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Director Extension Work

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Get this straight—the American School was chartered in 1897 as an educational institution, *not for profit*. So you will find the same standards of service here as in the best resident schools and colleges. Over 200 of the leading Engineers, Executives and Educators of the U. S. prepared the instruction we offer. Their standing vouches for its *quality*. This is available to you on terms of only a few dollars a month. Write for our souvenir book, "White Magic," given FREE in celebration of our 30th Anniversary.

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O. C. Miller

# Go into Drafting!

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Destroy blue-prints and plans, and the wheels of all Industry will stop until new ones can be made. Every move of every workman on the job is *controlled* by the Draftsman through his plans.

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You'll be surprised how *quickly* you can learn Drafting by our new one-step-at-a-time method. We start you off doing actual Drafting room jobs from the very beginning. Before you know it, you are battling out professional plans like a veteran. Get the first three lessons—the coupon brings them. *Do them*. Test your ability to master Drafting at home. Without cost or obligation.

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# The American School

Dept. D-1203, Drexel Avenue and 58th Street, Chicago



# Strength



JANUARY, 1927

Vol. XI

No. 11

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# The Mysterious Masked Singer!

## Who Was He?

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

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

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

**Mail This Coupon!**  
**FREE—Physical Voice Culture Book**

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

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Studio 57-71 Chicago



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

## Scientific Methods!

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

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

Weak Voice  Singing  Stammering  Speaking

Name.....

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# "His Tail Between His Legs"

What most men would see if they could see themselves

**M**OST men are being whipped every day in the battle of life. Many have already reached the stage where they have **THEIR TAILS BETWEEN THEIR LEGS.**

They are afraid of everything and everybody. They live in a constant fear of being deprived of the pitiful existence they are leading. Vaguely they hope for **SOMETHING TO TURN UP** that will make them unafraid, courageous, independent.

While they hope vainly, they drift along, with no definite purpose, no definite plan, nothing ahead of them but old age. The scourings of life do not help such men. In fact, the more lashes they receive at the hands of fate, the more **COWED** they become.

What becomes of these men? They are the wage slaves. They are the "little-business" slaves, the millions of clerks, storekeepers, bookkeepers, laborers, assistants, secretaries, salesmen. They are the millions who work and sweat and—**MAKE OTHERS RICH AND HAPPY!**

The pity of it is, nothing can **SHAKE THEM** out of their complacency. Nothing can stir them out of the mental rut into which they have sunk.

Their wives, too, quickly lose ambition and become slaves—slaves to their kitchens, slaves to their children, slaves to their husbands—slaves to their homes. And with such examples before them, what hope is there for their children **BUT TO GROW UP INTO SLAVERY.**

Some men, however, after years of cringing, turn on life. They **CHALLENGE** the whipper. They discover, perhaps to their own surprise, that it isn't so difficult as they imagined, **TO SET A HIGH GOAL**—and reach it! Only a few try—it is true—but that makes it easier for those who **DO** try.

The rest quit. They show a yellow streak as broad as their backs. They are through—and in their hearts they know it. Not that they are beyond help, but that they have acknowledged defeat, laid down their arms, stopped using their heads, and have simply said to life, "Now do with me as you will."

What about **YOU**? Are you ready to admit that you are through? Are you content to sit back and wait for something to turn up? Have you shown a yellow streak in **YOUR** Battle of Life? Are you satisfied to keep your wife and children—and yourself—enslaved? **ARE YOU AFRAID OF LIFE?**

Success is a simple thing to acquire when you know its formula. The first ingredient is a grain of **COURAGE.** The second is a dash of **AMBITION.** The third is an ounce of **MENTAL EFFORT.** Mix the whole with your God-given faculties and no power on earth can keep you from your desires, be they what they may.

Most people actually use about **ONE-TENTH** of their brain capacity. It is as if they were deliberately trying to remain twelve years old mentally. They do not profit by the experience they have gained, nor by the experience of others.

You can develop these God-given faculties by yourself—without outside help; or you can do as **SIX HUNDRED AND FIFTY THOUSAND** other people have done—study Pelmanism.

Pelmanism is the science of applied psychology, which has swept the world with the force of a religion. It is a fact that more than 650,000 people have become Pelmanists—all over the civilized world—and Pelmanism has awakened powers in them they did not **DREAM** they possessed.

Famous people all over the world advocate Pelmanism, men and women such as these:

T. P. O'Connor, "Father of the House of Commons."  
The late Sir H. Rider-Haggard, Famous novelist.  
Frank P. Walsh, Former Chairman of National War Labor Board.  
Jerome K. Jerome, Novelist.



What most men would see if they could see themselves

General Sir Robert Baden-Powell, Founder of the Boy Scout Movement.

Judge Ben B. Lindsey, Founder of the Juvenile Court, Denver.

Sir Harry Lauder, Comedian.  
W. L. George, Author.

Gen. Sir Frederick Maurice, Director of Military Operations, Imperial General Staff.

Admiral Lord Beresford, G. C. B., G. C. V. O.

Baroness Orczy, Author.  
Prince Charles of Sweden.

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

A remarkable book called "Scientific Mind-Training," has been written about Pelmanism. **IT CAN BE OBTAINED FREE.** Yet thousands of people who read this announcement and who **NEED** this book will not send for it. "It's no use," they will say. "It will do me no good," they will tell themselves. "It's all tommyrot," others will say.

But if they use their **HEADS** they will realize that people cannot be **HELPED** by tommyrot and that there **MUST** be something in Pelmanism, when it has such a record behind it, and when it is endorsed by the kind of people listed above.

If you are made of the stuff that isn't content to remain a slave—if you have taken your last whipping from life,—if you have a spark of **INDEPENDENCE** left in your soul, write for this free book. It tells you what Pelmanism is, **WHAT IT HAS DONE FOR OTHERS,** and what it can do for you.

The first principle of **YOUR** success is to do something radical in your life. You cannot make just an ordinary move, for you will soon again sink into the mire of discouragement. Let Pelmanism help you **FIND YOURSELF.** Mail the coupon below now—now while your resolve to **DO SOMETHING ABOUT YOURSELF** is strong.

## THE PELMAN INSTITUTE OF AMERICA

Approved as a correspondence school under the laws of the State of New York.

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I want you to show me what Pelmanism has actually done for over 650,000 people. Please send me your free book, "Scientific Mind Training." This places me under no obligation whatever.

Name \_\_\_\_\_  
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# They Gave Me the Ha-Ha! When I Asked for a Dance

## -but When I Stepped on the Dance Floor-

By Fred Kennedy

HOW the boys laughed! Ha! ha! ha! They had just seen me ask Mabel for a dance. They stared—amazed at what they considered "my nerve."

"Why, Fred can't dance, can he?" I heard one of them whisper excitedly.

"No; he never danced a step in his life!" came the reply.

Even Mabel, the girl I had asked to dance, looked at me rather questioningly. "You really know how to dance, don't you?" she asked.

Just then the music started. For answer I tightened my arm around her and swept her out on the dance floor in a graceful waltz.

An instant change came over my friends' faces. I heard gasps of astonishment. "Look at Fred dance!" "Where did he learn?"

I kept on dancing—did all the latest steps—glided through all the newest figures. The music—the soft lights—my lovely partner—all seemed to intoxicate me, seemed to thrill me. I danced as I had never danced before!

### A Complete Triumph

When the music stopped, my friends all congratulated me. "Fred, you're a wonder," they declared. "Where did you learn to dance like that?" "You dance like a professional!"

I told them—told them about Arthur Murray, America's foremost dancing instructor—told how I had taken his famous course in dancing.

"But isn't that course terribly expensive, Fred?" some one questioned. "Arthur Murray teaches so many of those high society people."

"Not expensive at all," I replied. "I didn't take personal lessons. That isn't necessary. I took his new Home Study course, which costs only a few cents a day!"



### IF YOU CAN DO THIS STEP

Arthur Murray will make you a finished dancer in 10 days.



### Learn to Dance at Home

This story is typical and it shows you just the chance you've been looking for—a chance to become an accomplished dancer right in your own home at a small cost.

No matter how poorly you dance now—no matter if you've never been on a dance floor in your life—Arthur Murray's new method makes you a finished dancer in ten days or you don't have to pay a penny for the lessons.

Just think! In ten days' time you'll be able to do the Charleston, the Valencia, the French Tango, the Ritz Fox Trot, the Debutante Waltz and all the other smart new steps.

This method of learning dancing is so simple and easy to understand that you can do any of the latest steps in one evening, right in your own room, without music or partner. And in ten days' time you will be ready to take your place as the best dancer in your set!

### Five Lessons FREE

To prove that Arthur Murray can make you a finished dancer in ten days' time, he is willing to send you five lessons from his remarkable course *absolutely free!* Just send the coupon (with 10c to cover cost of printing and mailing) and these valuable lessons will be forwarded at once. Also a free copy of his new book, "The Short Cut to Popularity."

Don't wait—you owe it to yourself to clip and mail this coupon NOW. Arthur Murray, Studio 697, 7 E. 43rd Street, New York City.

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To prove that I can learn to dance at home in ten days you may send the FIVE FREE LESSONS. I enclose 10c (stamps or coin) to pay for the postage, printing, etc. You are to include free "The Short Cut to Popularity."

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# This Singular Book Wields a Strange Power Over Its Readers

Giving them a **MAGNETIC PERSONALITY** almost instantly!



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**A STRANGE book!** A book that seems to cast a spell over every person who turns its pages!

A copy of this book was left lying on a hotel table for a few weeks. Nearly 400 people saw the book—read a few pages—and then **SENT FOR A COPY!**

In another case a physician placed a copy on the table in his waiting room. More than 200 of his patients saw the book—read part of it—and then **ORDERED COPIES FOR THEMSELVES!**

Why are men and women so profoundly affected by this book?—so anxious to get a copy? The answer is simple. The book reveals to them for the first time how any man or woman—old or young—can develop a Magnetic Personality **INSTANTLY!** It explains how to gain **OVERNIGHT** the personal charm that attracts countless friends—the self-confidence that insures quick success in any business or profession.

It tells how to draw people to you at once, irresistibly—how to be popular everywhere, in any society—how to overcome almost at once any timidity or self-consciousness you may have—how to be a magnet of human attraction, popular and well-liked wherever you go!

It not only tells exactly how to accomplish these things—it tells you how to accomplish them without delay—**INSTANTANEOUSLY!**

### Whence Comes This Uncanny Volume

Forty years ago, Edmund Shaftesbury, famous student of the human mind, set out to discover the secret of that rare

quality—Magnetic Personality. He first applied his discoveries in his own circle of friends. Results were astonishing! His methods seemed to have the power of almost instantly transforming people into **ENTIRELY NEW BEINGS!**

Quietly, almost secretly, Shaftesbury's fame spread. Great men came to him. His students and friends embraced such names as Gladstone, Queen Victoria, Edwin Booth, Henry Ward Beecher, Cardinal Gibbons, and others of equal fame.

Until recently, Shaftesbury's teachings have been available only to people who could pay \$50 or \$100 each for instruction books. But now, through the efforts of a group of his students, his wonderful teachings have been collected into a single volume, at a price **WITHIN THE REACH OF ALL!** And furthermore Shaftesbury has consented to reveal hundreds of new discoveries never before put into print.

### Book Tells You

How to develop a Magnetic Personality  
How to use certain Oriental Secrets  
How to gain perfect nerve control  
How to read people's feelings by watching their mouths  
How to read people's thoughts by watching their eyes  
How to develop a magnetic eye  
How to make your face appear 20 years younger  
How to control others by a glance  
How to use Magnetic Healing  
How to end awkwardness and timidity  
How to attract the opposite sex  
How to get ahead in your business or profession  
How to make your subconscious mind work wonders  
And dozens of other vital topics

### Strange Effect on Readers

Readers of this book quickly become masters of a singular power to attract others—to influence men and women around them. Not by force—not by loud argument. But rather by some subtle, insinuating power that sways men's minds and emotions. They are able to play on people's feelings just as a skilled violinist plays upon a violin.

Folks are never the same after reading this book. Their manner changes. The tone of their voice, the expression in their eyes—yes, even their actual features seem to change—seem to grow more cultured, more refined.

The eyes—windows of the soul—become clear, beautiful, expressive—luminous as a crystal sphere. The voice grows rich, resonant—mellow as a golden bell. Folks listen spellbound—charmed by the fine modulations—the cultured fluency of the tones.

### What Others Say

What priceless benefits!—so profound! so far-reaching! Is it any wonder that thousands of men and women say that they are overjoyed with the results they have received? One enthusiast said of this volume, "Things I have read there I would never have dreamed of." Another wrote, "Certainly wonderful! Like walking up a stairway to a higher life." Another wrote, "I would not give up what Shaftesbury has taught me for \$100,000!"

In your everyday life—in social life—and especially in business, you will find what these people say to be true. You will find this book of immense value. You will quickly learn to fascinate people you meet—to attract new friends—to gain the speedy promotion and big pay which always come to men and women who have developed that most wonderful of all qualities—a **MAGNETIC PERSONALITY!**

### Read This Book 5 Days Free

You must see this book for yourself—examine it—let it influence indelibly your own personality. Merely mail coupon below and this remarkable volume, with cover in handsome dark burgundy cloth, gold embossed, will be sent you by return mail for 5 days' free examination. If you aren't stirred and inspired in the 5-day free period, return it and it costs you nothing. Otherwise keep it as your own and remit the Special Wholesale Price of only \$3 in full payment. This volume was originally published to sell at \$5—but in order to reach as many readers as possible—it is now being offered at this special reduced price. This offer may never appear again, so you are urged to act at once, before it is withdrawn. Remember—you do not pay unless you decide to keep the book. You risk nothing—so clip and mail this coupon **NOW**. Ralston University Press, Dept. 66-A, Meriden, Conn.

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of others, and then how STRONGFORTISM was have done for others, what I can do for you. It tells plain truths.

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PHYSICAL AND HEALTH SPECIALIST  
DEPT. 287 NEWARK, NEW JERSEY, U.S.A.

**I**F you are going to be worthy of being called a "man," you must possess manly attributes—you must be erect, with a straight back, head up; walk with a firm military step; possess a glowing color, flashing eyes and wear a smile on your face—be defiant, courageous, **MANLY!**

You won't be regarded as a real man by men or women if you are a slouching, nervous, fidgeting grouch—slinking along, afraid of your shadow, timid in company; sallow complexioned, pimply faced, with shifting, cowardly eyes; round shouldered with unsteady step, a cold, clammy grip—lacking pep, punch or personality—you simply won't get anywhere.

*Fellows of this type are not wanted.* If you are a weakling—sickly, nervous and always pessimistic—you will feel your inferiority wherever you go. Men will shun you. Women will not be attracted to you. Even dogs will bark at you!

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

## LET ME GIVE YOU PEP AND PUNCH!

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

## STRONGFORTISM

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STRONGFORTISM has a record unparalleled—there is no other system, or method, or course that compares with it in restoring impaired human beings to virile manly strength. STRONGFORTISM begins at the source to create new energy and strength by utilizing Nature's forces scientifically. It builds up the internal muscular system first and thus gets rid of constipation, dyspepsia, indigestion, heart ailments, bad blood, catarrhal troubles, rheumatism and other afflictions, increasing your energy and stamina. External muscular development follows quickly and you become a new man inside and out—a fellow to be reckoned with and envied wherever you go.

### No Apparatus—No Drugs

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

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

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Absolutely Confidential

Mr. Lionel Strongfort, Strongfort Institute, Dept. 287, Newark, N. J.—Please send me absolutely free my copy of your book, "PROMOTION AND CONSERVATION OF HEALTH, STRENGTH AND MENTAL ENERGY." I have marked (x) before the subjects in which I am most interested.

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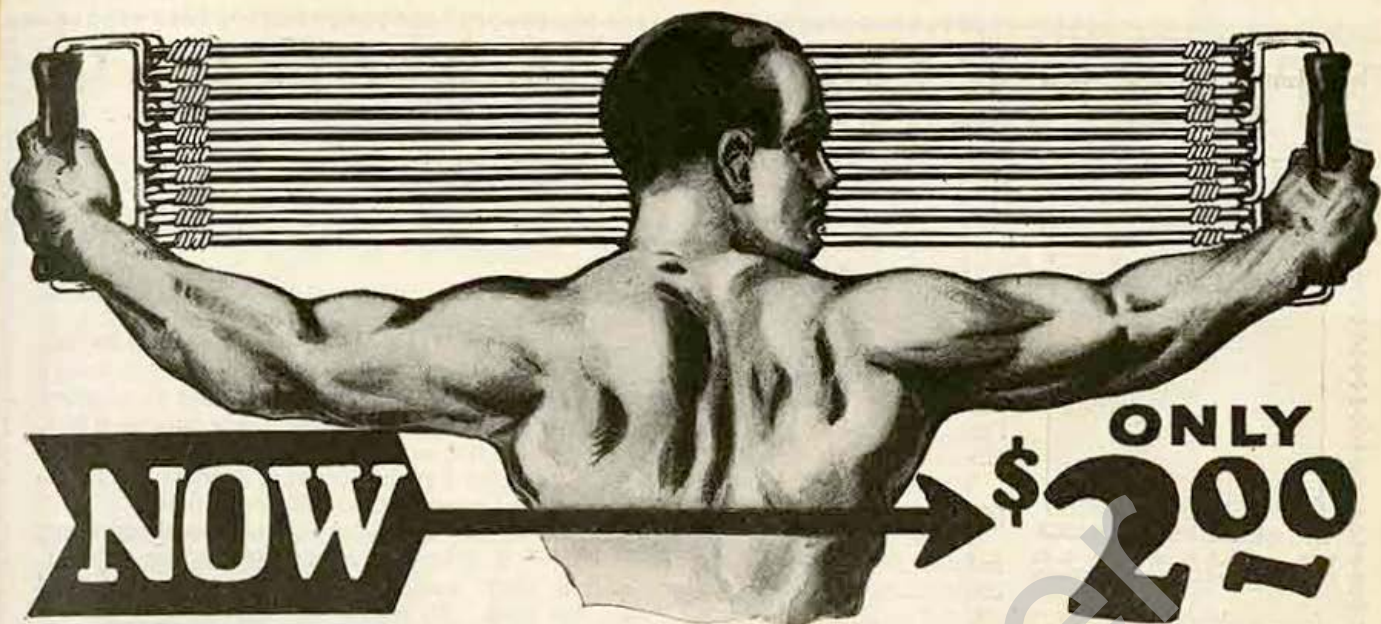
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The Giant Chest Expander and Progressive Exerciser is made with new, live, springy rubber so as to give it long wear and great resisting qualities, as the double strength Exerciser has resistance of over 200 pounds. Don't pay more for exercisers that have only 40 or less rubber strands to each cable. Get the best and most durable. The Giant Progressive Exerciser has 50 strands of the finest rubber procurable to each cable.

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We do not think it is enough to send you an exerciser which is worth double what we ask, but for a limited time, we will include instructions absolutely free. These instructions tell you the proper way to use the Giant Chest Expander and Progressive Exerciser. You will find these instructions interesting and simple to follow. By following these instructions, you will be following a short cut to health and strength. Order today before this wonderful offer is withdrawn.

