothing other than the bulk of the subject. Figure 6 is a good example of this type of lighting. Figures 5 and 9 are similar, except that the light is from below body center in 5 and from slightly above the head in 9. (By "back-tracking" the subject's shadows or the floor and wall you can determine fairly well the direction from which the light comes.) In Figure 6 all display of muscles is a total "frost," while in the other two illustrations, because of the slight angle from which the light falls, there is some appearance of muscular definition. In Figure 4 the

(Continued on Page 83)

# Spring Exerci

It is Really Easy for One to Acquire  
Personality through Sensible Liv  
Applied Physical

BY MARGAR



Poses by  
Helen Goho

the lecture that was on the tip of my tongue, and which she so well deserved. That's a popular cry to me—"Isn't there something you could do for me. I am so unhappy." If those poor unfortunates, for that is what they are, would only think beforehand! But that would be another story.

Here was a girl who a year or two ago had been in perfect physical condition, who had possessed a lovely figure and who had exercised to keep that figure—but who became over-confident and negligent when she became popular. Consequently she had lost her figure and some of her friends—all through neglect. She should have known what the consequences would be. I could name countless cases exactly like her case, right among my own friends.

We women have a great tendency to



Figure 1  
(above)

WHEN summer time rolls around again and everyone is happy and gay planning for coming vacations, how will the girl feel who neglected herself all winter? She cannot possibly have the energy and vim that her sister, who took care of herself all winter by exercising and walking, will have—nor will she enjoy her vacation to the fullest extent.

Such a girl recently came to me asking for help. Now, I like to help everyone—it is my aim—but I sometimes get so impatient with the young ladies that I could almost shake them. This girl came to me, in tears almost, and told me her sad tale. She had heard several remarks, referred to herself, that she was getting "a bit tubby" before she realized what had happened to her.

"And you know, Miss Sargent, I simply cannot go to the shore this summer looking like a 'tub.' Why, I would be ashamed to get into my bathing suit. Isn't there something you can do for me. I am so unhappy."

Now, it is of no avail to cry over spilled milk, so I did not give her

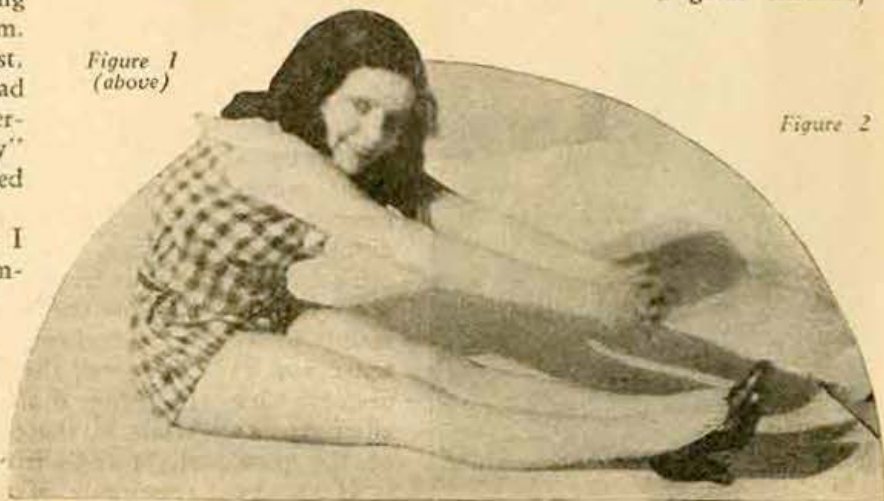


Figure 2



# ses For Women

## a Lovely Body and a most Charming ing and a Program of Carefully Culture Exercises

ET SARGENT

put on weight if we are not careful. I am not in favor of diet fads or strenuous exercise, but I do think that diet and exercise both play very important parts in this business of "shapely figures." And I think every girl and woman should have a knowledge of both and practice both.

Take, for instance, any screen or stage star you admire. How do you think she keeps that lovely form, that radiant health, her sparkling eyes and beautiful complexion? Through exercise, of course. Stars do not loll around when they are off-stage, as you would think they do. They have a certain routine to go through which keeps them as fit as they are. Some of them dance, some of them go in for outdoor sports, but most of them get to their own or some private gym and exercise!

Well, here I am lecturing, and I said that I would not; but a little bit now and then will not hurt anyone.

Now let us look into the daily life of the "tubby" girl. She sleeps until the last minute

Figure 3



Figure 4  
(above)



Figure 5  
(at right)



—probably in an ill-ventilated room—goes through her toilet in a slipshod manner, eats a heavy, unwholesome breakfast, walks slowly to the corner and takes a street car, even if her place of employment is only a few blocks away. When she gets there she just slides through her

work because she feels tired and sleepy. She is slow, slow and slow. When she gets home in the evening she sits down to another big meal—eating too much of the rich foods and desserts.

Then she finds a nice comfy seat—a book and a box of candy. Or she might exert herself a little more than that and attend a bridge or a movie. There is no activity in her life, no recreation. She is inactive, eats too much and does not take a general interest in life and in the things happening around her. Interesting, what!



Figure 6

reads the newspaper, and eats a wholesome breakfast slowly. She walks to her place of employment or at least a part of the distance, enjoys her work and makes a favorable impression on her employer and fellow employees.

She enjoys her light and wholesome lunch and her evening meal. She dances, she swims and she hikes, and she never fails to go through a certain number of exercises each night before she retires. That is the difference in their modes of living, which accounts for the difference in their scale of weight and health.

I said before, however, that the latter girl is very likely to fall into the footsteps of the former, once she reaches her goal and becomes too confident of herself. So I have outlined a "spring tonic" for all those whose cases are similar to the one that came to me, and who want to get back into shape and regain their former health.

First of all such a girl must resolve to get the "fresh air" fad—that is most important; secondly, she must resolve to correct her diet, cut out sweets, rich foods and pastries; next, she must walk more, and, last but not least, she

Altogether different is the girl who has a lovely figure and radiant health and who enjoys life and all it holds for her. That girl hops out of bed bright and early in the morning, does a few stretching movements before an open window, takes a cool shower,

must take up some form of exercise—those I have scheduled here will be most beneficial to her.

If you will persevere and practice regularly, before the summer is half over you will have eliminated those rolls of excess flesh that are so unbecoming to you. I should suggest from fifteen to twenty minutes every night just before retiring, and, if this is not possible, you should exercise at least three or four times a week.

For the first exercise I have outlined for you an excellent spine stretcher and a very soothing movement to the nervous system. Stand with legs apart, hands clasped, now bend with straight knees and endeavor to touch the floor with your clasped hands, as illustrated in Figure 1. Do this particular movement several times. It may be difficult at first but you will soon become accustomed to it and will enjoy it.

Here is a very effective movement for ridding yourself of excess flesh at the waist line and hips. Sit on floor, as illustrated in Figure 2, and with the hands clasped, knees straight and feet together, reach forward beyond the toes, getting a good stretch of the back at the same time. Be sure that you keep the knees straight out on the floor; do not bend them. A variation of this, and a good one, is to clasp the hands over the feet and pull. This is very good for the muscles of your back, shoulders and arms.

Again assume a sitting position, this time with the legs well spread, as in Figure 3, and reach forward with the clasped hands, first to the right and then to the left alternately.

For the next exercise we will take this one. Clasp the hands behind your back, heels together, bend forward and at the same time raise the clasped hands backward and upward, as in Figure 4. Bend forward from the hips as far as possible and keep your eyes fixed on an object about the height of your eyes. You will not be able to bend very far while you are in this position, so take this exercise easy at the start.

Here is a relaxation exercise—which most tired business girls need. Stretch as  
(Continued on Page 78)



Figure 7

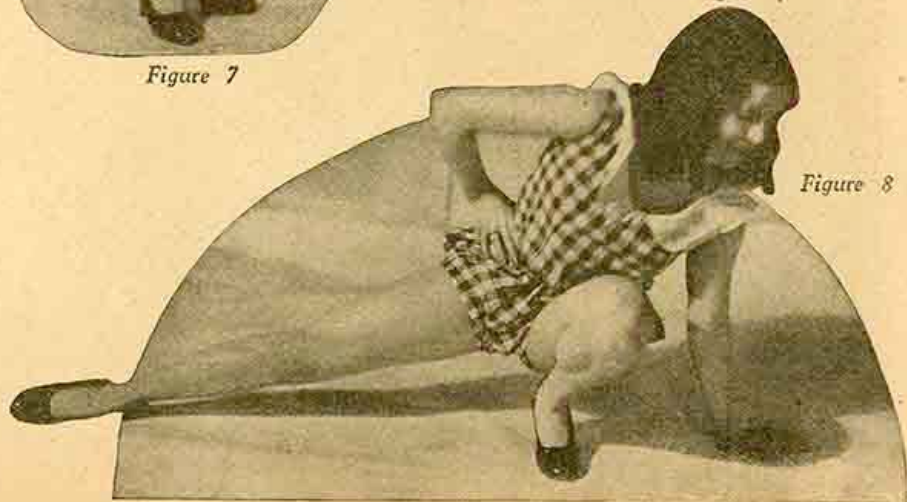


Figure 8

# Corrective Bar Bell Exercise

*Many Oddities and Defects of Developement which mar the Physical Appearance are Amenable to a Scientific Exercise Routine*

BY MARK H. BERRY

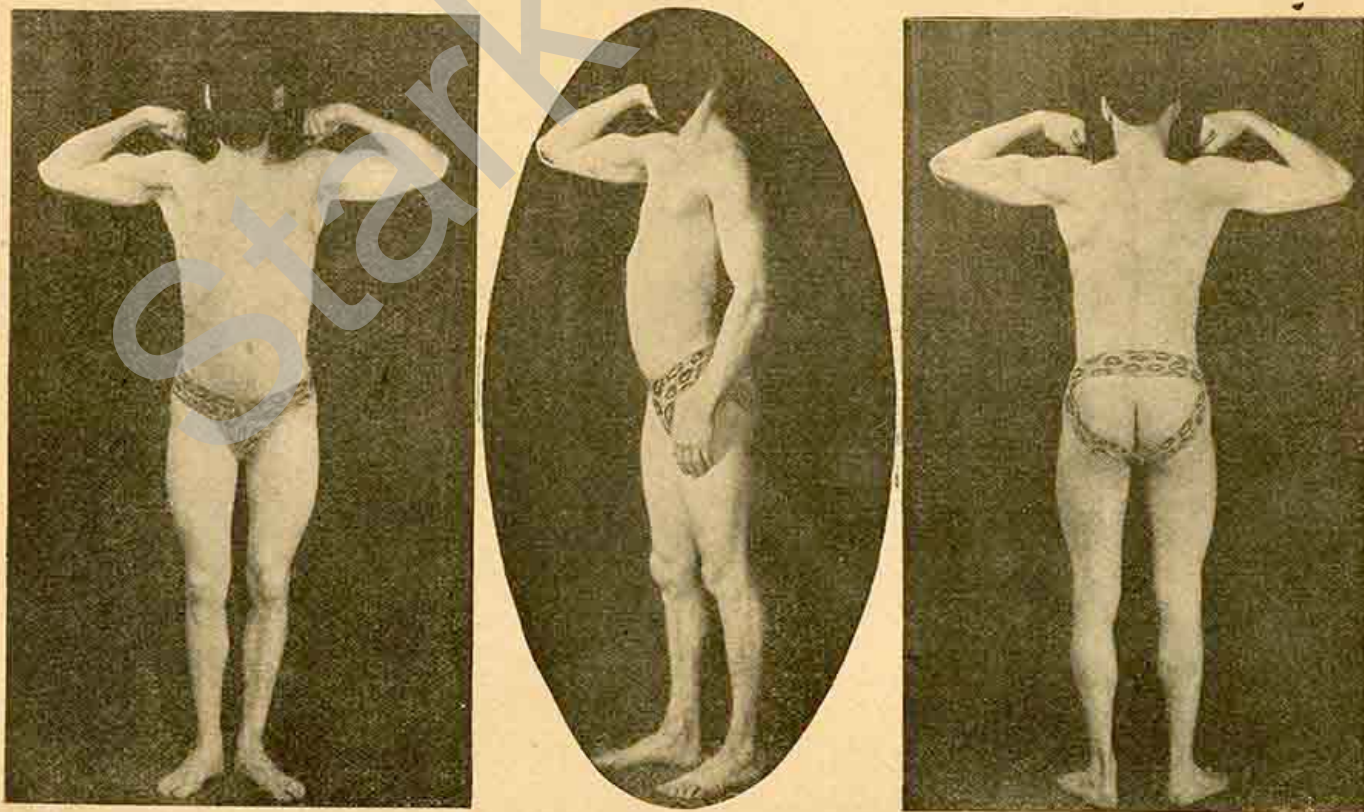
**W**HETHER or not we are all born equal is a question which has led to a tremendous amount of controversy in the past and which will, without doubt, be argued pro and con throughout the ages to come.

Those on one side may advance the declaration that normal persons come into this world entirely minus personal belongings; while opposed to this it might be said that although we are born with an equal number of limbs, fingers, toes, eyes, etc., some persons unquestionably start out with a keener intellect, heavier bones, and a stronger constitution in general than the average run of people.

However, be that as it may, we may consider the majority of infants normal in respect to length and strength of bones and number of muscles which

would mean that with proper care each individual should reach maturity naturally proportioned and physically perfect. Leaving aside the unfortunates who enter this world with the handicap of serious deformity and who should be placed under the personal care of expert specialists at the outset, and barring serious injury or deforming disease, every person has the birthright of a perfect, symmetrical body at maturity.

Those who have neglected treating deformities should seek expert personal advice. In many cases, the type of corrective measures outlined herein will prove beneficial, but cannot be relied upon to the same extent as in the type of cases we discuss. Naturally, such defects as bow legs, knock-knees, flat chests, round shoulders, and defects of a similar nature should



*Case A, B, C. Here general improvement is chiefly indicated, with emphasis on inside leg development, expansion of chest and correction of abdominal protrusion. Strenuous leg work overcomes the appearance of bow legs.*

not exist. When they are present they are the result of neglect or improper care of the body with which we are naturally endowed.

Take the common defect known as bow legs, for instance. During infancy and childhood the diet may be insufficient, either in respect to quantity or elemental content. Valuable minerals may be lacking which are required to nourish the bones, resulting in rachitis (rickets) or undue softening of the bones, so that when the child begins to stand and walk the bones bend. Other than this, some parents are prone to encourage premature standing even to the extent of attempting to force the child to walk. This also accounts for many cases of bow legs. Moreover, permanent curvature or twisting of the spinal



Case Y

column and joint defects may result from either of the causes mentioned above.

Having grown to maturity or approximately thereto, the individual with remedial physical defects can evince but little serious interest in the causes leading to the condition. He is faced with the more practical problem of finding a means of overcoming his weakness.

Realizing the great prevalence of variations in physical construction and appearance from the accepted standards of normal, not to mention the high percentage who are far from any possible standard of perfection, we decided upon the present discussion in the hope that it might be of assistance to a great number of readers, old as well as new.

After a perusal of the several photographs which we use to illustrate these pages, you may be inclined to doubt that such cases are other than

unusual. However, the defects shown here, if indeed they may be termed as such, are to be found existing upon the majority of men. I have purposely chosen examples of remedial defects which present no great obstacle to the properly arranged system of developing exercises.

Please spare the time to scrutinize carefully each photograph as we refer to it by its identifying letter. Due to the manner of laying out the photographs on each page, it being essential to group them by threes, we find it impractical to run all illustrations in the order in which they are discussed.

A very average type, indeed, is represented by Case A B C. Especially is this type to be found among men who have left the age of maturity a few years behind and are approaching middle age. This individual is not wholly unaccustomed to physical culture, as may be judged from the shape of his biceps and the well rounded contour of the outside thigh muscles. Without looking up his case in my files, I should judge he has done considerable light exercise for the arms and a great deal of something in the nature of deep knee bends or repetition squats without any weight for resistance. Furthermore, all of his squatting has been done on the toes,



Case D-E



Case D-E

with toes and knees pointed out to the side. The lack of chest size tends further to verify my contentions regarding the form of exertion to which he has been accustomed.

Guessing further, by noting the manner in which his left arm hangs at the side we might say this man has been used to doing work wherein the arm is bent the greater part of the time. A similar condition might be brought about by using a hammer, saw, or like tool the greater part of the day, or manipulating the handles on some machine. A fellow who depends on chinning for the best part of his arm exercise can cause the arm to hang in this position. This case will be referred to again and corrective measures will be suggested.

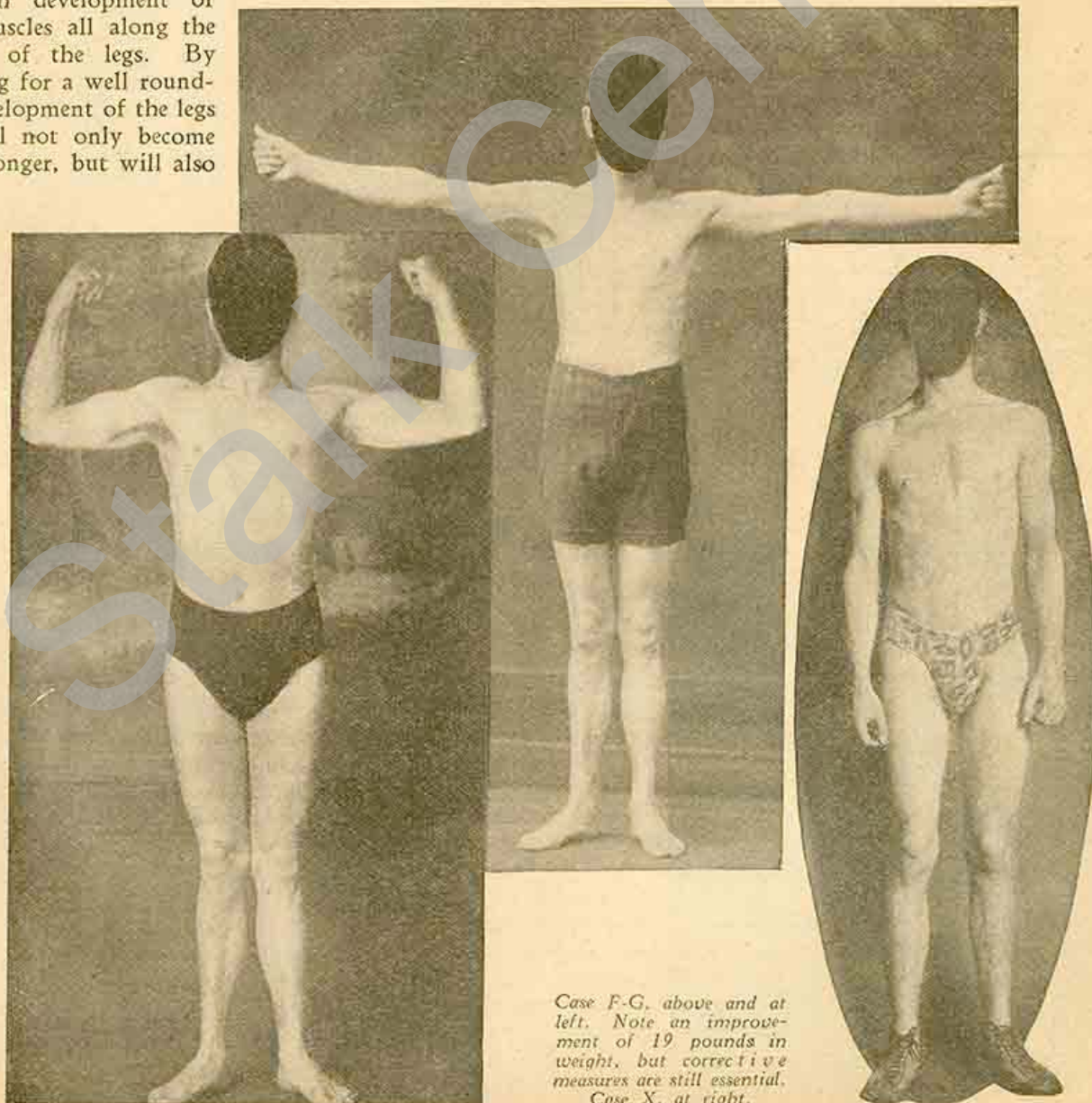
A young man who has spent considerable time in the development of his body is represented by Case D-E. He may have acquired a high degree of strength as the result of his efforts, and it is altogether possible that he is capable in many ways as an athlete; he has a relatively long body and slightly bowed legs. A discussion of the latter will be given later. Photo F shows his legs to better advantage than does E, where we recognize the possibility of decided improvement through development of the muscles all along the inside of the legs. By training for a well rounded development of the legs he will not only become far stronger, but will also

find an increase in chest size certain to accompany such improvement.

We encounter something more difficult in Case F-G, where a decided case of knock-knees must be overcome. You may note considerable change in his appearance between F and G as an increase of nineteen pounds was registered. Still, in spite of a general filling out over his entire frame, corrective measures are now in order. It is hardly necessary to look more than once to notice the change in the size of his legs; had he worn short tights when the first photo was taken the change would have been even more apparent.

Having passed the preliminary stage of bodily improvement exercises, the second photo shows this man ready for special work of a corrective nature, meaning we must strive to straighten the legs, and failing that, then to do everything possible to cover up the condition. We shall return to a discussion of such measures later, but before passing to the next case wish to call attention to the necessity of upper body improvement.

A better than average type is represented by Case H I. His leg bones are straight, and, taken as a whole,



Case F-G, above and at left. Note an improvement of 19 pounds in weight, but corrective measures are still essential. Case X, at right.

he is fairly evenly proportioned, though lacking considerably in physical bulk or muscular development. Judging from appearance alone, the experienced observer will detect the fact of his having practiced considerable exercise in some form or other. Though, as we mentioned above, his leg bones are straight, you may recognize the peculiar fact that in one respect he appears ever so slightly bow legged, and yet in another sense he gives the impression of having knock knees. This strange paradox, which is by no means unusual, is caused by the lack of inside thigh development and a corresponding lack of contour of the calf.

Certainly, his hips appear altogether too broad for his shoulders and chest, but as there is no method of reducing the natural hip breadth the solution of this point lies in developing properly the muscles of the shoulders and upper back, with a corresponding expansion of the chest or rib-box. He needs general all around improvement.

Another most common type of build is represented by Case X. Here we have a man, fully matured, who has been accustomed to some form of exertion. Besides requiring general improvement, he has one disfiguring fault to be overcome, one shoulder being lower than the other, undoubtedly caused by some occupational habit. This condition of sloping shoulders is certain to be accompanied by some degree of spinal curvature. Although he gives the impression of being heavier, this man weighs but 118 pounds in clothes at a height of five feet, nine inches.

Now, if you wish to note something



Case H-1



Case Z

strange in contrasts, refer to the photograph of Case Y who is five feet, ten inches in height, and who claims a weight of 150, which evidently represents his weight fully clothed in street attire. Suppose, however, we say he weighs 140 stripped, which would be around thirty pounds in excess of Case X, yet the latter appears to be the heavier. The individual



Case H-1

in Case Y has a defect, far from uncommon, which is termed a "hollow back." And, as is usually the case with the fellow who neglects his physical condition, the exaggerated lumbar curve is accompanied by protruding shoulder blades and a forward stoop of the shoulders, with

a consequent flatness of the chest and sagging abdomen.

Through development of the back muscles with a resulting increase in the strength or tension of these muscles it is possible at once to flatten the upper back, bring the chest out as it should be and in conjunction with these improvements, overcome the abdominal sag.

As regards the excessive lumbar curve, we cannot promise quite so much, although there are those who will gravely assure you that through sufficient effort of the will it is possible to overcome the hollow back. We would say this is true to some extent, but not altogether, as the curve is due to the construction of the lower torso and is not so amenable to corrective

(Continued on Page 79)

# Salads in The Diet

*Salads form a Pleasant and Easily Prepared Method of Introducing into the System many Valuable Food Elements, which in themselves may not be Appetizing*

BY WM. A. JEFFERSON

THERE is a saying along the line of "an apple a day keeps the doctor away." But did you ever consider the fact that "a salad a day" is an exceptionally good food habit for everyone, old or young?

Salads are extremely nourishing and the increased consumption of salads properly made will create a better state of health in every family. Enjoy a salad a day, or better still, try eating two salads a day, a light salad with the noon meal, and an appetizing one with the dinner. The salad should be eaten twice a day and should always be a part of the dinner. Then watch how the complexion clears up.

The use of carefully prepared salads presents one of the finest ways of balancing the diet as well as offering a most agreeable way of eating what is good for us. Whether these salads are made of fruits, vegetables, or pure leafy foods, they are essential to the maintenance of the healthy condition in the body. Leafy vegetables serve to correct deficiencies in other foods. Spinach, lettuce, swiss chard, cabbage, brussels sprouts, kale, turnip tops, beet tops, watercress, dandelions, mustard, cauliflower, and collard are all rich in substances which protect against deficiency diseases.

McCollum, of Johns Hopkins University, has said that the leafy vegetable contains dietary values which chemical analysis does not yet reveal, and that this class of foods has assumed a new place in the human diet. Dr. Clarence Lieb in reference to lettuce says that "To the corpulent, it is a boon—to the constipated, it is an intestinal balm of Gilead."

Lettuce, which forms the basis of most salads, is a very old-fashioned plant. Its mildly flavored, juicy leaves have made it a great favorite from the most ancient times. It furnishes valuable salts and vitamins and supplies bulk to the bowel action. It is especially to be recommended to those who have a tendency to overfatness and should be used by such persons very freely. The chlorophyll contained in lettuce is the underlying factor in producing vitamins. As Dr. Daniel R. Hodgdon so aptly states, "Lettuce is one of the greatest vegetable foods given to humanity. It is Nature's toothbrush, being rich in vitamins and mineral salts and contains the greatest amount of available

iron. It counteracts acidosis by keeping the digestion alkaline; also, lettuce is an excellent vehicle for the use of oils and lemon juice."

There are a few simple rules in regard to the preparation of the lettuce to bear in mind before the salad is actually made. The green leaves which are to be used in salads should be wrapped in damp paper or cloth to avoid evaporation of the moisture from the leaves. This will keep them crisp and fresh. Vinegar and other acids draw the water out of the tender salad leaves and cause them to lose their crispness. That is why salad dressing should not be placed on the salad until it is ready to be served.

Lettuce, however, and many other foods would probably disappear from the average diet unless there were some method of making it palatable. In itself it is a bland food, and requires something additional to encourage the appetite toward it. The desire for food should be keen—there should be a real hunger that is intensified by the sight and appearance of the food placed before you. That's one of the reasons the Pecano Salad is meeting with such success—simply because one of its features is the fact that it looks as good as it tastes.