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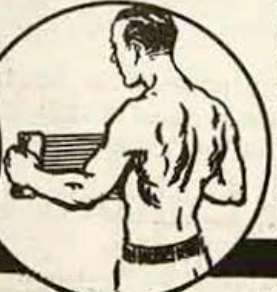
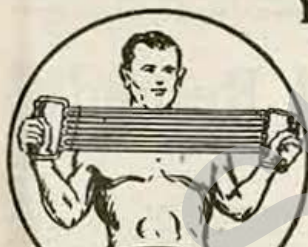
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# THERE IS A WAY OUT



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

The most heart-rending result of unwise behavior in youth and young manhood is what is often expressively called "loss of manhood." Pep and energy have disappeared, and the result is a practical impotence, very frequently an inflammation of the prostate gland, commonly called prostatitis, and a generally run-down nervous condition.

Such a victim frequently flies to drugs, but finds therein no help. He tries all the artificial methods suggested both by quacks and orthodox physicians.

He has to pay the price. The only way out is to stop the waste that he has brought on by his own behavior, a waste now unconscious, perhaps, but surely taking place. Even if this waste does not happen during sleep, it does so at other times, with the result that his whole nervous system is depleted, his functions lack efficiency and he is robbed of the energy and life so much craved.

The additional irritation of the prostate gland makes desire a tormenting accompaniment, and this puts the finishing touches upon a lamentable condition.

There is a way out, and we have proved it. The restoration of manhood along natural lines, by exercise, exercise of a scientific nature to restore nervous co-ordination, replenish the depleted nerve centers, and bring about balanced

functioning of the body, which will be able to rid itself of aggravations and irritations and conserve for right and legitimate use the forces of life.

Case quoted below illustrates the above very appropriately:

**Case 520. Suffering from loss of manhood; severe pressure at temples; very frequent losses at stool (early solitary habits).**

"I believe my trouble is impotence. I realize my condition is due to habits practiced since I was fourteen until about 5 years ago, when I took up exercise and mastered the habit. The drain on my system still continues, although I have tried to live as clean as possible. I have improved myself physically, but can see no improvement in my sexual weakness. For the last month I have had severe pressure at my temples as if they were ready to burst and the blood vessels stand out in knots and bunches on my temples, and I can feel my pulse throb all over. I will certainly do my part to get on the way to full-fledged manhood."

After two weeks. "I am now ready for the second lesson of my course. The beating at my temples has stopped, and the headaches have entirely disappeared. I feel much better and enjoy my meals more than I ever did before. I have already a more cheerful outlook, and feel sure you can help me to conquer my weakness."

After four weeks. "My urine is as clear as water. I enjoy the exercises very much, and feel their effects night and morning."

After six weeks. "My bowels are more active than ever before in my life. I have from two to four full movements daily. I have noticed no losses at stool in the last ten days. I am much stronger, and have worked quite hard during the last ten days. The faeces are light brown color, and have practically no odor, and I do not have to strain in order to get a good movement."

After eight weeks. "I have had one night loss this period, just 14 days from the last, and noticed one slight loss at stool ten days ago, but none since. I have made such a wonderful improvement in this respect, for when I began your course I had losses at stool every time. I am working quite hard now, but seem to stand it fine. I had given up all hope of ever being fit to marry, but the improvement I have made so far has given me new hope, and I now believe that I will be a normal, healthy man, fit to be a husband and father. My face has made quite an improvement, as I do not have such a dissipated look, and the dark circles under the eyes as I had. I am anxious to receive my next lesson and am ready to follow your instructions to the letter."

After ten weeks. "I have not noticed any losses at stool. I am in good physical condition, and am able to do stunts in tumbling and hand-balancing that I could not accomplish before. I enjoy the diet prescribed by you. I am grateful for what you have done for me. I had given up hope of anything helping me."

Sincerely Your Pupil,

## What We Have Done For Others We Can Do For You

You are invited to consult us. The correspondence is kept private and confidential, and you are under no obligation by so doing.

Make this a new era in your life. Be a real man, a he-man, a manly man. We will deal with your case in a sympathetic manner. You will find that we understand as you thought nobody ever could understand. Send your story to us, so that we may set you a special course. Send, as a preliminary, for the following book:

## "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.

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# Wanted—Your Services

## As a Real Estate Specialist

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Are you in the same hole I was in?  
Are you stuck in the rut of *hard work* and *poor pay*?

Are you dissatisfied with your job, your *income* or your *prospects*?

Are you having a struggle to make both ends meet?

Are you putting up with the *crumbs* of life while others are getting all the *cake*?

Then you are the man I want to talk to. Listen!

When I made up my mind to get started in the real estate business, in my spare time, I was receiving a salary of \$100 a month.

I was doing work I was not fitted for and which I thoroughly disliked.

I was living in a gloomy boarding house, wearing cheap clothes, striving to keep out of debt, and getting mighty few of the good things of life.

In less than two years after I started to specialize in real estate, I was making nearly *one thousand dollars a month*. And in less than five years, I cleaned up a net profit of *over one hundred thousand dollars*.

To get the whole story of my success in real estate, and how you, too, can succeed, write at once for my free book "How To Become a Real Estate Specialist." It contains *my history* and *your opportunity*.

### Follow in My Footsteps

If you want to learn the secret of my success—if you want to use my money-making methods—if you want to follow in my footsteps—this is your chance. And *now* is the time to get started.

I have studied real estate conditions in this country very carefully, and my investigations convince me that the next ten years are going to be banner years for real estate.

Furthermore, my experience satisfies me that there is no better business to get into. It is more healthful than most indoor jobs—you can start in spare time—you can begin with little or no capital—it does not require years of study like medicine, pharmacy, dentistry, law, engineering, electricity, architecture, etc.—the beginner is paid the same rate of commission as old-timers—the business is practically unlimited—it is estimated that there are thirty million properties in the country and that ten million of them are always on the market—it is a permanent business, not affected by fads or fashions—it is constantly growing as population increases—it puts you in touch with the best people—it is a dignified, pleasant and worthy occupation with great possibilities for big profits.

If you want to make big money as a Real Estate Specialist—if you want to use my amazingly efficient system—let me hear from you at once. I will send you—*without cost or obligation*—my free book, which fully explains how you can get started—in your spare time—just as I did—in a new kind of real estate business that

still be making \$35 a week instead of around \$200 as a starter."—E. K. McLendon, Ore.

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

There isn't room here for any more such letters, but send for my free book, "How to Become a Real Estate Specialist." It is filled with stories of success. And it makes plain how you—too—can use my money-making methods to build a profitable independent business of your own—just as others are doing.

### Act Promptly

Investigate this splendid business opportunity at once. Learn how easy it is to follow my methods and get big money for your services as a Real Estate Specialist.

The business needs you. It offers rich rewards for trained men. A recent article in the *Saturday Evening Post* says: "Realty needs a Moses; it shrieks aloud for a teacher; someone to make the masses realize that it has been following a blind leadership; that the dicta of the narrow and the prejudice of the few should no longer hold sway. . . . Realty is a comparatively new field of endeavor. . . . Apply the same acid test to it you would to any other business. Reason out for yourself the whys and wherefores and then act. The age of inquisitorial realty criticism is past; the renaissance is at hand; great progress, with resultant profits for the thinker, is in the making."

So, mail the coupon *now*—before you lay this magazine aside—and receive, without cost or obligation, a copy of my new book, "How To Become a Real Estate Specialist." From it you will learn how you can use my successful system to make money my way—how you can get started right at home—in your spare time—without capital or experience—and establish yourself as a Real Estate Specialist, in a high grade, money-making business of your own.

Be prompt! Your opportunity is here and now. "Wise men act while sluggards sleep." Write your name and address on the coupon and mail it at once to American Business Builders, Inc., Dept. 24-AA, 18 East 18th Street, New York. You will then have the satisfaction of knowing that you have opened the way to a profitable business career for yourself as a Real Estate Specialist.



### Put your name before the world

is as far ahead of the old, moss-covered methods of the average real estate agent as the automobile is ahead of the ox cart of our forefathers.

### What Others are Doing

As positive proof of the success of my modern methods, read the following brief extracts from some of the letters that come to me from those who are using my scientific system—following in my footsteps—making money my way:

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

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

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

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

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# Go Over the Top With Us, Boys

Here is the amazing opportunity that **\$2.00** will give you with the membership into the American Continental Weight Lifters' Association.

There is not a red-blooded he-man living who does not feel that he ought to belong to a red-blooded he-man organization. It is

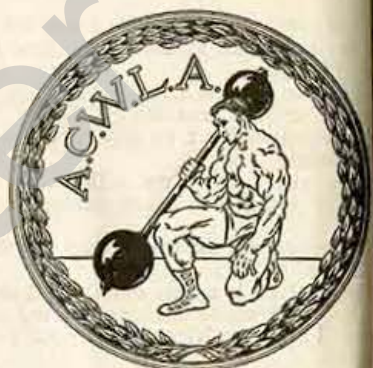


GEO. F. JOWETT

the outlet for his ambitions and the fulfillment of his dreams. Still, there are times when he feels that no matter how great the urge is, certain obligations restrict his finances, which prevents him from belonging. When an opportunity does come, he snaps it up like a flash. Now the question in my mind is if you are a real physical culturist, irrespective of your athletic ability, how quickly will you snap this offer up?

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With this drop we agreed that there would not be any restrictions in the many association benefits and privileges that we always have had for our members. As a matter of fact, we have expanded them. For instance, a beautiful gold seal diploma is given to all members for a very slight gain in development over their original measurements, or increase in strength. No matter how weak you are, if you become an A. C. W. L. A. member, we have made it possible for you to win a diploma or a gold medal. With this \$2.00 membership we give you a full year's membership card, a beautiful lapel button with the insignia of our order artistically engraved upon it, and a free copy of "The World's Weight Lifting Rules and Records," which ordinarily sells for \$1.50. You cannot afford to stay outside of the association if you believe in the teachings of a healthy body. No man has a true principle unless he backs it up. He never thinks of how much he is going to get for his money before he enrolls, as much as he honestly asks himself how much good can he do the organization. We know every one who enrolls can do the association good, and we aim to reciprocate. The American Continental Weight Lifters' Association can do you more good than you can hope to do by yourself. We have hundreds of methods which hold us happily together in one big brotherhood, and we want you to be one of us.



## Our Ambition Is to Lead the World In Physical Fitness

Are you going to help us do it? Americans have the reputation of being the most patriotic nation in the world. We always want to be first. This being a truism, help us to get together and show the world that American manhood is the finest manhood in the world's history. In our ranks we number the world's most perfect specimens, and the world's strongest men; but we want to show the world that every man in the association is a perfect specimen. There is no reason for you to stand back. You cannot say "No" at \$2.00. It is the best chance you ever had or will have. So make up your resolution to grab this opportunity by the forelock. Fill in the coupon and mail it immediately. Do not stop to consider.

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The scientific Brooks Appliance—rebuild, improved and recreated—retains the rupture with ease and safety—and at the same time promotes HEALING. Circulation is free—there are no chafing straps, no cruel steel hoops.

Here is the secret of this wonderful, new appliance. It lies—not pushes—on the rupture. Its soft air cushion of hygienic rubber gently brings the torn edges together. Nature does its part—the edges knit and your rupture is sealed. You are well and sound.

Working or sleeping—the Brooks Appliance is hastening your recovery. The patented air cushion, so light and comfortable, is designed so that every movement tends to close the wound, rather than force it open. Absolute cleanliness is also assured. The entire appliance, which weighs only a few ounces, can be washed daily.

People Like These from All Walks of Life Praise the Wonderful Brooks Appliance. Among the Thousands of Grateful Letters Received are Expressions of Praise from:

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## Read What These Former Sufferers Say

Mr. E. W. Morgan, 1425 W. 37th St., Norfolk, Va., writes: "I was ruptured severely, and had three operations performed on me. Every one of them burst open again, and I spent hundreds of dollars for worthless trusses. Nothing helped me until I tried your appliance, which I can say has entirely healed me."

Mr. George Montgomery, Box 23, Marquette, Iowa, says: "I was ruptured for seventeen years, and had worn every type of truss made. None of them did me any good. I sent for your appliance, and from the day I put it on my rupture never came out again. I was soon able to discard it."

Thousands of children, too, have been healed of rupture this new way. Read what this grateful parent says: "My little boy was ruptured when a baby. I sent for your appliance and it healed him entirely. He is now 6 years old, stout and healthy." C. J. Akers, Box 121, Lilly Brook, W. Va.

## Was Told He Would Die—Now Well

"I was badly ruptured for more than 17 years, but thanks to your wonderful appliance, I am well and sound," writes Mr. Howard Hilyer, Route No. 3, Bobcaygeon, Ontario, Canada. "I was told I would die of strangulated-hernia unless I had an operation, which I dreaded. Four years ago I sent for your appliance—and it entirely healed me. My work is rough and heavy, but I never have the slightest trouble from rupture."

You must not neglect your rupture—because it can be HEALED. Those torn muscle fibers

can be knitted together as strongly as before—you can be well and sound once more—but you must not delay too long. The wonderful Brooks Appliance can heal you—just as it has healed thousands of other former sufferers.

## Test It Free

We want you to see this marvelous appliance—WEAR it—see for yourself how it retains your rupture and works to HEAL. Only by wearing can you really appreciate its worth.

Because it has proved its power to heal in thousands of cases—because we are confident it will do as much for you—we will let you try it free! If satisfactory—comfortable—if it does all we claim—keep it. If it fails to meet your requirements, the test has cost you nothing.

No need to suffer longer with old-fashioned trusses—no need to delay your recovery from rupture. Send today for FREE trial offer of the scientific device that has healed so many.

## FREE TRIAL OFFER

THE BROOKS APPLIANCE CO.  
183 State Street, Marshall, Michigan.

Without cost or obligation on my part, please send me, in plain, sealed envelope, your Free Trial Offer of your Appliance for Rupture.

Name .....

Address .....

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

# A NEW BOOK Entitled

by Geo. F. Jowett

Read Over These Chapter Highlights and If They Don't  
Create An Unconquerable Desire to Read This New Book,  
There is Something Wrong

## CHAPTER I

The cradle of strong men.  
The boy Cyr helps the teamster.  
His first great encounter.  
Louis outfights two brawny knife thugs.  
He defeats Wm. Pennell for the world's title.  
Pennell outpitches the "rube."

## CHAPTER 2

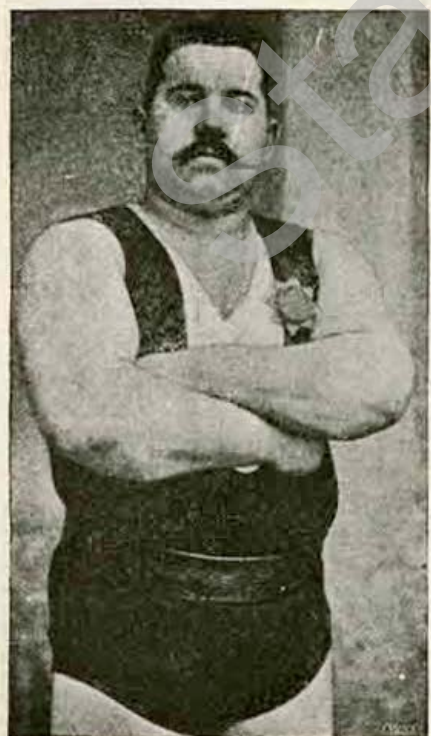
The meeting of Louis Cyr and Oscar Matthews.  
He makes his first record.  
Louis smashes the world's one arm record.  
The world seething with strongmanism.  
His match with Sebastian Miller.

## CHAPTER 3

The invasion of Cyclops and the false Sandowe.  
Cyclops' coin breaking contest with Noel.  
The dramatic unmasking of Cyclops.  
Cyr and Barre meet Cyclops and the false Sandowe.

## CHAPTER 4

What Cyclops told Professor Desbonnet.  
Horace Barre.  
Louis Cyr defies four horses to outpull him.  
The thunderbolt arrives in London.  
London is thrilled—Sandow staggered.  
Louis beats Sandow's world record lift.



CYCLOPS

The most romantic career in strongmanism.  
Feted by royalty.

Courteous, loving, honest, always calm. As Geo. F. Jowett says: "With-  
in him was all the chivalry of old France."

Humor, drama, pathos, tragedy, triumph, victory; you live it all.  
His funeral the greatest in the world's history when state and church  
combine to honor him. "The magnitude of magnificence outrivalled, and  
he was just a strong man."

You become awed as you read of Cyr's mother:

"Terrifically strong, she stood 6 ft. 1 in. and weighed  
267 lbs. in her prime—a mighty Amazon above all  
others. She reminds me of what her ancient Gaulish  
ancestors must have been, when the women followed  
their men into battle and slew with a berserk fury  
that must have been appalling. Being...."

You get a thrill when you read of his first match,  
when only a boy

Only stones were used. As the final test was made,  
Michaud, the champion, began to lift the stone:

"As he raised, the muscles of his back bulged and the  
gnarled muscles on his arms and shoulders separated  
with the force of taxation. To some, his legs were  
seen to tremble and his regular breathing strangle into  
a tiny gasp—but it was a perfect lift. Louis stepped  
forward, a little pompously, as becomes a Frenchman,  
but there was that slight shadow of hesitancy within  
his eye that goes with youth and inexperience as it  
seeks to find its bearing. He paused at the stone...."

Did he succeed in lifting it?

## CHAPTER 5

Donald Dinnie, the Scottish Milo, invites Cyr to lift.  
Feted by Royalty.  
The taunt from the gallery.  
How much he would eat.  
How Louis won the Marquis of Queensbury's gift.  
The Queen receives "Our Louis."  
He leaves for France.  
"Greater than Apollon."

## CHAPTER 6

Back in America.  
His stupendous feat in Boston.  
1892-1896 red letter years.  
The little woman that ruled the big man.  
His marvelous two hands lift.  
The mighty duel of strength with August Johnson,  
Barre and Cyr.  
The eating contest! Wow!!  
Therrien wins Louis' bet.  
Louis fools the Samsons.

## CHAPTER 7

A lighted cigarette and what it brought.  
A duel of arms.  
A feat of strength greater than words.  
Louis is actually stumped.  
Tricked by a faker.  
Steinborn tries Cyr's bar bell at Attila's.

## CHAPTER 8

The domestic life of a great man.  
Louis decides to meet De Carrie.  
His last triumph in 1906.  
Retrospection.  
My Pilgrimage.  
All the world loves a strong man.



CYR

## You Get a Laugh

as you read of his visit  
to the home of Oscar  
Matthews:

"Louis was so big  
that he had to travel  
through the door and  
along the corridor  
sideways, and almost  
required a shoe horn  
to help him through  
the narrower inner  
house doors. Not a  
chair was large  
enough . . . and the  
couch groaned under  
the burden of his  
weight."

His famous denunciation  
of Cyclops and unmasking  
of the false Sandowe in  
Montreal. The most dra-  
matic narrative ever writ-  
ten of this famous  
encounter.