The following are a few excellent recipes for appetizing as well as health building salads: Pecano Salad is made of halved pears, mixed fruits, diced maraschino cherries, lettuce, Pecano and whipped cream or mayonnaise dressing. Place three pear halves on lettuce; surround with mixed fruit; add dressing and diced maraschino cherries to pear halves, and top with dressing and Pecano.

Pecano Mixed Vegetable Salad. 1 cup cooked peas,  $\frac{1}{2}$  cup carrots,  $\frac{1}{2}$  cup beets, 1 tomato,  $\frac{1}{4}$  cup Pecano, and  $\frac{1}{2}$  tablespoon grated cheese Mayonnaise. Cube the carrots, beets and tomato. Combine all the ingredients with mayonnaise, and place an ample portion on crisp lettuce leaves. Sprinkle with celery seeds, chopped parsley and Pecano.

"The food we eat should serve a definite purpose. It should be utilized to build, repair, heat, energize or maintain the body. The foods which perform these functions may be divided into three classes: those foods which act as antiseptics, eliminators,

(Continued on Page 64)

# Marathon Running For 1930

*The Long Grind was very Popular in America a number of Years Ago. It seems due for a Return to Public Favor with the next Olympic Games*

BY JACK SHANNON

**I**N the center of a large stadium a long line of runners takes its shape. The brilliantly dressed crowd which fills the immense bowl ceases its loud hum of talk and laughter and becomes hushed as the announcer steps forth to proclaim the blue ribbon event of the present day Olympic Games. Far above the heads of the runners the many colored flags of the different competing nations wave brightly in the soft breeze, their black shadows casting a long line on the bodies of the athletes assembled below.

Finally the announcer steps forward again, addresses the waiting runners, and gives way to the starter. As the starter tolls off the regulation warning signals preparatory to pulling the starting gun the runners intently gaze at the road before them, they instinctively stiffen as the starter's finger tightens, and they leap from the line with the first faint sound of the pistol. But here is the place where this race differs from most others we see; instead of dashing from the line with all the strength at their command the runners assume a steady, dog trotting pace from the very start. The crowd rises to its feet with a loud cheer as the men sweep around the arena; they remain standing as the men leave the great amphitheatre one by one; they disperse as the last man passes out onto the open road. The classic event of the Olympic Games is on.

Some hours later the crowd fills either the same stadium or another one to await the first survivor of the classic grind.

The same brilliantly dressed throng is there and the same number of flags wave brightly above the walls of the stadium, but the turf below is empty of sinewy looking young men. Only important looking officials, with dark suits and white colored arm bands, appear. Suddenly a rumor runs swiftly through the stands that a runner is coming. Immediately there is a hum and bustle of strained talk. "Who is he?" "What country does he represent?"

The runner appears. But he is far from the fresh looking individual who started the race. Covered with dust, thirsty, leg weary and body tired he stumbles into the open stadium. To the cheers of the gathering he begins painfully to travel the remaining distance to the finish. Not far behind him another runner appears; he, too, slowly and painfully strives to reach the finish line, as well as attempting to overcome the lead of the first man. After what seems years the first man stumbles across the line, the winner. The stands roar their plaudits, the flags wave extra strongly in the breeze, the runner collapses.

Perhaps the above description may give you an

idea of the drama involved in the running of the present day marathon race. While this race is undoubtedly the blue ribbon event of the entire program of the current Olympic Games there is more than just that to it. The marathon has the tenseness and heart gripping of a well done movie melodrama. Fame, fortune, honor—all these things



*Cross-country running, like the marathon, is a tremendous test for a man's fitness and courage.*



and more go to the winner of an Olympic Marathon. And in so awarding the victor the race confirms the inspiring and almost sacred traditions of its inception.

Few people who follow the course of present day distance races know the inception of the now famous marathon race. They have a vague idea that the Greeks were the ones who started it all, perhaps as a part of their famous Olympic Games. But that is all. To those who have an interest in the beginnings and the wherefores of things the following paragraphs will prove to be both interesting and illuminating.

In the year 490 B. C. one of the most famous battles in the history of the world took place. According to more than one eminent historian the entire course of western civilization depended upon the outcome of that battle. The Persians, under the able lead of Darius the Mede, swept in great swarms from their homes and marched into Europe with the intention of conquering and subjugating the continent. Athens received word of this invasion and mobilized her forces to meet the oncoming Asiatic horde. Among the soldiers was the even then famous Olympic runner, Pheidippides. He was now sent with a message to Sparta for help; for two days and two nights he ran through forests, swam rivers, and climbed mountains. The fruit of his labor was the assistance of Sparta in the now epic struggle.

On the field of Marathon the greatly outnumbered Greeks, for once united in a common cause, met the arrogant Persians. From early morning to late afternoon the battle raged while the issue hung upon the will of the Gods. In Athens, twenty-two miles away, the Greeks staying at home anxiously watched the hills; uncertain whether or not the first figure to appear would be a conquering Persian or a retreating Greek. Late in the afternoon the tide of battle definitely turned toward a Greek victory; it soon ended in a complete Persian rout. Pheidippides was dispatched by his superior officer to carry the good news to Athens. Almost exhausted from a day of fighting, the heroic Greek threw his arms away and set out at top speed for his native city. Two hours later, his heart pounding like a trip-hammer, his face

flushed, his mouth gushing forth streams of blood, Pheidippides reached the gates of Athens. To the anxious crowd gathered around him he gasped out, "Rejoice, we conquer," and dropped dead. Such was the birth of the marathon race.

While there are no Olympic Games to be held this year the national marathon races and other even more local affairs will hold the attention of those looking for 1932 long distance material. The United States seems to have a shortage of material for this event in recent years, and the search for new talent is likely to be sharp and all-inclusive. The national

championships which will be held at the Olympic Marathon distance of 26 miles and 385 yards will take place the latter part of March, this year, and will be held under the auspices of the James Tappan Post of the American Legion in Staten Island. This will be the first time for the event to be held in the metropolitan district and should draw both a fine entry and large audience.

Last year our national championship went the way of many others and found the crown reposing upon the head of a foreigner—John C. Miles, of the Olympic Club, of Hamilton, Ont. The next two in line were both members of the Finnish Athletic Club, of New York City, Karl Koski and Willie Kyronen, while the preeminent American runner of the time, Clarence De Mar, finished ninth.

The prospects for the coming event appear to be very fine. While the championship itself is to be considered the main thing at this time officials of the Amateur Athletic Union are going to watch

closely the performances of all our younger American runners. Perhaps the most outstanding of the newer marathon runners is Harry Chauca, of the Los Angeles Athletic Club. Chauca has shown that he has Olympic possibilities by turning in consistently fast time over the Olympic distance, his best performance to date being the win of the Christmas Holiday marathon in San Francisco from a large and strong field. His time compared very favorably with the best times made over that distance so that his performance in the



Clarence De Mar ranks as one of the marathon's greatest stars.

# Protect Yourself With Jiu-Jitsu

*This Ancient Japanese Art is Unrivalled as a System of Self-defence. Secret Throws and Paralyzing Blows Revealed*

BY WILF. DIAMOND

NOW that Jiu-Jitsu has become a national sport in Japan, those who practice the art are not permitted to strike any vital part of the body. When an opponent is placed in such a position that he is in danger of having a joint or limb broken he acknowledges defeat simply by tapping the mat or some part of his victor's body with his hand. Hence the gentler, more modified art "Judo" is now in vogue, and is considered sufficient for the ordinary student.

The serious student, however, must be acquainted with more than "Judo"—he must know something of those secret, deadly blows, that have been passed down as a precious legacy through the ages.

The Jiu-Jitsu expert has a special knowledge of nerves and nerve centers and other vital parts of the body. Consequently he is able to kick, strike or poke some vital spot with surprising and sometimes fatal results. It is not generally known that this part of the art of self-defense was introduced by the Chinese in very early ages of antiquity. The



*The temple hold is much like the head chancery.*



*The chin push is a counter for the temple hold.*

knowledge was never imparted to beginners. It was only when the master of a "School" wished to pass on his entire knowledge for the benefit of posterity that he revealed his secrets.

There are some who think I should not give the information contained in this article, lest some unscrupulous persons take undue advantage of the knowledge. Poisons, gases, explosives, all are dang-



*A Jiu-Jitsu strangle hold on the assailant's collar.*

erous to human life, yet who will say that our scientists should not learn all they can about them? Then why deny the student of self-defense his right to all the knowledge of his science that he can obtain and assimilate?

When a Jiu-jitsuan strikes he allows the second knuckle of his closed fist to project a little. It is this forward knuckle that comes in contact with vital spots. It is not enough to know just which are the vital parts to attack. You must be ready to express your theoretical knowledge *in terms of action*.

Whether kicking, striking or poking, the fist, hand or foot, must always be brought back to its original position. It is a sharp, quick, chopping movement, the hand or foot being immediately withdrawn as soon as contact is made.

The side of the hand, that portion between the wrist and little finger, is used for striking. As a student I used to knock this part of my hand against the wall to make it hard. The object of this was to be



The forward strangle—a neck breaking hold.

inflicting a cutting blow behind the knees.

Included in the "danger zone" is a point slightly above the ear, a nerve-center located behind and between the nostrils, the carotid artery located at the side of the neck below the ear, a point between the eyebrows, a joint just about the lowest rib, a point one inch below the navel, and the location of the tender parts.

As a point of attack the solar-plexus must not be overlooked by the self-defense exponent. It is sometimes called the epigastric plexus on account of its location above and behind the stomach. It is a very vulnerable part of the body and offers a good target for defense when the occasion demands unusual severity, and the student must know its exact location. It is a little above the pit of the stomach, just below the sternum, or breast bone, where the ribs arch together. Now, having definitely located its position, let us keep it in mind as a point of attack in an emergency.

It is generally believed that the famous solar-plexus punch was first introduced by the immortal Bob Fitzsimmons in that historic battle at Carson City when he wrenched the championship of the world from "Gentlemen Jim." But the solar-plexus as a vulnerable point has been known to Jiu-jitsuans for hundreds of years. Besides a blow with the fist—the second knuckle protruding beyond the others—the Jiu-jitsu man uses his foot when a kick is more expedient. When kicking this vital spot he has his toes turned so that he connects with the ball of the foot and not the toe. An attack on the solar-plexus may also be made by poking with the thumb, elbow, or knee.

We have already learned that there is a nerve centre behind and between the nostrils. Pressure here is a very effective defensive, especially when you are

able to knock a man into a faint by striking, or "chopping" him across the forehead. For a similar effect I was taught to strike an opponent along the part in his hair on the left side. Also, I was shown how to deliver a painful blow by striking the upper arm sharply with this hardened part of my hand, or to bring a man to the ground by in-

attacked from the front. We use this in conjunction with the belt and chin hold, in which you pull your opponent forward with one hand and press his chin back with the other, pressing with one finger on this nerve center. We use it also as a means of getting the head out of chancery, and as a counter to the punishing temple hold.

The temple hold, as may be seen in one illustration, is obtained by securing your opponent's head in a modified chancery hold, and applying pressure on the temple by pressing your wrist bone against it. I know from experience that it is a painful hold. When giving demonstrations of self-defense at the British Empire Exhibition at Wembley, London, England, in 1924, I was challenged by a member of the audience who offered to test his skill against mine—an offer I promptly accepted. Having confidence in my art I allowed this man to take liberties—a fatal mistake to make because one must never underestimate the ability of an opponent. The result was I found myself secured in a hold that was new to me—the temple hold. The pain was excruciating, but I was equal to the occasion, for I successfully turned the tables against him by countering with my pet defensive move—pushing back the chin and applying pressure between the nostrils. I learned a new trick—and so did he.

I now introduce what I have termed "mastoid pressure." Pressure with the thumb just behind the lower extremity of the lobe of the ear, in the space at the side of the upper extremity of the jaw bone, is one of the holds only to be used in case of emergency. Pressure can be applied with both hands, one behind each ear. An opportunity is present whenever you can get your thumb in the desired position. The hold can be improved by combining it with an arm over chest hold as follows:



Mastoid pressure with arm over chest. A very punishing hold.

as you place your left foot against his right ankle you take his right wrist in your right hand. Pull your opponent sharply towards you so that his arm, palm outwards, is brought across your chest. Now bring your disengaged arm around the back of his neck and press your thumb into the hollow behind his ear.

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The "rabbit killer" blow with the edge of the hand.

# Health—Strength—Beauty

## (Our Girls' Circle)

Conducted by MARJORIE HEATHCOTE

I HAVE received a few interesting letters to be forwarded to Miss H. D. I thought the following letter rather interesting, so I am publishing it for the interest of all my readers:

Dear Miss Heathcote:

Enclosed find a letter which Miss W. has written to H. D. and which she would like to have you forward to her.

I want to thank you for the good your articles has done for Miss W. in the way of interesting her in physical culture. I personally know of a number of young ladies who follow your teachings, but who never think of letting you know what you have done for them.

When Miss W. first began exercising she had just arisen from bed where she had been confined for several weeks with a very serious illness. The first exercises she practiced were very simple, consisting of free arm and leg movements. After a few days she began using five pound weights. About a month after she had started exercising she began the progressive training which is followed by all bar bell users. She followed this progressive system for the next seven months and then became interested in various lifts. Her progress on the lifts has been rather slow due to the time spent in perfecting the form of lifting. At the present time she is able to per-

form in perfect style many lifts.

She can perform a full mount on the rings, back flip, hand stands and many difficult stunts in team work. She is very good at rope skipping, being able to make two revolutions of the rope (forward or backward) to each jump.

I do not make any great claims for Miss W., for I believe any girl could do as well if she so desired, and a great many could do better.

Sincerely,

Detroit, Mich.

C. W.

Now, my dear readers, I am not advocating weight lifting for women. However, we must distinguish between the lifting of weights to see how much can be lifted and physical improvement exercises with bar bell apparatus. In the case of normal women or young women who are quite mature, nothing but benefit can result

when extremely light weights are used to begin with and the woman is careful to proceed with moderate increases. Many girls write me about exercising with their husbands or brothers. As you must realize, we girls are constructed differently from men, so any girl contemplating bar bell exercises should seek the advice of an experienced instructor, as the real danger in handling weights is due to ignorance of correct positions and poundages.

In your case, we should consider moderate bar bell exercise less



Patricia Bowman captivates Roxy Theatre (New York City) audiences with her vivacious dance numbers on the stage.

strenuous than the form of gymnastic exercise to which you have been accustomed.

Dear Miss Heathcote:

This is the first time that I bought your magazine; the first time I ever saw STRENGTH was in my girl friend's house where her brother was reading it. Glancing the book over, I came across your article about blackheads and as I had a lot of them I tried what you suggested and it worked wonders; then I bought the July issue, and your help in "Our Girls' Circle" to the other girls makes me write this letter. Miss Sargent told of a fat girl who developed her body, and in the end got a fair reward when Miss Sargent failed to recognize her. Perhaps there is hope of a slim girl developing her body, not that I am slim, I am just not built right.

Miss Heathcote, will you please tell me how much I ought to weight and what my measurements should be? I am 21 years, weight 123 pounds, height 5 ft. 3½ in., my measurements are as follows: ankle 9½ in., calf 13 in., knee 13½ in., thigh 20 in., hips 36 in., waist 29 in., bust 34 in., chest 34 in., neck 14 in., wrist 6 in., forearm 8½ in., upper arm 9½ in. My feet and hands are the slimmest parts of my body; my abdomen is very big, I can't wear a two piece bathing suit on account of my abdomen. How can I build up my face, it is very small and slim? Is there any cure for freckles—I have loads of them and they look terrible.

I thank you for any advice you can give me.

Sincerely yours,  
T. S.

New York City.

Answer:

I am very glad to know that my blackhead prescription worked wonders for you.

For your height you should weigh around 118 pounds.

To reduce your abdomen I shall suggest that you try the following exercises. You will find them very beneficial for helping solve your problem.

Lie at full length on floor with hands under lower end of the spine to act as a support. Raise the right leg into mid-air as far as possible, holding the left leg straight

at the knee on the floor. Do this six times with the right—then six more with the left. Alternate and increase the repetitions until each exercise is given ten counts.

Assume the same position, prone upon the floor, as in previous exercise, with hands palms down upon the floor, to give a firm support. Raise both feet slowly with knees straight and feet close together until they are in a position directly above the stomach. Then lower them slowly straining to keep them from touching the floor, until they are about half an inch from same. It is the strain of raising and lowering the feet that does the work, so be careful not to permit the legs to drop rapidly or to touch the floor at all. At first it is better to rest between each count. Next relax them after two or more repetitions, until ten counts can be performed without resting or allowing the body to relax.

To build up your face I suggest that you eat wholesome foods, develop your body by proper exercise, and with the development of the rest of your body your face will eventually fill out.

The following lotion is very beneficial for freckles and at the same time is harmless. Have your druggist make it up with proper proportions of glycerine, lemon juice, and tincture benzoine.

Dear Miss Heathcote:

Your girl's column in STRENGTH is very interesting and I would appreciate any advice you could give me.

This is my problem: My waist "caves in" just above my hips creating a very unsightly effect. Am I too thin, is my chest too flat, or is it a deformity? What exercises would help this condition?

These are my measurements — Neck 13½ in., chest 27½ in., bust 32 in., waist 25 in., knee 14½ in., calf 13½ in., ankle 9 in., hips (largest part) 36 in., thigh 20 in., height 5 ft., 3¼ in. I am 16 years old and weigh about 111 pounds with clothing. What should my measurements be and what can I do to make them so? My hands and feet



Here we see one of the reasons "Sons o' Guns" made a hit—pretty Margaret Chambers would improve any show.

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# My Forty Years' With The World's Strongest Men

*The First of a Series of Several Articles Dealing with the  
Famous Strong Men of America*

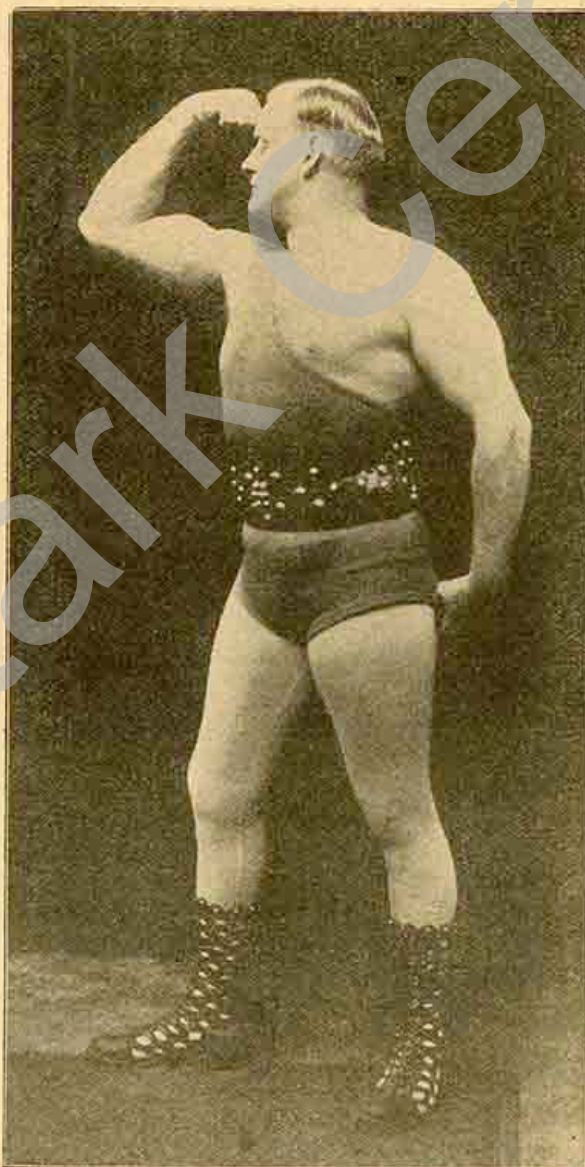
BY WARREN LINCOLN TRAVIS

*Editor's Note:—Mr. Warren Lincoln Travis has been recognized for a number of years as the World's Champion Weight Lifter at Back, Harness and Grip Styles of lifting. Though past the half century mark, he gives the impression of being many years younger, due to the remarkable physical condition he has preserved. In the near future, after the completion of this series, an article concerning Travis—The Strong Man—will appear by Mack H. Berry.*

**A** MAN'S GLORY is in his strength, is a saying which has often been repeated. It might better have been "The glory of the human race is in manly strength." You and I know that the world at large admires a strong man, the man who can do things out of the ordinary, and who by his precepts leads people to a proper understanding and respect for the perfectly developed human body.

Some mistaken person has foolishly said something to the effect that familiarity breeds contempt, but I can truthfully state that in my long association with strong men, nothing but the most profound and sincere respect for the man of strength has resulted.

Truthfully speaking, I could think of no better state of worldly happiness than to live among a nation of super men and, of course, women of like quality. For the trained strength athlete who really respects his physical condition abounds in good health and is a decent person with whom to associate. The outsider may hear of the animosities which are supposed to exist between strong men due chiefly to the challenges that are broadcast thick and fast. Though I do



*Warren Lincoln Travis, World's Strongest Man claimant, and premier Back and Harness Lifter of the World.*

not wish to be regarded in the light of questioning the sincerity of strong men challenges, it is generally true that any statements emanating from such challenges are in reality but surface attitudes and give no indication of the true respect which exists between the athletes, and we must consider them as merely business gestures intended to draw interest and attract attention to the relative merits of different men.

During the forty-odd years in which I have been associated with the strong man business, it has been my extreme pleasure to enjoy the friendship of many remarkable men who in my estimation compose the elite of humanity—the world's strongest men.

Mr. Berry has acquainted me with the fact that many readers of *STRENGTH* magazine are interested in having me set down my experiences as a professional strong man. Instead of writing from that angle, I have decided to omit from the present series of articles any reference to purely personal experience and tell you of my impressions of various men of strength whom it has been my honor to know.

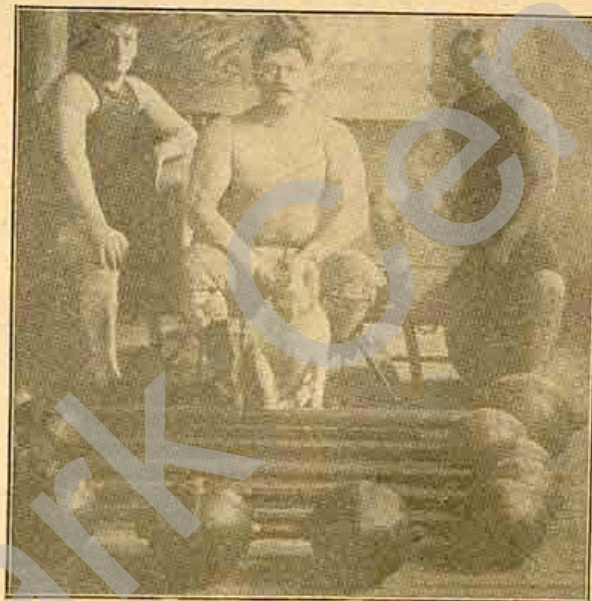
I have given my time and knowledge, in writing this

series of articles in a spirit of love of the game and the interest I have at heart for STRENGTH MAGAZINE and for the personal acquaintance of the editorial staff of the magazine. This series of articles I can safely say is about as truthful as can be written because I have had personal experience with all of these characters mentioned either in the form of working with them, making weights for them or being official weigher or judge for them. When I speak of my personal association with these men you may feel assured that I am speaking the truth.

Along about 1890, a craze for developing strong men suddenly took hold of the populace of America. Evidently, it had existed for some time previously over in Europe, but at the same time we must remember that the popularity for feats of strength had an earlier beginning over here, the hero of the early days being none other than the grand old gentleman of athletics, William B. Curtis. He became better known in later years as "Father Bill" Curtis, which name was given him by his admirers in recognition of the position in which he was held by them as the "Father of Athletics" in this country. He was a wonderful specimen of manhood, and in 1879 at the age of forty-two created a harness lifting record of 3,229 pounds. At that time his bodyweight was 165 pounds and even though he was comparatively light, his lift was a world's record for those days.



James Warren Kennedy, whose famous lift is discussed by Mr. Travis.



George Zottman (in center) who was renowned for general strength and gripping powers.

Harness lifting is a very old style of lifting. I have a book in which there is a picture of a man who lived in the 17th Century. Trojan by name, who was able to lift 1600 pounds in harness. He lifted barrels of water, gradually increasing the amount of water as he gained strength. The attitude and harness shown in the picture are similar to the style that is used today.

Curtis was capable of curling a pair of 75 pound dumb-bells with palms facing forward and body erect eight or ten times

without being exhausted, and was capable of taking a pair of 100 pound dumb-bells and pressing them over his head. These weights were cleared from the floor to shoulder without the use of his body for support. Of course, in those days the athletes were not so fortunate as to have a modern adjustable bar bell to use, so the way the situation was handled was this: they would have solid dumb-bells cast five pounds heavier each set. A man by the name of Henry Beumeyer, who was in the bonded storehouse business along South and Cliton Streets, New York



August Johnson, one of the greatest strong men forty years ago.

City, had in his private office these graduated dumb-bells. He was also a very fine specimen of manhood.

Curtis was a member of the New York Athletic Club. He was an oarsman, runner, boxer and general all round athlete, as well as being a great lover of outdoor sports. Unfortunately, while making one of his long hikes in the Adirondack Mountains a heavy snow storm overtook him; he was snowed in and frozen to death at the age of 65. This misfortune occurred in 1902.

About forty years ago, at the height of the new wave of strong man popularity, the late Richard K. Fox, then publisher of the Police Gazette, the leading sporting journal of America, had a 1,000 pound dumb-bell cast, but it was not in the shape of the dumb-bells of today. It was more like a massive block of iron. He offered a very valuable gold medal and title to the first man to lift this 1,000 pound weight. At that time there was a man known as James Walter Kennedy who was athletically inclined and developed. He was an oarsman and a general athlete, leaning, however, more toward the strong man. He was about 6 feet tall and weighed around 190 pounds, had jet black curly hair and mustache, and at the time was a special officer at the Globe Museum at 298-300 Bowery, New York City. Kennedy took a notion that he could lift this 1,000 pound dumb-bell with his hands and he began to train with a big whiskey cask, not using whiskey in it, but water, sand and rock as he gained strength. In other words he used the Milo Bar Bell system of gradually increasing weight as he improved in his strength. The

(Continued on Page 68)

# How To Excel on Track and Field

*Record Making Performances are the Result of Proper  
Training Methods. Valuable Pointers  
on Form Given Herewith*

BY CHARLES MACMAHON

IT is impossible, as you no doubt are aware, to write on the subject of "How to Excel on Track and Field" and make the information thus given fit every reader who is athletically inclined. There are, of course, accepted forms of execution which are, generally speaking, best for the greatest number of embryo athletes in all track and field events, but since no two persons are alike and no two persons act alike there must be some individual information, correction of form, etc., in order to bring out the best that is in an athlete.