# "The Strongest Man That Ever Lived"

We Cannot Say It Is a Better Book Than His "The Key to Might and Muscle," But We Can Say It Is Far More Interesting to the Average Reader, Which Is Saying a Heap, As Those Who Have Read His First Book Will Verify

As you read on, you follow Cyr to England, where he drops like a thunderbolt among them. You feel that you are sitting next to Sandow among the great throng of strong men, and as Sandow's record one arm lift is beat you gasp. "Eugene gripped the sides of the chair in which he sat until the knuckles gleamed whitely through the skin..." "In excitement, Prof. Szalay rose with excitement and was drawn forward as by the magnetism of a mesmerist's hands."

His famous match with August Johnson, in Chicago. The greatest in history.

His strength contest against four horses, in Sohmer Park, before 10,000 people.

Your eyebrows raise as you read of his two defeats, but not by man.

His record performing rage in Boston and Chicago.

Prof. Desbonnet staggered at sight of him.

Picture a man with a pair of 33-inch thighs, 28-inch calf, and 59-inch chest.

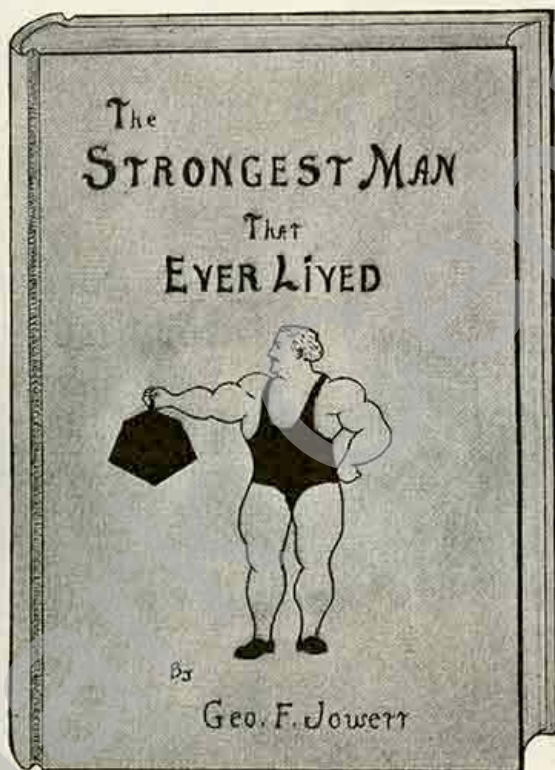
## 60,000 Words

There are 60,000 of the most interesting words you have ever had the pleasure of reading. They will grip you—hold you with a keen interest.

Truth is stranger than fiction, and no better proof of that can be found than in this volume. It reads like fiction, but is more gripping because it is true.

## Full Sized and Handsomely Bound

This book is the same size as "The Key to Might and Muscle," except in the number of words.



## 300 Pages

There are 300 pages of type. The illustration pages are additional. The type is of an easy reading size.

## Pictures of Incidents In Cyr's Life

The illustrations are most interesting. They picture for you the Great Cyr at varied stages of his eventful life.

You are shown the great strong men he defeated. The false Sandowe, Cyclops, etc.

## Mr. Jowett's Trip to Canada

The author, GEO. F. JOWETT, was very familiar with the intimate, as well as the strong man side of Cyr's life, being from the same country. But, notwithstanding this familiarity, Mr. Jowett made a special trip to Mr. Cyr's home town for the purpose of getting first-hand from Cyr's relatives and descendants the complete story of his eccentric life. And it's some story, too! Chock full of humor, mystery, unusual feats of strength, and as interesting as one of the six best sellers of fiction.

"The Strongest Man That Ever Lived" reads like fiction, but it is truth in every word. We predict this new book will be not one of the best sellers of the strong man class, but the very best.

## BE SURE TO READ ACCOMPANYING PAGE

for there you will get a better insight into just what kind of reading matter there is to be found in this book. Besides being intensely interesting, there is many a point and lesson on the subject to be learned.

The author does not bore you with chapters and paragraphs on dry explanations of exercise, anatomy or health principles.

*Whether or Not You are Interested in Physical Strength, You'll Enjoy It*

**Price \$2.50**

**The Milo Publishing Co.**

2739 N. Palethorp Street,

S-1-27

Philadelphia, Pa.

The Milo Publishing Co., S-1-27  
2739 N. Palethorp St., Philadelphia, Pa.

Gentlemen:

Enclosed please find \$2.50, for which send me immediately a copy of Mr. Jowett's new book, "The Strongest Man that Ever Lived."

Name .....

Address .....

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

# Always a Great Course

I have made the latest edition of my Tumbling and Hand Balancing Course bigger and better by adding more interesting feats and illustrations of these feats.

Besides, I have beautified the entire course and made it a thing you will be proud to possess.



CARTWHEEL

Besides the beneficial exercise, there is a great pleasure to be derived from tumbling. Each stunt, be it tumbling or hand balancing, easy or advanced, holds a thrill that is enjoyable.

Then, too, there is always the possibility of a stage career if one becomes proficient in acrobatic work. Who knows but you may be one of these fortunates.

Get this course, or better still, the course and safety belt today and begin learning how to fairly fly through the air, always landing on your feet in a standing position.

## Isn't It Wonderful When You Stop to Think of It

how the human body can remain in the air unsupported long enough to make a complete turn? Isn't it wonderful to see it done and imagine the thrill? But it is doubly wonderful when you can do it yourself.

CHARLES MacMAHON, Studio A-52  
180 West Somerset Street, Philadelphia, Pa.

Dear Sir:

Please find enclosed { \$7.00 for Belt and Tumbling Book.  
\$5.00 for Belt Only.  
\$3.00 for Book Only.

Name .....

Address .....

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

Waist measurement.....

## You Start With the Easy Feats and Rapidly Get to the Real Thrillers

Step by step you advance from the easy roll-overs, cartwheels, etc., to the hand springs, flips, hand stands, etc. While you are accomplishing the the simple stunts, you are acquiring ability for the more advanced feats. You'll enjoy seeing yourself progress from one feat to another.

## You Can Learn to Do Flips, Somersaults, Spotters, Etc.

And when you have learned these and other feats, you will look back and see how easy it really was with my course to guide you—to give you the fine details that teach you quickly the knack of tumbling and hand balancing.

## There's a Thrill In Every Stunt

### You Need a "Safety Tumbling Belt" If You Want to Learn the Flips and Somersaults Quickly and Safely



The Safety Tumbling Belt

These belts are made of stout leather, 2½ inches wide. They are thickly padded inside, making it easy on your waist and stomach. You can adjust them to fit a six inch range of waist sizes.

Those who are small or large-waisted will receive a belt that will fit them.

Ropes attached to the sides give the means of support. A description of how to use the MacMahon Tumbling Belt is given you free.

These Belts enable you to try the more difficult stunts without danger of a fall and, consequently, make your headway more rapid. With one of these belts, you soon get the knack of a flip, hand spring, somersault, and other difficult feats.

### Use THIS Coupon For Tumbling Course and Belt

Can Be Used By a Team of Tumblers

Furthermore, the belts can be used by a team of tumblers for the purpose of holding the top man in place in hand-to-hand balances, somersaults from a partner's hands, shoulders or other parts of his body.

You will find a wide range of uses for one of my belts, and if you like tumbling and hand balancing get one with my course and save long hours of practice.



# but now Bigger and Better

## The Ability to Do Tumbling Feats In Good Form Makes a Finished Tumbler

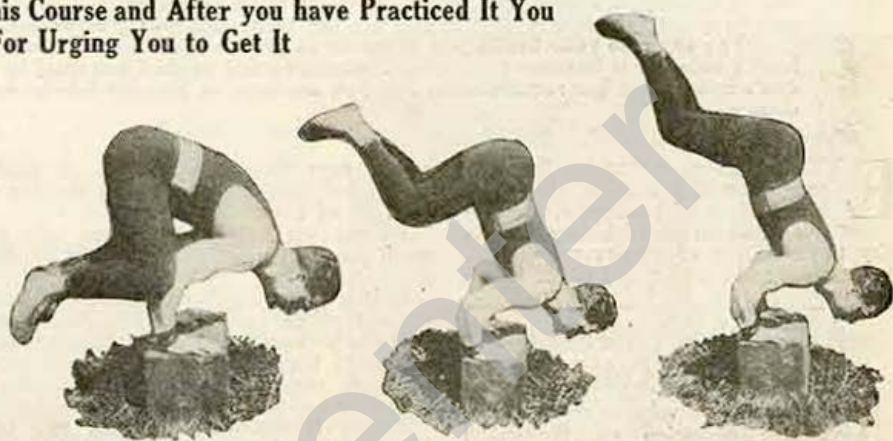
That is the way you are taught to perform all the feats in this course of mine—perfectly. No dangling legs or unsteadiness in hand stands, and no tumbling stunts without good form and snap. That is what makes them good to look at and a real pleasure to perform. I'll teach you correctly.

There are lots of fellows who can manage to stay up on their hands, but their feet are left to dangle in the air. These same fellows also do a hand spring, landing with their legs doubled up, etc., and yet they imagine they are good. Don't fool yourself this way. If you like tumbling at all, why not get the course which teaches you to do the numerous feats in such a way that you would not be ashamed to perform before the best tumblers and hand balancers

**Let Me Convince You of the Worth of this Course and After you have Practiced It You Will Thank Me For Urging You to Get It**

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

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



PRESS UP TO HAND BALANCE FROM JAPANESE STAND

## For **MATS** For Gymnasiums Individuals

The Price of Gymnasium Mats Ranges From Ninety Cents to a Dollar a Square Foot

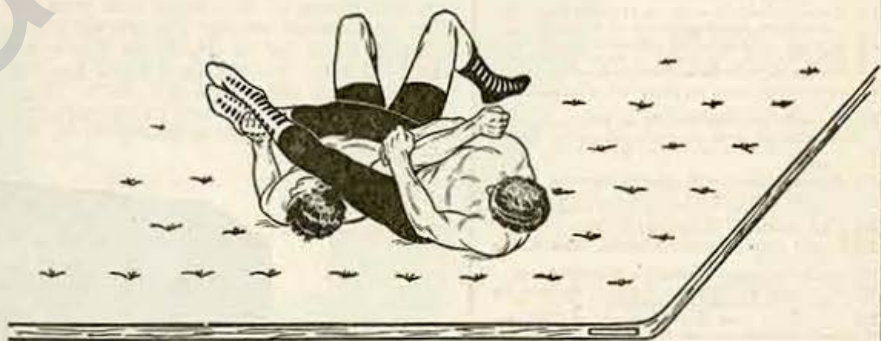
### Figure Your Saving at My Prices

My \$9.00 mat would cost you \$18.00 or thereabouts. The larger the mat, the greater the saving.

The MacMahon mats are durable, well padded and cheaper. The prices are so low in comparison that the individual can easily afford one.

### Tumbling, Hand Balancing, Wrestling and Exercise Mats

The tumbler and hand balancer, as well as the wrestler and those who exercise, will find my mats just the thing. The bar bell users will also have use for one of them when performing the wrestler's bridge or any lying-down exercises or lifts.



**You Can Now Have a Real Gym of Your Own**

Use **THIS** Coupon When Ordering a Mat →

# Charles MacMahon

Studio A-52

180 West Somerset St.

Philadelphia, Pa.

CHARLES MacMAHON, Studio A-52-M,  
180 W. Somerset St., Philadelphia, Pa.

Dear Sir: Please find enclosed \$..... in  
payment for the size mat I have checked off below.

<input type="checkbox"/> 3x 6 ft. \$ 9.00	<input type="checkbox"/> 6x 6 ft. \$20.00
<input type="checkbox"/> 3x 9 ft. 14.00	<input type="checkbox"/> 6x 9 ft. 30.00
<input type="checkbox"/> 3x12 ft. 20.00	<input type="checkbox"/> 6x12 ft. 35.00
<input type="checkbox"/> 3x15 ft. 25.00	<input type="checkbox"/> 6x15 ft. 40.00

AND ANY OTHER SIZE DESIRED

Name .....

Address .....

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

(Foreign orders \$1.00 extra.)

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

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

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

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

**E**VERY year more than ten thousand people die of bronchitis, sixty-four thousand die of pneumonia, seventy-five thousand die of kidney trouble, fifty thousand die of respiratory disease, one hundred and six thousand die of tuber-

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

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

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

Nature is constantly warning you of impending sickness. Seemingly trivial symptoms tell of serious trouble taking root in your body. And yet, ninety-nine people out of every hundred will absolutely ignore these danger signals. As long as they are not flat on their backs, they will fool themselves into believing that they are all right.

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

## Why Pay Thousands of Dollars in Doctors' Bills

Those who do not know Nature's methods of preventing and curing sickness are ill an average of 21½ days each year. In fact, it is estimated that the average person in a lifetime spends \$4,100 on doctor and hospital bills, loss of time from business, medicine and other expenses due to illness. Thousands of people are living half-powered lives because they are ignorant of the Laws

of Nature. Many of these people will fill an early grave, when they might easily have lived to enjoy a ripe old age.

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

## The Encyclopedia of Physical Culture

(7th Edition Greater Than Ever Before)

This marvelous 5-volume work gives you the information you need to build up rugged strength, health and vitality. It is for every member of the family—it covers every phase of strength and body building for adults, children and babies. It gives invaluable information on fasting, dieting and exercise. A thorough and extensive treatment is given of the laws of sex, the attainment of virile manhood and womanhood, and happy, successful parenthood, together with details for diagnosis and treatment of all sexual diseases. Handsomely illustrated charts on anatomy and physiology are scattered throughout the book.

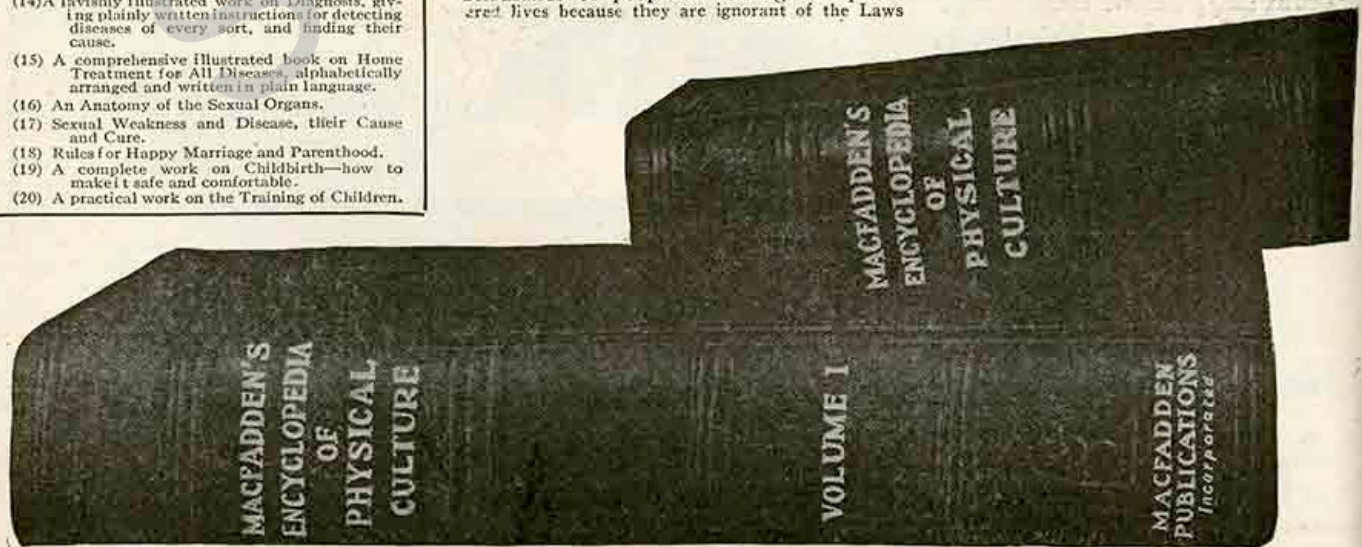
It is neither dull nor technical, but is simple, comprehensive and complete in every sense. It is the crowning effort of Bernarr Macfadden's rich, full experience in the science of health and physical culture. He has had more than thirty years' experience in guiding thousands of physical wrecks to glorious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

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

## A Complete Education in Physical Culture

**T**HIS set of five volumes contains a complete education on Physical Culture and Natural Curative Methods—the equivalent of twenty comprehensive books on the following phases of health and vitality building:

- (1) A complete work on Anatomy fully illustrated.
- (2) A Physiology in plain language, and embracing many illustrations.
- (3) A reliable and comprehensive handbook on Diet.
- (4) A complete Cook Book.
- (5) A book on Exercise in its Relation to Health.
- (6) A handbook on Gymnastics, with full instructions on drills and apparatus work of every sort, with hundreds of illustrations.
- (7) A book illustrating and describing every form of Indoor and Outdoor Sports and Exercises—complete courses in Boxing, Wrestling, etc.
- (8) Handsome colored charts and instructions for Developing a Powerful Physique.
- (9) A complete handbook on Beauty-Culture.
- (10) The most complete and extensive work on Fasting ever published.
- (11) A comprehensive work on Hydrotherapy, including water treatments of every variety.
- (12) A book on Mechanical Therapeutics giving full details and scores of pages of illustrations of physiotherapeutic treatments.
- (13) A thorough work on First Aid with drugless methods.
- (14) A lavishly illustrated work on Diagnosis, giving plainly written instructions for detecting diseases of every sort, and finding their cause.
- (15) A comprehensive illustrated book on Home Treatment for All Diseases, alphabetically arranged and written in plain language.
- (16) An Anatomy of the Sexual Organs.
- (17) Sexual Weakness and Disease, their Cause and Cure.
- (18) Rules for Happy Marriage and Parenthood.
- (19) A complete work on Childbirth—how to make it safe and comfortable.
- (20) A practical work on the Training of Children.



# You Can Add 15 Years To Your Life!

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

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

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

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

## New Edition Greatest of All

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

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

## Free Examination—No Money Needed

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

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

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

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

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to keep the books I will return them in 10  
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Employed at .....

Business Address .....

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

# Fast Life Wrecks the Nerves

by PAUL von BOECKMANN

Lecturer and Author of numerous books and treatises on Mental and Physical Energy, Respiration, Psychology and Nerve Culture

**W**E are living in the age of SPEED, the mile-a-minute life. We crowd two or five years of life into one. We hurry; we worry; and we dissipate, little realizing that there must come an end to our supply of Nerve Force—that we will become nervous wrecks.

Long before a person reaches the final stages of nervous collapse, he passes through months and even years of subnormal nerve power, which seriously handicaps him in life, undermines his constitutional powers and causes all kinds of organic and mental disorders. It would be proper to call these people "near-neurasthenics."

There are countless "near-neurasthenics" about us everywhere—in the streets, in the cars, in the theatres, in your business, and especially in your own home—right in your own family.

They are said to be troubled with "nerves," a condition which is not considered serious, but admitted to be most annoying, especially to those who must associate with people who have "nerves."

"Nerves" is not a malady which manifests itself, as many people believe, in twitching muscles, trembling hands. These conditions are found only in advanced stages of Nerve Exhaustion.