Any young school boy soon learns the method (for instance, in the high jump) that is generally accepted to be the best but few school boys, if any, can hope to become world's champions without an expert coach such as we have in our colleges to correct the mistakes in his form and even invent new details of action to increase his efficiency.

It may be that a beginner has a peculiar twist of some kind when performing the actions necessary for the high jump. This twist is likely to be contrary to the generally accepted method of high jumping and the question would then be whether that twist should be eliminated or developed. It requires an expert to know the answer and he is not liable to know what is

the proper thing to do in a case like this until he has diligently studied the jumper in action, all of which means that at times an athlete's natural way of performing a given event turns out to be best, while again the accepted method produces the best results.

Take for instance, the two methods of approaching the bar in the high jump, namely, from the side and from a position straight in front of the standards, and you have an example of differences in methods. First-class performances have been made by exponents of both these styles, and which of them you should use is almost entirely up to your own judgment or inclination.

But these two methods of approaching the bar do not tell much of the details of high jumping as practiced by the experts. They simply mean that in one case the athlete runs straight towards the bar, his path forming a right angle with it, and that in the other the athlete runs obliquely or almost parallel with the bar. There is nothing in that description of the two methods of high jumping that tells you how fast you should run to the bar, how far the start should be taken from the bar, how the last step before leaving the ground should be taken, what the legs should do while they are in the air, how the body



*Victory! The end of a thrilling "four-forty" between leading Eastern college runners. This distance is a severe test of a man's speed and endurance and only the best can win.*



should lay out, twist, etc., and what the arms should do throughout the entire movement.

It is almost a waste of time to try to tell you all the methods of using the arms, legs and body after leaving the ground. The reason is that they are largely individual characteristics of the jumpers and either cannot or should not be worked into your own method. Of course, it is a help to know how the best jumpers go about it, and you may pick out many details that you find of advantage in your own jumping activities.

With all the so-called improvements in style details there has been little or no increase in the record of the jump. As far back as 1895 Mike Sweeney jumped 6 feet 5 $\frac{3}{8}$  inches. Such modern jumpers as Horine, Osborn and several others have succeeded in adding only a fraction of an inch to Sweeney's mark. It certainly looks as though the neighborhood of 6 feet 6 inches is the limit that human beings can rise from the earth by their own power. Only on one occasion has there been a higher official jump. The world's record is 6 feet 8 and a fraction inches.

The details of the high-jump as performed by an expert are difficult to explain without a demonstration, but perhaps you will be able to grasp them. We'll skip through them briefly for lack of space and also because this was not intended to be exclusively a high jump article.

We'll start from the beginning and assume that you have decided from which angle you would rather jump. In other days it was the custom to take a long run and to get up as much speed as possible, but in recent years the tendency has been toward shorter runs at a much slower speed. The theory is that great speed is necessary for horizontal distance as in the broad jump, but that it defeats the purpose of the high jump which is upward distance. Consequently most first-class jumpers take only about six running

steps at a jog and get their upward momentum from the last step.

After the body has risen to the height the momentum and leg kicks will send it a lay-out is usually resorted to for the purpose of clearing a greater height. The idea of the lay-out is this: if you clear the bar in a sitting position as most novices do your shoulders and head must be several feet higher than the hips and the bar. Now by throwing the head back and the legs and hips up you lower the head and shoulders and raise the legs and hips thereby obtaining for you a higher clearance. The whole thing comes very close to tumbling, which is the knack of changing the position of the body while it is in the air, and landing on the feet.

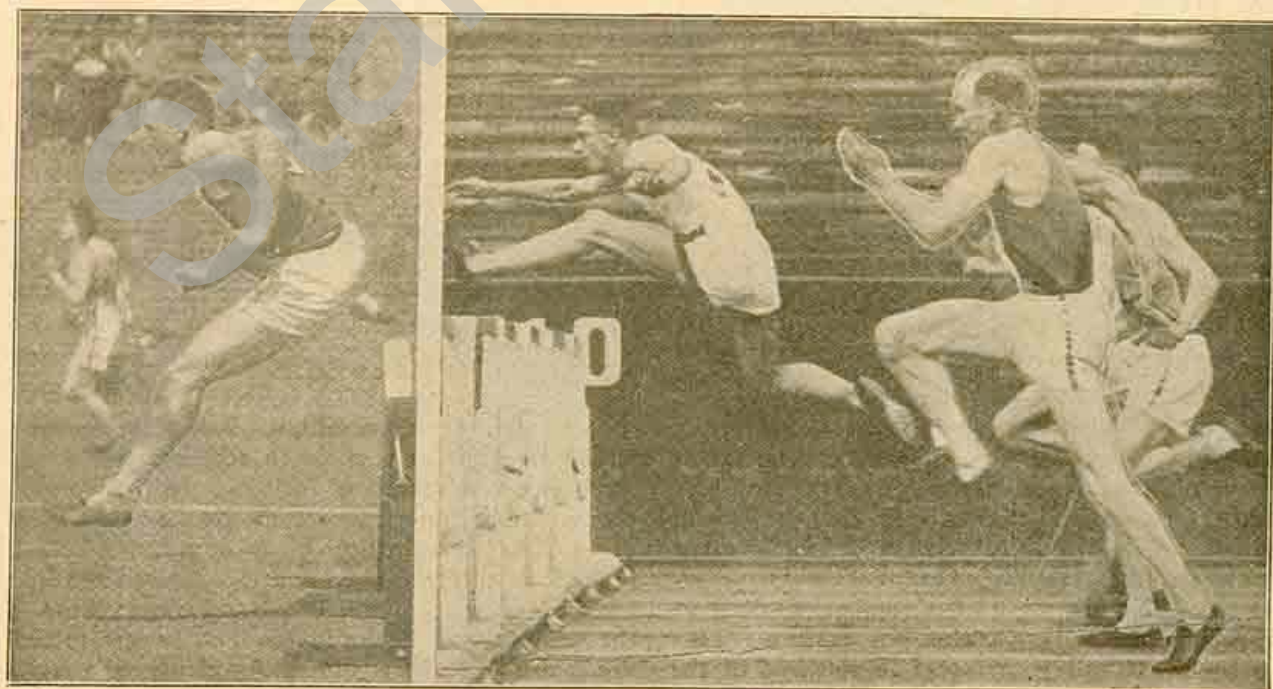
The arms as well as the legs and body are used effectively by the experts. A punch or swing with the correct arm at the right time works wonders for some jumpers. But as I said before it is an individual proposition after the general idea of how to high jump has been perfected.

In order to give the runners, too, a little "dope" before I "sign off" we shall next discuss sprinting and the generally accepted methods. Sprinting applies to distances up to about three hundred yards. The reason is that experts agree upon that distance being the limit at which a person can travel at top speed. It must be remembered, however, that we are speaking of well trained runners, for unless you are in good running condition even one hundred yards or less will be your limit.

Taking for granted that you have first put yourself in good condition for running by following a light training program suitable for the runner, we will then take up a few important points.

First, the position your feet are placed on the track at each step is important. The foot or toes should

(Continued on Page 67)



Correct form has much to do with success in the hurdle events. These action photographs show several stages of the leap. Notice the nice actions of the three figures in taking the barrier.

# Ask The Doctor

## Department for Solving your Health Problems

By DR. B. M. MIDDLEMAN

*An old feature revived. Each month our doctor will discuss such questions as he may consider most important from his correspondence. This month he covers the subjects of Colitis, Pyorrhea, Gall Trouble, Focal Infections, Heart Block, Diarrhea, and other complaints—The Editor.*

**I**N reopening this department, I have, first of all, the thought in mind of discussing some question which will prove of importance to the greatest number of readers.

Looking over my files and judging from the letters previously received, the most popular subject in the minds of those who took advantage of this service was Colitis, of Ptosis. I say popular for the reason that I was "swamped" with letters seeking information on this particular subject. Furthermore, regardless of the fact that I had covered this form of illness month after month in this department, the letters continued to pour in, seeking further advice. Evidently, those who read these pages could not see any similarity in their cases and the cases previously discussed herein.

We should judge that no matter how similar two cases are the stricken ones fail to realize the fact, even after reading the symptoms and treatment. In further proof of this statement, we formerly published pimple treatments at regular intervals, but dozens of letters seeking advice on the treatment of pimples were received weekly.

Likewise, although we discussed the treatment and causes of intestinal inflammation almost monthly, hundreds of letters dealing with this complaint were received. Time and again I have considered writing an article on this ailment. However, we have refrained from doing so due to the number of times we have brought the subject before our readers. This month I wish to call your attention to some of the most important points to be considered in connection

with gastrointestinal inflammation, likewise referred to as Colitis, Mucous Colitis, Spastic Colitis and, due to the characteristic sagging condition of the stomach and intestines, Ptosis or Interoptosis. The individual is thin and scrawny in appearance, and is greatly underweight for his or her particular height. They suffer with constipation of the most aggravating and stubborn nature, and after a length of time nothing seems to promote a bowel movement. Of course, they do occasionally have a movement, such as it is, or life would soon cease; however, whenever there is an

evacuation, it is likely to be accompanied by a discharge of mucus, blood or both. Such individuals hear of the value of bran, whole wheat bread and a diet consisting mostly of coarse foods containing a large percentage of roughage and cellulose. Evidently such treatment only tends to aggravate the complaint and instead of improving the patient seems to become worse.

Entirely too much has been written and preached concerning the value of the coarse diet for constipation. It is altogether wrong to assume that one form of treatment will correct all forms of sluggish bowel movement. It

would be quite as sensible to advocate one form of treatment in a variety of diseases. In those who are normal in bodyweight or stout to the point even of being "fat," constipation is, no doubt, due to a lack of bulk in the food mass and can be corrected by the addition of whole grain bread and cereals, bran, and the use of certain fruits in the diet, besides including vegetables and greens containing plenty of roughage. Butter, fats and oils are likewise of immense value, as

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

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

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

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

# The Mat

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

SOMETHING OF INTEREST TO ALL WHO ARE SEEKING STRENGTH AND DEVELOPMENT.  
ANALYTICAL DISCUSSIONS ON EXERCISE AND ALLIED SUBJECTS.

BY MARK H. BERRY

**H**AVING accumulated a number of letters touching upon points which may prove of especial interest to a goodly portion of those who regularly follow this department, we offer them for your approval. Undoubtedly, the casual reader should find the subject matter of the following discussions absorbingly instructive.

Editor of Mat.

Dear Mr. Berry:

I come to you, like hundreds of others, for advice; you see, Mr. Berry, I am very fat. I am naturally big-boned, but there is no need for me going around with about 65 pounds excess weight. I like athletics, and go out for all sports. I have tried to reduce; my abdomen will go down some and then will come back to its former size. I like weight lifting, but have never followed any course except what you have in "STRENGTH." I am fatty all over, and my pectoral muscles are so fat and big I am ashamed of them. Won't you please put some advice in "STRENGTH" next month as an answer. I will appreciate it very much.

Very sincerely yours,

Lowell, Mass.

A. J. G.

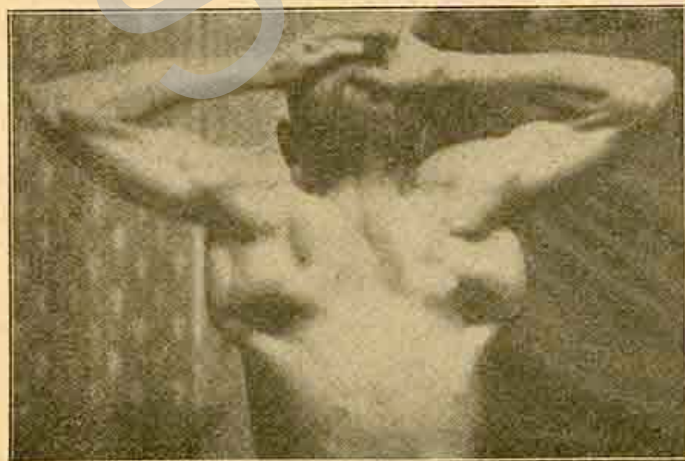
P. S.—I weigh 219 pounds stripped, at a height of five feet six inches.

REPLY:—My attitude in connection with reducing is identical with my attitude on gaining weight, i.e., any normal individual can accomplish either, meaning of course that thin men can build up and fat men can reduce. It is only necessary that you get on the right track and then be persistently consistent. As has been said times without number, the fat man should remember that it took him considerable time to accumulate his adiposity, therefore he must be content to take a good length of time to relieve his system of the "butter" with which he abounds in excess. To do otherwise is more than likely to result in some degree of embarrassment to the internal organs. Not only is it far from sensible to attempt quick reduction, it may even prove dangerous; the effect upon the system may not be felt immediately but nevertheless may be present.

For these reasons just mentioned such drastic measures as long periods of steam baths and sweating are not to be recommended.



J. Arthur Gau, 5 year old son of Arthur F. Gau, of Rochester.



"Teddy" Arco, 17 year old son of Otto Arco, after six months bar-bell training and just graduated from high school. Let us know if you would like a regular series of "Sons of Strong Men."



"Ted Richter, winner of 1929 Apollo contest at Northeast High, Phila. Weight about 160; height around 5 feet 10 inches.

Diet is of course important, but the majority of those who are overweight will refuse to stint themselves to the necessary extent. Moreover, there is no use denying oneself the good things of life, providing a healthful amount of activity is made a regular rule.

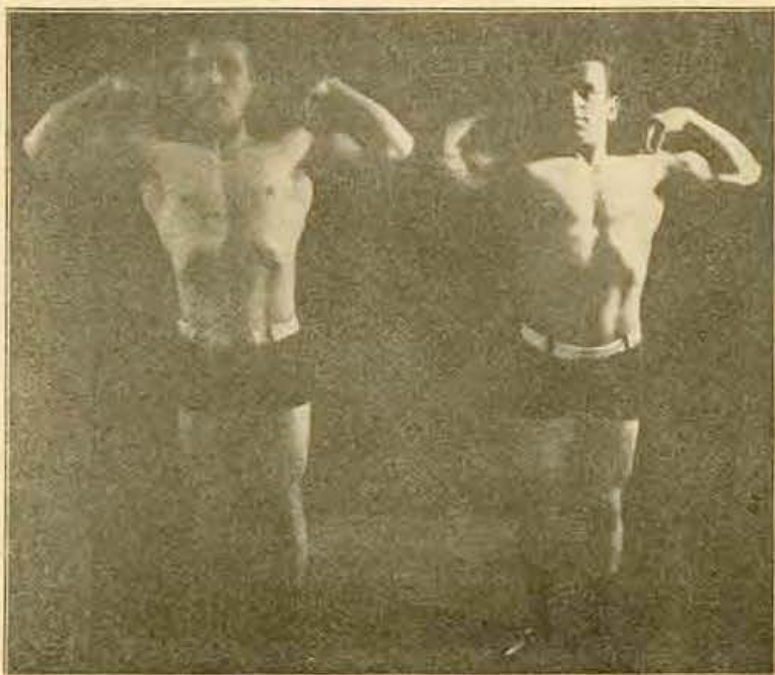
The sensible way to go about exercising for the purpose of reducing is to start in easily and very gradually make the work (pardon the word) more strenuous. Our friend, "A. J. G." complains that his abdomen will go down only to come back up again. I will guarantee him more lasting and even permanent results if he will follow a routine of exercises such as I shall now outline.

Bending movements are essential and overweight persons simply won't bend; it is most uncomfortable for them to do so. A form of internal choking takes place when a fat person bends, the internal fat crowds the vital organs and the amount of free space within being limited, a sense of suffocation is experienced.

Take it easy, but learn to bend and—what is more—learn to like bending. Bend forward and to the side while standing, also while sitting on the floor, even if you must assist the action with the hands. When capable of doing so without too much discomfort, practice sitting up while seated crosswise on a box, stool, or chair; of course, the feet must be well anchored. In addition, while lying prone, and with the feet anchored under some immovable object, practice sitting up, also raising the legs from the floor as far towards the head as possible. Practice making bicycle motions with the legs while lying on the back. Whenever you sit up, or bend over, double the body up as much as possible.

Just as soon as you get broken in to these movements begin using weights in the hands to offer the necessary resistance which the muscles require. Bending is good for making the hips more shapely, this part of the anatomy being fat usually when the waist and sides are oversized. The use of heavy weights in the hands while bending forward and regaining the erect position should be used. If you should practice a regular bar bell course, and after graduating from the preliminary period, take up lifting movements, the necessary bending will aid you in keeping a trim condition of the entire body. Snatching in the modern method, even with a light weight and repeated many times, will aid you in keeping trim. Likewise, bent pressing and side pressing have the same effect. Now for an outline of exercises to be practiced by the man who has passed the preliminary stage and is in condition to handle weights or moderate poundage. What I really refer to here is that extremely fat men, or men who are in extremely soft condition and who have not been accustomed to exercise for a long time, will need to do some easy bending for a while to overcome the uncomfortable stage.

The dead lift exercise with stiff legs, repeated fairly often with a moderate weight; side bending ex-



The LaChance Brothers, of Lebanon, N. H., who conduct bar bell classes at their local Community Center.



W. G. Underwood, Jr., H. M. S. "Calypso," showing his neck strength. He seems to have just plenty of "stuff" above the shoulders.

ercises, either in the form of a side press or with the bell hanging at the side; repetition squatting, as in the deep knee bend—while handling a fair sized weight on the shoulders—here the flat foot squat is best as the body is compressed more than in the regulation style on toes, the standard abdominal exercises of floor sit ups, leg raising, and the sit up across a chair: all these exercises should be specialized in, besides practicing other movements for the rest of your body. If you are used to exercise and have found it difficult to reduce, perform these movements six or seven times a week. The beginner will be wise to stick to three workouts weekly for some time. Make the exercise periods more severe by practicing these movements at both the beginning and the end of each training world. We are plenty of clothing to induce copious perspiration, or as we might say, sweat a-plenty. Don't dry yourself out, but drinks lots of water.

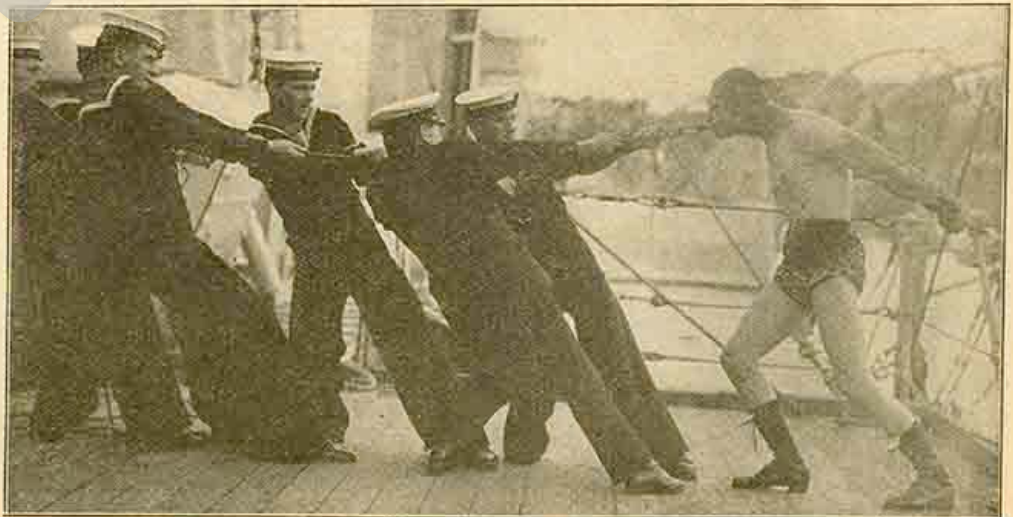
Now as to diet, cut out potatoes and most of the starchy foods: when you eat soup, be sure it is of the thin variety: fill up on salads and greens, which means you should eat plenty of lettuce, celery, spinach, endive, etc., also lots of cabbage and sauer



Wrestler bridge support of a half ton. Ship roll necessitates the steadying rope.

resting every Saturday and Sunday? Would resting

(Continued on Page 69)



An impromptu tug of war between Mr. Underwood and some friends, showing jaw and neck strength of the "British tar."

kraut. Also cut out fat meats, pastries and sweets. Eat fruits and vegetables in good quantity—it isn't necessary to starve yourself.

Before ending this discussion, we must mention peculiarities which may effect the individual. People are often fat, not because of eating too much, but because of some glandular disturbance or condition of unbalance existing between the glands. In conditions of this nature a physician can best advise the individual. It is certain that if you are of the unusual type of person who after trying all manner of hard and laborious exercise, still remains fat, there is no sense in carrying the thing to extremes and wearing yourself out. The only sensible thing then is to continue active, preserve a hard and healthy condition and forget about being fatter than styles might dictate.

Mr. Berry

Dear Sir:

There are two questions which I wish to ask you. First, which do you advise me to do, exercise regularly every other day or regularly three times a week, say every Monday, Wednesday, and Friday, resting every Saturday and Sunday? Would resting

# Soccer--The Universal Game

*This Centuries old Game of the British Isles has Attained Greater General Popularity than any other Sport; It is Played Under Like Regulations Everywhere*

BY CASPER H. NANNES

THE whistle blows and twenty-two hardy looking young men get into action. They are clad in what appears to be a running suit, a heavy pair of woolen stockings reaching to their knees, and two solid looking boots. The action revolves around a big round ball, which is kicked to and fro with startling rapidity. Suddenly one of the players gets it free and gives it a hearty boot down the field. The ball ascends in a beautiful arc through the air. As it descends toward the ground the defense man rushes to meet it. Instead of waiting for the ball to hit the turf he jumps high into the air, like a graceful ballet dancer, to butt the falling sphere with his head. Once again the ball is in action; the men mill about it until someone gets it loose and either kicks a goal or boots the sphere so hard that it goes deep into the other team's territory.

Perhaps the secret of soccer's success is its perpetual action. There are no rests, the ball is almost always in play. With the exception of the few times that it goes out of bounds the players are in motion all the time. Another feature is that the fortunes of the play change with lightning rapidity. One side

may be well on the way to a goal, may be around the goal territory for five minutes without registering the point; then suddenly one of the defense men gives the ball a strong kick that carries it down to the other section of the field where a waiting player may be just in the right position to receive it and make a goal. The game is much like ice hockey in that respect, no team can tell when it is safe from a goal attack.

Of all the sports we play soccer can put forth its claims as being the most universal. This game is played in no less than fifty countries, and these countries are as widespread as China and the United States, Spain and South America. Not only is the sport played in all these different and far flung nations but it is the national game in most of them. In Spain the place of the popular toreador of the bull ring is being rapidly taken by the brilliant star of the soccer field. It is not too much to say that another decade will find soccer supplanting bull fighting as the national sport of this European country.

One of the things that has enabled soccer to spread all over the world is the simpleness of the basic foundation of the game combined with the very



*The Fall River outfit has long been one of the best teams in America. Here we see the team and some of their many trophies emblematic of victories they have registered in the past.*

important fact that the rules in China are essentially the same as those in England. In fact, in speaking with one of the leading officials of the sport in this country, the point was emphasized that an American referee is qualified to step on the soccer field in any country without having to learn any more about the rules of the game than he has already learned for officiating at contests in the United States. Only those officials of the different sports who have had the arduous and often thankless task of trying to unify international rules can appreciate the value of this uniformity.

While the game has been played for centuries in the British Isles, particularly in Scotland, it was not until 1863 that the first real rules were drawn up at Cambridge. Soccer then came under the auspices of the Football Association, which has since retained its premier position as the leading body in that country. We find, however, that there were slight differences in the rules of Ireland, England, Scotland, and Wales at this time which made international matches hard to play. To overcome this difficulty the above association called a meeting of the other three associations in 1882 and international rules were laid down. With a few minor changes these rules are followed today in all parts of the world.

Soccer has undergone two distinct periods in the type of game played. The first period lasted until the end of the last century, and was marked by stirring individual performances. The strong point in the game during this phase was that of dribbling the ball. A player would get the ball in the midst of the field and attempt to go right through the whole opposing team for a goal. This type of play resulted in much more spectacular work than does a passing game, but it had the obvious defect of lacking teamwork. Those old timers, however, who remember the stirring cries of "There he goes" when a brilliant back like William

Gunn, George Brann, or W. N. Cobbold got off for one of his long runs feel that the game has lost something hard to replace.

The second period, and the one in which we still are, made the game a more scientific one. Instead of relying upon a sterling back getting loose and shooting a goal through his own individual play the teams of today emphasize teamwork. Methods of drawing the other team out of position are carefully studied. The best points from which to attempt a goal kick are figured. While this has had the effect of making the play more scientific and accurate—and some think even faster—it has the obvious defect of limiting spectacular runs. But, after all, it is no longer spectacular runs that win ball games—it is goals.

Although soccer has been played in the United States in Pennsylvania and adjacent states since colonial times it was not until the latter part of the nineteenth century that the sport took any sort of hold upon the American people. The game then centered among the foreign element, who had played it in Europe and who had brought it to America with them. Until the end of the World War the game remained popular in these centers of foreign population, but since 1920 the American schoolboy has taken it up with a bang. As a result of this we find high schools and colleges supporting the game and giving varsity recognition to the players of the team.

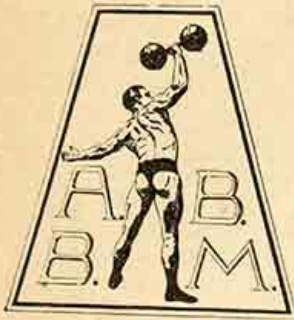
"What is the chief qualification for the game?" I asked one of the prominent executives of the Association.

"Endurance," was his prompt answer. "A soccer player has to be able to keep going up and down the field at top speed throughout the duration of a half. There are no real rests between halves, and if a man is not able to keep abreast of his opponents at all times he is valueless to his team. The second

(Continued on Page 62)



Soccer is a game for fellows who like to do a lot of kicking, but it also calls for lots of headwork, mental and physical. Here two defensive men are jumping up to "head" the ball.



# Association Notes

*Shows in Australia, Rochester, Hagerstown, Akron, Portland, Missouri, DuBois, Coatesville, Montreal and Philadelphia. Dandurand defeats Manger. A. A. U. championships in New York City. Future shows in Philadelphia and New York under direction of STRENGTH MAGAZINE. Big Features. Next Philadelphia show APRIL 12th.*

BY MIKE DRUMMOND

**T**HINGS have been happening in rapid fire order in American weight lifting circles. Undoubtedly this will be the biggest year ever in the history of the sport on this side of the pond.

Lest those who are interested should forget, we take this occasion to prompt them concerning attendance at the National A. A. U. Championships in New York City. (For exact dates and location see end of "Notes.")

We can assure you that the lifting in store for you at the above mentioned meets will be worth making a good trip to see. We even venture the statement that the lifting will be worth a trip across the continent for those who can afford such a luxury. We believe that no lifting fan or bar ball enthusiast living within two or three hundred miles should miss the opportunity to take in these lifting meets, especially the championships. Be loyal to your sport—you fellows who admire strong men and yearn for a chance to see the best exponents of scientific lifting in action should make it a point to be there when the American lifting athletes go on the boards, for, unless we miss our guess, you are going to be treated to competition, the like of which has never been seen on the west shores of the broad Atlantic.

Every year baseball "nuts" take long trips to see the world series, some of them even camping on the spot over night to be there bright and early. In boxing it seems to be a cinch to fix up a big "battle of the century" and coax thousands to take long trips. So,



*Victor Olson, Hartford, Conn., winner of gold medal for posing.*



*Arthur F. Gay who lately returned to action in Rochester.*

come out of your shells, you loyal STRENGTH readers, and be on the spot when the first bell is lifted from the platform for the title contests of 1930.

Please note that all future A. B. B. M. shows must be sanctioned by the Amateur Athletic Union and that all amateur weight lifters who wish to preserve such amateur standing must be duly registered with the A. A. U. We advise every interested fellow to purchase a copy of the Spalding's A. A. U. Handbook from the nearest sporting goods dealer—they cost only 25 cents apiece. Read the rules—digest them—and be sure about every step you make.

One thing you must be certain about, and that is not to appear at shows, benefits, or any





Golden Gate Bar Bell Club, of San Francisco, Cal., open for more members. Rather a husky bunch we say.

kind of performance unless such show is properly sanctioned by the A. A. U. If in doubt, write this office. Really, there is no trouble in getting a sanction for private lifting meets. Look up the name and address of your district secretary (these were published in the last issue of STRENGTH) and simply apply for such sanction well in advance of the date of the show in order to give the authorities plenty of time to act.

Now, to get down to the business of reporting shows and meets which transpired recently. We have here four from Australia, one each from Rochester, Hagerstown, Akron, Portland (Oregon) Missouri, Du Bois, Coatesville, Montreal, and Philadelphia, with the addition of sundry news items. That should be plenty for one monthly report!

Without wishing to slight anyone, we presume the Montreal show holds the greatest interest for the majority of readers, but for certain reasons we hold it over until later in these reports and begin with the report of the Rochester show as furnished by our special correspondent.

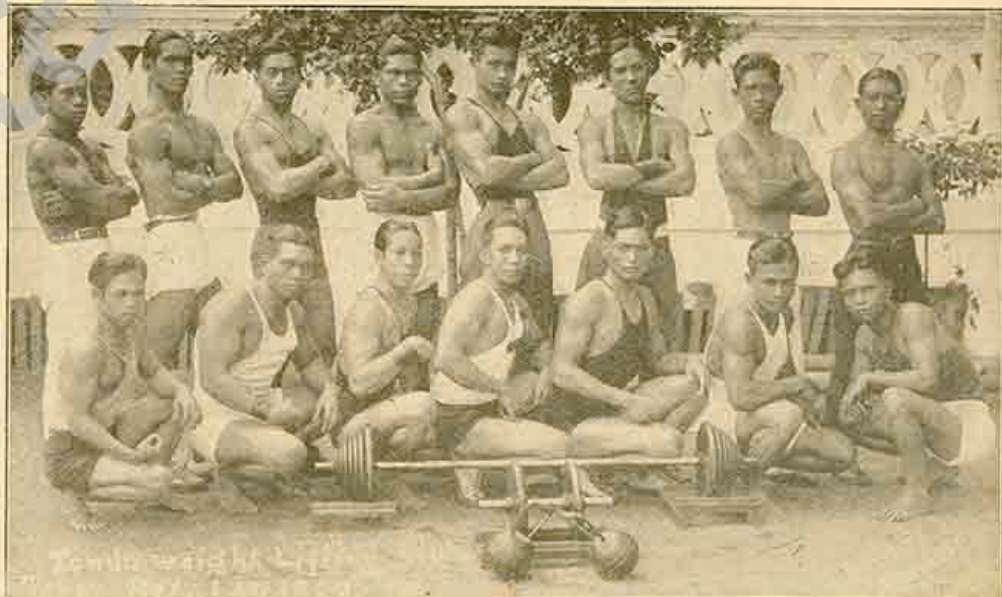
On the evening of February 8th, in the gymnasium of Arthur F. Gay, located at 252 East Ave., Rochester, N. Y., the third Strength Show was held. The gymnasium which is 100 feet long and 40 feet wide was cleared of all unnecessary apparatus and Arthur had had a neat stage built since the last show, raising the



Rumaldo Eugenio,

STRENGTH MAGAZINE were responsible for this condition.

The first performer was William Sharples, 124 lbs. Art announced that Sharples would try for three American records in his class. He was a little stiff at first but after warming up with a 75 and then 95 pound dumb-bell he proceeded to do 100½ and 110½ in the Right Hand Bent press with dumb-bell, a new American record. Next he did the same lift with the left arm, warming up with two lifts of 100 pounds, then doing 110½, 117 and 122½ which is also a new record in the featherweight class. The bent press is Arthur's favorite lift and the way Sharples performed this lift was certainly pretty. His form was perfect and showed the results of proper training. The next and last trial was the Crucifix. William first took 67 pounds to "stretch out"



Tondo Weight Lifting Club, Manila, P. I.; M. G. Antonio, Principal. Rumaldo Eugenio, silver medal winner, is second from the left, standing.



M. Donat Plourde, Pres. of Canadian Weight Lifting Association.

with, then  $73\frac{3}{4}$ , and finally 79 pounds, another new record. Sharples received much well deserved applause for his efforts. This boy will do lots better on these lifts before the winter season is over.

The second performer was George Petroski, 150 pounds. George

first lifted 148 and then  $156\frac{1}{2}$  in a Two Hand Military Press and then took  $167\frac{1}{2}$  and 174 in the Two Arm Press and handled both easily. Next he took the Crucifix, first  $73\frac{3}{4}$ , then 79 and finally 82 pounds, which I believe is a New York State record for this lift. Petroski will go much farther with this lift with more training. His fourth lift was the abdominal raise. After warming up with three repetitions on 45, one each on 55, 65, 70 he took  $81\frac{3}{4}$  and finally succeeded with  $84\frac{1}{2}$ . He will exceed 100 pounds on this lift before many weeks. He received a big hand for his efforts on this stunt and the crowd certainly enjoyed the beautiful display of abdominal development George possesses. Then he lifted 276 and  $354\frac{1}{4}$  easily in the Two Hands Dead Lift. At the first show we held George displayed his ability on the Roman rings so I asked him to give us another demonstration. He first went into a very slow breast-up, then came down fully extended, next raised himself up and did a cat skin and finally another breast up, repeating this combination ten times easily, neatly and without effort. When the audience thought he was all through and must certainly be tired out he surprised them by doing five easy "straight-outs" and called it an evening. They certainly liked George's performance and he received a good hand.



Arthur Dandurand with 406 pound Ford engine which he lifted to his shoulder without assistance.

George Sym, 154½ pounds, came on next. He tried again on the Olympic lifts. George sustained a strained ligament last week and was somewhat handicapped, but did not complain and no one knew of the difficulty under which he was lifting. He took the Two Hands Military Press first, lifting 148 and  $158\frac{3}{4}$  pounds, failing with  $161\frac{1}{2}$  on his third attempt. He then warmed up with one lift of 127 pounds in the Two Hand Snatch and then took 144,  $149\frac{1}{2}$ , and finally 155 pounds, establishing a new record for himself on this lift. Lastly he took The Two Hands Clean and Jerk and succeeded in doing  $201\frac{1}{2}$  on his first attempt, failing with 207 and his second, but making it easily on his third attempt.

Stoddard Lawyer, 169 pounds, followed Sym. He again lifted on the five championship lifts. THMP, first 159, second 170, third  $178\frac{1}{2}$  which he failed to straighten out. Next the THC&J with  $213\frac{1}{4}$ , second 224 and finally  $229\frac{1}{2}$ , failing on the last lift. THS he made  $158\frac{1}{2}$ ,  $169\frac{1}{4}$  and  $178\frac{1}{4}$  successfully. The IHS next, which is Stoddard's best lift and with which he will go much further before he is through, saw him do 133,  $143\frac{1}{2}$ , and finally 149. It was too bad he didn't have one more attempt on this for I feel certain he could have



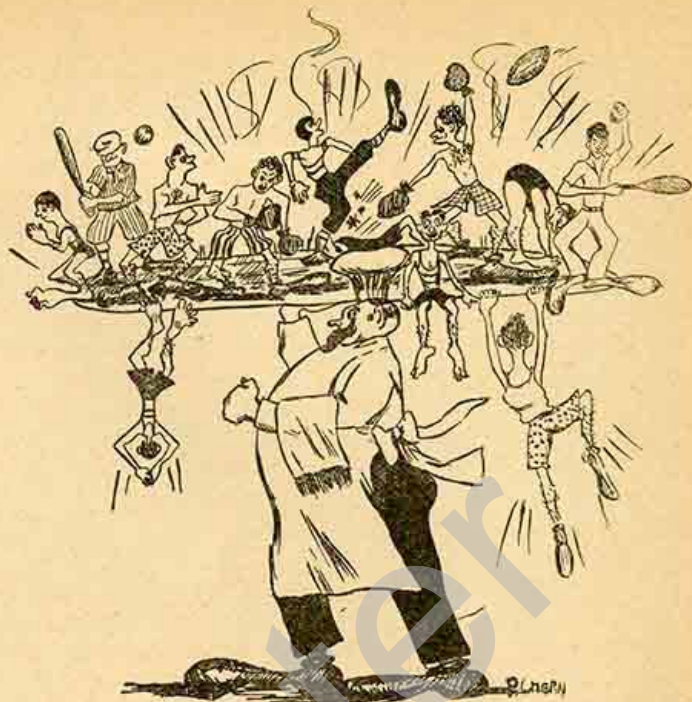
Albert Manger, of Baltimore, who lost to Dandurand

made 160 easily. The last lift, the LHJ was his bugbear, he just could not get going on it. He took  $143\frac{1}{2}$  on his first lift and failed with it on all three attempts. It was a shame, but he got out of balance on his first trial and it upset

(Continued Page 85)

# Sports Served Short

By LEE SIMPSON



NOTHING of recent occurrence in the sporting world should hold for the public at this time as much significance as the winning of the Bok Award by Connie Mack, lanky leader of the Philadelphia Athletics. This marked the first time in the nine-year existence of the award that a figure in the sporting world has gained it—formerly the winners were learned men in the professions and publicists. The prize, in case you are not acquainted with it, is offered annually to the Philadelphia citizen who has done most during the past year for his city. In itself it is a great honor, and the \$10,000 check which accompanied the embossed scroll and gold medal is a great help.

The baseball world knows Connie's record—now in his sixty-eighth year, he has been manager of the Athletics since the club was organized in 1901, and during the years of that leadership he has won the league pennant seven times and the world series four times, an unparalleled record.

The bestowal of this reward upon one of baseball's greatest figures demonstrates more than the mere fact that he was recognized as being the cause of the splendid record the Philadelphia team has made—it proves that the time is at hand when clean sports are ranked on an equal footing with other things in the general scheme of things, when the man who provides wholesome recreation and entertainment is given his earned credit just as is the learned individual who discloses new facts in the scientific, business or professional circles.

We take off our hats to Connie Mack, and we congratulate the trustees of the Bok Award upon their excellent judgment in selecting their 1929 winner.

\* \* \* \* \*

"Babe" Ruth is still squabbling over his contract for the next seasons and he is using as a threat of quitting the game that even if he should not play any more ball he "wouldn't go hungry." In other words, the "Babe" intimates that the old sock has plenty besides holes and moth balls in it, all of which is good news. He has made plenty of jack in the business,

and we should regret seeing him in future years reduced to financial difficulties. Such a state of affairs, however, is not likely to occur, for the "Bambino" evidently has salted away enough of his past income to tide him over for many an idle day. Such handling of his financial affairs is well in keeping with the role he has long held as the game's idol—even though he may—and some day must—quit the field for good he will still remain unbroken and unshattered.

\* \* \* \* \*

A wee bit of bad news to the "Babe" is that "Herb" Pruett has been signed by the Giants for the season. "Herb," you may recollect, is the lad who fanned Ruth eleven of the first twelve times they met back in '22 while Pruett was doing things for the St. Louis Browns. He has always had the "Indian sign" on the "Bambino," and should the Giants and Yanks get together in the annual fall classic history might repeat itself as far as these two gentlemen are concerned.

But something tells us the Giants and Yanks aren't very likely to lock horns in any fall classic this year.

\* \* \* \* \*

And then we read of the deal between Pres. Fred McJunkin, of the Dallas (Texas League) Club and pitcher Joe Martina, in which the latter was given his release upon turning over to the magnate two barrels of oysters in a fair state of preservation.

The next best yarn of the day is that there's a story going around about a certain all-powerful horseshoe which at its first public appearance brought luck and a pennant to the Boston club back in '83. 'Tis said that the shoe was found in Detroit one gloomy day in that year the day after the team had lost nine straight, and that that very afternoon the boys went out and did things to the Michigan outfit and kept right on sailing through everything else in the league, copping the flag in the final game of the season, a 16-inning affair with Providence.

The last seen of the magic talisman, as far as is known, was in 1894, when it disappeared following

a big fire which destroyed the grandstand. Now, so the latest reports go, the Boston Red Sox are seeking high and low to locate the long lost item, hoping against hope to find it and to discover its wonderful powers for good still in operation.

Well, even if they do find that shoe, it is our opinion that the Sox need more than a lone horseshoe to bring them up in good company, and what they need can be obtained only by the outlay of currency of the realm.

\* \* \* \* \*

The Grim Reaper has taken another famous figure from the world of sports. Joe Cantillon, grand old man of baseball, died in Hickman, Ky., January 31st, in his sixty-ninth year. Credited with the discovery and development of Walter Johnson and Rube Waddell and other great players, "Pongo Joe" spent 52 of his years in association with the game he loved, serving as player, manager, umpire and scout in many leagues, and earning the reputation of being one of the game's canniest heads.

\* \* \* \* \*

Recent reinstatements here and there by the various powers that be include that of Ray Babutti, 400-meter hero of the last Olympics by the A. A. U. Ray you will recollect, got all tangled up with the officials as a result of saying some nice things about paid amateurs something like a year ago.

About a week after his reinstatement Barbutti took a fling at the short indoor distances in Newark, N. J. He finished fifth and last in the 50 and 70-yard events, learning thereby that there's lots of difference between his pet distance and the shorter events, especially when lighter and speedier men are about. In the 50-yard race he finished as stated; in the other event he ripped away a starting block and didn't even get under way.

It looks like a case of letting each man play his own instrument.

\* \* \* \* \*

We read of a Washington resident of masculine persuasion who did a nifty sprint from home to bakery while clad only in his undies, sans shoes, coat and pants, and with a heavy snow on the ground to boot. It seems he and his wife bet each other half-a-C on the event, and when the Mister returned home with a pint of milk as a receipt for his journey his wife paid the fifty.

In that case she was different from most wives—in two ways. She had the fifty, and she paid her bet.

\* \* \* \* \*

Just now there is much talk about aids to sprinters for quicker starts. Starting blocks (for the feet) have been tried, and now come the suggestions of Lawson Robertson, of Penn., that a starting rope be used and of Dean Cromwell, University of Southern California, favoring hand blocks. The idea of the rope and hand blocks is to permit the sprinter to start in a more erect position, thereby getting a full stride in his first step and, consequently, a faster start.

Those ideas are all good, but we once saw a man shot from a trick cannon in a circus and for a quick getaway he had the world hare-lipped. Now, if somebody could just gear that thing up to a track meet—

Iowa is back in the good graces of the Big Ten, after what they did to her list of eligible athletes she isn't likely to dent the Big Ten very much in the near future.

\* \* \* \* \*

Mr. "Stretch" Murphy, tower-like center of Purdue's quintet recently hung up a new conference record by scoring 28 points in a game against Ohio State. Another angle on the situation is that he scored 13 field goals out of 26 tries; that is batting .500, and if he can just get accustomed to handling a smaller sphere than a basketball he can get a good job with the Yanks.

\* \* \* \* \*

Tommy Hitchcock, Jr., has been placed in full command of the United States polo affairs. This announcement came as no great shock to those who had been following the game for any length of time, for Hitchcock, who ranks as the only ten-goal player in America, is the present outstanding star, regardless of the brilliance of other leading lights in the game.

\* \* \* \* \*

A general salad of the latest sporting developments goes like this:

"Red" Grange, so it is said, will soon wind up in a coaching position, thereby following the path cut so wide and clearly by the greats of other football days. He hopes to stick out two more seasons of pro football, however.

Governor Trumbull, of Connecticut, was slightly injured in a glider crash the other day in New Jersey. Handling air ships, says hizzoner, is like handling the ship of state—it isn't what it's cracked up to be.

We just saw a portrait of Benny Bengough, Yankee catcher, golfing down in Florida with the assistance of a pair of beautiful plaid "shorts." The caption said something about "the coming style for men on the links for warm weather." One look at the picture and we went right out and bought a new prayer rug to be used beseeching more and colder weather.

Mexico has established a legal fighting weight of 1,100 pounds—for bulls. Latest reports are that Carnera isn't going to Mexico.

A jai-ali league is to be formed in these our U. S. thereby affording the know-it-all boys something else about which to talk wisely, all of which reminds us that we have seen fellows who didn't know a hammer-lock from a flint-lock wearing out their lungs dishing up advice by the shovelfull to Dick Shikat at a wrestling party. Ain't nature grand!

\* \* \* \* \*

We have on the authority of the Los Angeles Times the story of the capture of a fully competent ten-pound sea bass by Albert Fuchs, former Chicago business man and retired capitalist, in the surf at Santa Monica, in January. The story, which is well substantiated by several witnesses including a few real estate dealers, is that the 65-year old swimmer plunged into a wave and was approached therein by the said fish, whereupon the party of the first part extended a hand of welcome and detainment, catching the fish in the gills.

# A New Body Awaits You

**H**AVE you ever watched a magician pull wriggling rabbits out of a high hat? A wonderful trick, you say. Well, Earle Liederman is a magician, but of a different sort. He builds health and strength into your body in a miraculously short time—and it's no trick. It took him over 20 years of planning and experimenting to do it—not with hit or miss method—for Earle Liederman is a college trained man who works with a deliberate, analytical mind. People call him the Muscle Builder because he takes weak, run down bodies and transforms them into strong, virile, handsome bodies in double-quick time—GUARANTEES to do it and actually DOES do it.

## In the Privacy of Your Own Room

To obtain the new body awaiting you, does not mean that you must exercise 24 hours continuously. Earle Liederman's short-cut to healthy, handsome, broad-shouldered bodies must be taken in 15 minute doses. If you exercised more than this in his high-pressure, quick development way, you would tear down more than he could build up. You can do his easy, scientific exercises in the privacy of your own room.

## And What Results

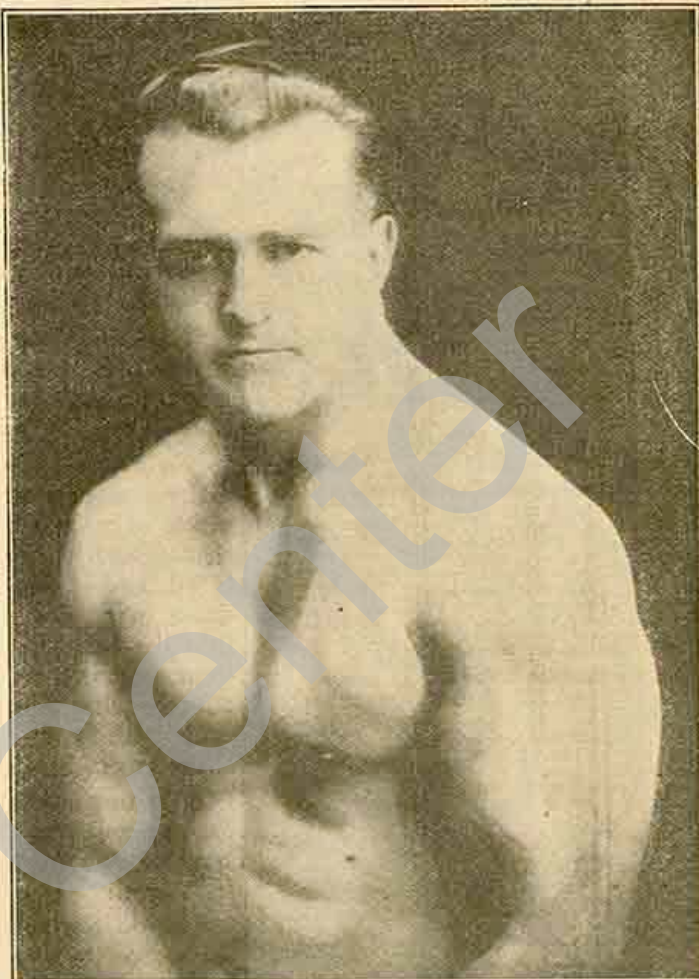
What a thrilling satisfaction you will get out of watching your shoulders broaden and your arms thicken and strengthen. How glorious it will be to feel your vest becoming tighter around your chest and to watch your legs become muscular. There'll be no more leg fatigue when you climb stairs and you'll be the one who sets the pace when walking.

## A New Body—Inside As Well As Out

Your heart, your liver, your kidneys, your lungs—all your internal organs get the jolt of their young lives when this Sculptor of Human Bodies starts to work on them. Almost immediately they settle down to an orderly well-mannered functioning that means a new kind of happiness for you—a new body—the joy of living that only a healthy, virile body can give you. And the headaches, constipation troubles, aches and pains that are caused by a weakened, flabby body somehow miraculously disappear.

## You'll See It In Her Eyes

And will your friends notice the difference? Just watch that girl you love so dearly open her eyes and fight to hold your attention! And the men in your crowd—they'll look up to you as a real leader. Instinctively they worship strength and leadership that must go with these things. But let Earle Liederman tell you all about it. All you have to do is



**EARLE LIEDERMAN, the Muscle Builder**  
Author of "Muscle Building," "Science of Wrestling," "Secrets of Strength," "Here's Health," "Endurance," Etc.

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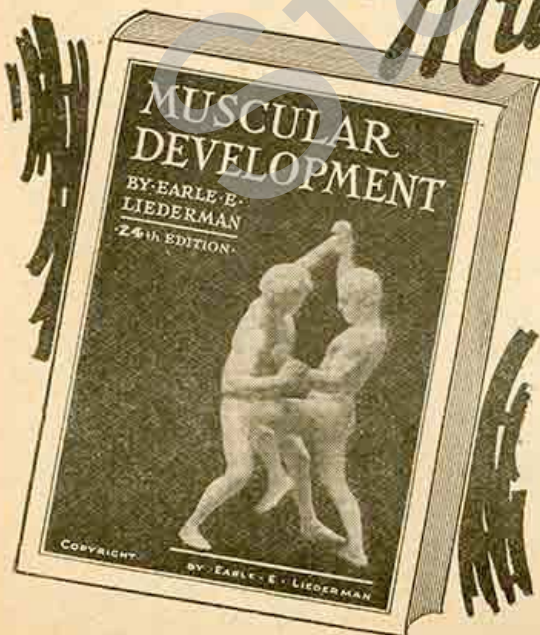
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It contains forty-eight full page photographs of himself and some of the many prize winning pupils he has trained. Some of these came to him as pitiful weaklings, imploring him to help them. This book will prove an impetus and a real inspiration to you. This will not obligate you at all, but for the sake of your future health and happiness do not put it off. Send today—right now before you turn this page. Mail the coupon to

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Name ..... Age .....

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

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## Want More Fun?

DO YOU want more good times more invitations? Would you like to be "right" in the spotlight, "entertaining the others and having a lion's share of the fun at all the parties? Would you? If your answer is "Yes"—then read on!

Basil Glaze, of Germantown, Md., answered "Yes!" and later wrote me: "Though I started with no knowledge of music, your Course has opened a new world of fun for me."

## Want More Friends?

More Invitations - Good Times?

DO YOU want more real pals to fill your spare hours with enjoyment? Then I'll show you how to make them—more than you've ever dreamed of having. How? Easy! By teaching you to play the Hawaiian Guitar! You don't need any talent whatsoever, to learn at home this easy way.

Pauline Hamrick, of Matthews, N. C., answered "Yes!" and soon wrote: "The day I received my Guitar my lonesome days were over. Everywhere I go, I make new friends with my playing."

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Extra Dollars Easily Earned

—I asked Ralph Prutzman of Lehigh, Pa. He said "Yes!"—and I showed him how. Now he writes: "I'm getting along fine. The Lessons are easy and interesting. Made \$16 the very first night I played professionally and I'm not even through the Course yet! I'm making more friends and having a better time than ever before."

Learn the Hawaiian Guitar at Home—By Quick, Easy Method

Ralph Prutzman didn't believe we could teach him—but he let us PROVE that we could! This easy, simple method will teach you quick, just as it taught Ralph Prutzman, Basil Glaze, Pauline Hamrick and a thousand others. My big Free Book, tells all about the Course and famous method; how I send you everything you need to learn. Clip and mail the Coupon today—right now—for your FREE copy!

Hawaiian Guitar and Outfit with 1st Lesson! Full size Hawaiian Guitar, phonograph Records of 55 selections and Complete Outfit—yours to keep.



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Send me the book that tells more about getting more FUN—more FRIENDS—More MONEY. No obligation to me, of course.

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Dept. A832 Dwight, Illinois



## Ask The Doctor

(Continued from Page 45)

this condition and grow a beard?

My reason for wanting a beard is that I am soon graduating from college and do not look as old as I am. This is a detriment in securing employment.

I also would like to know if it is possible for a man, after reaching 21 years of age, to grow, by stimulating the gland action of the body. How can this be done?

Thanking you in advance for any information that you can give me, I remain,

R. T., Ohio.

Answer—I would say that many men of your age do not have much of a beard, and would say that generally this means nothing at all, and if you will continue to shave every day and rub vaseline into the beard you will soon have quite a growth on your face. Probably by the time you are 30 you will wish you did not have to shave so much.

It is not advisable to make any experiments with the glands of the body as you are liable to do yourself harm.

We do not believe there is any connection between the beard and strength in any way.

If you would take up a scientific course in physical culture so as to strengthen greatly your entire physical organism you would have no reason to worry about your powers.