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

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



PAUL von BOECKMANN

Author of "Nerve Force" and various other books on Health, Psychology, Breathing, Hygiene and kindred subjects, many of which have been translated into foreign languages.

Perhaps you have chafed from doctor to doctor seeking relief for a mysterious "something the matter with you." Each doctor tells you that there is nothing the matter with you; that every organ is perfect. But you know there is something the matter. You feel it, and you act it. You are tired, dizzy, cannot sleep, cannot digest your food and you have pains here and there. You are told you are "run down," and need a rest. Your doctor may prescribe a drug—a nerve stimulant or sedative. Leave nerve tonics alone. It is like making a tired horse run by towing him behind an automobile.

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

The cure of weak and deranged nerves must have for its basis an understanding of how the nerves are affected by various abuses and strains. It demands an understanding of certain simple laws in mental

and physical hygiene, mental control, relaxation, and how to develop immunity to the many strains of every-day life. Through the application of this knowledge, the most advanced case of Nerve Exhaustion can be corrected.

I have for more than twenty-five years given courses of instruction in Nerve Culture by mail. Over 100,000 people have learned through me how to care for their nerves and how to free themselves of the organic and mental disturbances that originate in nerve abuse.

Over a million copies of my book "Nerve Force" have been read by people with high strung nerves who have learned through my advice how to avoid nerve strain and how to care for their nerves. The cost of the book is only 25 cents (coin or stamps).

Address Paul von Boeckmann, Studio 460, 110 West 40th Street, New York City.

Order Nerve Force today. It is not a pamphlet advertising my course, but a real book, 64 pages, illustrated. The latest edition of Nerve Force contains important information heretofore imparted to private pupils only. Nerve Force is on file in many public libraries, and at the Medical National Library at Washington. Thousands owe their recovery from nerve exhaustion to reading this book. Your money refunded if the book is not all you expect.

## What Readers of "Nerve Force" Say

A physician writes as follows: "I am writing you as a Graduate M.D. to say that I have carefully read your excellent book on 'Nerves.' It has done me more good already than anything I have seen or tried and I think it easily worth a hundred times what I paid for it. It is impossible to read it without feeling the wonderful truths it reveals."

A school teacher writes: "I had the opportunity of reading Paul von Boeckmann's 64-page book, 'Nerve Force.' I completed it in one reading. One feels at home and understands unfeigned ideas concerning nerves, mind, and body. As I was reading, a stranger approached and remarked, 'That book cured me from what doctors called heart trouble, then stomach trouble, etc. I had nothing of the kind. I am now a well man.'"

"I have gained 12 pounds since reading your book, and I feel so energetic. I had about given up hope of ever finding the cause of my low weight."

A physician says: "Your book is the most sensible and valuable book I have ever read on the prevention of neurasthenia. I am recommending your books to my patients."

"Reading your book has stopped that dreadful feeling of FEAR which paralyzed my stomach and digestion."

"Your book did more for me for indigestion than two courses in dieting."

"My heart is now regular again and my nerves are fine. I thought I had heart trouble, but it was simply a case of abused nerves. I have re-read your book at least ten times."

"The advice given in your book on relaxation and calming of nerves has cleared my brain. Before I was half dizzy all the time!"

"I have been treated by a number of nerve specialists, and have traveled from country to country in an endeavor to restore my nerves to normal. Your little book has done more for me than all other methods combined."

## Editorial

## Strength in 1927

**E**VERY month, when we are assembling any single issue of STRENGTH, we have to bear in mind what are, we think, the real requirements of our readers. The real requirements of our readers are, as we see them, the basis of our magazine.

However, when one begins to analyze the real requirements of a fairly large and diverse group, such as the readers of STRENGTH compose, it is not an easy matter to decide what articles should be left in and what articles should be excluded.

In the first place, we believe that every magazine must express to a greater or less extent the aims and interests of its editorial staff, and their aims and interests attract readers who sympathize in part, at least, with what the editorial staff likes to call the policy of the magazine.

That there is an inter-play of desires and interest on the part of the readers which in turn affect the interest of any editorial staff is plain. Of course every one likes praise, and when a given article or a given issue evokes praise from our readers in an unusual degree, we, of course, try to better that issue and increase the basis of our hold upon your interests.

Besides this we are continually reaching out for new readers in our own way, and that way is largely by producing a magazine which our old readers will like, not only well enough to read again and again, but well enough so that they will call it to the attention of their friends.

It always seems to us that our readers, if they would enter whole-heartedly into promoting the growth of STRENGTH, could aid us in producing a magazine which both they and we would find would be of constantly increasing value and interest.

We try to sketch hastily, from time to time, the objects which we are seeking to accomplish in publishing STRENGTH. In no one issue have we space enough to cover the field which we have marked out for ourselves, but in two or three issues we should cover quite thoroughly a fairly broad field.

We start with the editorial concept that most of our readers are organically sound and enjoying an average or greater than average degree

of health. We trust that they believe that health is an asset well worth preserving, and also that they realize that in health, as in most other things, we either go forward or backward.

In other words to preserve our health we should strive to increase it. Increased health, super-abundant health, is STRENGTH.

In most cases the closest hand, the easiest and the surest way of building strength upon a foundation of health is by exercise and, therefore, exercise secures a very considerable share of the pages of STRENGTH every month. We give a considerable amount of space to formal exercise of one sort and another—that is exercise consciously taken to improve the individual.

Now, as a matter of fact, most individuals who go in for formal exercise are also interested in sports, and we therefore give a good deal of space to sports. Sports which provide a means of testing, from the angle of use, the results of formal exercise are not only valuable for that purpose, but also in themselves are of great value as health and strength builders.

Our articles on sports are designed to interest our readers in playing the games involved, instead of simply giving an interesting news account of important events in the world of sports.

In STRENGTH you should find helpful and interesting information on men's, women's and children's exercise, how to play most of the sports which do not require too much time and equipment, and articles which will give you a chance to test yourself and your results against the experience of others in these fields.

Besides this we regularly go into the field of straight corrective exercises and we devote some space to diet, general hygiene and the care of the body, as well as supplying in our "Ask the Doctor" department a specific health information service.

We hope that 1927 will find STRENGTH handling all of the sides of our editorial policy in a more interesting and more instructive way. It is our job to put out a better magazine from month to month and we have no better opportunity to stop and decide whether we are doing just that than the (Continued on Page 88)

# Distinction: The Keynote of Beauty

Women Today are More Beautiful Than Ever, Due to Their Distinctiveness in all Branches of Body Culture

By *Ralph Hale*



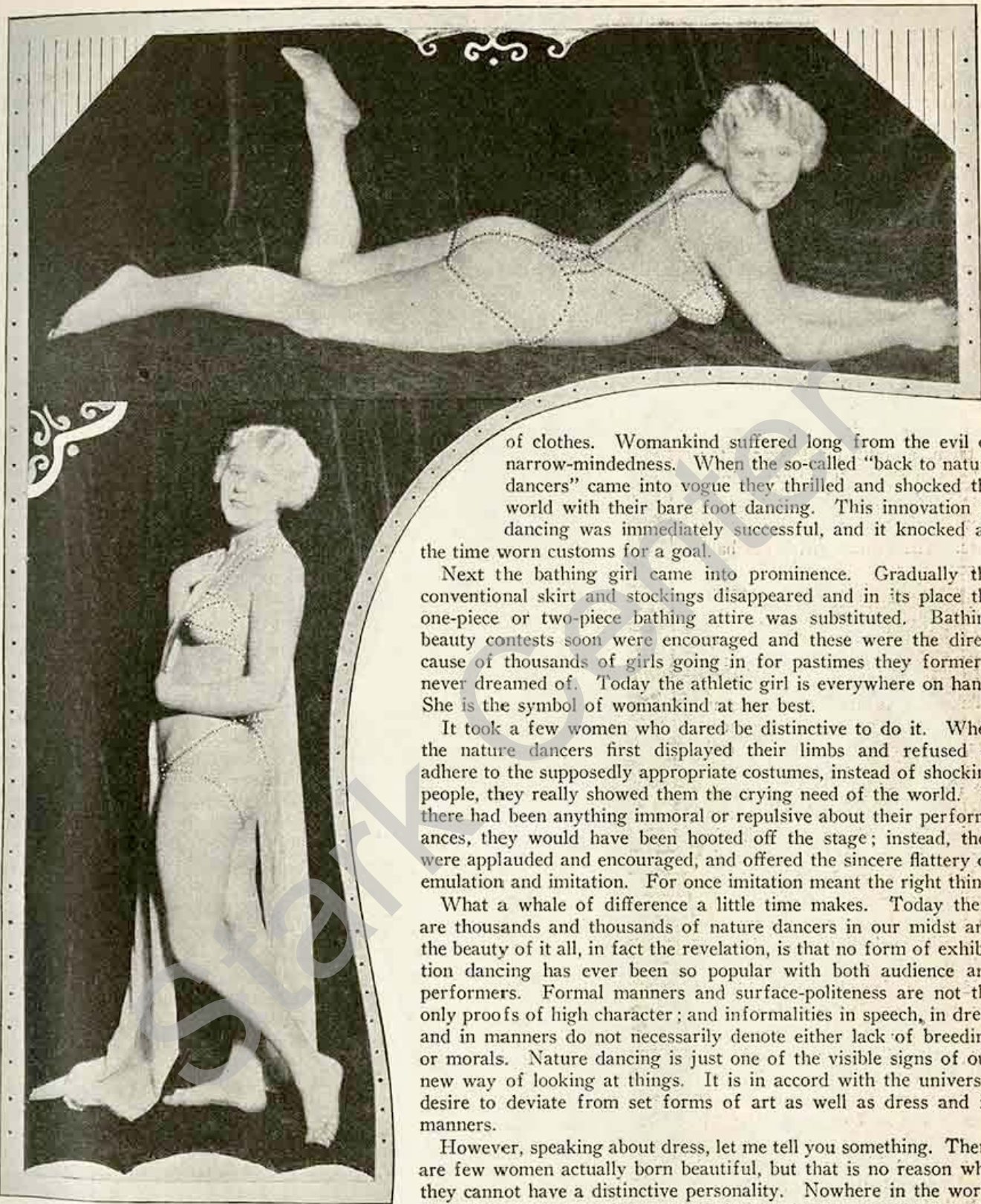
Bubbling over with the sparkling wine of life—a picture of health and beauty.

IT IS undeniable that the great quest of humanity is happiness; but, was the world created to be happy? How many are truly happy? I've studied people in all classes and conditions and everywhere I have found, when you get below the surface, that frequently it is the insincere individuals who say, "I am happy." Nearly every one wants something they haven't got, and as things are constructed, what women want above all things, is to be beautiful. Are the truly beautiful women happy? Well, now, if you read the papers every day you might find the answer. You do not have to envy a beautiful woman. By being distinctive you, too, can be the cynosure of the public eye. The lives of many women are made up of those vast incessant worries from which the distinctive woman is happily spared. Worry, worry, this is the chief evil of life.

What do I consider the nearest approximation to happiness of which the present day woman is capable? Why, taking care of herself. Getting sufficient exercise in the open air, a vacation in the country three months out of a year, away from the hectic, artificial life of the city and leading a healthy normal life the year round. And last, but not least, being distinctive. That is the nearest one can hope to come.

The trouble with women years ago was they imitated one another. Here and there a distinctive personality dared have the courage of her convictions. Although imitation is one of the greatest instruments used by Providence in bringing our nature towards its perfection, yet if women gave themselves up to imitation entirely, and each followed the other, and so on in an eternal circle, it is easy to see that there could never be any improvement among them. The Lord knows that we need to improve ourselves. Supposing that women were spineless, were ashamed of their bodies, afraid to make a healthy display of them, where would we be today? Our children would be a scrawny lot if our woman folk refrained from athletics, a dip in the ocean, or neglected to care for themselves. Thank goodness there were women in the world who wanted to be individuals and today, as a result of the reformation, women are happier, healthier and more capable of performing their duties.

To prevent men from being merely brutes, remaining the same at the end as they are this day, there was implanted in man a sense of ambition, and a satisfaction arising from the contemplation of his excelling his fellows in something deemed valuable among them. The same is true of woman. It is this passion that drives women to all the ways we see in use of signaling themselves, and that tends to make whatever excites in her the idea of this distinction so very pleasant. It has been so strong as to make very miserable women take comfort that they were supreme in misery; where they could not distinguish themselves by something excellent, they took complacency in some singular infirmity, folly, or defect.



An appreciation of the human figure as a means of artistic expression is necessary if one is to properly value poses of this order.

of clothes. Womankind suffered long from the evil of narrow-mindedness. When the so-called "back to nature dancers" came into vogue they thrilled and shocked the world with their bare foot dancing. This innovation in dancing was immediately successful, and it knocked all the time worn customs for a goal.

Next the bathing girl came into prominence. Gradually the conventional skirt and stockings disappeared and in its place the one-piece or two-piece bathing attire was substituted. Bathing beauty contests soon were encouraged and these were the direct cause of thousands of girls going in for pastimes they formerly never dreamed of. Today the athletic girl is everywhere on hand. She is the symbol of womankind at her best.

It took a few women who dared be distinctive to do it. When the nature dancers first displayed their limbs and refused to adhere to the supposedly appropriate costumes, instead of shocking people, they really showed them the crying need of the world. If there had been anything immoral or repulsive about their performances, they would have been hooted off the stage; instead, they were applauded and encouraged, and offered the sincere flattery of emulation and imitation. For once imitation meant the right thing.

What a whale of difference a little time makes. Today there are thousands and thousands of nature dancers in our midst and the beauty of it all, in fact the revelation, is that no form of exhibition dancing has ever been so popular with both audience and performers. Formal manners and surface-politeness are not the only proofs of high character; and informalities in speech, in dress and in manners do not necessarily denote either lack of breeding or morals. Nature dancing is just one of the visible signs of our new way of looking at things. It is in accord with the universal desire to deviate from set forms of art as well as dress and in manners.

However, speaking about dress, let me tell you something. There are few women actually born beautiful, but that is no reason why they cannot have a distinctive personality. Nowhere in the world today, do women look so much alike as they do in this country. Not their faces, for the American woman is probably more beautiful than any other, but their clothes. A few years ago, when the flapper was very much in vogue, and as now, skirts were extremely short. It was almost amusing to see the women walking down Broadway or Fifth Avenue, New York. From the back they looked exactly alike—short skirts, felt hats cocked over one eye, flat heeled shoes. It was a shock to come face to face with them and find them decidedly middle-aged. When dame fashion decrees a certain type of dress or hat immediately every

However, distinctiveness has led women away from the old beliefs. It has lifted them above the tentacles of Puritanism and the clutches of the narrow-minded. Dancing had a lot to do with it. When the "nature dancers" first came into vogue, they became the leaders of the revolution which disrupted the old beliefs and forever freed suffering women from the awful tyranny

woman in America follows it strictly. What do we have? Fat ladies trying to wear sylph-like dresses and skinny ladies trying to look plump in up-to-date styles. It wouldn't be so bad if they went about it right, but they don't.

In trying to reduce themselves, the fat ones fairly kill themselves by resorting to all sorts of diet fads and "what not," and the thin, underweight girls have so many phony ideas on how to gain weight, that to try them out on a mule, would kill the animal, tough as he is. It is certainly no joke, when tall, short, fat or thin women try to wear the same style dress. Personally, I think it is suicide. There are more girls wrecking their health and killing themselves by trying to conform to style than ever before, and I'm thinking of the suicide period of wasp-waists, hip pads and long skirts when I say this.

In France, where all the fashions are started, women wear the clothes that are most becoming to them, and then afterward, try to keep in style. They never look alike in dress, as do the girls in New York and our other large cities. The French girl is not half as pretty as her American sister, but certainly she possesses more distinction. Please, please, lady, never follow the herd. Pardon my allusion, but women certainly remind me of a herd.

Take the case of our customs and manners or pseudo-mannerisms, whatever you want to call them. Has it ever occurred to you that we, all of us, alter our manners to suit the clothes we are wearing. Go down to Atlantic City any summer's day and watch the boardwalk parade. A couple of middle-aged folk might happen to pass by carrying themselves with such dignity and behaving with such decorum, you'd think, for all the world, they were royalty out for a promenade. A couple of hours later you see the same people in their bathing suits, up-to-date suits of course, disporting themselves in the surf or gamboling on the beach. Apparently they left all their bizarre regalness locked up with their clothes in the bath house, for you see them running and shouting and capering like two year olds. It seems as though a couple of years have been erased from their aging forms, when the ordinary street clothes are thrown off to go in for a dip in the briny sea. There's no use heming and hawing about it. Clothes are upholders of dignity as well as a restraint to free move-

ment. A person cannot look dignified in a bathing suit. The very first thing they do is give a blood-curdling yell and away they go down the beach performing stunts enough to break their necks under ordinary circumstances.

And we, looking at them from the boardwalk railing, sympathize with them, knowing well that we would act the same way under a like condition. The same couple will mingle with the crowds of well-dressed people on the boardwalk after their frolic and conduct themselves with strict nicety of bearing and deportment. This is what clothes can do to a person. Clothes can make or break a woman. No matter what type you are, whether fat, thin, fair or forty, please remember this. Discover your best points and enhance them by selecting the best style dress suited for your type. Have it a little different from the rest, but not too conspicuously so. Try to

cultivate good taste and bear in mind that distinctiveness is something equal to attractiveness. You can be attractive by studying yourself and thus avoiding extremes or fads in the manner of dress. So much for dress.

Now, ladies, I'm afraid I'll have to shock you a little; but I think you deserve it and thus I'm justified in doing so. The other day while I was walking along Fifth Avenue, I fell to comparing the beauty of the girls who passed by. Enamored with beauty and ever appreciative of art, I became deeply absorbed with the subject my mind delved into. Two pretty girls passed me, another and another went by. Soon a dozen passed and I reflected over their sundry charms. They were all very pretty. But my, oh my, they had horrible hips and buttocks. Then and there their stock dropped considerably. What a shame, I thought, that such pretty girls neglected this feature.

Now, girls, if your hips and buttocks are unsightly, like those I saw, please take up exercising. Do not diet to reduce. You'll probably bungle the whole works, then there will be Hades to pay. You will surely destroy your health and may dig your own grave; but a little faith in exercise will go a long way and, ladies, I don't mean perhaps. All this reduce-o-mania stuff that's blowing around is nothing but a lot of bunk. Take it from me.

Exercise is the one and only cure, the safest and sanest, the sure fire (Continued on Page 76)



Charming feminine loveliness.