Question—In previous years I have been troubled with attacks of diarrhea during the summer months, especially when the weather is very hot. I admit my diet is not always as well selected as it might be. What would you suggest for me to do in order to avoid attacks this summer? Possibly you can suggest foods to be eliminated from my diet? Am otherwise in fairly good health

S. L., New York.

Answer—Diarrhea attacks may be brought on by indiscretion in diet and by the eating of meats, fruits and vegetables that are spoiled, but generally are due to a chilling of the internal organism by continued drinking of cold or ice water, cold soft drinks, eating ice

cream and a general preponderance of cold foods.

You will do well to eat warm foods in the warm weather and to refrain from including too much of the cold articles just named. The drinking of scalded milk will tend to alleviate an attack, and you might continue to drink hot water to overcome the tendency. Compresses of cloths wrung out in hot water and placed over the stomach and abdomen will prove advantageous. If the attack persists for any length of time, you should by all means consult a physician.

Question—Have read some of your articles in STRENGTH and would greatly appreciate it if you will answer the following questions. My sister, aged forty-nine, has diseased tonsils and doctor advises an operation to remove them and to use an anesthetic. She is very delicate so I would rather she could be cured through natural methods. She has had asthma, colds, coughs and pleurisy and sinus trouble for the past two winters, but gets over them during the summer.

She has had arthritis in finger joints which left them knotted. Doctors think it is due to diseased tonsils. She also has sore throat and tonsilitis occasionally the year round. My sister uses sal hepatica daily for years. I have read that osteopaths can cure diseased tonsils by draining them, also that they are a necessary part of the anatomy and should not be removed. I also read that they can be cured by proper diet, and hope you can recommend a natural treatment whereby she can avoid an operation. She has low blood pressure.

Can you suggest a cure for noises in the ears like escaping steam? This lady is in her forties and has had the noises constantly for eight months, with an occasional sore feeling in one ear and it aches slightly when weather is damp. Her hearing is not affected, but she fears it will be in time.

What is normal blood pressure for a woman of forty-six?

Does high blood pressure always indicate hardening of the arteries?

How high can it go before the

arteries begin to show hardness?

Is eating candy injurious to an adult when he eats a well balanced diet besides, such as whole wheat, raw fruit, green vegetables, milk and some meat and baked potatoes?

N. P. H., Mass.

*Answer*—It is evident from your letter that your sister is suffering from a general infection of upper respiratory passages—nose, throat, possibly eustachian tubes, and middle-ear. Arthritis arises from this condition. Associating with best physicians, they advise the removal of the infected processes, either by operation or by some specified means advocated by a specialist.

The rheumatic condition of the joints can be cleared up as before stated. Body building and health cannot be associated with foci anywhere.

High blood pressure does not always indicate hardening of the arteries. However, it may mean Bright's disease, brain tumor, sometimes undetermined, then called Hyper-Pyesia. Any blood pressure consistently over 160 systolic or 105 diastolic is bad, with kidneys mostly at fault.

Candy, when pure, is of benefit at times, depending on whether or not you are in good health. It is tolerated by most individuals, except in cases of diabetes. It may be used in such cases when advised, with taking of insulin. In fact candy is used as a stimulant before major operations.

*Question*—I should like you to give me some information about my heart. It seems that when I indulge in athletics, to any extent, my heart beats faster than normally. Some people call it a "heart block." I am only 19 years old and in the best of health. Just recently had some insurance taken out and I passed the test O. K., but I am worried about my heart. Is there any cure for this? Is there any danger of heart failure?

I also would appreciate your giving me some advice on gaining weight. I am 5 ft. 10 inches, weigh 135 lbs. How much should I weigh?

Will certainly appreciate any information you can give me.

A. V., Georgia.

*Answer*—To begin with you are not suffering from heart block

# Will It Be?

They say about you when you don your swimming togs this summer.

## Step Out In a Bathing Suit?

What do people say about you when you go to the beach? They may say, "What a terrible shape that fellow has." They may say, "Just another average fellow." Or they may say, "Gee, what a magnificent physique that fellow has."

If you only realized fully what great admiration every one has for a fine muscular development on a man you wouldn't go around another minute as you now are.

Everybody thrills at the sight of an unusual physical development. That is not "Bologna" by any means—it's a gigantic fact. Young women, middle age women and elderly women, young fellows, matured men and the older fellows one and all admire a strong looking, well-developed he-man. It's natural, that's all.

## Why Don't You Get It?

I ask you, why don't you get yourself some of this admiration. It's easy when you learn how. But perhaps you wouldn't care for admiration like that of your muscular physique. In that case there are numerous other reasons why you should develop and strengthen your body.

## What Can You Do

without health and strength—nothing worth while at the most. You need health and strength now and the older you get the more you will realize that fact. If you are forty or fifty and feel yourself slipping get going on the road to health and strength immediately, for it is not too late. If you are not forty, don't wait. The younger you are the better.



ON

## How You What I Can Do For That Weak Body of Yours

Take a course for you that will work wonders with those things you now call muscles. You won't have to give up your pleasures in order to follow my system. Results will appear after the first few exercising periods.

## BOOKLET Waiting For Your Address

Who create a stir on any beach or bathing pool. Get this booklet and join these he-men. But snap out of it. That's what does the trick.

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CHARLES MacMAHON, S-4-30  
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I am anxious to see one of your big booklets containing pictures of muscular pupils and information concerning your methods. This does not obligate me in any way.

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THE KEELEY INSTITUTE  
Dept. A332 Dwight, Illinois

**Ask** der. I do not think this condition is inflammation of the bladder as the urine shows almost no acid or other indications. I have had this trouble since childhood and now I am 25 years old. I am careful of what I eat and get plenty of exercise.

(Continue) this condition and grow a beard. My reason for wanting a beard is that I am soon graduating from college and do not look as old as my employment.

I also would like to know if it is possible for a man, after reaching 21 years of age, to grow, by stimulating the gland action of the body. How can this be done?

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I thank you in advance for any information you can give me.  
G. D., Nebraska.

**Answer**—I cannot imagine your not having some inflammation of the genito-urinary tract with so frequent a desire to urinate. However, you may have a pure nervous condition for which try the following:

Sodium Benzoate . . . . . 1 ounce  
Tincture Belladonna . . . ½ ounce  
Water of Gaultheria . . . . 4 ounces  
One to two teaspoonfuls three times a day.

Also eliminate the use of stimulating drinks such as tea, coffee and liquors; highly seasoned or canned foods and excess meat diet.

Possibly the Static or Faradic Current may help in the toning up of the nervous mechanism of the spinal centers.

## Universal Game

(See Page 53)

On our teams are Americans the majority of the men are of European extraction. However, this combination of men has invariably done well in both official international matches and in exhibition contests. As example of this one may take the visit of the Glasgow Rangers a few years ago; they found that the American teams were far from being setups for them.

Of course, the English and other foreign people have the advantage in that soccer is really the national game. The boys of the British Isles start to kick a football around at about the same age that an American youth begins to throw a baseball. This gives the teams across the water all the home bred material they want, whereas we have the problem of either importing our material or developing it.

In this last connection I wish to say that our efforts in this line are showing great results. The

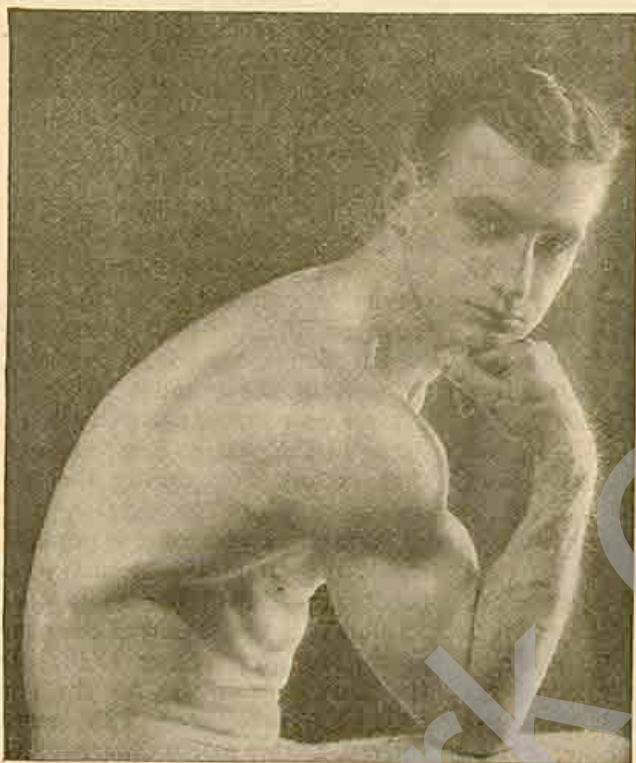


# What Will It Be?

There are three things they say about you when you don your swimming togs this summer.

## When You Step Out In a Bathing Suit?

and display your shape to hundreds of people what are their impressions of you going to be? They may say both mentally and verbally, "What a terrible shape that fellow has." They may say, "Just another average man." Or you can make them say, "Gee, what a magnificent physique that fellow has."



CHARLES MacMAHON

If you only realized fully what great admiration every one has for a fine muscular development on a man you wouldn't go around another minute as you now are.

Everybody thrills at the sight of an unusual physical development. That is not "Bologna" by any means—it's a gigantic fact. Young women, middle age women and elderly women, young fellows, matured men and the older fellows one and all admire a strong looking, well-developed he-man. It's natural, that's all.

## Why Don't You Get It?

I ask you, why don't you get yourself some of this admiration. It's easy when you learn how. But perhaps you wouldn't care for admiration like that of your muscular physique. In that case there are numerous other reasons why you should develop and strengthen your body.

## What Can You Do

without health and strength—nothing worth while at the most. You need health and strength now and the older you get the more you will realize that fact. If you are forty or fifty and feel yourself slipping get going on the road to health and strength immediately, for it is not too late. If you are not forty, don't wait. The younger you are the better.

## I Want To Show You What I Can Do For That Weak Body of Yours

Give me a chance at it. I'll map out a course for you that will work wonders with those things you now call muscles. I won't require much of your time. You won't have to give up your pleasures in order to follow my system. Results will come swiftly. You'll notice improvements after the first few exercising periods.

## I Have a BIG BOOKLET Waiting For Your Address

that will show you how I build men—men who create a stir on any beach or bathing pool. Get this booklet and join these he-men. I'll do the same for you as I did for them. But snap out of it. That's what does the trick.

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I am anxious to see one of your big booklets containing pictures of muscular pupils and information concerning your methods. This does not obligate me in any way.

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# Are You Bashful?



???

SHY?

NERVOUS?

EMBARRASSED?

DO YOU LACK  
CONFIDENCE?

ARE YOU  
Self-Conscious?



NO WONDER YOU ARE A  
"STAY-AT-HOME"

**D**O YOU ever feel embarrassed in the presence of strangers? Are you always bashful and confused when you meet people for the first time or when you are in company of the opposite sex?

### You Are Self-Conscious!

*Shame on you!* There is no need for you to be nervous and embarrassed. Stop being shy. You can learn how to conquer the terrible fear of your superiors.

### DO NOT BE DISCOURAGED

Every individual now suffering from *Bashfulness* (Self-Consciousness) will welcome this good news. Remarkable discovery used with great success—whereby you can quickly and easily overcome your faults. Be cheerful and confident of your future! If you're Bashful—don't wait another day—Send 25c for my fascinating, amazing book. Tells how to master and overcome Self-Consciousness. Write today.

**R. BLACKSTONE**

B-24 Flatiron Bldg., New York, N.Y.

Richard Blackstone,  
B-24 Flatiron Building, New York City

Please send me a copy of your book on Nervousness and Bashfulness. I am enclosing 25 cents in coin or stamps.

Name .....

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American youth is taking to the idea of kicking a ball around in the fall, particularly in those communities where soccer teams are important fixtures. Cities like St. Louis and Philadelphia are keen for the game and support their teams in the same spirit that they do baseball teams. A few years ago the city of Fall River was sufficiently wrought up over their team to charter a boat to go to New York to see their club play an important league contest.

"Talking about American boys in soccer, the outstanding star of the league today is an American youth—Archy Stark, of the Bethlehem club. This youngster is one of the greatest soccer players ever to step upon a soccer field. He is the ideal center forward, being equally good on offense and defense. His special brilliance lies in his ability to get past the opposing defense and to score goals from the most impossible positions. Only a few weeks ago he did the astounding feat of registering five goals in one game. Even the layman can appreciate this feat when he is told that it is unusual for a team to score that many goals in a normal game.

"Another outstanding star of American blood is David Brown, a product of the sand-lot teams of New Jersey. He is well below the average in height but overcomes this disadvantage by being exceptionally shifty and fast. He has the ability to adapt himself to almost any situation on a moment's notice, and is considered one of the best center forwards in the game today.

"Still another American who is making his mark in soccer is James Douglas, formerly of the Fall River club but now a member of the Harrison organization. This youth represented the United States in the 1924 Olympic Games at Paris and proved to be the star of the team. Two other youngsters who jumped

from obscure sand-lot teams into the big leagues only to be considered the finds of the past year are William Gonsalves and Bertrand Pate-naude.

"I could not allow any article to go by without mentioning Erne Schwarcz of the Hakoah All-Stars. He is possibly the greatest kicker that the game has ever known. Not only do his boots have power to spare but they also have directness. There are few goal-keepers who will even attempt to stop his drives, once they get going full force. Schwarcz is one of the most versatile soccer players of the present day; he is at home in almost any position on the field."

The future of soccer is very bright despite the fact that there has been an inter-necine war in existence the past year and a half. The inevitable patching up of this trouble will result in a speeding up of the forces spreading the game throughout the country. Even as matters now stand the outlook for soccer in the year to come is better than at any time during the past decade.

Perhaps an idea of the popularity of the game may be had when the figures show that more than 75,000 individuals played the game in this country during 1928. In the championship ties for the year 1926-27 there were 124 teams entered, a truly astounding number.

While the team situation for this year is still too uncertain to make any predictions as to the winner it is a certainty that the Bethlehems, the Fall River Rovers, the Hakoahs, and the teams representing Philadelphia and St. Louis will be up in the running for the National Championship. As things stand, the game is making a bigger appeal every year to the average American sportsman, and it will not be astonishing soon to find the crowds at soccer games comparable to those of American football classics.

## Salads In The Diet

(Continued from Page 33)

laxatives and purifiers; those which build or rebuild, and those which supply warmth and energy." All three of these classes are found in Pecano Salad. The first division is supplied by the lettuce and mixed

fruits, the second by the protein in the Pecano, and the third in the nut-oil also found in this product, and in the starch and sugar from the lettuce and fruits.

Another of the most unusual

and yet most delightful salads which can be made is called the Butterfly Salad. This salad is an excellent combination of food elements producing nearly a perfect diet. Arrange lettuce leaves on a salad plate, after which cut a slice of pineapple in halves. Place them on the lettuce with curved sides toward the center. The effect is of spread wings. Cut a banana lengthwise, then crosswise, in the center. Dip one of these quarters in lemon juice, roll it in Pecano and place it on top of the pineapple halves, for the "body" of the butterfly. A touch of color is added by inserting maraschino cherries inside the hollow or outer part of the pineapple. Lay two thin, curved strips of red or green peppers at the top of the banana branching out to represent the antennae or feelers. A salad made in this way will encourage members of the family to eat lettuce and salads even when they ordinarily object to these foods.

One should eat salads regularly as part of the daily diet for, in addition to the beneficial results internally, there is probably no other element of diet which has more effect upon the complexion than fresh fruit and vegetable salads, enhanced in tastiness and food value by careful selection of ingredients and by a little thoughtful attention in their preparation.

Two salads a day  
Is the best way  
To make a clear  
Complexion stay.

## Marathon Running

(Continued from Page 35)

national event will be the object of the closest scrutiny.

Another likely looking prospect for our 1932 marathon is William Agee, who represented the United States in the last games. Young Agee had run the Olympic distance only a few times before the games, but, nevertheless, he showed up exceedingly well. With the added experience that the years preceding the next games should bring, Agee may conceivably be a serious contender for first honors.

In addition to the two men noted above Fred Ward, of the

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The famous Ivan Vosiloff will give you his personal guidance in this wonderful course that makes easy the most difficult acrobatic dancing feats.

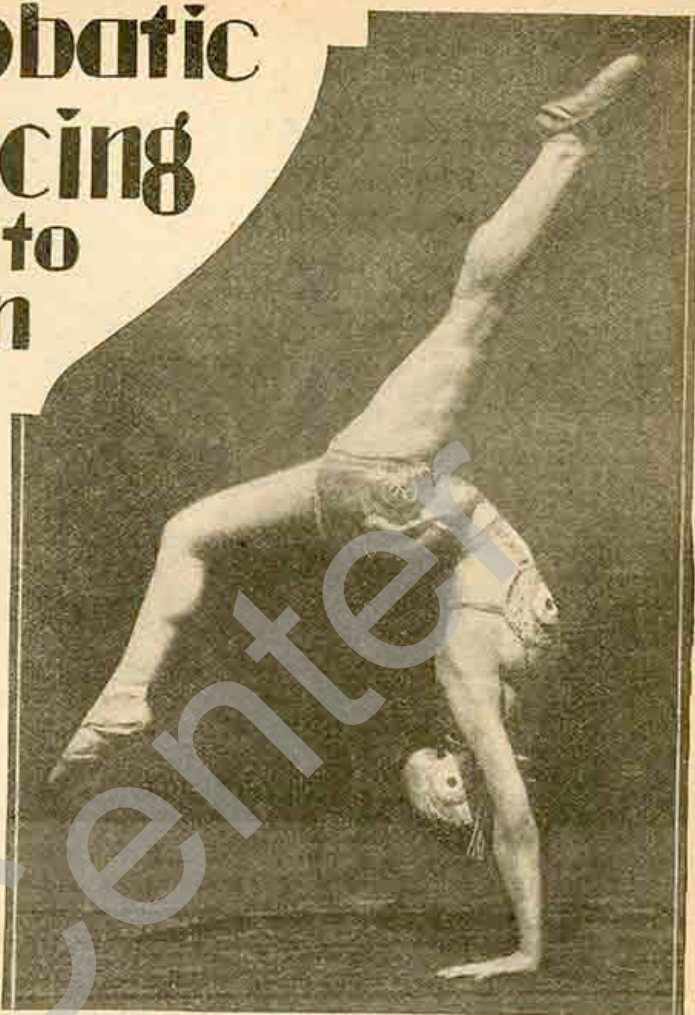
You will learn how to do the split, hand balancing, back bend, etc., very quickly. Your rapid progress will insure confidence to dance before large audiences. Self expression, the natural beauty of the body, harmonious rhythm and co-ordination are cultivated by this wonderful course. It will give you symmetry of form, grace, poise and personality.

Mail this coupon now, today, and learn how to dance.



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"I of Honolulu, T. H., wrote: 'I Massaged the book about acrobatic dancing Wall Lat a month ago. I think it sure is Chinning more than \$1.00 which is the Running nt I paid.'"  
Swimming



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My new Model 25 Nose Shaper is designed to improve the shape of the nose by remoulding the cartilage and fleshy parts, safely, and painlessly. This is accomplished thru the very fine and precise adjustments which only my patented Model 25 possesses. Results are lasting. Can be worn at night, or during the day. Money refunded if not satisfied after thirty days' trial. Write for free booklet to M. TRILETY  
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So we are going to give over \$7160.00 in prizes. Missing, between 60 and 70 years old, won \$4245.00; Mr. Joe Hanslick, 15 years old, won \$200.00; Mrs. won \$1800.00. You can win \$3500.00 now.  
**DO YOU FIND THE TWINS?**  
Don't make a mistake! It's not as easy as it seems. Find two, and only two, of the seven pictures are the twins. Find them—mark them—or send numbers on a letter. Over 25 prizes this time, and duplicate prizes of ties! Send no money. Anyone who answers may receive prizes or cash. You can have an airplane, or automobile, or new home. If correct, qualified for this opportunity.  
**\$100 Extra For Promptness**  
The first prize you can win \$3500.00. Find twin and answer today. First prize winner gets \$100 extra for promptness. Rush.  
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\$7160.00 in Prizes

Reply Today

# Are You Bashful?



???

SHY?

NERVOUS?

EMBARRASSED?

DO YOU LACK CONFIDENCE?

ARE YOU Self-Conscious?



NO WONDER YOU ARE A "STAY-AT-HOME"

DO YOU ever feel embarrassed in the presence of strangers? Are you always bashful and confused when you meet people for the first time or when you are in company of the opposite sex?

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bit of stamina. This quality is the one and only qualification for marathon running. Form here is but a secondary feature; stamina and "guts" are the two essential things.

Another necessary qualification for marathon running is age. This is the one game where youths of nineteen and twenty are not able to compete with matured men of thirty; the distance is far too long for a growing boy to stand up under the strain. The college idea of the cross country run of five or six miles better suits the college youth than does the stern twenty-six mile grind.

But despite the fact that marathon running is none too popular in the United States—it is very popular abroad—the fact remains that the present day runners are better in quality than those of the earlier period. A comparison of the times show that very well. This is, indeed, a bright lining in the black cloud which hangs over the sport at present.

To take an individual example, DeMar is considered by all the leading American authorities to be the best marathon runner that we have yet procured. Not only do his participation and high placing substantiate this fact but his numerous wins of the national title also give him a clear case. And the wonder of it all remains that De Mar, if he enters the championship race this year, will be considered one of the leading favorites to gain first honors.

Whatever the future may hold for marathon racing in this country the past has been so hallowed that the sport will always be regarded by the sportsman as the blue ribbon event of the track. The renewed efforts of the A. A. U. to revive interest in this race will be watched with more than ordinary interest by all lovers of sport throughout the country. The Association and those who are helping them to place the game upon a higher plane in this country sincerely hope that the holding of the 1932 Olympic Games in this country will furnish the needed inspiration for a thorough revival of marathon running.

laxatives and purifiers; build or rebuild, and supply warmth and energy. Three of these classes are Pecano Salad. The first is supplied by the lettuce

Salmon, (G Patterson, South Afri-

## How to Excel on Track and Field

(Continued from Page 43)

never point outward to the sides and they should not point inward too much. Some coaches recommend a very slight toe-in, but your feet should at the very least point straight ahead. If you run with your toes pointing forward naturally then you do not have to worry about this point.

Next in line is the learning of running in a harmonious manner, that is, systematic swinging of the arms and legs. The arms should be bent at the elbows and swung back and forth from the hip to the shoulder height in front of the shoulder. Some authorities prefer to have the hands and arms swing across in front of the chest but it does not seem as natural as the straight forward swing.

Your stride should be considered, too, at this stage, with the idea of making it perfect for length. You must get the longest stride possible without overstepping.

After the above details have been mastered the practice of starting (so important in the sprints) should be taken up. The correct crouch starting position is taken with the toe of the left shoe placed from five to eight inches back of the starting line. The right (or rear) foot should be placed back far enough that the right knee is anywhere within the distance between the left heel and toe. The exact positions of the feet depend on the runner's ideas of which gives him the best start but is often governed by the length of legs.

In the two spots where the toes of each shoe rest on the track you should dig a slight depression or bank that will give a more solid foundation for the feet when they push back against the ground in starting. The hands or finger tips should be placed on the line.

As the starter shouts, "On your marks," you take the above described position, but take it in a relaxed manner, resting the chest on the left thigh or knee. At the "get set" command your body must be lifted at the back, throwing your weight forward. The entire weight of your body is now on your arms and left leg and all

# Acrobatic Dancing easy to learn

HERE is your chance to be a dancer—to be able to experience the thrill of doing difficult stunts—to travel and earn big money.

The famous Ivan Vosiloff will give you his personal guidance in this wonderful course that makes easy the most difficult acrobatic dancing feats.

You will learn how to do the split, hand balancing, back bend, etc., very quickly. Your rapid progress will insure confidence to dance before large audiences. Self expression, the natural beauty of the body, harmonious rhythm and co-ordination are cultivated by this wonderful course. It will give you symmetry of form, grace, poise and personality.

Mail this coupon now, today, and learn how to dance.

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"I have received your course of Dancing and think it's wonderful at the price. Honestly, I wasn't expecting anything half so good." P. G. O., of Cross Roads, B. W. I.  
H. O., of Honolulu, T. H., wrote: "I received the book about acrobatic dancing about a month ago. I think it sure is worth more than \$1.00 which is the amount I paid."

### THE AJAX MUSCLE TESTER

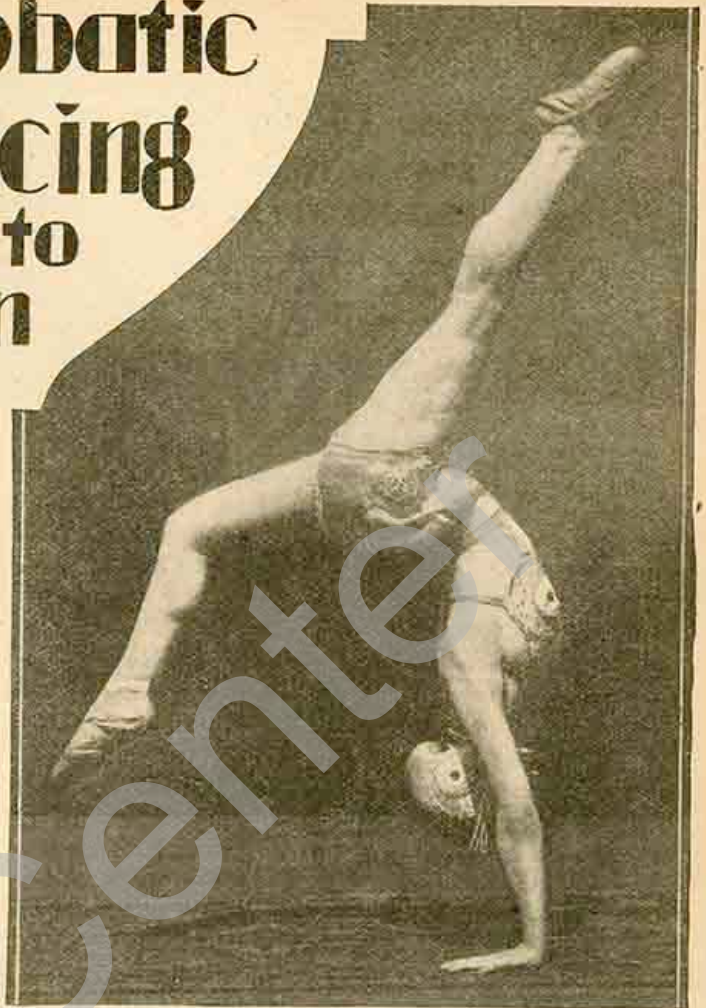


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muscles are tensed for the spring. Be sure, at this stage, to keep the rear foot pressed against its bank ready for the sound of the gun. The fact that this rear leg does not carry any of the body weight while in this position leaves it free to push out vigorously at the word "go." Keep the head in a natural, unstrained position and the arms straight instead of slightly bent.

When the gun sounds you shoot your body forward by straightening the rear leg and swinging the left arm and hand forward—like a punch. The left leg follows up the movement with a push of its own and off you go.

In practicing the start run only a few yards and try it over again. Don't stop, however, until you have reached top speed and carried it on for a few yards.

One great fault with the running of the average boy or novice whether it be on the track, base ball, or foot ball field is the failure to put the upper body ahead of the legs or driving power and keep it there. Many fellows run with the upper body and head actually thrown back which style makes the legs run ahead of the body instead of behind it. Remember that point, but don't overdo it by leaning too far forward.

## My Forty Years' With the World's Strongest Men

(Continued from Page 41)

first time he tried lifting the 1,000 pound weight he failed but some time later he succeeded. His style was to straddle the weight and have one hand in front of his body grasping the weight and the other hand grasping it in the rear of his body, this position being known as Hands Alone Lift. His body was erect with the exception that the knees were bent about 2 or 3 inches. By the way, the celebrated Steve Brody, who gained fame and fortune by being the first man to jump off the Brooklyn Bridge, pulled the card board from underneath the weight when Walter Kennedy lifted it, thereby constituting a clear lift. There were several strong men there, such as Louis Cyr, Charlie Jefferson, and Johnson Whitman, better known as Ajax, who was a famous teeth lifter in those days as well as a freight car pusher. Ajax had a record of pushing a freight car weighing some 35,000 pounds about 25 feet slightly upgrade. He later became a member of the Police Department of the City of New York.

Now to come back to Kennedy—he had a harness lift record of 3,231 pounds, and as I stated above he successfully lifted this 1,000 pound weight for which Richard K. Fox offered \$250.00 and a gold medal. Kennedy had to defend his title for one year. At that time there was a whispering rumor that Charlie Jefferson or Louis Cyr

could lift the weight, and Kennedy began to train so that he could raise 1205 pounds on that lift, but he changed his position slightly. He began to use what is termed today a Hand and Thigh Lift. He was traveling around the country with a show and meeting with more and more popularity and financial success until he finally struck little old Brooklyn. When the offer of \$250.00 was made from the stage a man named Charlie Nostramm, a carpenter by trade, picked the weight up comparatively easily. Nostramm then began to train on that particular lift and in time got up to the enormous weight of 1805 pounds, but he never seemed to commercialize his great ability. He was a married man and a home man and stuck to his trade of carpentry. At times I used to train at the same club as he, the Swedish Sporting and Athletic Club which used to meet at Old Sagabund Hall at Smith and Schermerhorn Streets, Brooklyn.

About that time another strong man invaded this country from Stockholm, Sweden, named August W. Johnson. He brought a partner with him, whose name was Henry Waltheim. Johnson could put up about 300 pounds in those days in a bar bell two hand jerk. He could snatch about 190 pounds and he could put up separate weights of about 260 pounds. In

his prime he never weighed more than 190 pounds. The partner, Waltheim, specialized in harness lifting, doing a record of about 3700 pounds at a public exhibition. He would lift 16 to 18 men on a platform.

About that period there was another famous strong man known as George Zottman, a very heavily built man, who had a harness lift record of about 3400 pounds. He had a very powerful grip in lifting thick handled dumb-bells and awkward weights.

Then came the greatest of all strong men in physique, form and showmanship, to the American shore. He was the great Eugene Sandow. He had the whole country in an uproar over his physique. The strong men in those days and for many years afterward owed thanks to Sandow for putting the profession on a higher standard of respect and earnings. He gained his greatest reputation in Europe by defeating C. A. Sampson, a great strong man in those days who broke chains across the biceps of his arm and supported weight on his chest. In fact, Sampson had a novel idea—he held a revolving ferris wheel on his chest. This was known as a chest support lift and was keeping abreast of the times because the World's Fair was then being held in Chicago and it boasted a big ferris wheel.

Also at that time there were two brothers in England, the McCann Brothers, who were seeking a match with the great Sandow after his surprising victory over C. A. Sampson. Next month, I shall tell you of the surprising outcome of this contest, besides following the careers of such famous men as Sandow, Cyr, Jefferson, and others of that time.

## The Mat

(Continued from Page 51)

two consecutive days each week tend to make one grow stale or would it work to an advantage by allowing more time to build up? This point has never been made clear to me in all my reading and studying of bar bell exercise. Would it make any difference if one were working on body building exercise



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alone, or just lifting, or both combined. I am still working on the first mentioned plan, having done no work whatsoever on the lifting movements.

The second question may be a little hard for me to make clear. According to instructions, the pupil works on the minimum number of repetitions on practically all the exercises at the same time and gradually works up until he is working on the maximum number of repetitions on practically all the exercises at the same time. As a result the pupil does practically twice as much work while working on the maximum repetitions as while working on the minimum repetitions. It seems to me that this makes the exercise periods too easy on one end and too severe on the other end. Do you believe that it would be advisable to arrange the exercises so that the amount of work done from one day to any other day would not vary so much from one extreme to the other extreme? Suppose I were to divide all my exercises into two equal groups. Call them X and Y. Suppose that while I am working on the minimum number of repetitions on all exercises of X group, I will be performing all exercises of Y group some number halfway between the maximum and minimum. For instance, take all the exercises which are repeated from 5 to 10 times. Divide them into two equal groups called X and Y. I would begin by repeating all the exercises of X group 5 times and all the exercises of Y group 8 times. Working on up, I would be repeating X group 6 times while repeating Y group 9 times. When I would be repeating X group 7 times, I would be repeating Y group 10 times. When I would be repeating X group 8 times, I would be repeating Y group 5 times having added on the required weight in this last case, etc. Such a plan will make the exercise periods a little more difficult on one end, and a little less severe on the other end. Do you think such a plan, or a similar plan is advisable? I assure you that I shall take your advice.

Respectfully,  
R. H. D., Oklahoma.

REPLY:

I should say in answer to your

first question that it is better to exercise three times a week rather than four, as far as the average man is concerned. However, when you get to be more experienced and feel you have the energy to spare, and have been making satisfactory progress, you can exercise four times a week if you choose. Be assured you that there is no danger of growing stale by laying off two days in succession. It is, in fact, better to do that than to work out two days in succession, and as for exercising every other day or seven times in two weeks, it tends to get you all balled up, and you will accomplish no more by following that routine than by exercising three times a week. As to the matter of exercising on lifting and body building work at the same time or on just upon either exclusively I should say that it depends entirely on your aims and ambitions. For instance if you have not been satisfied with your degree of development and strength it is better to remain on the body building exercises. If, however, you are satisfied and simply want to practice the lifts, then train on a combined plan, but if you are really ambitious to become a first class lifter it is best to confine your efforts solely to the lifts. The latter should not be done, however, until you are pretty well satisfied with your development. As to the matter of mixing up the exercises so that you will be practicing an even number of repetitions throughout the course, you may do so if you wish. I am inclined to believe that the matter of starting with a low number of repetitions on every exercise and working up to a maximum of repetitions on all the exercises at one time has a great deal to do with developing the muscles and increasing the energy. After having worked up to a maximum you start again on a lower number of repetitions, but with a greater poundage for each exercise, and so are conserving your energy to some extent for the next couple of weeks. Suit yourself as to the arrangement of your routine.

Mark H. Berry  
Editor of the Mat.  
Dear Sir:

I have been an interested reader of STRENGTH for the last three years. In the December issue a Mr.



David Wayne has an article, "From Skin and Bones to Muscles and Weight." Mr. Wayne states that a thin man must, to gain weight, exercise for a short period and then lay-off for a while to recover or to gain new muscular tissue.

I am 20 years old and am very thin though I have exercised for about three years but I did not have the right kind of apparatus to start with and I used one course after another with the same result until I bought a bar bell about a year ago. Then I noticed some gain and began feeling better, but now I have come to the point where I am in need of sound advice which I hope you can give me.

Here are my measurements before taking bar bell exercise and after or present:

AGE—20	
Before	
Height	5 ft. 10 in.
Weight	118 lbs.
Chest—Normal	34 in.
Chest—Expanded	37 in.
Chest—Deflated	28 in.
Upper Arms	8¾ and 9 in.
Forearms	9 and 9 in.
Thighs	16¾ and 17 in.
Calves	12¼ and 12¼ in.
Ankles	8 and 8¼ in.
Waist	27½ in.
Neck	13¾ in.
Wrists	6¾ and 6½ in.
Hips	

After	
Height	5 ft. 10 in.
Weight	144 lbs.
Chest—Normal	38½ in.
Chest—Expanded	41½ in.
Chest—Deflated	34¾ in.
Upper arms	10½ and 10½ in.
Forearms	10¾ and 10¾ in.
Thighs	20½ and 20 in.
Calves	13½ and 13¼ in.
Ankles	8½ and 8½ in.
Waist	30 in.
Neck	14½ in.
Wrists	6¾ and 6¾ in.
Hips	36½ in.

Please tell me what I can do to increase my measurements, especially my neck, arms, chest and calves. I just can't make my calves respond to exercises, the same with my upper arms and neck. I have a long neck which looks well developed from the front or rear but awful from the side due to my prominent Adam's apple.

I feel strong but I want to gain weight and I think that I have exercised too much, that I tore more tissue down than the rest could replace. I would appreciate it very much if you could help me out of this predicament. Thanking you very kindly, I remain,

R. R., Indiana.

## HOW WILL You Look in a Bathing Suit? Just Three More Months APRIL—MAY—JUNE Then SWIMMING TIME!

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Just three more months, then the beach! Will you have the nerve to appear before your friends in a bathing suit? Will people—girls—turn to gaze and admire, or to stare and ridicule, as you pass? Will you be the center of popularity, or an outcast? Which? Now is the time to decide!



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### REPLY:

I should say that when you discovered an increase of 26 pounds in bodyweight after taking up bar bell exercises, you had an indication that you were on the right track, but you undoubtedly got to the point where you exerted yourself too much, or if not that, at least you did too much exercise for a fellow of your physical type. When you started to stand still in progress it was time for you to cut down on the frequency of exercising so as to encourage further increases.

I suggest exercising only twice a week for a while and practice only a few repetitions rather than a great many. It would be better in your case to attempt to use slightly heavier poundages and fewer repetitions than are generally recommended for the average man. Take life as easily as possible, refraining from participation in athletics and cutting out any other form of exercise you might have in mind. Please note that generous diet is essential in building up a fellow of your type.

I can do no better than suggest the old reliable "three square" a day of wholesome, nourishing food. Get more sleep, rest a little more each day and do everything possible to encourage the increase of size and weight.

Dear Mr. Berry:

I am forwarding the enclosed photos of myself, thinking that perhaps they may interest you and be of some use in your articles. They are "strangle pull," "tug of war with teeth" and a wrestler's bridge support of 9½ cwt. (about 1064 pounds). In the bridge I had to use a steadying line owing to a roll on the ship. The seven men range from 133 lbs. to 154 lbs. and the platform is 40 lbs. For a stage turn I support in the bridge an upright piano and four men, who have a small "sing song."

For the "strangle pull" I have been working out on neck rolls and wrestler's bridge lifts of 200 in five repetitions. Before closing I must say that I admire your articles which appear in STRENGTH.

I am yours sincerely,

W. G. Underwood, Jr.,

H. M. S. "Calypso"

Care G. P. O.,

London, Eng.

As you will find reported in the

Association Notes section of this issue, Albert Manger was defeated by Arthur Dandurand up at Montreal. Like a lot of other things which happen in this life, disappointment followed expectations which had been too high. We say this, not because Dandurand defeated Manger—by no means could that be true—but because of the manner in which the winner was shorn of his full share of glory.

Manger suffered a serious injury early in the contest and showed good sportmanship to continue and the handicap was altogether too much for him to overcome. There are, however, certain things we wish to say which we know will crop up in the minds of many.

Now, after reading that which follows, you may think we are casting aspersions on our friend Albert Manger who suffered a severe knee injury on his third life and made a terrible showing from then on. What we wish to make clear is that the unfortunate ending of the contest does good to no one. First, Manger loses much through the unsatisfactory ending; secondly, Dandurand cannot lay claim to the honors which should be due the victor.

Of course, we feel that when one of the contestants suffers an injury, he continues under a tremendous handicap, but the winner under such circumstances is likewise most unfortunate in not being able to lay claim to a clear cut victory. Somehow or other, in our sports, we hate to consider the possibility of an injury (the word "we" is used as referring to all of us, you and me alike) and when one does occur it sometimes has the flavor of an alibi. You know how the foul situation has gotten to be a terrible nuisance, even threatening to wreck the boxing game. Well, somehow or other, we look upon injuries in about the same light. You simply don't look for them to happen, whether it be boxing, wrestling or weight lifting, and the victory consequent upon such injury is always shadowed with doubt. We remember well the comment of a famous official of the A. A. U., which was something like this, "A strong man shouldn't get hurt, nor should he get sick." And any observing person can recognize this statement as

the truth, as far as the opinion of the man in the street is concerned.

We who are acquainted with the strength game know the strong man to be more vulnerable than that, he being no more than human. Nevertheless, we expect him to be practically damage proof.

Here is what happened to Manger. On the third lift, while pushing a 195 pound man overhead with one hand, he lost his balance, and to prevent the man falling hard stepped off the platform; this caused him to fall, as did his assistant, and in falling, his left knee was wrenched and some of the ligaments or tendons were torn. The knee was bandaged by a physician and from then on Manger had to keep the left knee stiff. Consequently, it was impossible for him to perform some of the feats properly, which explains the light poundage he handled for the lying down feat, it being necessary for him to dip on one leg, and a few falls resulted. The Two Hands Clean and Jerk and the Dead Lift had to be performed with stiff legs, and mostly on one leg. Refer to the Association Notes Department to familiarize yourself with the results of this contest.

Now, we have a number of explanatory remarks concerning the manner in which the lifting was performed. First of all, Manger made the fatal mistake of going into this contest without ever having attempted to lift a Ford engine to his shoulder. We also doubt if he ever tried to handle a loaded wheelbarrow. But Manger expected to spot Dandurand the Ford engine stunt and beat him out on the other lifts. We don't see how any man has a right to figure things out in that manner, and we don't see how Manger could possibly have won. Here is the way to look at it: Manger spotted Dandurand 354 pounds, which he had to make up; he beat the older man by 27½ pounds on the curl. Suppose he had done as well as Dandurand on the human bent press, then suppose he had handled just as much as Arthur on the lying down feat. The best official Two Arm Press credited to Manger is 241 pounds or 22 pounds better than he did in this contest. On top of this, he failed by 59 pounds to equal his best



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official Two Hands Jerk. By making such lifts he would have added a further 120 pounds to his total, or in all up to that point he would have made up to 147 1/2 pounds of the 354 by which Dandurand was leading him, all of which means that on the Dead Lift, the Bent Press and the wheelbarrow stunt he would have had to make up a further 200 pounds. But, that isn't half the story, as Danrudand took but one trial on some of the feats and claims he can do better on each if he had to. Of course, if Manger had practiced the engine lift and could handle anything around the same poundage as Dandarund on the wheelbarrow stunt, then the whole thing would have a different complexion. We merely wish to show the folly of Manger spotting Dandurand 354 pounds and then expecting to beat him. The Two Hands Slow Curl was not done according to our rules, but the bell was stopped at the right angle position. The Single Arm Rectangular Fix was performed by swinging a dumb-bell to the shoulder, and then with palm up to drop the bell down to the finishing position while bending the body back as far as possible.

Manger has challenged for a return match to take place when his injured knee is sufficiently healed, but we believe such a contest should not take place.

After the outcome of the Dandurand-Manger contest, we are prompted to mention another case wherein younger fellows are out

after the scalp of an old timer.

John Y. Smith, as you may know, won the New England Strongest Man title a few years ago at the age of sixty or sixty-one. He is now getting around sixty-five and is still appearing in exhibitions all around the Boston district. Certain young lifters are very loud in their efforts to stir up a contest with the old gent. Now, we haven't seen John for some time, but in our opinion if he is as good or anywhere near as good as he was four years ago, he could trim the certain young fellows we have in mind. Of that we feel pretty sure, providing his specialties could be included in the match.

These, to the best of our knowledge, are the Two Hands Dead Lift, Right and Left Hand Dead Lifts, Two Hands Bar Bell Press, and alternately pressing a dumb-bell in each hand; also, perhaps the One Arm Bent Press with either Bar Bell or Dumb-Bell.

The young men complain that John Y. Smith wants them to put up \$1,000.00 against his belt, to contest for the New England title. Now, we are putting it squarely up to Mr. Smith—give everyone of 154 or 160 pounds limit a chance at that title and forget about the money. We could talk up a good attendance, we believe, and have a good show. We would even expect the old man to win, providing half of the lifts consisted of the above. What about it, Mr. John Y. Smith?

## Health—Strength—Beauty

(Continued from Page 39)

are cold all the time. How can I improve this condition?

I am knock-kneed but have formed the habit of always standing with heels together and knees apart. Is this beneficial and are there any other exercises?

This is rather a volley of questions, but I just must ask them all. I would thank you many times for your help.

Folmouth, Nova Scotia C. M.

Answer:

I think that the condition of your waist is due to the fact that you are too thin. To help remedy

this I should advise you to practice all waist bending movements. Bend the body first to the right, then to the left, and then to the sides. Do not perform this exercise in a haphazard manner, but do it carefully and thoroughly. Leg raising and kicking exercises are also very beneficial for the waist.

For your chest I advise you to take up swimming. Swimming, as well as being an all around body developer, is excellent for building up the chest.

Each morning upon arising practice the breathing exercise. Stand

erect, head up, chin, chest and toes held in a vertical line, arms outstretched and feet together. Raise the arms sideways, palms out, and rise slowly on the toes at the same time, inhaling deeply. Then bring the arms slowly down and lower the body at the same time, exhaling forcibly.

Another good chest exercise is to stand with the body perfectly straight and the arms outstretched at the shoulders, the palms facing front. Now, bring the 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 while holding arms as high as possible. The swinging of the arms should be done with force.

For knock-knees I advise you to practice rope skipping for about 15 minutes each day. Also practice all knee bending movements pressing the knees outward.

Your cold hands and feet are a result of poor circulation. Exercise is the best remedy.

## Protect Yourself

### With Jiu-Jitsu

(Continued from Page 37)

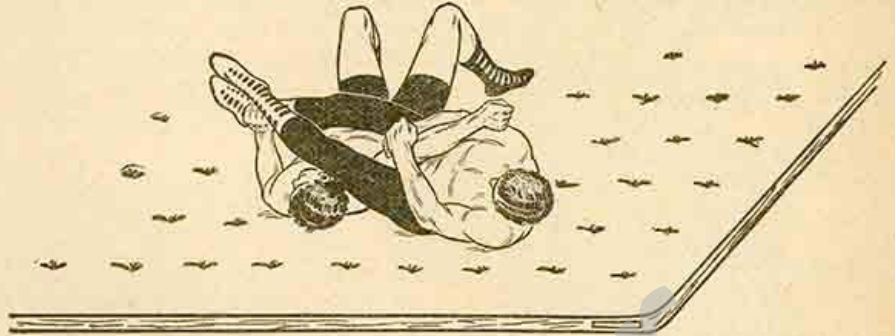
Another vital spot where the finger or thumb can be poked is a spot in the hollow about three inches below the "Adam's Apple", where the sternum or breast bone begins. If you wish to test its effectiveness try it on yourself, but treat yourself gently.

While considering ways and means of self-defense in an emergency it would be foolish not to consider the old-fashioned knock-out blow. It has three distinct advantages: it is easy to deliver and it does not cause any broken bones or dislocated joints, while it does render the unlucky recipient temporarily helpless. There is nothing like getting in your blow before the other fellow hits you. Hit first, hit sharp—not necessarily hard and hit some vital spot.

There are few excepting the members of the boxing fraternity who know how to deliver a knock-out. And even among the professional fighting men there are many who fail to "deliver the goods"

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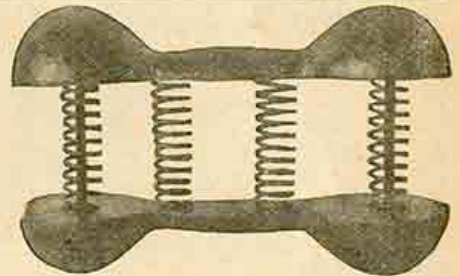
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even when the opportunity presents itself.

For those who fancy knockout blows as a means of defense I will mention the vulnerable points, namely, the chin, a point under the ear, under the heart, and the solar-plexus which we have already considered.

In "chinning" an opponent the blow is landed a little to either side of the point of the chin, *not the direct point* as is generally supposed. It is not so much the force of the blow as the sudden jolting of the jaw bone against the brain that puts the man out of action.

When a blow is delivered to the point below the ear it presses against the carotid artery and thus affects the brain. Consequently the recipient will stagger about, his legs will give way, and he will fall in a heap on the ground. The effect of the knockout blow is different in each case, according to the vital part attacked. Naturally a blow over the heart will interrupt the functioning of that organ; as a result, the person on whom the blow is inflicted will drop to his knees and roll to the ground.

The solar-plexus punch plays havoc with the nervous system, and while it does not render a man unconscious as the other blows do, it will knock him helpless, doubling him up with pain.

Hammer-like punches to the kidneys are painful but it requires a succession of them to have much effect. For practical purposes we can ignore the kidney punch, but not so the blow to the nape of neck known as the "rabbit killer." In this blow the self-defense man does not follow the boxer. He delivers his sharp chopping blow with the side of his hand, drawing his hand

away as soon as it has made contact. You may seize an opponent by the hair of the head and pull his head forward towards you. This will provide an opportunity for administering the "rabbit killer." It is a dangerous blow, and must be used only in an emergency if at all.

The neck hold is secured by crossing your arms and taking a firm hold of your attacker's coat collar, well to the back, your four fingers on the inside and your thumb on the outside. Draw the rear part of his coat collar tight and press the bony part of your wrist against the carotid artery, located as we know on the neck a little below the ear. To make this hold doubly effective you can bring your forearm across his throat. The hold will interfere with the circulation and stop the flow of blood to the brain, producing insensibility. It can be applied better when your opponent is on the ground.

As a counter to the neck hold you may push your attacker's chin back and press one finger against the nerve center between the nostrils, while with your free hand you can deliver a knockout to the solar-plexus or you can bring your knee into violent contact with some vital part.

A powerful strangle hold may be obtained by securing your attacker's head under your right armpit, and bringing your right forearm across his throat to take hold of your left hand which you have placed on his right shoulder. Bear back a little with your right shoulder and press upward with the forearm across his throat. In addition to strangling him you may even dislocate his neck—a contingency that I hope you will never find necessary.

## You Can Have Shapely Thighs

(Continued from Page 48)

greatest extent. As in the foregoing exercises, you must use a chair or some other suitable object. A chair back, however, is too high, so we use the seat, or if that is not high enough to contract the biceps fully then a box or anything that will serve the purpose should be placed on the chair seat. In this exercise you stand with your back to the

chair and slowly raise and bend the leg and raise the foot up, over and across the chair seat and down to the original position again. Repeat until the biceps is tired. If you don't feel the effect of this movement in the biceps then the chair or whatever you are using to pass the foot over is not high enough. You can easily watch

toes and at the same time extend the right leg as far to the right as possible, performing a deep knee bend on the left leg, as illustrated by Figure 8. Keep the right hand on the hip and reach as far along the floor as you can with the left, then alternate by dropping on the right leg and extending the left.

These are enough exercises, I suppose and if you follow them out carefully as I directed you above you will get sure results. The girl or woman who is wise and who

can readily appreciate the joys and advantages of a healthy, active life will never allow her flesh to dominate her to such an extent that it will destroy her beauty and take away her youth. Every pound of fat which accumulates on her body is a menace to her health and usefulness, and, consequently, her happiness, and she will guard against allowing it to remain—yes, she will even strive to prevent it from even gaining its first foothold.

## Corrective Bar Bell Exercise

(Continued from Page 32)

measures. We find not a few men to be so constructed. Of course, through the proper steps of physical improvement the individual should make the best of his natural construction and bend every effort toward mastering proper posture. In addition to the faults already outlined, this man presents an appearance approaching emaciation, so a general rounding out all over will be in order.

The problem confronting the man in Case Z is entirely different from all the others we have considered. Here we have a man who has made a good name for himself athletically, and even after achieving something of a reputation he took up bar bell exercise, which served to add to his capabilities. His game is golf with a penchant for endurance trials; therefore, he is very well accustomed to miles of walking over the rolling terrain of golf courses and must of necessity run a number of miles during the course of his long distance trials. He complains of a lack of satisfactory calf development. This difficulty in adding to the size of his calves may easily be due to the great amount of walking and running in which he regularly indulges. There is another apparent weakness which may be noticed in his physical make-up, flat arches, and we might even go so far as to refer to this as a peculiarity worth noting. My reason for referring to this point as a peculiarity is this: here is a man who is possessed of unusual endurance and who in his long distance trials must be on his feet,

traveling fast most of the time, from sun-up to sun-down. Now, as I have previously contended in these pages and elsewhere, and as I have noticed in connection with other men of athletic ability, the mere fact of having flat arches does not necessarily denote a painful condition of flat feet, nor in fact does it denote a weakness of any sort.

However, this peculiarity in construction may account in part for his difficulty in adding to calf bulk. By referring to his photo, you will note the greatest bulge in calf size is very high on the lower leg. This athlete also has a relatively long heel, which generally accompanies a calf of this shape and it is to be further noticed that a long heel does not require extreme bulk in calf size to propel the body properly.

Scrutinize the photograph closely and you will notice something worthy of the attention of all students of muscular development:—instead of the lower leg tapering smoothly from the ankle to the greatest bulge, a preliminary bulge is present about one-third way up the lower leg. This low position of some of the lower leg muscles in his case accompanies the low arch, and due to the great amount of exertion to which he is accustomed, tends to compensate the peculiarity in construction.

Please note that I have no intention of holding this man up to ridicule; it is not in the spirit of criticism that his photo is used. The real purpose I have in mind is to present an example of peculiarity in construction which is generally ac-

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No relief for any form of Catarrh can be obtained except by dissolving the mucus which the blood tries to discharge through nose, lungs, throat and other organs, causing the irritation known by many names, such as Catarrh, Tonsillitis, Rhinitis, Hay Fever, Asthma, Consumption, Appendicitis, Bright's Disease, Pyorrhea, Gastritis, etc.  
**WHAT TO EAT.** Certain Citric fruits (without sugar) tomatoes, berries, apples, dissolve mucus and counteract acidity, if used with other suitable foods and laxative vegetables.