# A Strong Grip

A Powerful Grip Denotes Great Strength

By Charles MacMahon

WOULD have thought better of him had we not shaken hands. Why was this? Why, because his hand was like fresh putty except, of course, not so sticky. Not only did I notice the limpness of the

with crushing force. Consequently, one will accomplish more toward acquiring a strong squeezing grip if he will follow exercises that tend to bring the fingers from a partly open position to a closed position against

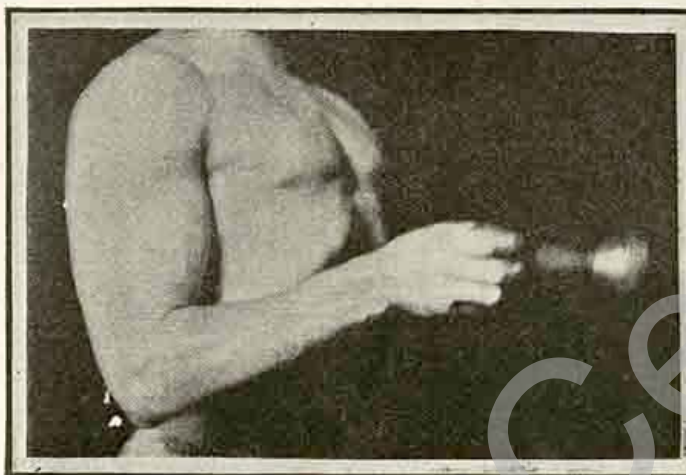


Fig. 2



Fig. 4

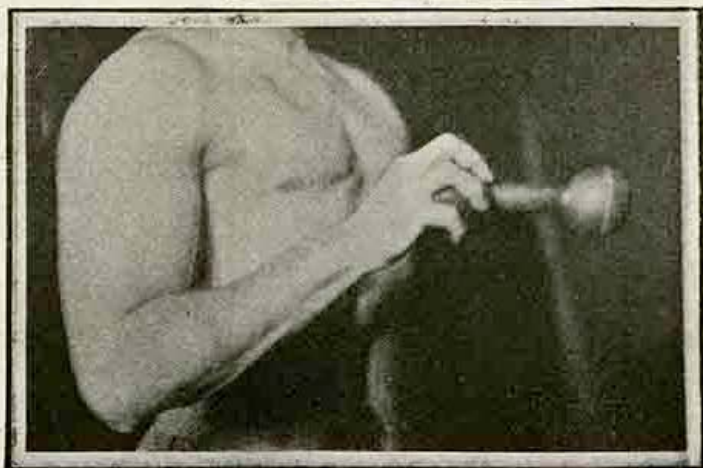


Fig. 1

and in mine, at the utter weakness of his grip was brought sharply to my attention. It used me to my to myself. There is more in a hand shake than there is in a name-ke."

However, even though we get good impressions

from a hand shake, our impressions are not always correct. There are men who have everything that a real man should possess except strength of grip. Lacking a powerful grip, they begin a new acquaintance at a disadvantage, provided, of course, the new acquaintance is not like themselves.

Perhaps you are one of this type whose grip needs strengthening. Probably you have not realized the weakness of your hand shakes, nor the false impression you give to those whose hand you shake.

If you haven't any one to tell you how weak your grip is, you can soon find out for yourself by trying the exercises I intend to give you for the purpose of developing a grip becoming to a man. Most of these exercises, if your grip is weak, will soon stump you or, in some cases, will stump you before you have made one repetition of them.

Do not think that a strong grip is a matter of strong finger muscles only, for it is not. You must have a powerful wrist and forearm also.

Try to move the fingers without causing a movement somewhere in the forearm. If you will feel the right forearm with the fingers of the left hand as you move the fingers of the right hand, either independently or together, slowly or swiftly, you will prove to your own satisfaction that the forearm muscles must be developed and strengthened, as well as the small muscles of the fingers and hands, and, as the tendons from the hands to the forearms pass through the wrist section of the arm, the wrist, too, must be exercised.

In looking deeply into this matter of acquiring a strong grip, as in a hand shake, I find there is a vague difference between the ability to keep the fingers closed, as in lifting a very heavy weight from the floor, and the ability to squeeze an object

resistance, as against methods that merely school the grip to stay closed against resistance applied afterward, as in the case of lifting a heavy weight from the floor.

You can readily see the difference when you stop to think that in the case of the weight the fingers are clasped about the handle against no resistance. Then, as the weight is lifted, the resistance begins and the fingers merely act to prevent the fingers from opening.

However, as the difference between these two kinds of grips is vague, the lifting of a weight is not without its good points and is a help toward acquiring a powerful grip; but I believe this method, practiced exclusively, would not bring quite the crushing power that the

method of bringing the fingers closed against a resistance would.

Like most strength feats, crushing with the hand requires considerable concentration, as well as straining tendons and muscles. I doubt if many of my readers have tried to close their fist as tightly as they can. Believing this, I am going to ask you to close one of your hands tightly. Now put more concentration into it, squeeze tighter and tighter until you have reached the limit of your concentrative powers, your muscular power, or both. Your concentrative powers can be developed as well as your physical powers, but in the case of the physically weak it is generally your lack of concentration. Therefore, you need the exercises in this article for the purpose of giving yourself a grip that will impress people.

After you have acquired a strong grip, do not make the mistake of going to the other extreme. I have reference to the overdone hand clasp. For the man with a putty grip I have sympathy, but for the man who almost climb on top of you in their efforts to squeeze you into a good impression of their power, I have contempt.

Do not do it! Do not put all the effort you possess into a hand shake. Get a powerful grip and you will produce a crunching hand shake without apparent effort. That is the kind that impresses and leaves your new acquaintance wondering how many of your bones you could have broken if you had really tried.

Since you closed your fist as tightly as your strength and concentration would allow you, didn't you feel the results of the effort in the muscles of your forearm? If you didn't feel the effects then you didn't half-heartedly and if you did feel it, it should be proof that you must strengthen your forearms in acquiring a strong grip

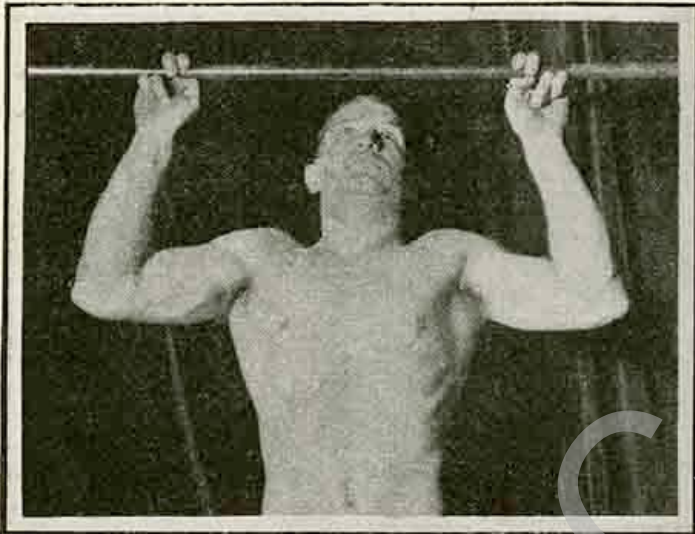


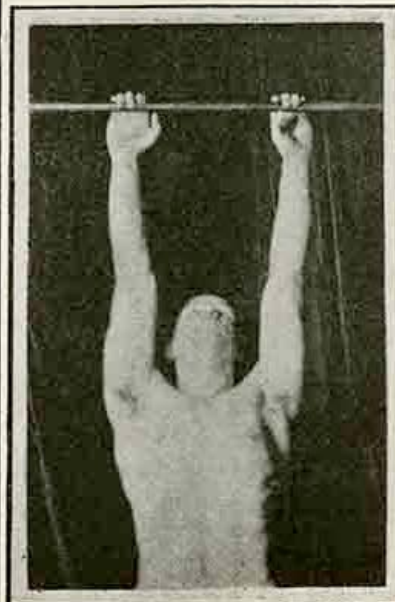
Fig. 5



in your hands.

You will find my exercises call the muscles of the forearms very strenuously into play. Remember, however, that if you want to acquire a grip that will make an impression, not necessarily on the hand of a new acquaintance but on his mind, you must practice the exercises I am going to outline, as well as other good exercises for the same purpose.

All the movements I will give you need not be practiced at one exercising period. You can split them in half, taking about three



exercises first and when your next exercising period comes around, you can take up the remainder. This method will give you a little deviation and will make exercising more interesting.

The first movement is performed with a five pound dumb-bell, or any object that is heavy, about 3 inches thick, and 8 or 10 inches long. The dumb-bell is the best, however.

Now, as in Fig. 1, you grip the end of the dumb-bell with one hand. First, unless you have a strong grip to start with, you can grasp the ball end of the dumb-bell with the whole hand and fingers. In other words, the ball should be pressed into the palm of the hand and the fingers closed tightly around it. Later on, when your grip strengthens, you can grasp the ball end with the

fingers only, as shown in Fig. 6 1. (Continued on Page 31)

# Mountain Climbing

The Developer of the Legs and General Physical Condition

By George A. Dembinski

**M**AN from time immemorial has sought new worlds to conquer. Take the case of the intrepid flyers who flew to the Arctic Regions in quest of the North Pole. The tales of heroism and courage by these men will live in the minds of people forever, and will recur to each succeeding generation.

The conquest of the lofty peaks dotting the earth has not been neglected. Man's spirit and inclination for exploration have led him to conquer the portentous heights. You may wonder why I talk so approvingly of mountain climbing in winter time rather than offering it to you for your delectation. In the summer time, when one goes mountain climbing, the exertion of the climb makes one perspire incessantly; this tends to fatigue and it becomes so intense that it is difficult to recuperate. Now, on the other hand, it is very exhilarating to climb mountains in the winter time. During the winter season, mountain climbing has many other forms of recreation which help in the building up of the general physical condition. To take up skiing and tobogganing, mountains must be climbed to a certain extent in order to engage in the sport and negotiate in the entire distance required for skiing and tobogganing. These sports are very popular the world over during the winter months in all mountainous regions.

The spirit of exploration has been embodied in countless thousands of health seekers. The mountains have

afforded unusual opportunities of regaining a healthy ruggedness of body, and the sense of cheer brings untold happiness, not to mention the serenity of soul and contentment the recreation fosters. It is for this reason I have chosen my subject—*Mountain Climbing*—the developer of the legs and the general physical condition.

To the body culturist the importance of the development of the legs is quite familiar; and to those who are not so well acquainted with the term, I will explain. Take the man with the well developed calves, thighs, hips, and only a fair upper development. He presents a much better appearance than the man who has developed his arms and shoulders to a greater extent and has neglected his legs. From an anatomical point of view, there are numerous groups of muscles, comprising the musculature of the legs, and we know it is quite difficult to exercise or develop the legs by performing any one set of exercise.



If you are looking for a real mountain climbing feat, tackle these peaks near Skagway, Alaska, which the author accomplished.

A variety of exercises is needed; therefore, the variegated movements mountain climbing makes us perform when scaling a peak are sufficient exercise to build up every muscle in the legs. Many body culturists do not care to follow out a strenuous program of exercises for the legs. That is tedious work, besides taking up much time. I know from personal experience and from those with whom I have come in contact, that there is no better form of exercise for building the legs than mountain climbing. Have you ever seen a mountain climber? I mean one who has climbed considerably. As far as development of the legs is concerned, there is nothing lacking. Every muscle is developed to the utmost degree of which it is capable. By this I mean, his calves and thighs are beautifully moulded. Not only is his lower development



Two mountain hikers starting off.

superb, but if he were to strip you would be amazed to look over his body, noticing every muscle distinctly developed.

Judging from his development, which is a result of his mountain climbing, we may feel assured that the man is full of super-abundant energy and endurance. Take the world's greatest climbers, the Scotch Highlanders and the Swiss Mountaineers, men who rank higher than the inhabitants of any other nation in this outdoor sport; they, as a class, possess larger thighs, calves, and chests than those of their fellow countrymen who live in the lowlands. The Swiss are wonderful in this for the reason that the Great Alps are there, and those aspiring to climb start from childhood. They are considered to be a very hardy race. Why? Because they follow the natural ways to health and strength, and by their efforts applied this way have gained exceptional development of the legs.

The English have also produced a number of fine mountain climbers, men who have traveled to different parts of the world, conquering heights.

Mountain climbing is unquestionably a first-class leg developer. Professor MacLarren, a noted physical trainer of bygone days, increased his thighs two inches,



John J. Naughter has climbed some of the highest peaks of the Appalachian range; note the magnificently proportioned legs.



Note the happy mood this mountain climbing enthusiast is in.

chest three inches, by one season's climbing in the Alps, and this after several years of ordinary gymnasium work.

No doubt the reader will ask, what are these methods to me? Is this the only way to gain a few inches about the legs? Do not forget, it not only increases the size of your bodily proportions, but adds longevity, and this alone is worth striving for.

Mountain climbing is a very vigorous exercise for all the muscles of progression, and it is quite well known that one following out this method of training will be greatly compensated. I have come in contact with many individuals who were in need of perfecting their bodies and building up health; they were mountain climbing and found it very instrumental in attaining their cherished desires. They have made gains that would all might prize. Not only have they improved their physiques, but eradicated their deficiencies and banished all ailments. This goes to show that mountain

climbing offers vigorous exercise, which makes the body sturdy and capable of withstanding severe tests. Indian loggers, backwoodsmen are known to carry heavy packs on their backs, walking over mountain paths for hours at a time; while climbing mountains these men undoubtedly have obtained greater exercise which built larger and stronger muscles than the muscles built by ordinary mountain climbing.

Just try and pack yourself up a steep grade, where the next step will probably be somewhere about the height of your shoulders. You will soon find out what a wonderful exercise mountain climbing is. Every step you make is towards the building up of your body and greater endurance. When climbing, no better feeling exists than to breathe that pure ozone—a feeling of rejuvenation comes over you. It not only improves one physically, but the mental faculties developed to a greater degree; for coming closer to nature, its handiwork is much more appreciated. To look about beautiful scenery gives one inspiration and finer ideals.

In the past few words I have been trying to explain the advantages mountain climbing possesses from other points of view.

The nature adherent seeks benefits from mountain climbing, and this is gained by sticking to it and not giving up, when the going is hard. Consider this when climbing a steep grade, every step requires more effort than the one previous. Every muscle in the body works in co-ordination. No other form of exercise demands more.

I am reminded of an incident several years ago. A group of boys and I got together and decided to scale some lofty peaks of the rugged Canadian Rockies, struggling upwards for hours and hours. The ascent was exceedingly difficult, slow and painful, and we had to take the utmost care not to make one misstep, or if we did, we would be sure to end our mountain climbing at the bottom of some dark chasm. We were above the clouds, the atmospheric condition was dense, thereby causing the rocks to be wet and slippery. All was well and we climbed to the peak of the mountain. Just as we pulled ourselves to the very top, my chum accidentally slipped, and with a wild cry frantically grasped for means of support. There was none. So he commenced to slip down—down towards the yawning base of the peak. Like a flash I leaped to save him and would have lost him had I not clutched his clothing. Weakened from the exertion, I pulled him up inch by inch, saving his life. (Continued on Page 76)

# Rest For Consumption

The Dangers of Fanaticism in the Treatment  
of Tuberculosis of the Lungs

By Dr. B. M. Middleman

THE "Great White Plague" continues year after year to reap its harvest of human lives, and by the end of the year numberless thousands will have passed into the great beyond, victims of this terrible scourge, which still continues to be a problem to the most learned and skillful physicians the world over. In the United States thousands die each year, many of whom could be saved, were they to use common sense in recognizing the dangers of procrastination and follow sane methods in combating the ravages of this dread disease, *consumption*.

Consumption, or tuberculosis of the lungs, also known as pulmonary tuberculosis, and in a more strict medical sense phthisis, is essentially a disease of civilized nations; in fact, primitive people who have not come in contact with civilized people and live close to nature in primitive environment are seldom, if ever, afflicted with the disease; but after contact with civilized nations, these primitive people succumb at an alarming rate. This has been shown in the case of the American Indian, African tribes, and the native inhabitants of Australia and certain South Sea Islands. The underlying reason for this is, that the disease has been known to exist from earliest history among civilized nations, and investigations prove that the majority of civilized persons are at some time or other attacked by the disease. This is proven by autopsies on the dead and tests made upon the living. The normal system is capable of successfully coping with the disease, and as a result causes the individual to be immunized from infection during ordinary contact with the tubercle bacillus. Most persons have this attack, which immunizes them, during childhood. The inhabitants of natural surroundings not having become immune to the bacilli, fall easy prey to its ravages.

When the resistance of an individual is reduced by a general state of low vitality and ill-health, the acquired immunity is made negligible and the disease gains a firm foothold in the system.

In America, certain races and nationalities suffer more than others; notably Negroes, Indians, Italians and Irish. In the case of the two former, they have not been immunized from the disease, descending but recently from their primitive ancestry; while in the two latter, it is a case of changing to entirely different environment and climate, coming over here and living closely housed together in unsanitary surroundings.

Consumption has evidently been known by humanity since the earliest civilizations, and although recognized by medical students since an early date, its exact nature and vehicle of contagion were not understood until 1882, when Robert Koch, of Germany, discovered the tubercle bacillus.

Having found what caused the disease to flourish, doctors worked to find from whence mankind was

infected, and then to work out means of resisting and destroying the deadly bacillus.

We know that the tubercle bacillus is a strict parasite, living and multiplying only in the human and animal body. The infective agent, the bacillus, enters the human body, implants itself in some tissues, and by its growth and metabolic processes it produces toxic symptoms and destroys vital organs, etc.

It is found by bacteriologists that there are four main types of pathogenic tubercle bacilli: the human, the bovine, the avian, and the reptilian. Practical experience has shown that the last two types, those of birds and cold blooded animals, are of no consequence in relation to tuberculosis in human beings.

There is much question as to the dangers of the bovine bacillus to the human. Some authorities have stated that bovine infections may be disregarded, only infection when acquired through the entry of tubercle bacilli which have been incubated, so to say, in tuberculosis human beings, is to be combated, if phthisis is to be eradicated.

In adults, or rather those sixteen years of age and over, tuberculosis of the skin, abdominal organs and general tuberculosis of alimentary origin can only be traced to bovine bacilli. In children under five, something like half the cases of abdominal and alimentary tuberculosis are caused by bovine bacilli.

Careful investigations by the most competent authorities have shown that more than 99% of consumptive adults, and about 85% to 90% of serious tuberculosis diseases in children are due to the human type of bacillus; that the bovine type is found in about 10% of tuberculosis in children, and in pulmonary tuberculosis in adults this type is so exceptional as to make each case worthy of careful reporting. It also appears from the evidence thus far gathered that tuberculosis in children, due to bovine bacilli, is mostly of the milder forms of the disease—surgical tuberculosis, of the glandular systems, especially of the thoracic and the abdominal glands, of the joints, bones, and skin. In other words, the diseases caused by the ingestion of bacilli with milk from tuberculosis cows is not of great significance, except perhaps in infants, when compared with the immensity of the problems presented by infections with the human type of bacilli, causing phthisis in adults, and most cases of fatal tuberculosis in infants. One thing is, however, certain—in adults fatal bovine infection, if it does occur at all, is so rare that it is of no significance from any standpoint. Indeed, only in children under 5 years of age are bacilli of bovine origin apt to cause disease.

There are four means by which humans may possibly become infected—inoculation into the skin or mucous membranes; inhalation through the respiratory passages; ingestion through the digestive tract and intestinal tract; germanative or placental infection, from the parents before birth.

Considering that the skin is continually exposed to all manner of infections, and that the skin is attacked very rarely by tuberculosis, the dangers of infection through that source is very rare. Also, careful studies tend to prove very little danger of infection through ingestion, and germinative or placentar infection, can seldom be proven; the most likely source seems to be through the respiratory passages. A very good theory is that the bacillus enters the body, and having passed through the entire system, if any weakened spot is found to be fertile soil, that part of the body is infected. The lungs being the most vulnerable part of the internal mechanism, they most often fall prey to the disease.

Though the policy of this magazine is to preach the gospel of physical exercise, a warning must be sounded. Too much has been written in publications of a certain type, of the possibilities of curing consumption by means of an active life. Nothing could be further from the truth, as it is sure suicide to continue to carry on any exertion when afflicted with pulmonary tuberculosis. A positive requirement is rest; just as when you suffer a broken arm or leg, the only way to bring about a mending of the broken part is to give it absolute rest. The same applies when suffering from consumption. The lungs are being torn apart, are wasting away, in reality they are broken, and rest is essential if any mending of the tissue is to take place.

At times you may have heard of some one overcoming consumption by going on a hike for several weeks or months, or by working hard out in the open, as at chopping down trees, but no satisfactory proof can be given that such individuals ever had even a touch of tuberculosis of the lungs, all evidence that they were afflicted being contrary to fact. The truth in such cases being that the person probably suffered from some bronchial or asthmatic trouble, confused with a belief that they were suffering from consumption.

Many cases have been wrongly diagnosed in this respect, and persons have been put to great expense and loss of time accordingly. Many other conditions of ill-health have symptoms closely resembling some of the symptoms of pulmonary tuberculosis. The most prominent and more or less constant symptoms of this disease are: cough, expectoration, fever, night-sweats, spitting of blood, gastric-disturbances, emaciation, and rapid heart beat. To actually determine if one is suffering from the disease, a most thorough test must be made by a competent physician. The fact that at least 90% of adults have scar tissue caused by early attacks of the disease, will explain why most persons will react to some tests, when in fact there is no active phthisical condition; so it is necessary to have a thorough examination made, taking in all symptoms, the physical condition, etc.

For the sake of sensational advertising, and to gain publicity that might otherwise not be forthcoming, some persons may make the claim of having cured themselves of tuberculosis of the lungs, but it is the considered opinion of competent physicians who devote their lives to the study of such matters, that those who make the claim of having followed strenuous exercise to cure phthisis, never were afflicted with the disease in an active state at the time of commencing such a program.

Years ago it was the general practice to encourage activity in any one suffering from this disease. After careful observations covering a considerable length of

time, it was found that the patient fared better and had greater chances of recovery, if all activities were given up, and a program of absolute rest and forced feeding was followed.

By keeping the patient at rest we reduce the frequency and depth of respiration, and thus less of the toxins are washed into the blood stream and the fever declines. Fever is an indication of activity of the tubercular process and results from absorption of toxins from decayed lung tissue. Fever also means increased metabolism and we must not further increase it by exercise. One suffering from phthisis is burning up, it surely would be unwise to excite the flame by increased exertion and cause a further breaking down of tissues which the diseased blood stream cannot repair. Undoubtedly, prolonged rest weakens, but it weakens less than fever, which kills.

The only safe plan for one afflicted is to go to bed and remain there, getting plenty of pure fresh air, and to follow a diet of wholesome tissue building food.

Careful observations tend to prove that consumption is not quite as contagious as generally supposed, so far as adults are concerned. With children, the case is different, but authorities have come to the conclusion that there is not such a great danger of contracting the disease, if rigid care is taken by the consumptive. Very rarely does the husband or wife of a consumptive contract the disease, even when they share the same bed, if a reasonable amount of care is taken as to disposal of sputum, and washing the hands, a person suffering from the disease may take the rest cure right at home, and have just as fine a chance of recovering as though they went to an expensive sanatorium, or moved to a different climate. If it is possible to keep the bed on a porch during the day time, there can be no better place for the rest cure to be taken, sleeping indoors near an open window in cold weather. Care must be taken, regarding exposure to the cold, as most individuals cannot sleep properly in cold air, and suffer reactions that are by no means beneficial for them. This is true of those who are perfectly well, so the person who is fighting a severe form of disease must be handled with quite a little care in this respect.

It would be a good plan to have two beds, one for day time and one for night, the change of beds adding to the contentment of the patient, and helping to induce sleep at night, as having slept a part of the day, they may be troubled with insomnia at night. If there is a porch on which the patient may be kept, then the best plan would be to place them near an open window where they may watch the outside world. Keeping interested is valuable, and being able to watch things moving about on the street aids materially in keeping up the morale. The patient must be kept warm at all times; this may be helped by the use of hot water bottles, foot heaters, etc., in addition to plenty of warm clothing. A person suffering from this disease should be very particular about coming in too close contact with others, so as not to infect the well. Every care should be taken to cover the face with a handkerchief when coughing, and to refrain from spitting, except in some covered receptacle used for the purpose, the contents of which should be burned. Also the hands should be kept free of sputum or discharge, so as not to leave any infectious mucus or droppings on furniture, door-knobs, toilet utensils, etc.

Though the adult system is (Continued on Page 8)

# Shaping the Man

Correcting the Faults That Build Physical Symmetry

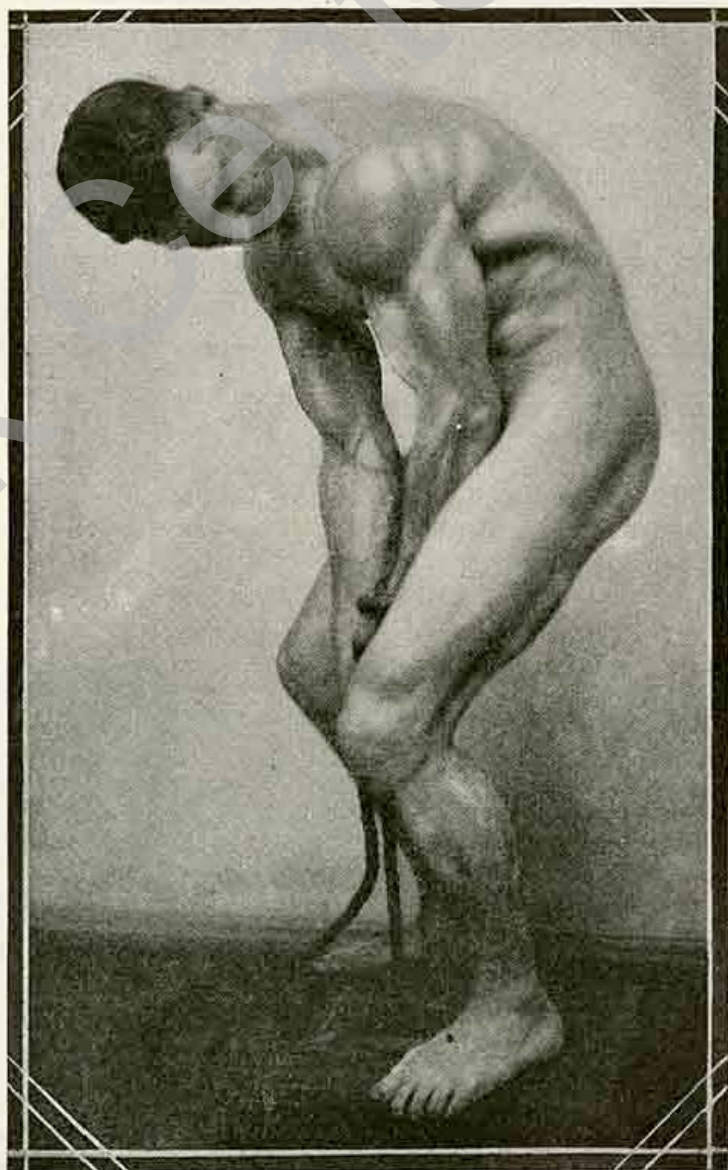
By George F. Jowett

SHAPE, that is just another name for beauty," a prominent European sculptor once said to me during a conversation, "It is the one thing every sculptor tries to achieve, and his greatest reward is success." This is a decided truism and the only difference between the sculptor and I, as I see it, is that what the sculptor tries to achieve in stone, I strive to achieve with the human body, and I feel that my reward also is measured more or less by the extent of my success. Just how you feel about the human body I do not know, but speaking for myself, I think it is the most beautiful living thing on the top of this green earth. I can sit for hours examining a well built body, and my friends tell me that I become so absorbed before a beautiful muscular photograph that I forget everything else. I get a real thrill, as I watch the gleaming quivering muscles of a body builder as he passes from one movement to another, during the demonstration of his exercises. His body reminds me of a great landscape painting, that is changed from scene to scene under the master strokes of the brush of a magic painter. The ripple of the muscles, as they rise and curve, change the scenes from one to another, leaving an appeal that is lasting.

I find much more to admire in the form of a man than in that of a woman. In my mind Man is the greatest of all living creatures, and the moment he falls down on his physical possessions he has forfeited his manhood. This may not be entirely his fault, for hereditary traits, sickness and the circumstances of occupations are bound to force their influence upon the individual to a certain extent, but the man who refuses to recognize his physical deterioration helps to defeat his purpose in life.

As a shaper of men, thousands of letters come before me every month from boys and men ranging between the ages of twelve years and eighty. The essence of their correspondence covers three subjects, *renewed health, increased strength and a better shaped body.* To the man who knows how to handle this subject, these three subjects are recognized as being all one. The right form of exercise will certainly improve the health, and as the health improves the muscles become stronger, and in order to become stronger they must become larger, which process of growth shapes them; *but*, that is not all, it is just the beginning. Many acquire these factors, but they lack constructional balance. Quite often many are faced with the fact that they actually are not as good as they ought to be, which is a surprise to them.

Somehow it takes them a little while to realize that what they lack is co-ordination—just another name for balance. Now you never saw a well balanced specimen of physical manhood who was not well shaped. What is it about an athlete that appeals to you? It is his shape. The symmetry of his whole body catches your eye and pro-



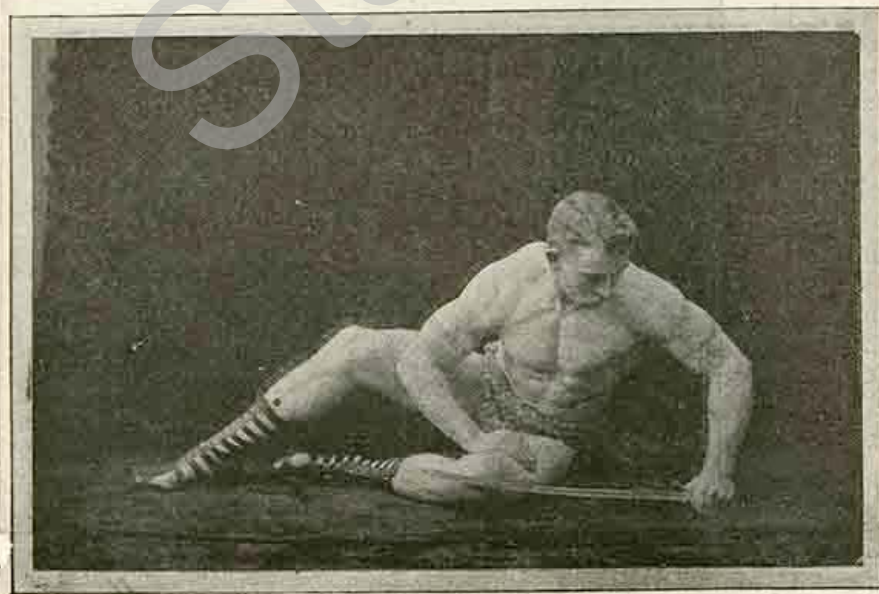
In this pose of Charles MacMahon we find shapeliness in every line of his well balanced body. His symmetry is the kind that is noticed when he is dressed as well as in the nude; being of the height recognized as "just right."



Staff Sgt. Moss in repose looks more beautiful than in a tensed pose. In such a pose do we find the real expression of shapeliness.

nounces him beautiful, and you find yourself saying, "No wonder he is good, just look at his wonderful form."

This brings us to the core of the subject, where it is written that a well balanced body is a well shaped body, and a well shaped body is a very efficient body. Still I realize that there are various stages of shapeliness. Some men are very large, yet shapely, but the man whom I am going to talk about is of the standard which impresses me



Many affect this pose of the "Dying Gladiator," but rarely is the result as effective as produced by Staff Sgt. Moss.

as having the most ideal shape. The type which you look leaves out any such objections as, "Yes, he is wonderfully built but too short," or "too tall," or "too heavy." There is such an ideal stage, and it has been proven to me quite often as being that of a man that stands between five foot eight inches and five foot ten inches. Some may kick at this, and say, "look at this and so." That is all right, I am going to grant you that, but take it this way: suppose you had four men, each one very well built and equally strong. Let us say, for the sake of argument, that one stands five foot four or five foot six, and weighs between one hundred and forty-five pounds to one hundred and sixty pounds, the other stands five foot eight or five foot nine inches, and weighs between one hundred and seventy-five pounds and one hundred and ninety pounds, another stands around the same height, or we will give him two inches more and make his limit of height six foot. We will say that this man weighs two hundred and twenty-five pounds, and our last example is six foot three inches, and weighs two hundred and fifty pounds.

Take each man, separately, out among a number of people who are normally intelligent, but with no experience of what a physically perfect man should look like, and begin to extol on the wonders of your man and what will you find? Let me tell you—no matter how well formed or strong the short man is, his efficiency will be taken with a grain of salt. You will have to show them,



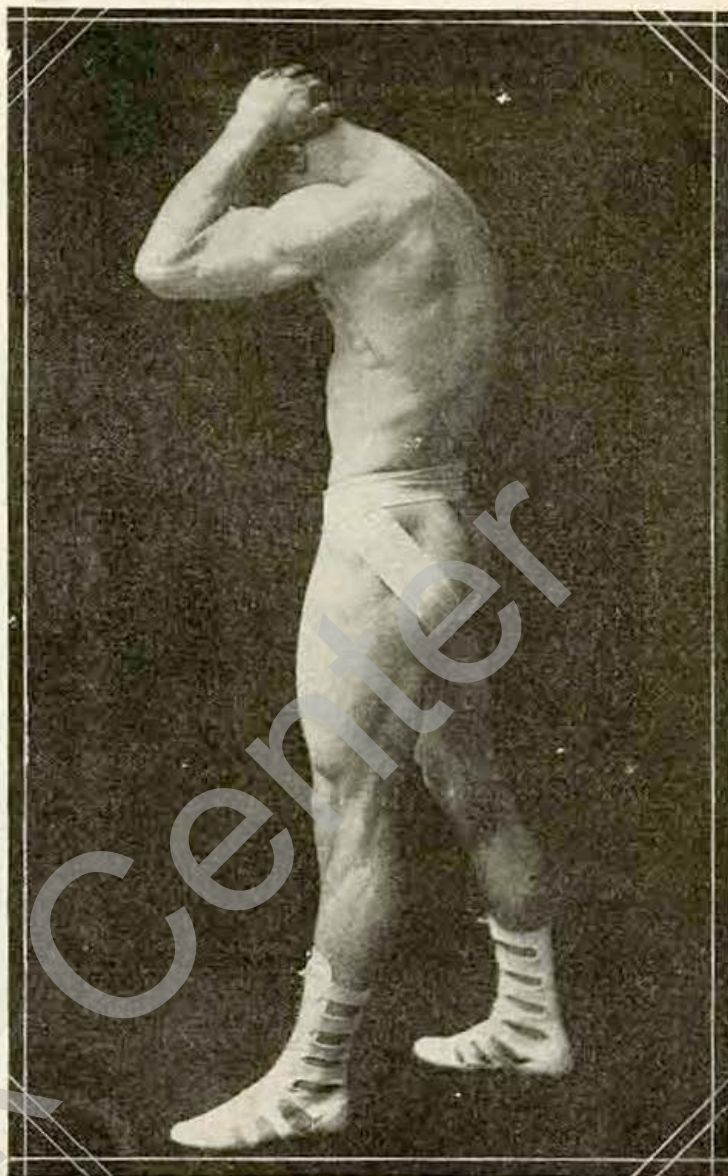
Bobby Pandour is a riot of perfect lines and curves enough to please any eye.

and when it is all over there will be more talk of a good little man never being as good as a good big man, anyway. Of course I know there are men who stand no taller than five foot six inches who equal the best in the world for power, but they are men considerably heavier than the bodyweight stated, and no matter how well built they are, we have to put them out of the running, for the laurels of the ideal shape. They may be ten times stronger, but they are too Herculean for what we are now discussing. We will pass on to our next man, and select the two hundred and twenty-pounder. Right away this man is expected to be good and strong. On every side of you, you hear them say, "Just look at the size of him." He

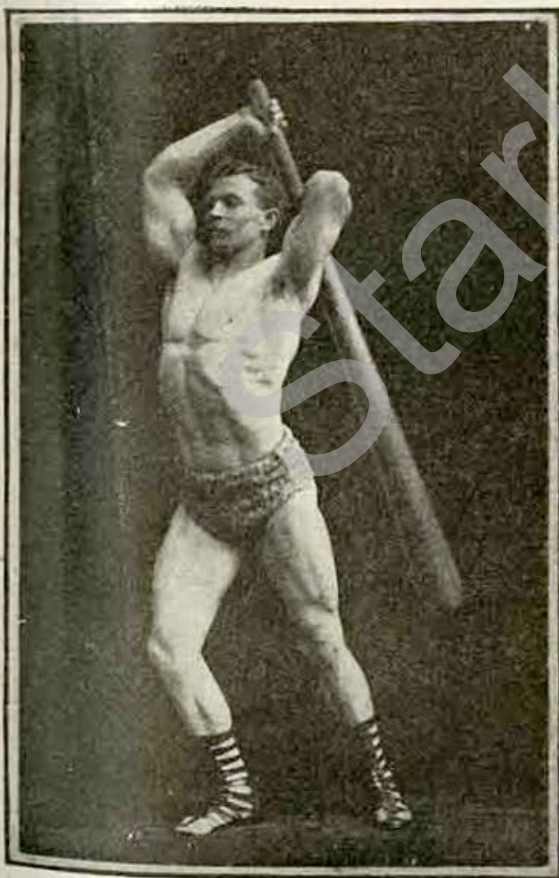


immediately classified "big" which is also away from the ideal scope. The tall heavy man is looked at with awe. He is so big that while his size is imposing to the lover of strength and bodily qualities, yet he is embarrassing to the average individual. You may say—"The deuce with the average individual, he doesn't count." That's where you are all wrong. He is the one who does count. The individual whose unbiased opinion given without any previous suggestion is sought for by all people who hope to build up any kind of a success. They are the mass, the majority who always rule, who you must understand in order to convince. Consequently, they are just as important in this discussion as they are to the dealer who sells them shoes or coal. No matter what a person represents to those "who know," you have to get the idea across to those who do not know in order to convince them. Then what is meant by the ideal shape in man, is one who is not too big or short, or too tall, but the one who is "just right" in the mind of common opinion. You will always find this man to be the one who stands between the height of five foot eight inches, or five foot ten inches with a bodyweight ranging from one hundred and seventy-five pounds to one hundred and ninety pounds.