## Old at 30?

Heavy eaters of starchy foods, bread, grains, potatoes, rice, are slow, awkward, stiff, **PREMATURELY OLD**, with coarse, wrinkled skin. Suitable animal foods, fruits and vegetables rightly combined restore youthful grace and vigor in even most advanced cases. Even elderly people have been restored to youthful activity after only a few weeks of scientific nutrition.

## Low Vitality

Old age and senility with its lack of vitality is due to hardening of the arteries, i. e. their inner walls become encrusted with calcareous deposits just like the inside of a kettle or boiler. These deposits slow up the circulation and hinder the blood from carrying on its swift work of rebuilding and restoring the worn-out tissues.

## Headaches

Nervousness and Sleeplessness are all due to the same basic cause, i. e. self-poisoning by eating the wrong food combinations. The poisons accumulated in the blood and tissues and at certain points set up congestion (especially where the nerves enter the spine). The congested tissues press on the nerves which in turn sends a shooting pain to "headquarters" to tell you something is wrong. The right foods not only dissolve the poisons and remove congestion, but also restore normal health and strength to the weakened irritated nerves. These troubles are among the easiest to correct quickly and permanently.

## Kidney—Bladder—Diabetes

Kidney, Bladder and Skin Troubles begin when these organs try to do extra work because some other organ is congested or stuffed by wrong eating and faulty elimination. For instance, in Diabetes, the kidneys eliminate sugar which the liver should have utilized.

## Rheumatism

Lambag, Scleritis, Neuritis, Neuralgia and Rheumatism (whether in joints or tissues) are all caused by a wrong diet, resulting in poisons and congestion, further aggravated by exposure to cold, dampness or draught. Swiftly relieved and permanently banished by eating solvent and eliminating foods. Meats are not necessarily harmful if properly combined and prepared.

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cepted as a sign of physical weakness, but in this case, as in many others, extraordinary physical ability is present.

In fact, I have no desire to bring ridicule upon any of the subjects whose photos I have chosen to use on these pages. I trust my readers will look upon the publication of these cases as an effort at intelligent discussion of common physical shortcomings which are likely to be present in the case of average normal men before beginning the practice of a proper routine of exercise. Yes, unless we miss our guess, even the worst among the present group is not of as low a standard as is the average American non-physical culturist. Yea, even among the general run of athletes to be found in different branches of sport, the type of physique shown herewith would be far from uncommon. If you doubt the truth of this statement, find occasion to look over large groups of athletes. The lesson to be observed in this respect is that the ability to participate in general athletics, and even excellence therein, does not imply unusual physical development or powers in the sense we might expect among athletic participants. Outstanding performers are quite likely to show some outward evidence of the abilities they possess, while the fellow who goes to the trouble of striving to accumulate unusual powers has a far better than average chance of rising to the top, providing, of course, he is consistent enough to apply himself properly.

Getting back to a discussion of each case, in order, we will now consider possible corrective measures for each, offering suggestions which may be applied by all readers with like faults in shape and lack of development.

First, Case A B C: this man requires primarily general improvement work for all parts of the body, therefore if he were starting out under my instruction a general body building routine would be arranged: in reference to leg exercise we should suggest doing the deep knee bend with feet flat on the floor, toes and knees pointing to the front. You may recall that we referred to the possibility of his having put in considerable time at the general form of squatting exercises

with knees turned out. By having him do such exercise with the knees to the front, feet parallel and close together, the inside of the thigh and especially the region just above the knees would become developed. Calf exercises, for the most part, should be performed with the toes turned in or to the front, but not turned out. The protruding abdomen will be taken care of by a general toning and strengthening of the entire physique, the chest will expand, and by properly developing the shoulders, the disproportion between the shoulders and hips will be overcome.

Somewhat similar instruction regarding development of the inner sides of the legs will be in order for Case D E. Whereas he looks fair from the side or at an angle, a pose from either direct front or rear immediately discloses the lack of fully rounded leg development. As with the previous case we suggest deep squats with knees and toes pointing to the front, also plenty of calf exercise with toes turned in. This man having had a good deal of heavy exercise experience, he may supplement his leg work with the leg press, where a bar bell is pressed on the soles of the feet. It is also understood that various standard leg movements are practiced, especially the dead lift exercise with stiff knees. A greater amount of strenuous leg exertion is bound to result in an increase in chest girth with a corresponding improvement of the entire upper body.

In the early part of this article I remarked that in all probability this man might be good at athletics. Very often we find athletes of ability with this bowed appearance of the legs and even a decidedly bowed condition, but seldom (there may have been exceptions) do you find an athlete with a case of actual knock-knees. Please understand, apparent knock-knees may exist, just as apparent bow legs exist in the case of some of the men shown herein. Almost without exception though, the athletic type runs to bowed rather than the knock-kneed type, a fact for which there may be good reasons. One thing we are noticing among modern lifting athletes is that as a result of specialization on deep squatting work they have a better development of the in-



side thigh muscles and especially the large shenkel muscle just above the knee. The old time lifters did very little low squatting, and among the general run of athletes this form of movement is practically missing in the entirety. The outside of the thigh is given more work than the inside thigh muscles in practically all games and forms of athletics, so special work is necessary to bring about a balanced development. Some exceptions are wrestling, bicycle riding (where the athletes have splendid legs) skating and sprinting to some extent.

What we referred to particularly in regards to Case D E is a bend of the lower leg which is very common among athletes. A slight bend is perfectly natural and is covered up in most cases by the muscular development, but whether athletic participation has anything to do with accentuating the bend is difficult to say. In my own case, as a boy and young lad I did a lot of running and evidently the lower leg bones did become bowed; in later years this straightened out to some extent in spite of a great deal of lifting. In some quarters you hear such expressions as "runners' legs" and "his legs are sprung from running."

Special work to develop and balance evenly the inside calf and thigh muscles will overcome the appearance in the case of D E.

Our friend with the nineteen pounds bodyweight gain in Case F G may be too far advanced in years (though he is far from being old) to bring about a straightening of the legs. He may at least strive with this object in view, and failing actually to change the condition of knock-knees he can at least be sure of improving the appearance of his legs and hiding this defect in construction.

The difference we encounter in regards to leg conformation in this case as compared to the others in this group is that whereas the others have leg bones practically straight in alignment with only an appearance of bow legs due to unbalanced development, this man has a decided case of knock-knees, caused by an inward inclination of both the upper and lower leg bones. Here we have an indication of the need of developing those muscles

which will pull the leg bones into proper alignment. With the other men we desired to develop the muscles to increase bulk along the inside of the legs; now we strive to develop them for the pull they will exert on the bones.

We can sensibly conclude that a proper balance of force exerted by all the leg muscles will result in a normal condition of straightness just as long as the bones are not bent.

We suggest the deep squat as advised in the previous cases, with knees to the front and feet parallel, also the regular dead lift as an exercise, using a moderately heavy weight, but it is to be performed in this manner only: with the heels together and toes pointing at an acute angle to the side, knees turned well out. Squat straight down, keeping the back flat and the arms inside the knees, the idea being that in straightening the legs, the knees are brought inward.

A special exercise may also be practical; sit in the familiar tailor's squat with feet crossed and then rise to the standing position; later you may even use a light weight on the shoulders.

When actual bow legs exist we suggest the deep knee bend in regular style, on toes and with the knees pointed out; also a special exercise, to be performed at first without weight, the feet spread well apart and parallel, squat down by bending the knees inward until they touch, or lower if possible, and then rise to the erect position.

For Case F G his calf work must be of a general nature, with lots of it; we say this because the inside calf is better developed than the outside, but at the same time the inside calf muscles must be greatly strengthened to assist in holding the legs in proper alignment. The great amount of leg work indicated in the foregoing will do much to strengthen his back and expand the chest. In addition, of course, upper body exercise must not be neglected.

The young man in Case H I requires little more than general all around improvement. We note, however, a slight curvature of the spine and for that suggest special work. This will be referred to later.



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General all around improvement is likewise indicated in Case X, but there is considerable difference in his corrective requirements. We have already had considerable to say regarding his case, and in addition might stress the importance of general leg and back exercise as a means of creating a normal tension on the shoulders with a resulting proper carriage of the chest. The muscles of the back which hold the body erect exert a strong influence on the proper natural position of the chest and shoulders, tending to pull the former down and back with a consequent raising and arching of the chest. Special exercises for the broad of the back are likewise to be recommended. Abdominal exercise, especially when it becomes more advanced in nature, will bring about a balance between the back and front torso muscle pulls.

Increased bodyweight over his whole frame is required by Case Y. Further than this, he needs specially directed effort along one line to correct uneven shoulders. A corresponding curve of the spine is bound to be present. The rule to follow here is the same as though you were trying to make a small tree or sapling grow straight. You would tie it up on the side from which it inclines and not on the side toward which it bends. Likewise in the case of the body you endeavor to strengthen the side opposite that toward which it bends, in order to cause the muscles on that side to exert a straightening influence. Then, if you are to hold a weight in one hand and practice bending over to the side and back up to the erect position, you will hold the weight in the hand on the lower side. When doing the exercise you must hold enough weight in the hand to cause the side muscles some exertion, and when coming to the erect position you must lean as far as possible toward the free hand side. Supplement that movement with one wherein you hold a weight overhead, but in this instance the weight is held in the other hand—that is, the hand on the side out, a moderate weight held at the highest side. Stand with the feet fairly well apart, toes point-length of arm overhead; keep your eyes on the weight and bend over

to the side as far as possible. Now, in connection with this sidewise bending, do not bend directly to the side, but slightly to the front; it is impossible to bend far when you lean directly to the side. Having bent over as far as possible, come back to the erect position. Repeat both these exercises several times in succession. By combining these movements the corrective work will be more effective than if only one were included in the program. For those who are pretty well advanced the Side Press and Bent Press lifts may be suggested.

As Case Z was rather thoroughly discussed earlier in this article, nothing further need be said concerning him.

Those who are not sufficiently informed on the subject may question my continued allusion to strenuous leg work for the purpose of expanding the chest and squaring the shoulders.

This subject has been discussed at various times by myself, but for those who wish a complete treatise on the same, as well as more complete data on improving faults in development, I would suggest a careful reading of my book "PHYSICAL TRAINING SIMPLIFIED."

The novice should not attempt to arrange a course of corrective exercises for himself, but he may properly be guided by the reading of the above mentioned book. Moreover, it is a wise investment to enroll in a standard course of physical culture to be certain of the guidance of a qualified instructor.

In closing, I might call attention to the extreme value of advanced bar bell training, especially Roman Chair, Column and Board exercises for completely rounding out the leg development; to advanced hand balancing for aiding the full development of the shoulders, and to scientific lifting of all kinds for general perfection.

The only requirements for the proper application of these tried and true methods is sufficient sense on the part of the individual to realize his shortcomings, and a sufficiently thorough mastery of his hobby to understand the means of applying his knowledge.

## Go Outdoors For Pep and Beauty

(Continued from Page 22)

her diet. She also strongly advocates sunshine, and during our interview said, "I used to envy every girl I saw at the beach who had an even coat of tan. My skin is so fair that I could never seem to get an even burn. I would turn a bright red and then the sunburn would peel off in no time. Summer time used to be one long torture because I enjoy so much swimming out of doors and I could never trust myself to stay outside long, knowing that I would have to pay in misery for each minute overtime I enjoy under the glare of Old Sol.

"One day I noticed how brown the lifeguard looked. I asked him how he managed to get a coat of tan like that without torturing himself with sunburn. 'I rub off with vinegar every time I go into the water, until I get brown,' he answered. The next time I went to the beach I tried it. People were surprised to find that I could get such a lovely brown. The stockingless fad no longer worries me, and I am very happy that my

coat of tan came to me painlessly."

Swimming, as everyone is realizing more and more each day, is one of the best exercises for keeping the body in good condition. Here is what Miss LaPlante has to say about it:

"Each day, whenever I can steal a few minutes from my many duties, I rush to my own little swimming pool. I find that it keeps me feeling fit and healthy—and not only does it work wonders with my physical health but I find that when I am worried, a little tired and perhaps a little "grouchy" a good swim will drive all my cares away."

Miss LaPlante says that swimming, skating, walking, horseback riding and drives through the park are all invaluable pastimes for one seeking to keep in good physical condition. "Plenty of rest" is another of her mottos. Eight hours is not too much for anyone—and particularly the girl of the screen. For fatigue is bound to make itself apparent if present even in the slightest degree.

## Getting Good Photographs

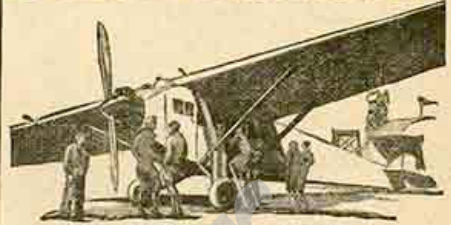
(Continued from Page 24)

trouble is too much and too harsh shadow, due to the light falling almost directly from one side. The result is starchy white and coal black, in about equal amounts, with almost no half-tone details. Number 2, with the light well overhead, is much better, but, nevertheless, there are many faults present in it, principal among which is that due to the nearness of the light to the head the intensity of light on the shoulders is much greater than that on the feet. The result is a gradual darkening of the lower portions of the subject's body. This effect is not present when the illumination is furnished by the sun or by a light placed several feet above the subject because the distances concerned from light to head and feet are too near the same. Another criticism of Figure 2 is that the shadows are too harsh, due to but one light having been used to illuminate the pose.

Refer now to Figure 1, which, incidentally, was made more than a year after Figure 2, during which time "Bill" Lilly took on several pounds of weight and became much stronger and a bit smoother in appearance. In Figure 1 the principal light (a twin arc outfit) was set about the same as when Figure 2 was made, but this time an additional light was directed from the floor to illuminate the legs and also to tone down the harshness of the shadows on the upper body. The result is a better lighting effect from all angles.

In Figure 3 we have an excellent study in good lighting, in which there are sufficient high lights and shadows to bring out the advantages of the pose, yet no shadow is so intense as to destroy the half-tone value of the photograph. The shine on the highlights is due to the application of a coat of grease

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to the body with that object in mind, otherwise the effect would have been normal as in the other illustrations. The illumination in this case consisted of a powerful overhead light, slightly to the front and left, and a battery of auxiliary equipment from the front and sides to illuminate the legs and abdomen.

We now come to a series of three photographs which should be of greatest interest to the average reader of this article—that of Robert Snyder, Figure 7, and the two similar poses of "Bill" Lilly, Figures 8 and 9. Snyder's photo was made by sunlight; Lilly's, in a studio and under specific conditions for comparison with the former pose. You will notice that at the time Figure 7 was made the sun was well overhead, slightly to the front and a bit to the left of the subject. The position of the shadows, as a result, is very good, and only one criticism can be made—the shadows are too intense. Now look at Figure 8—the pose is essentially the same and the light is falling from about the same angle from the front, but from the right instead of the left side. Because of the position of the feet (right foot forward) the body is turned slightly to the left, and the legs are almost entirely in a shadow, the right, from the right arm; the left, from the body. The result is that the legs are illuminated only by the small auxiliary light, which, since its purpose is only to soften shadows, does not afford sufficient illumination to the legs. The good effect of this light, however, is apparent in the toning of the shadow on the upper abdomen, for, whereas in Figure 7 the shadow is heavy, that in Figure 8 is not so pronounced. This heavy shadow in Figure 7 could have been softened had someone stood to the side opposite the sun and as far to the front of the subject as possible not to intrude in the photo and held a "reflector" to direct the sunlight against these heavy shadows. Such a "reflector" would consist of a large white cloth—a sheet, for instance—and would be used just as if it were a large mirror, the difference being that it would reflect the light less brilliantly than would a mirror, but, nevertheless, sufficiently well to bring about the desired results. Remember this "kink"

when you try strong man poses by sunlight.

The principal criticism of Figure 8 is that the top light should have been sent in from the left instead of the right side in order to give the legs the benefit of its strength. This fact, incidentally, illustrates the necessity of attention being paid to every detail if one is to get a really successful photograph.

Finally, let us take notice of Figure 9. This photograph was made with but one light, the twin arc, and with it so placed as to give a front lighting from a slight distance above the head, as would be obtained by facing the sun around four o'clock in the afternoon. In this instance, while the general bulk of the body is much more clearly defined, much is lost in the details. For instance, only one acquainted with strong men would recognize offhand (by noting the lines defining the lower edges of the pectorals) that the chest is held high and that it is very deep. The "flat" lighting effect has killed that shadow which indicated the condition of the chest in Figure 8, leaving but a small amount of definition on the left intercostal region and the legs.

Here, now, you have some of the "secrets of the trade," and if you who really desire to obtain good photographs of your poses will but apply them you will be more than repaid for your efforts. Bear in mind these facts—you must be able to strike the pose satisfactorily first of all, you should have some means (a capable observer or, better still, a mirror) of checking up on your position immediately before the photo is taken, and you must study the subject of enough illumination from the proper angles. In this connection you can learn much by practicing before a mirror, using a fairly strong globe—say, 100 watts—overhead and a smaller one on or near the floor, moving them about to suit your pose. Then, once you learn something of the peculiar lighting requirements of strong man photography, you will be in position to offer valuable suggestions to your photographer when you visit him—and there are actually some photographers who appreciate, accept and use such advice!

## Association Notes

(Continued from Page 56)

him for the remaining attempts.

Arthur then announced that it had come around to him that the lovers of the iron game would like to see him in action and do a few turns for them, and that although it is rather difficult for him to operate his gymnasium, referee and look after all these lifters he has under his wing, he would oblige us. We must say that when he stepped on the stage and took off his bathrobe he was a sight to behold. He has a body that we can never forget. Clothes certainly hide the shapely anatomy of athletes and we are certain you would be fooled if you should see Art in his neatly tailored suit and then in a gym outfit. He is 5 feet 10 inches in height, weighs 180 pounds stripped, and has a smooth classical type of physique capable of ability in many athletic directions. He announced his measurements as neck, arm and calf 16 inches, chest 42 1/2, waist 33, thigh 23 1/2, wrist 7 1/2, ankle 8 1/2. He then mentioned that in Mark Berry's book, *Physical Training Simplified*, there appeared a photograph of him wearing his collar, size 16, on his arm and also on the calf of his leg. Robert Ripley has also had this depicted in "Believe It or Not." After passing the collar around for inspection Art demonstrated how it can be done if one has the perfect proportions necessary. He walked around the stage with it on the calf of his leg and said he could use it for a garter if necessary. The spectators liked this very much.

Arthur next took two packs of pedro cards, had them examined and stressed the point he was not going to "fan" them in order to tear them and that it was a legitimate effort. He tore them very evenly and received great applause.

Rochester never having seen any kettle bell juggling, Art next gave a neat exhibition with a Milo kettle bell. He worked in some original ideas of his own which we had never seen before and which we liked very much. This was something new and everyone liked it. Next Arthur did some lifting with human beings. He picked up one of the boys very slowly, holding

him by the hips, and did a two arm curl and three very slow, easy presses, letting him down very slowly and stopping with him in the rectangular fix position. Then turning him around he lowered him between his legs, brought him up again, turned him from left to right, down again between the legs, up to the chest and so on. He kept this up during a whole Victrola record and ended this part of the performance with three perfect bent presses.

Lastly Arthur F. Gay gave an exhibition of rope skipping and we are frank to admit we had never seen any real rope skipping before—we thought we had, but we were mistaken. Arthur first demonstrated various steps and methods of training done by famous boxers, etc. He then executed a triple spin, split, and leg spread combination that we haven't figured out yet just how he could do. He finally had the "Stars and Stripes Forever" played on the Victrola and went thru the fastest, snappiest rope skipping and crossing exhibition that we ever had the pleasure of witnessing. This concluded Arthur's performance and he certainly received fine appreciation from the crowd. We hope he will perform for our edification again.

Frank Reeg then came out to wind up the show and gave a demonstration on a new type of lifting apparatus which Mr. Gay conceived himself and which we understand he is calling the Parallel Bell. Frank showed various exercises with it and showed that it could be used in much the same way Mr. Gay had handled his partner. That was the idea the inventor had when he developed this Parallel Bell. It is certainly an innovation in the world of weights and Arthur has promised to send STRENGTH some photographs of it in the near future. After demonstrating the uses of the new Parallel Bell, Frank did some presses with a 350 bar bell placed on the soles of his feet and then after a little muscle posing he did ten deep knee bends with a 175 pound bar bell across his shoulders. This concluded the very enjoyable evening.

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Later on in the evening, he essayed to break the existing record for the Two Hands Clean and Press Behind Neck. The old poundage was 175 for the 154 pound class. Frank weighed right on the dot at that class limit and starting out with 176½, handled it with fair ease. His next attempt was with 182 pounds with which he succeeded after a terrific battle. It may sound odd to speak of a Two Hand Press calling for a terrific battle, but that is just what happened. Frank pushed with everything he had, meanwhile trembling like a leaf from stem to stern, but both arms were finally locked and the weight held for the referee's O. K.

Frank holds the record for the Two Hands Clean and Jerk Behind Neck at 242½ pounds. Explaining that he felt unequal to the task of passing that mark, he at least consented to show his style of handling a weight in the manner called for by that lift.

A bell loaded to 218½ pounds was handled so easily that the officials considered Frank capable of passing the record. So, although he was unaware of it, the bell was loaded to 240 pounds. After three failures to clean that poundage, it was reduced to 230, which he handled with no trouble. Another trial with 240 also resulted in a failure. It is true of Frank that he can jerk more behind his head than off the chest; his greatest difficulty, however, is cleaning to the chest.

On this evening we were amused by the strange stunt of a newcomer, an old timer in years and in giving exhibitions, but new to our shows. This man, Philip Wise, has the strange taste for chewing stones with his teeth. Mr. Wise produced fair sized chunks of two different kinds of stone—a variety of limestone and some sort of marble. Some of each was broken off with a dumb-bell handle and passed around for the inspection of the audience. No one seemed to be



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interested in trying to chew this kind of "rock candy," so Mr. Wise first chewed a piece of the limestone to powder and then crumbled up a piece of the marble with his teeth.

Something very novel, to be sure, and undoubtedly good jaw exercise, but darned hard on the teeth, we should imagine. Mr. Wise claims his ability to chew even the hardest stone comes in handy in his business when testing the relative values of different kinds of stone he is about to purchase.

After an absence of three months from the STRENGTH Show programs, "Bob" Jones returned with an interesting chat on a routine of early morning dipping exercises which he practices, interspersing his remarks with a practical demonstration of the points he discussed. Those exercise fans who have an ambition to strengthen and enlarge the forearms, wrists and fingers should profit by the demonstration of exercises and feats included in the routine "Robert L." showed them. Perhaps you have prided yourself on doing a one hand floor dip or the same stunt on all five finger tops of one hand, but you should try it on one thumb as "Bob" did it. We had hoped for some extraordinary stuff which we knew he had been working on some time ago, but "Bob" has been working out somewhat regularly at wrestling for some little time and thus has neglected his entertainment specialties.

Arthur Levan, America's best bet in the featherweight class, set a few A. A. U. records on the International Lifts and made a rather fair total on the combined trials. It is to be remarked that all amateur lifting at the STRENGTH shows is now under the sanction of the Amateur Athletic Union of the United States. At the January 11th show William Good created a few A. A. U. records and gave good promise of ability to win the National Light-Heavyweight title in New York this spring. Likewise, Levan should be capable of copping the 128 pound title. Remember that last year Arthur was unable at the last moment to attend the championships. Had he been there, it should have been a walk-over for him. Let us hope for his appearance this year.

Getting back to the show at hand, Art weighed in at 128 and started out on the One Hand Snatch at 123, moving up to 134, which is a new A. A. U. record; two subsequent trials at 144½ were unsuccessful. On the One Hand Clean and Jerk he handled practically the same poundages, 123 and 134½, failing with 144½. The Two Hands Military Press saw him succeed with 155 after a start of 144½. The 155 pounds lift is a new A. A. U. record. It is to be understood that record claims may be made at this time, but they will be passed on finally at a later date. The total Levan made was 812 pounds; under the stress of high class competition, we could expect him to score at least twenty pounds more.

Lynwood "Bill" Lilly showed his ability at posing and muscle control and proceeded to shove up some record making poundages. Tipping the scales at 166 pounds, Bill warmed up on the Two Dumb-Bells Anyhow with 210 pounds—150 and 60. He then asked for considerably more weight on each bell, so the big bell was loaded to 175 and the small one to 72, a total of 247. Two failures were registered before he was finally successful in having the lift passed by the referee. It was unfortunate that he lost out on the second attempt, as the weights were properly pressed overhead and held long enough, but due to the matting floor covering Bill was unable to get his heels together. Lilly next asked for a big bar bell of around 550 pounds to be placed on his feet for a leg press. A bell of what was thought to be that approximate poundage was made up; a subsequent weighing after the feat was finished proved the bell to weigh 548 pounds. This weight was pressed ten times in succession.

So the show was concluded. The referee was Mark H. Berry; the judges Frank Dennis, Bill Lilly and Robert L. Jones.

On Saturday, February 1st, Bill Lilly created a new record on the Sit-Up, making 2100 repetitions. This took him four hours and seventeen minutes. Mr. Berry claims he would not think of watching anyone repeat the performance. Just before going

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through that punishing task. Lilly at a bodyweight of 168 pounds made a new record for the Crucifix with 63 pounds in each hand, or 126 pounds. He failed on a few trials for a record on the Lateral Raise, Lying, Trials at 107½ and 113 were passed but 120½ proved too much. On this occasion, at least, we should say, as we have found true in the past, that whatever Bill has in mind in the way of lifting he seems to accomplish. His bodyweight on the first was 168 pounds.

Still reporting lifting trials for the championships which failed to become official, we have the following from DuBois, Pa.

Joseph Peltz—170 pounds; Right Hand Snatch 120, Right Hand Clean and Jerk 158, Two Hands Snatch 158, Two Hands Military Press 172½, Two Hands Clean and Jerk 227; Total 835½.

William Moore—145 pounds; Right Hand Snatch 89½, Right Hand Clean and Jerk 99, Two Hands Snatch 133½, Two Hands Military Press 124½, Two Hands Clean and Jerk 167; Total 613½.

From Akron, Ohio, where a good show was held, we have the following, naming the lifts in official order: One Hand Snatch, One Hand Clean and Jerk, Two Hands Snatch, Two Hands Military Press, Two Hands Clean and Jerk.

Earl Richey, 172 pounds bodyweight; 119½, 143½, 163½, 138½, 221; Total 786.

Lawrence Barnholth, 158 pounds bodyweight; 114½, 153½, 153½, 151, 221; Total 793½.