Some of you may object to all this, and refer me back to some of my former articles where I say that any man can become *ideal*, irrespective of his height, providing he is physically balanced. That is quite true, and I still stand behind that statement, because I know that every man can acquire



Chas. MacMahon in a perfect pose. The harmony of balance is clear in the sweep of the fine back curve. Look at his legs and abdomen. Don't they impress you with idealism? Like Moss and Pandour he is not too short nor too tall. You would not be disappointed if you stood along side of him.

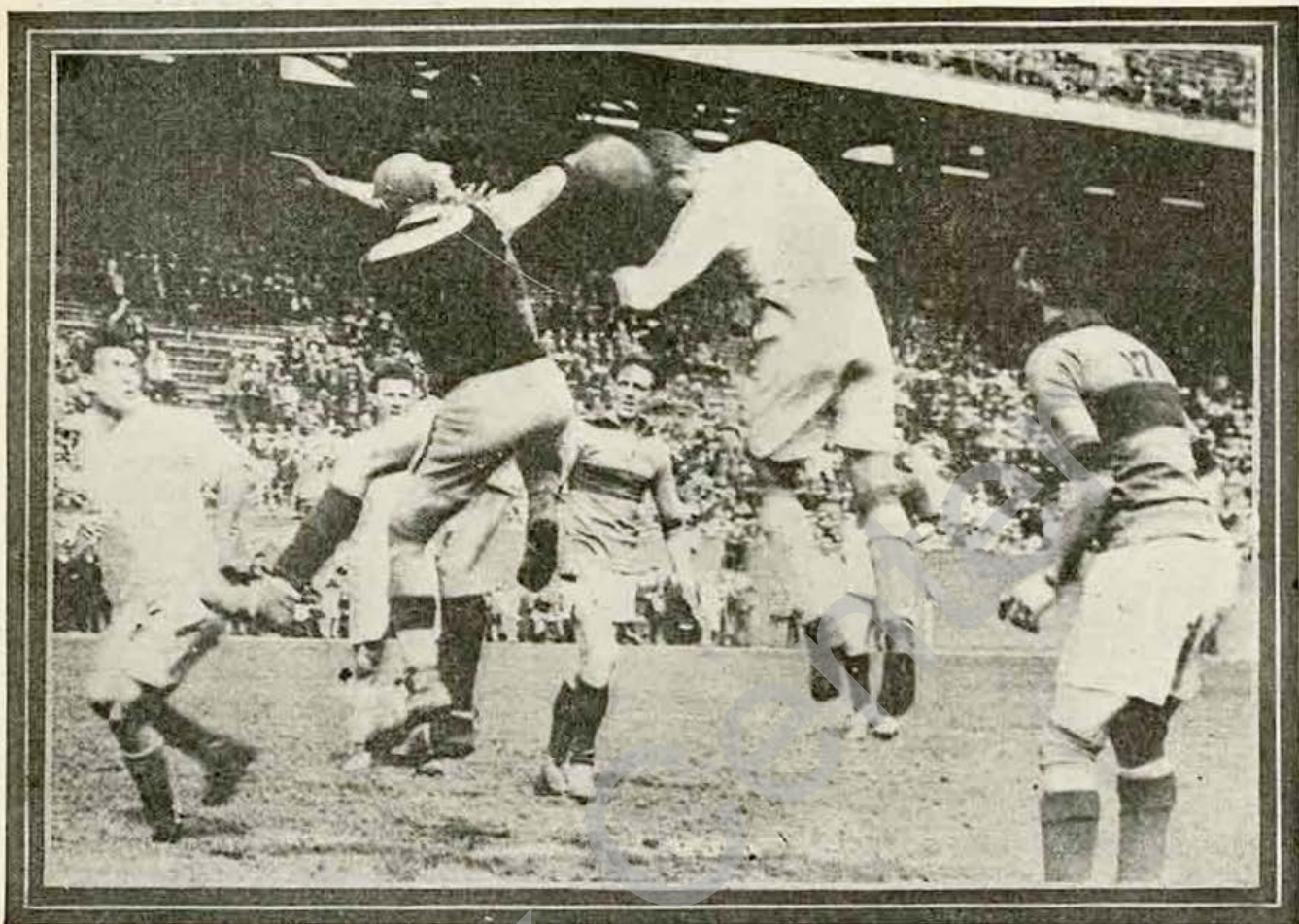


Staff. Sgt. Moss changes his pose from one of repose to one of action. The vital manliness leaps from every muscle of his well ordered body.

for himself the ideal state, according to his height and bodyweight; but, if a number of these specimens were put up in a posing contest you would find that popular opinion would raise the objections that I have named, and the man who would be chosen would be the one who is "just right."

Did you ever notice that on paper, or at a distance, as on the stage, one well built man looks as good as another, providing no two pose together. How often have you heard a person say after they have stood side by side with an athlete—"I thought you were much taller than you are." So there it is. In other words, the individual lacked something, in order to make him the positive ideal in their mind.

I can again prove all this in another way, by the popularity of one athlete over others as they have appeared in the columns of this magazine and in my books. Without knowing the heights or the bodyweights of the men in question, thousands have acclaimed Chas. MacMahon, Staff Sergt. Moss and Bobby Pandour as the most exquisite examples of the ideal form. Incidentally each of them comes within the standard that I have given here. These men are undoubtedly (Continued on Page 70)



Here you get an idea of the action in a soccer game. The goal keeper, with cap, is trying to keep ball away from his goal, while opposing player is "heading" the ball.

# The Booting Game

The Game of "Free Kicks" and "Throw Ins" Fast Gaining Popularity in America, Due to its Never Ending Action.

*By Jim Barrett*

**I**F YOU are looking for a good excuse to get out-of-doors during the cool and cold days of fall, winter and spring, having grown tired of indoor amusements and decided that the ozone will be of some benefit to your health, and still feel that you prefer to witness others play rather than to exert yourself at outdoor sports, you certainly can do no better than to make a practice of taking in the contests occurring every week-end between skillful teams playing the game of which we will now write. And, if the urge to play is strong within you, there can be no better way to get your required amount of exercise and fun than by taking part in the game.

The game lasts just an hour and a half, but due to the incessant action and exciting interest, the time will fly

so fast you will never realize that the minute hand of your watch has made a journey and a half around the dial. Speaking of interest and action, the soccer field is the one place to find them.

Football, to an American, means action and ruggedness. Just tell a real red-blooded native of these shores, whether masculine or flapper, where a good game of football is going to be played and they know there is going to be something worth journeying some distance to see; a battle without weapons, where the means of attack and defense will be mainly wits, physical prowess and team work, instilled by persistent drilling under the guidance of expert coaches; the rooters know there will be something well worth watching. Though the word football would seemingly imply that the ball was meant

for kicking entirely, American Rugby has developed into more of a passing and carrying, instead of a kicking game.

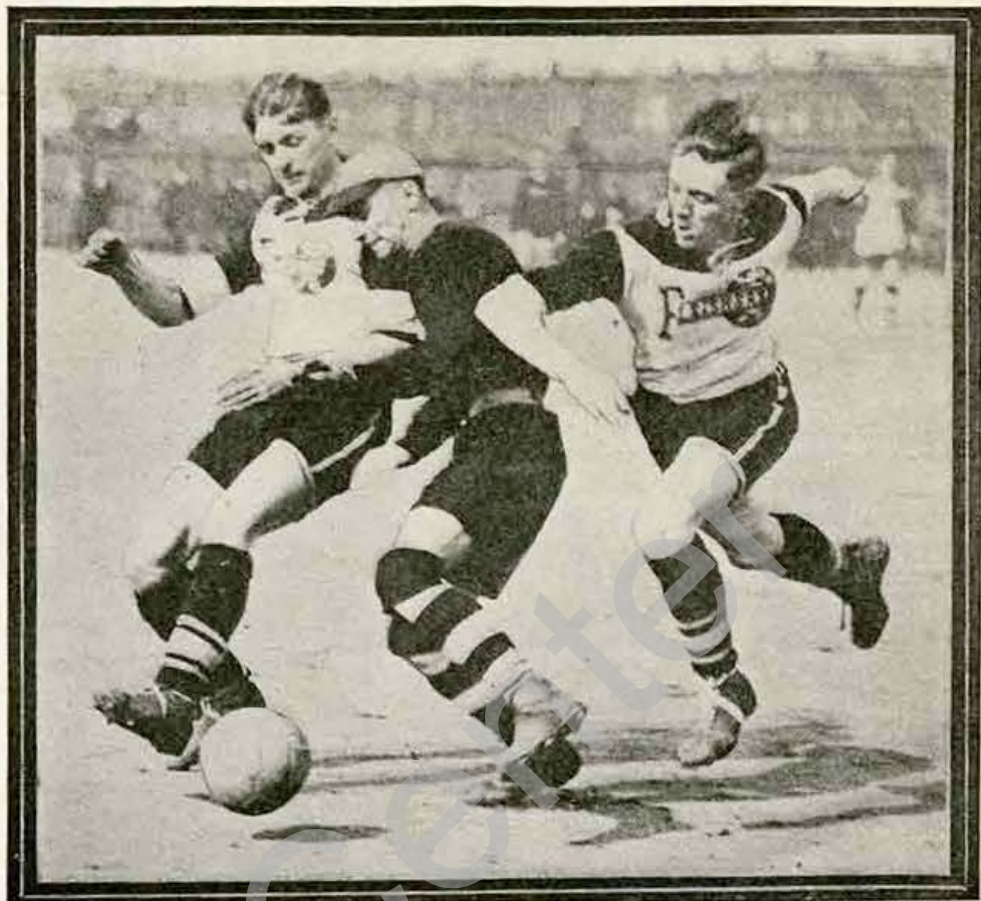
But, herein, we intend to treat on another sort of football, in which the entire play consists of kicking the ball and butting it with the head or body. This game is Association Football, more generally known as "Soccer" and is played in countries all over the world; in fact, it must be the most world-wide in popularity of any athletic game played by teams of contestants.

Football in some form or other dates back to antiquity, and, in forms resembling the ways it is played today, it dates back several hundred years in Great Britain; later having divided into two main branches by which it is known today, Rugby, a carrying game, and Association or soccer, more of a kicking game. About ninety years ago a form of football was first played on our eastern college campuses in which the ball was kept in play chiefly by kicking, more closely resembling soccer than it resembles the present American game.

In those days they had no teams or rules, but would pick up sides from among those present who desired to play. They would simply put the ball in play and kick it up and down the field, the number of players on each side depending on how many could conveniently play on the field.

Old-timers who played the early form of the game claim that the present game is not football at all, and does not compare, for action and interest, with the football they played away back in those days. The present American rugby game dates back a little over a half century. The first soccer football organization was formed in England in 1863, and the body that then came into being to form rules and govern the game was known as the Football Association, which explains why the game is known as Association Football. The term "Soccer" is really a corruption and means "to put in a pocket;" in time the game came to be known by this colloquialism, from the fact that the ball is played into a goal resembling a pocket. Since its humble start the kicking and "heading" game has grown to immense popularity over the entire face of our globe. In England the crowds that regularly turn out for soccer matches far exceed any American athletic turn-out.

Soccer football is really a game of action, continuous and without let-up, involving a maximum of fast running, high jumping, kicking, both forward and backward, and the utmost in clever footwork. To successfully



It takes courage and clever footwork to manoeuvre a ball in this manner. Fast running is a feature of the "booting" game.

play the game a man must be an athlete and of tough and sturdy fibre, for he must expect at times to be hit on the face, jaw and in the solar-plexus by a swiftly flying kicked ball, which is about the same weight as a rugby ball but in wet weather gets extra heavy from the moisture and mud. The game also involves considerable butting with the head, and in order to do this the player must jump from the ground and meet the ball head-on, either frontwards, backwards or to the side. Besides a tough scalp it requires a stout neck to do this "heading" continuously.

Not that I lean toward the notion that soccer requires more athletic ability and ruggedness than our native game; for it is doubtful if any game calls for these qualities more than our brand of football. But for incessant action and prolonged fast running, soccer is just about in a class by itself.

Though the game has been played quite extensively in this country for some years, especially in communities where the population was decidedly of British extraction, the games were generally confined to such localities, and the attendance was drawn for the most part from those who had been brought up on the game and were accustomed to regular attendance in their native land. Of recent years, soccer has been enjoying a steadily increasing wave of popularity in the United States, due, no doubt, to the fact that any one who enjoys witnessing a game of high power action and exciting plays will go back to see more of the game, once they have seen teams of skillful players fight it out at the association kind of football.

(Continued on Page 60)

# Beautifying Feminine Shapeliness

Improving the Shapeliness of the Hips—the Secret of Acquiring a Perfect Form

By Robert Penrose

**T**HERE are more women today going around with overly large hips than ever before. On investigation the larger percentage shows not heavy bone formation but an accumulation of adipose tissue.

There is only one way to cure it—not two ways about it, and that is by exercises—exercise chuck full of effort and the kind that requires work. The fault with the average woman of today, who is extremely heavy about these parts, is that she is laggard. Any time there is something to do that requires a little effort, as picking up or moving an object, she has some one else do it, and whenever she has a chance to ride instead of walk, or sit instead of stand, she grasps these opportunities. What

are the results from such inactivity—fat accumulates not only about the hips and buttocks, but every part of her body becomes fleshy.

I am not trying to frighten you; my intentions are not to do anything of the sort, but do you realize that the more adipose tissue you carry with you, the harder it is for the internal organs of the body to function properly, and especially the heart, for the latter is under a strain and has to work under great pressure in order to supply every part of the fleshy body. You become short-winded, easily fatigued, many other minor disturbances come over you, and of most importance, your lifetime is limited. We all know that fat people do not live long. Nevertheless, let us drop this subject and go back to the reduction of the hips and buttocks.

I suppose heavy women have thought many times of the advantages the well-formed women have over them. Do not envy them, for you, too, can acquire what they have by exercising a few minutes a day. Let me go into detail and tell you of the

favorable points the well-formed women possess. Thus I am going to give you enough encouragement and inspiration to go after these ideals. First of all—health, the prized treasure among all of us; it is the foundation and the most desired. Attractiveness is next, and only those that are well-formed possess this quality. I must say there is not a woman in the world today who has not at some time longed for attractiveness. All of you desire recognition in this line: grace, beauty, personality, and many other qualifications that shapely women have.

Consider clothes. It is every woman's desire to be distinctive as well as attractive in her clothes.

We find in this case that every woman who is heavy about the hips is handicapped. Her more

Fig. 1



shapely sister is superior in every way. She does not have to order specially made clothes to suit her figure, as the heavy woman does. Almost all of the heavy women have to do this in order to look more than presentable. Why not acquire a perfect shape. It is possible. There is nothing difficult about it. All will be asked of you is to reserve a little time and ambition for exercising. Give exercise a trial, and I am sure that you will be a disciple of exercise for the rest of your life.

Do you like to wear a corset? I bet you don't, but if you are compelled to, by exercising you would not have to submit to this torture to improve your appearance. After reducing, the muscles of the body would be in such fine trim that they would take care of the body like the corset used to do.

We find many women trying to reduce with rubber belts, massage rollers and what not. Soaps, bath salts, creams, pills and other forms of drugs are used extensively. I believe you have noticed their failure in giving you help. Our Government Health Department noticed many of these flesh reducing articles, and upon investigation, they have found some to be harmful, containing improper ingredients. When taken internally, or applied externally, they may cause much ailment, and in many cases death might result. These chemical

After all what is facial beauty without bodily proportions. You are not admired by, or attractive to others, if you possess only one of the two. Both combined are an asset to you. No matter how beautiful your face may be, or how wonderful a personality you may have, it is impossible to reach the heights of success either in the social or business world if you do not possess a healthy, shapely and active body. Be beautiful facially as well as bodily—possess that graceful appearance and energy, for every move you make will be an impressive one to your admirers.

While walking along the streets you have probably observed contrasting types of builds, representing heavy and light types.

Nature has endowed woman to be lighter than man. By this I mean man has a much heavier bone structure than woman, and it is also true that nature intended some people to be extremely heavily built. I do not mean fleshy people, but