Claude Barnholth, 147 pounds bodyweight; 133½, 148½, 172, 156, 221; Total 831.

Mike Fontana, 134 pounds bodyweight; 104½, 120, 138½, 138½, 193½; Total 697½.

In addition to the above Claude Barnholth lifted 245 in the Shoulder Bridge without Body Toss, and Lawrence Barnholth lifted 276, using the Body Toss method.

Down in Hagerstown some real lifting was seen, the lifts named in the same order as above, being as follows:

Robert F. Knodle, 112 pounds bodyweight; 115, 135, 144¾,

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144 3/4, 185; Total 724 1/2.

Richard Bachtell, 135 pounds body weight; 150, 168, 180, 170 1/4, 223; Total 891 1/4.

Otto Munday, 133 pounds body weight; 135, 130, 144 3/4, 154, 195; Total 758 3/4.

It is to be noted that all three Hagerstown boys snatched over bodyweight, Bachtell even starting with 140, missing 150 on the second attempt and succeeding on the third.

The officials were B. F. Yates, Paul Baker and Robert B. Snyder.

Out in Missouri the results were reported as follows:—

Gordon M. Strain, 143 1/4 lbs. bodyweight; 130 1/2, 161 3/4, 165, 158, 226; Total 841 1/4.

A. E. Mitchell, 123 3/4 lbs. bodyweight; 103 1/2, 114, 127 1/2, 125, 172 3/4; Total 642 3/4.

Ed. Zercher, 145 3/4 lbs. bodyweight; 111, 130, 130, 147 1/2, 190 1/2; Total 709.

Lewis Criley, 164 3/4 lbs. bodyweight; 103 1/2, 119 1/2, 146, 125, 200 1/2; Total 694 1/2.

Victor Frank, of Kansas City, a heavyweight, made a Rectangular Fix of 103 1/2 lbs.

Gordon M. Strain also did a Right Hand Dumb-Bell Bent Press of 153 1/2 lbs. Strain would have won the title in the Welter Class if the championships had been official.

These boys lifted under A. A. U. sanction.

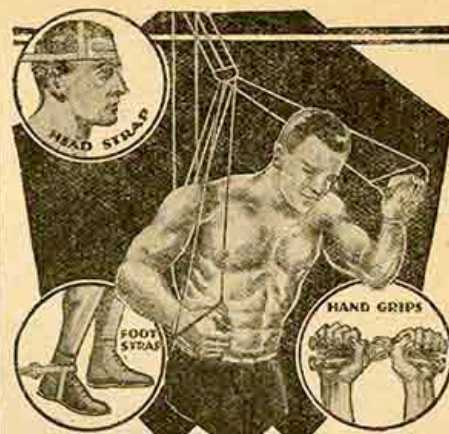
In Portland, Oregon, another show was held at the Multnomah Amateur Athletic Club.

Ted McKeon, bodyweight 148; 119 1/2, 161 1/2, 160 1/2, 151, 220; Total 812 1/2.

Arnie Sundberg, bodyweight 156; 158 (failing at 171), 178 1/2, 198 1/2, (failing at 204), 167, 255 (failing at 271 twice); Total of 957.

Officials—J. L. Dill, Albert P. Tauscher, Owen Carr, Dr. Collister, M. Wheeler, R. M. Sherman, V. J. Forrest, Floyd MacPherson, Bob MacPherson.

After the regular lifters cleared the boards, some of the audience came up and started doing stunts. Something worth while was really done. Owen Carr, who is Physical Director of two High Schools in Portland, did some wonderful lifting. Of course, the type of feats at which he used to excel are not recognized internationally at the present time. Albert Tauscher, another great fellow of a few years ago, is still capable of breaking records, but cannot spare the time to train for record breaking, due to his duties as Physical Director of the Multnomah Club. MacPherson, a newcomer in the game, gave an exhibition of spike bending and



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### SOUTH AUSTRALIAN CHAMPIONSHIPS—OCTOBER 21ST & 28TH, 1929

	Middleweight		Lightweight		Featherweight		
	Existing World's Record	Hurcombe 163 lbs. R.	W. Clayton 158 lbs.	Existing World's Record	G. White 144 lbs.	Existing World's Record	Whimpress 129 1/2 lbs. C.
Pull-over & Press (Legs Straight)	247 1/2	250 1/2	176 1/2	234 1/2	150	229	194 3/4
Abdominal Raise	100	92 1/4	68	88 1/2	45 3/4	71	44 1/2
Right Hand Snatch	181 1/2	133 3/4	126	154	87	154	91
Two Hands Dead Lift	517 1/4	440 1/2	471 3/4	483 1/2	298 1/4	470	384 1/2
Pull-over at arm's length	129 3/4	108 3/4	101 1/2	125	89	108 3/4	115 1/2
Left Hand Swing (British Style)	154	131 3/4	127 1/4	142 1/2	77 3/4	134	90 3/4
Right Hand Mil. Press	111 1/2	86	67 1/2	91 3/4	54 1/2	86	74 3/4
Two Hands Clean & Jerk	297	195 3/4	195 3/4	275	172 1/2	264 1/2	174 1/4
Crucifix Lift	130	84 1/4	72	130	73 1/4	120 1/2	86 1/2
Deep Knee Bend (weight assisted)	340	296 3/4	322	320	227 1/2	290	236 1/4
<b>TOTALS</b>	<b>2208 1/2</b>	<b>1820 1/4</b>	<b>1728 3/4</b>	<b>2044 3/4</b>	<b>1276 1/4</b>	<b>1927 3/4</b>	<b>1492 3/4</b>
Percentages	100%	82.4	78.2	100%	62.4	100%	77.4

- 1st—R. Hurcombe—Records, 1 World's, 2 Australian.
- 2nd—W. Clayton—Records, 2 Australian.
- 3rd—C. Whimpress—Records, 1 World's, 3 Australian.
- 4th—G. White—Records, none.

Referee: Mr. "Bert" Graham.  
 Judges: Mr. Arnold Pascoe, Mr. Stephen McKee.  
 Hon. Organizer: Mr. W. T. Duggan.  
 Hon. Secretary: Mr. Harry Robinson.

### AUSTRALIAN WEIGHT-LIFTER'S ASSOCIATION RECORD OF EVENTS FOR DECEMBER

1. Moonee Ponds, Victoria, Australia, December 18th, 1929 Olympic Handicap Competition  
 Nineteen Starters—Great Success—Splendid Lifting

1st—J. J. Mulligan (Bodywt. 118 lbs.)	Total 350 lbs.	H'cap 215 lbs.	Gross Total 565 lbs.
2nd—W. Tippet (Bodywt. 145 lbs.)	Total 405 lbs.	H'cap 145 lbs.	Gross Total 550 lbs.
3rd—J. Tomlinson (Bodywt. 144 lbs.)	Total 455 lbs.	H'cap 90 lbs.	Gross Total 545 lbs.
4th—J. Jorgensen (Bodywt. 159 lbs.)	Total 510 lbs.	H'cap 30 lbs.	Gross Total 540 lbs.

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Mulligan's lifts—Two Hands Snatch 105 lbs.; Two Hands Military Press 105 lbs.; Two Hands Clean and Jerk 140 lbs.  
2—Prahlan, Victoria, Australia, December 8th.

D. Lewis (172 lbs.) Left Hand Swing (straight arm) 126½ lbs. Australian Amateur Heavyweight record.

Pull-over and press (with bridge) 277½ lbs. Australian Amateur Heavyweight record.

Two Hands Clean and Jerk (behind neck) 215 lbs. Australian Amateur Heavyweight record.

H. Sass (131½ lbs.) Left Hand Swing (straight arm) 99½ lbs. Australian Amateur Featherweight record.

3. Moonee Ponds, Victoria, Australia, December 29th. Remarkable Lifting.

S. Madden—N. S. W. (152 lbs.) Two Hands Slow Curl 129 lbs. World's Professional Middle Weight Record. (Previous holder W. J. Lyons, N. S. W., with 127 lbs.)

Pull-over and Press (legs straight) 226½ lbs. Australian Professional Middle Weight record. (Previous holder Vic Francis, Australia, now of Los Angeles, U. S. A., with 210¼ lb. since 1918.)

Rectangular Fix 91½ lbs. Australian Professional Middle Weight record.

Right Hand Curl 61½ lbs. Recorded as a meritorious feat.

Madden, known professionally as Karl Saxon, on a visit to Victoria from New South Wales, expressed a wish to attempt records before our appointed officials, Messrs. F. J. Morgan, H. Robinson, A. Dean, and F. Kaye. All congratulated him on the clean and apparently easy manner in which he handled the weights. He is assessed with wonderful strength in the shoulders and arms.

F. L. Morgan (169 lbs.) Two Hands Snatch 168 lbs. Australian Professional Light Heavy Record. (Previous holder Aaron Beattie with 157 lbs.)

Two Dumb-Bells Swing 116¾ lbs. Australian Professional record. (Previous holder Beattie with 109½ lbs.)

Left Hand Clean and Press 139 lbs. Australian Amateur Middleweight Record. (Previous holder John A. Rice with 109½ lbs.)

A. Dean (152½ lbs.) Two Hands Anyhow 200 lbs. Australian Amateur Middleweight Record. (Previous holder D. Lewis with 197½ lbs.)

Morgan's lifting was really remarkable for a man of his years (age 48). He is in splendid condition, and will surely make further weight lifting history in the near future.

On December 18th he was presented by Harry Robinson on behalf of the Association with a framed testimonial—a beautiful work of art—for his efforts to popularize this sport.

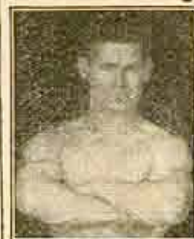
...tore two decks of cards with remarkable ease. The two men out there who have done so much to boost the game are Dr. C. M. Wheeler and J. L. Dill. These men are real enthusiasts and train regularly, but due to having such a splendid lifter as Sundberg in their midst, they are somewhat backward about showing their stuff.

It should be timely here to mention who the winners in each class would have been, had our title contests been properly sanctioned as a whole.

Bantam, Robert F. Knodle; Feather, Arthur Levan; Light, Richard Bachtell; Welter, Gordon M. Strain; Middle, Arnie Sundberg; Light-Heavy, William Good; Heavyweight, no A. A. U man lifted for a total.

In Coatesville, Pa., two lifters, Joe Mayewski and Russell Horency, gave an exhibition at their Y. M. C. A. Horency, a middle-

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You collect only one dollar each from your customers (and everybody is a customer for this proposition). Just think of that—one dollar down payment for a year's subscription to this growing magazine **STRENGTH** and a strong 5-cable exerciser and cable course. On page 10 you will see a complete description of this peer-of-all-physical-training offers.

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Where do we come in? Why, as soon as you send in your customer's orders we will mail the cable course and exerciser to them C. O. D. Upon receiving these shipments your customers pay the postman \$1.50, plus a few cents' postage costs. The first issues of the **STRENGTH** subscriptions go forward at the same time the exerciser does and monthly thereafter until the subscription expires.

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weight, made a total of 800 pounds, his lifts being in the order above—130, 140, 165, 155, and 210.

Down in Wake Forest, North Carolina, John D. Grimes wishes to claim the 154 pound title for his district. We will tell you more about him later on. Fellows in that locality should get in touch with him.

Up around Boston, two young fellows are trying to stir up trouble. George MacDonald, of Malden, Mass., wants to meet anyone in New England, and besides that he is game to take on Art Shires in the ring, having made public challenges to that effect. George weighs 172.

And then Sam St. Louis, of Franklin, N. H., wants to meet any middleweight in New England. Sam really means business and especially does he wish to engage in contest with old John Y. Smith. Here is a peculiar angle; practically every middleweight near Boston thinks he can take the measure of old "John Y." We think differently. Anyway, we are hereby suggesting to Mr. Smith that he meet all comers in an open contest. The boys all complain that Smith wants them to put up \$1,000 and they don't have that much to take a chance with. Read what Mr. Berry has to say in the Mat concerning this proposed contest.

Over in England, an unknown Scotch lad came down from the north country and surprised them by winning the Middleweight championship and, incidentally, creating some records. Weighing 154 pounds, William Beattie did 261¼ in the Two Hands Clean and Jerk and 212½ Two Hands Clean and Push. A little later, Alf Baxter, formerly 140 pound champion, staged a comeback and in winning a contest with Nat Thewlis created a record for the 140 pound class, when at a body-weight of 136½ in costume he lifted 253 pounds in the Two Hands Clean and Jerk. Evidently some of the Englishmen can show our boys something, judging by the abilities of Beattie and Baxter.

*Dandurand defeated Manger*

Official Result of Contest Janu-

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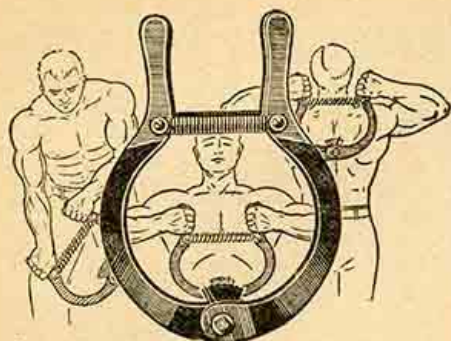
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ary 17th. Attendance 2000 persons. Refer to Mat Department for Discussion of this contest.

Lifting Ford (Model T) engine to shoulder:—Arthur Dandurand—failure by Albert Manger. Weight of engine 354 pounds.

Two Hands Slow Curl with Bar Bell:—Dandurand 137½—Manger 165.

Bent Press with Man—Dandurand 226½—Manger 161½.

One Arm Rectangular Fix:—Dandurand 113—Manger 113.

Lying down and getting up with man held overhead with one arm:—Dandurand 161—Manger 99½ pound dumb-bell.

Two Arm Continental Press with Bar Bell:—Dandurand 194—Manger 219.

Two Arm Clean and Jerk with Bar Bell:—Dandurand 216—Manger 230.

Two Hands Dead Lift:—Dandurand 514½—Manger 514½.

Totals for this number of feats, with Wheelbarrow stunt of Dandurand and One Hand Clean and Bent Press of Manger both eliminated.

Arthur Dandurand . . . 1916¾

Albert Manger . . . . . 1502

Dandurand carried a wheelbarrow loaded to 1796 pounds a distance of 23 feet, but due to the injury of Manger, Dandurand was fair enough to remove that from his list. As you will read elsewhere, Manger fell while performing the third lift, badly injuring one knee, and from then on found it necessary to stand on one leg, nor could he employ his legs properly in any feat.

Our Belgian correspondent, Mr. D. Muller, sends us the latest official list of world's amateur records on the International Lifts.

H—Heavyweight (over 181 pounds); L. H.—Light Heavyweight (181 pounds limit); M—Middleweight (165 pounds); L.—Lightweight (148½ pounds limit); F—Featherweight (under 132½ pounds).

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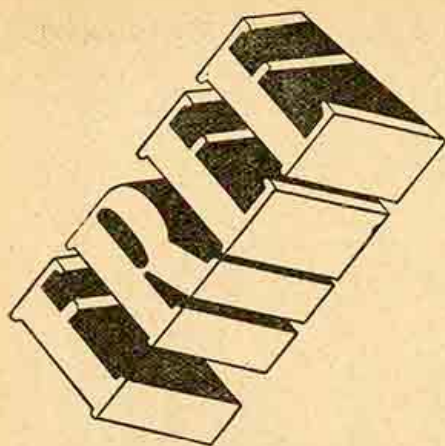
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Haas, Austria, 182 lbs.; F.—Stadler,  
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### LEFT HAND SNATCH

H.—Luhaart, Esthonia, 198  
lbs.; L. H.—Erzebiatowski, Ger-  
many, 182 lbs.; M.—Hipfinger,  
Austria, 187 lbs.; L.—Aeschmann,  
Swiss, 170 lbs.; F.—Schweiger,  
Germany, 154 lbs.

### TWO HANDS SNATCH

H.—Rigoulot, France, 279 lbs.;  
L. H.—Nosseir, Egypt, 255 lbs.;  
M.—Haas, Austria, 235 lbs.; L.—  
Arnout, France, 227 lbs.; F.—  
Gabetti, Italy, 198 lbs.

### RIGHT HAND CLEAN AND JERK

H.—Hunnenberger, Swiss, 249  
lbs.; L. H.—Hunnenberger, Swiss,  
236 lbs.; M.—Haas, Austria, 247  
lbs.; L.—Haas, Austria, 236 lbs.;  
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### LEFT HAND CLEAN AND JERK

H.—Gaessler, Germany, 222  
lbs.; L. H.—Dussol, France, 209  
lbs.; M.—Trefny, Austria, 215  
lbs.; L.—Jaguenoud, Swiss, 204  
lbs.; F.—Rosinek, Austria, 185  
lbs.

### TWO HANDS MILITARY PRESS

H.—Schilberg, Austria, 282  
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Slovakia, 245 lbs.; M.—Galinber-  
ti, Italy, 231 lbs.; L.—Woelpert,  
Germany, 220 lbs.; F.—Conca,  
Italy, Woelpert, Germany, 205 lbs.

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H.—Rigoulot, France, 355 lbs.;  
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Some wonderful lifting was to be seen on the evening of Tuesday, February 25th, in Jersey City, N. J. In connection with boxing and wrestling cards, lifting was held in the 165 pound class. This was under the auspices of Jersey City Lodge of Elks, B. P. O. E. 211, in conjunction with Saint Nicholas Holy Name Society.

The contest was won by the National welterweight champion, Max Rohrer, of Cooper A. C., weighing 150; naming the lifts in official order—1 H. S., 1 H. C. & J., 2 H. M. P., 2 H. S., 2 H. C. & J., he did 137½, 192½, 159½, 181½, 253, total 924; second, George Horn, G. A. A. C., (146) 143, 159½, 181½, 187, 242; 913. Third, Fred Weckert, G. A. A. C., (147) 143, 176, 154, 198, 214½; total 885½. Fourth—Adolph Faas, Cooper A. C., (164) 121, 176, 165, 165, 231—858. Fifth, Nick Seitz, Deutsche Eiche, (165) 143, 143, 132, 176, 242; 836. Sixth, John Rohrer, Cooper A. C. (164) 126½, 121, 154, 154, 214½; total 770. Seventh, Stephen Wusch, Prudential Insurance Co., (165) 99, 126½, 143, 154, 209; total 731½.

New A. A. U. records were created by M. Rohrer for both Jerk Lifts; G. Horn, on the 2 H. M. P.; and F. Weckert on the 2 H. S.



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| <input type="checkbox"/> Mechanical Engineer     | <input type="checkbox"/> Coal Mining Engineer      |
| <input type="checkbox"/> Mechanical Draftsman    | <input type="checkbox"/> Navigation                |
| <input type="checkbox"/> Machine Shop Practice   | <input type="checkbox"/> Assayer                   |
| <input type="checkbox"/> Toolmaker               | <input type="checkbox"/> Iron and Steel Worker     |
| <input type="checkbox"/> Patternmaker            | <input type="checkbox"/> Textile Overseer or Supt. |
| <input type="checkbox"/> Civil Engineer          | <input type="checkbox"/> Cotton Manufacturing      |
| <input type="checkbox"/> Surveying and Mapping   | <input type="checkbox"/> Woolen Manufacturing      |
| <input type="checkbox"/> Bridge Engineer         | <input type="checkbox"/> Agriculture               |
| <input type="checkbox"/> Gas Engine Operating    | <input type="checkbox"/> Poultry Farming           |
|  | <input type="checkbox"/> Mathematics               |
|  | <input type="checkbox"/> Radio                     |

- BUSINESS TRAINING COURSES**
- |  |  |
|--|--|
| <input type="checkbox"/> Business Management     | <input type="checkbox"/> Business Correspondence |
| <input type="checkbox"/> Industrial Management   | <input type="checkbox"/> Show Card and Sign      |
| <input type="checkbox"/> Personnel Management    | <input type="checkbox"/> Lettering               |
| <input type="checkbox"/> Traffic Management      | <input type="checkbox"/> Stenography and Typing  |
| <input type="checkbox"/> Accounting and C. P. A. | <input type="checkbox"/> English                 |
| <input type="checkbox"/> Coaching                | <input type="checkbox"/> Civil Service           |
| <input type="checkbox"/> Cost Accounting         | <input type="checkbox"/> Railway Mail Clerk      |
| <input type="checkbox"/> Bookkeeping             | <input type="checkbox"/> Mail Carrier            |
| <input type="checkbox"/> Secretarial Work        | <input type="checkbox"/> Grade School Subjects   |
| <input type="checkbox"/> Spanish                 | <input type="checkbox"/> French                  |
| <input type="checkbox"/> Salesmanship            | <input type="checkbox"/> High School Subjects    |
| <input type="checkbox"/> Advertising             | <input type="checkbox"/> Illustrating            |
|  | <input type="checkbox"/> Cartooning              |
|  | <input type="checkbox"/> Lumber Dealer           |

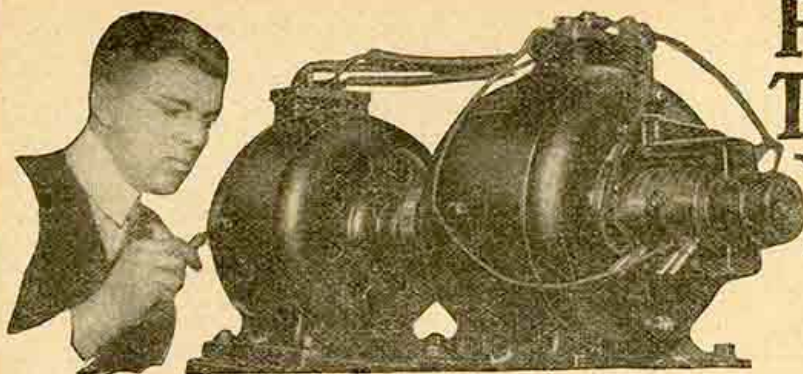
Name.....  
Street.....  
Address.....  
City..... State.....  
Occupation.....  
If you reside in Canada, send this coupon to the International Correspondence Schools Canadian Limited, Montreal, Canada.

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2 DAYS—OUT OF DOORS  
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GERMAN AMERICAN ATHLETIC CLUB FIELD—NEW YORK CITY  
WATCH FUTURE ISSUES OF STRENGTH FOR EXACT ADDRESS  
**Metropolitan Championships**  
SUNDAY, JUNE 15TH  
GERMAN AMERICAN CLUB FIELD—NEW YORK CITY  
OUT OF DOORS

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**Strength A. B. B. M. Shows**  
WILL BE HELD IN PHILADELPHIA EVERY MONTH AT  
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APRIL 12TH MAY 10TH  
UNDER PERSONAL DIRECTION OF STRENGTH MAGAZINE  
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**Stay-Prest Co., Dept. A-46, Central Park Bldg., Cincinnati, O.**



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Trained Will Tell  
You That You,  
Too, Can Cash  
In On**

# ELECTRICITY

## Not By Correspondence

"First I enrolled with a School teaching Electricity by correspondence. I tried to work out several lessons, but quit when I saw your ad. telling how you taught Electricity by actual work. I didn't have much money when I went to Coyne, but through your Employment Department I was able to work for my room and board. Three days after graduating you got me a good job with a Battery and Electric Shop, and a year later I bought a Shop of my own. I now have a \$1800 car and a thriving business—all paid for."

George W. Stoneback, Illinois.

## Lands a Job at \$8,000 a Year

"Before going to Coyne, I was an ordinary mechanic. Now I make \$300.00 a month, and am accepting a new position the first of the year as Chief Electrician at \$8,000 a year. Any man who works for me will have to be a Coyne graduate."

Stanley Zurawski, Michigan.

## From \$20.00 a Week to \$100.00 a Week

"Before going to Coyne, I had worked in a garage for five years at \$20.00 a week. I had no advanced education and didn't know a volt from an ampere. Yet I graduated in three months with a grade of 98%. Since I left Coyne, I have jumped from \$20.00 to \$100.00 a week, and am still going strong. I owe all my success to the practical training I got in the Coyne Shops."

Harry A. Ward, Iowa.

"I knew nothing about Electricity, before I went to Coyne," says Nolan H. McCleary. "I had no advanced education and so little money that I could never have stayed at school, if Mr. Lewis hadn't gotten me a part-time job. Yet I finished the course in twelve weeks, and the School immediately placed me in a fine electrical job. Now I am Chicago District Manager of the largest electrical concern of its kind in the world, making more money than I ever dreamed of making before I went to Coyne. I am convinced that there is but ONE RIGHT WAY to learn electricity and that



NOLAN H. McCLEARY

Chicago District Manager, Beardsley-Wolcott Co.

is the way of the Coyne School—BY DOING ACTUAL ELECTRICAL WORK YOURSELF UNDER EXPERT INSTRUCTORS, ON FULL-SIZE, RUNNING ELECTRICAL MACHINERY AND EQUIPMENT."

For thirty years Coyne has been training men for responsible, Big-Pay electrical jobs—NOT BY BOOKS OR CORRESPONDENCE, but by an amazing way to teach that makes you a practical Expert in 90 days. You need no advanced education or previous experience. I don't care if you don't know an armature from a generator; if you're sixteen years old or forty. IT MAKES NO DIFFERENCE! I will prepare YOU for a fascinating, Big-Pay electrical job in twelve weeks time. I will allow you your railroad fare to Chicago—help you get part-time work while at School—and give you every assistance in locating just the job you want when you graduate.

## Says You Can Make \$60.00 to \$200.00 a Week

"Before going to Coyne, I made thirty cents an hour. I borrowed the money for my tuition and you got me a part time job that took care of my expenses. I graduated in twelve weeks, returned home and started doing wiring on contract. In a year's time, I had paid for my schooling, bought a car and had a nice shop of my own. In your catalog you say a fellow can make \$60.00 to \$200.00 a week. I have done better. In July I made \$150.00 to \$200.00 a week, and I have made as high as \$75.00 a day."

Joseph F. Hartley, West Virginia.

## His Advice— "Go To Coyne"

"Some fellows try to learn Electricity by just working at it. Others send away for correspondence courses in it. But my advice to anyone who really wants to learn Electricity is TO GO TO COYNE. They have all the electrical equipment right in the school that you will ever see in the field. NO PICTURES OR USELESS THEORY. They show you just how to do everything you will have to do on the job."

E. M. Ayers, Louisiana.

## Nothing Compares to Practical Training

"Before going to Coyne, I took a correspondence course in Electricity, but it was too deep for me and I lost interest. Then I got your catalog, saw how you let the student actually work on electrical equipment, and decided to go to Coyne. At that time I was only making \$9.00 a week. Now I make \$68.00 a week straight time, have a Hudson car and own my home—where before I could hardly pay rent."

D. G. Emerson, Michigan.

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