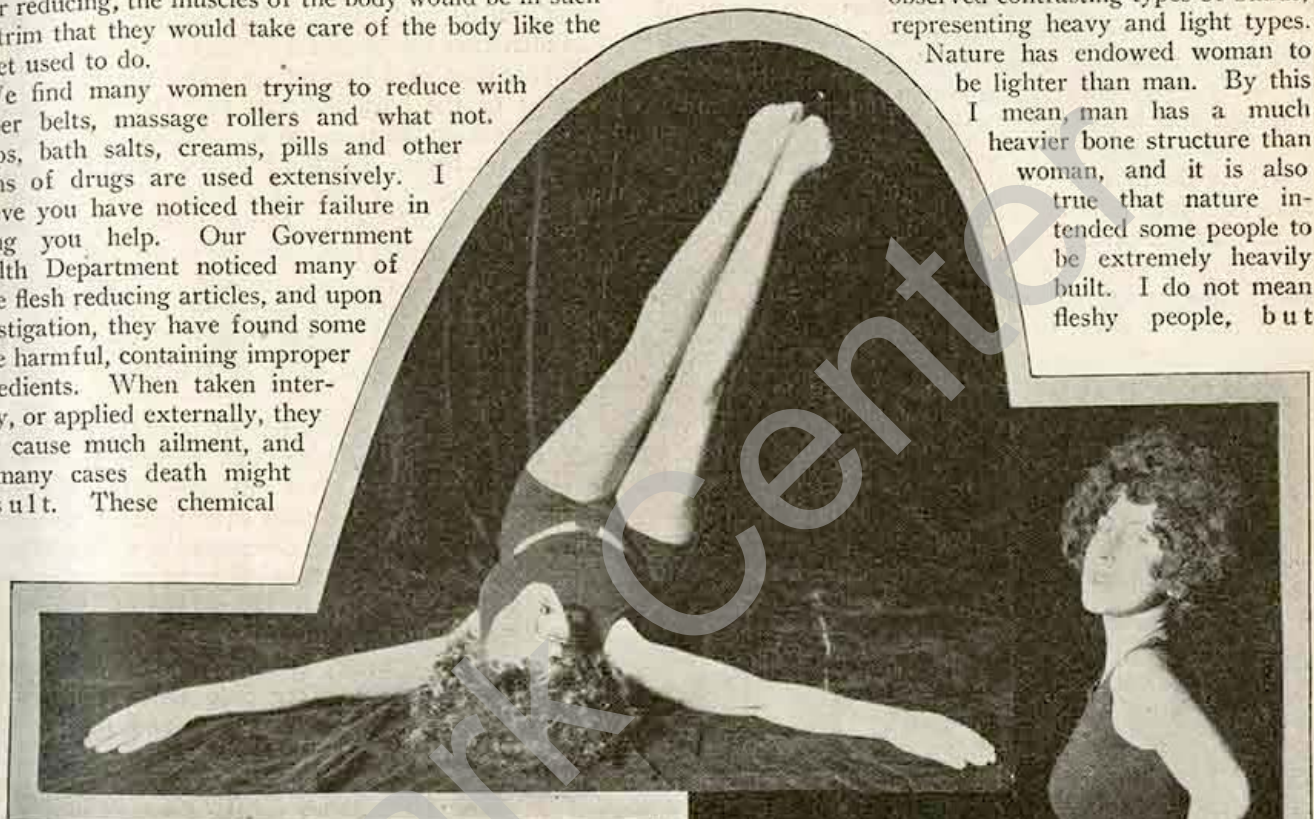


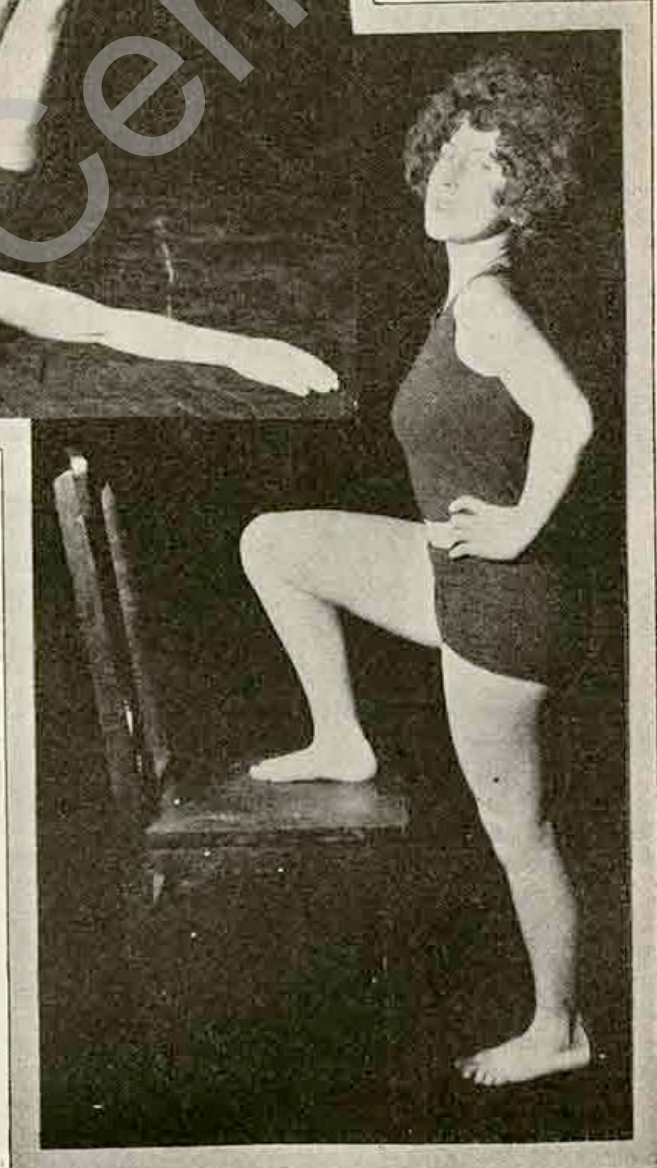
Fig. 3

compositions will do nothing for you in the line of reducing, but may harm you in many ways. This, I am sure, you would not care to go through.

I must reiterate and say there is no safer, saner, or quicker method to reduce the hips, buttocks and other fleshy parts of the body than exercise. Exercise is the natural way, and in order to benefit we must follow this method, for it means everything to us to retain our health while reducing. Many of you say, "Oh, well, what is the use of exercising to reduce the hips and buttocks. Diet will do it." Having such thoughts in your mind, I must state here that you are wrong, for diet will do nothing of the sort. By following out a special diet, it may help you to a certain extent, but it will never reduce fleshy parts of the body. In order to reduce, activity is required. The body requires a certain resistance, and that resistance must be given the body directly.

It seems that the present day woman does not care much for her body. All she wants to improve is her facial beauty. Of course, she would like to have a finely shaped body, but considers it a minor detail in her make-up. She probably has thought of that old proverb—"What cannot be seen, will not be missed."

Fig. 4



those whose bone structure is large. Yet with this large bone structure, they have been gifted since birth with a certain amount of shapeliness; and if they only took the trouble during their youth to retain this shape, when reaching maturity it would be to their advantage in having a well-formed body. So during our youthful days many have neglected their bodies; but as was said, the average woman does not show unusually heavy bone formation but an excess of fat which, by exercising, she would be able to reduce and make the body firm, snug and shapely.

I have picked out about a half dozen excellent exercises for the hips and buttocks. These exercises also have a tendency to reduce other parts of the body. They are by no means strenuous. By practicing them for a few minutes a day correctly, regularly, systematically and consistently, you will reap all the benefits of a perfect body and good health. You will not be ashamed of your form, and will be able to enjoy life as you never did before. You will feel exhilarated at all times and possess an abundance of health.

I will give you some important pointers before you start. The stouter you are the more carefully you will

have to go about reducing. If you tire easily do not stick at the exercises too long at first; drop them for the time and go back to them some later part of the day. Many start in exercising very enthusiastically at

the breath. Breathe rhythmically and freely. Do not start in with a determination to lose fifty pounds the first week and then become discouraged if you do not succeed. Consider this. It has taken your body years to get to its present state, but with a little perseverance you will be able to change it. It is a safe bet that you can get back to normal in less time than it took you to get where you are; so if your perseverance is as strong as your desire to be slender, the battle is already half won.

Perform each exercise a few times. Miss Sally Heffner, who posed for the pictures illustrating this article, is an example of the athletic girl. She is an artist's model, and, as you notice, her physique is superb. She attributes her beautiful figure to exercise.

Figure number 5 illustrates a valuable exercise for the muscles of the hips, buttocks and abdomen. Support your weight on the palms of the hands and toes, without bending the arms. Let the body sag as in figure 6, but do not let the body touch the floor. Now slowly and steadily raise the hips as high as possible. It is of much importance to breathe rhythmically; as the body is lowered, inhale, and when raising it, exhale. It may be difficult for you to raise the body higher than in a straight line, but you must persist until you raise the hips. The more vigorously the muscles contract, the faster the surplus fat burns up.

Figure number 3 shows one of the best hip and buttock exercises. Practicing this movement, not only reduces the parts but gives one flexibility. Start with arms outstretched to the sides as in figure 1, then swing your arm upward, left arm downward in a circular movement. Now bend far over as the right arm swings down until you can touch the floor beyond your left foot, as in figure 2. In recovering, reverse the circular swing of the arms, continuing the movements to the other side until the left arm swings up, over and downward to touch the floor similarly beyond right foot.

Lying on the floor, as you see the model doing in figure number 3, is an exercise which affects the hips and buttocks. Raise legs to a horizontal position, lower the legs slowly to one side, then the other. In order to control the balance, place arms at sides, flat on floor, thus preventing yourself from tipping over. Be sure to have the legs together, toes pointed and locked at knees.

You may find it a bit difficult at first, but try it a few times and accustom yourself to it.

Figure number 4 illustrates a more advanced exercise for the hips and buttocks. It consists of step-



Fig. 5

first, and work so very strenuously that after a few minutes they give up. This is no way of going about it. Start slowly and try the exercise a few times. If you find it hard, do as was explained above.

When doing the work do not hold

Fig. 6



(Continued on Page 76)

# The Strongest Man That Ever Lived

*The career of Louis Cyr was so colorful that his life, as written by Mr. Jowett, is as entertaining as fiction. No book about a strong man, or for those interested in strong men, has ever, in our opinion, been of such general interest to the public.*

*"The Strongest Man That Ever Lived" is, we believe, destined to be the most widely read of all books of its class, and we are publishing its first chapter, at this time, so that you may gain an idea of the sort of book it is.*

THE EDITOR.

By George F. Jowett

QUEBEC! Beautiful Quebec! What a pageant of thoughts surge through my mind as the six little letters which compose that magic word drip from my pen. One great writer named it the "enchanted province," thinking only of its natural beauty, as did Champlain nigh three hundred years ago when he wrote his royal master at Versailles of the new colony, "La belle du France." The spell of beauty sprinkled its mist over this glorified province long before the great Cartier sailed up the majestic St. Lawrence, to cast the first anchor in the St. Charles River. The spell has remained, to grow and remain always as a thing apart, more entrancing even than Longfellow's land of Evangeline. Its barbaric splendor rears its rugged head like a mighty queen who fosters no weaklings, bequeathing her earthly womb as a cradle of strong men.

Such has her brood been, men who thrilled to pit their power against the elements of God or man, with a resolution that despised pain. Turn the pages of history and see the array of dauntless men who thrust forward the march of progress, with a fearless tread, far beyond the Mississippi, facing hunger, thirst, torture and death with iron courage and unshakeable faith in the cross that each man bore. Each episode reviewed in its respective light of conquest, my sympathies and admiration are drawn to the little band of descendants of the followers of Cartier, who swore their fealty to that magnificent lord of chivalry and physical might, Maisenneuve; the man who slew the great Huron chieftain whose prowess was chanted in all the wigwams far towards the setting sun. In a hand to hand encounter on the site of Place d'Armes, Maisenneuve won the land by right of might upon which the site and surroundings of Montreal now stand.

His followers were the hardiest of all the hardy adventurers, and it is only fitting that from this group should descend the man whose great feats of physical prowess assured his immortality among men—Louis Cyr, the man who for many years has been termed the "daddy of 'em all," a colossal pillar of strength with a heart as

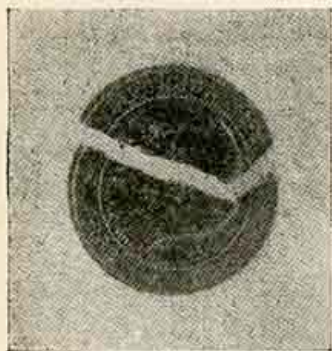
big as his soul, which imparted good fellowship and geniality upon all who came within the sunshine of his smile. In reproof he was very mild, as Goldsmith would say, "More destined to guide than chide." He recognized his great strength and the frailty of others in comparison, which probably was the reason why he could forbear and become more tolerable with others, as was certainly always the case with him. Is there any wonder that around such a character a deep feeling of respect should have been established? In his native province he was followed with a dog-like devotion of adoration that enshrined him on the altar of demigods. Probably it was not the Carlyle kind of hero worship, for their creed is too simple but utterly unshakeable — the creed of the French Canadian.

When I ponder over the characteristics of Louis Cyr, I realize how humble one so great can be before God and man and yet so exalted. Then I find more depth in Gray's "Elegy" and eulogy to man.

Much confusion surrounds the exact birthplace of the nineteenth century Samson. I have seen no less than five dif-



This is probably the earliest picture ever taken of Louis Cyr — "The Strongest Man that ever lived" — just after his great contest with David Michaud, "The Goliath of Canada," and a little while before his historic match with Richard Pennell for the world's title. He is holding the same dumb-bell which played a sensational part in his colorful career.



This is an actual reproduction of a coin broken between the fingers of Cyclops, and is now a relic in the French Strong Man's Museum.

he owes an ancestry of prodigious super-men. Tremendously formed, the mother of this great son evoked more awe and admiration than her mighty offspring. Terrifically strong, she stood six feet one inch and weighed two hundred and sixty-seven pounds in her prime. Looming out of the wild primeval setting of Quebec, a mighty Amazon above all others, with piercing eye and commanding carriage, the son she bore was a just tribute to her forebears. She reminds me of what her ancient Gaulish ancestors must have been, when the women followed their men into battle and slew with a berserk fury that must have been appalling. Being women of steel fibre, they equalled their warrior husbands in withstanding hardships. Such was her race, and, probably, she was the last of her kind. Many a tree fell before the onslaught of her axe as the land was cleared and winter fuel brought in. In such a vigorous atmosphere was young Louis reared, and with each succeeding year his form filled out into the sturdiness of the oak. When he crept into his 'teens he was above the average man for strength and already manifested a love to display his great natural powers.

The story is told that one day as he journeyed home along the old dirt trails of those days, he came upon a straining team of horses, who were struggling to draw their load from out of a deep rut into which the wheels had sunk; but neither failing strength stimulated under the lash of the whip, nor the exhortations of the teamster could move the load. As Louis neared the scene he saw a team of horses trembling from their exertions, and a voluble French teamster standing helplessly by.

"M'sier, M'sier," young Louis reprimanded, "You should not abuse your horses that way."

"But I cannot stay here all night with my load. It

ferent spots claimed as the cradle of "Our Louis." He first saw the light of day on the eleventh of October, 1863, in the little village of St. Cyprien, Quebec, and was born of parents who had been tillers of the soil and hardy woodsmen for generations. Although his father was a powerful, stockily built man, it is to his mother that

has to be drawn out," the teamster replied. "What am I to do," he wailed. "They cannot move it."

"Oh! M'sier, but you take the wrong method," Louis answered. "I will show you how."

Then, before the astonished eyes of the teamster, the youthful descendant of a Gaulish chieftain got under the back of the wagon and placed his hands upon his knees, while his back strained up against the load. Inch by inch the wagon wheels rose, until they were clear of the rut; then with a side movement the load was transferred out of the rut onto the road level. Louis beamed with pleasure on the success of his task as he straightened up to gaze into the dumfounded face of the speechless teamster. If the poor fellow had witnessed a miracle he could not have been any more astonished.

With profuse thanks he climbed up into his wagon and drove off, his eyes filled with wonder and admiration. Later it was his delight to tell all with whom he came in contact of the doughty deed. In a country where the strength of a man is his deciding qualification, such news travels with incredible speed. The curiosity of the countryside was aroused, which brought a flow of callers to the Cyr home, under one pretext or another, in order to gaze upon the boy wonder. A crowd which never ceased to gather until his death many years after.

Strength lovers were drawn toward him like moths to a flame, mostly to admire, although there were a few brave enough to cast doubt upon the extent of his bodily strength, but Louis suffered no doubting Thomases to remain long around him. They either put up or shut up. Nevertheless, the fact that he had become the center of attraction kindled apace the fires of his youthful enthusiasm and spurred him on to greater efforts. From the pastime of lifting logs and stones, he turned towards the implements of the professional strong man, and at the age of sixteen we find him daily contest-

ing his strength against the records of others.

In the two years that intervened between the ages of sixteen and eighteen, his powers were only demonstrated locally, but the time was spent in building a solid rock for the fame that his future achievements were to bring him. So popular did he become that his name began to be spoken on equal terms with that of David Michaud, the reigning king of all Canadian strong men of that time; but the "fort l'homme" almost developed cholera to think that an eighteen year old boy should be considered his equal, let alone his superior. Just the same, popular opinion is as relentless as the tide which beats upon the shore, and day by day the shadow of the youthful Louis Cyr loomed greater and more insistently into his pathway.

In 1881 the inevitable happened for Michaud, and the match was made. They came together that same year and measured their strength against each other in Quebec, but not with bar bells or dumb-bells as became the vogue later on in the French province. Rocks were the vehicles of resistance on this occasion, as they had



Richard Pennell, the first man to make a one-arm record, long before the days of Attila or Sandow. A brilliant man in many ways and to whom America owes more than is realized. The writer tells a humorous story of "Happy Dick" in the pages of his book.



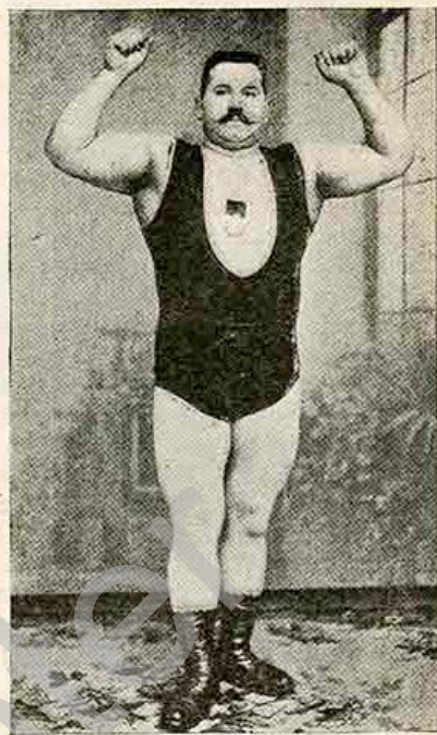
always been with their Gaulish ancestors. The event became almost a national holiday. From out of the great south woods of Maine—once part of Quebec—came rugged men who prided themselves on the heftiness of their axe stroke, or their ability to wield a cant hook on a huge log, and their agility to run the logs down stream among the ice floes of springtime. Out of the north woods came the gaunt trappers and half breed voyagers, who carried loads on the tump line over mountains and portages that would have crushed the ordinary man to the ground. East and west, from the farms, stores, and business houses, men of all social grades, with but one thought in common, gathered to witness this struggle for supremacy between a boy in his 'teens and a seasoned giant of strength.

At the signal to commence Michaud stepped forward to his first task with the confident air of a man who knows his strength, and with no apparent exertion raised the awkward object from the ground—that was to be expected; but the interest was centered upon the youth whose turn came next. Quietly Louis moved from the circle of his friends and straddled the huge stone. Never for a moment did he pause as he placed his hands underneath the stone and tore it from the ground as easily as the champion did. The multitude applauded vociferously as the St. Cyprien youth proved himself, causing interest to mount high. Michaud was astonished and muttered to himself but manfully accepted the issue, and with a fixed determination he moved on towards the heavier stone. Again the champion was successful in raising the monstrous object from its setting, but there was a marked effort on his part this time. He took greater pains to set himself to balance the weight of the stone and clasp

his hands under it. As he raised the stone the muscles of his back bulged, and the gnarled muscles on his arms and shoulders separated with the force of taxation. To some his legs seemed to tremble, and his regular breathing seemed to strangle into a tiny gasp—but it was a perfect lift and one that none of the spectators, but one, could duplicate. Louis stepped forward, a little pompously, as becomes a Frenchman, but there was that slight shadow of hesitancy within his eye that goes with youth and inexperience as it seeks to find its bearings. He paused at the stone, then walked around it. Satisfied with his observations he stepped astride the stone and settled himself down to what had to be accomplished. The big form bulged and the neck shortened, and before the eyes of the tensed crowd the stone began to yield against a mightier resistance, so that once again the youthful challenger tied a lift with the champion Michaud.

All eyes now became centered upon a stone of greater size and awkwardness, which constituted the final test. Speculations ran high as to the ultimate outcome, and it is safe to say

that the majority of the gathering placed their bets in favor of Cyr as the one of the two who would lift the stone, if it was to be lifted at all. It is impossible to describe the shape of this stone as it had none, so to speak. As the time approached for Michaud to make his attempt it was plainly seen that an atmosphere of anxiety had formed among his followers. Michaud carried a look of uncertainty



**Cyclops**—The man who had terrific finger strength. The unmasking of Cyclops in Montreal by Louis Cyr is the most sensational story in the annals of strongmanism. The author tells the story with all its vivid fire and tremendous drama in the most absorbing narrative ever penned.



**Montgomery Irving**—the man whose name has gone down as "The False Sandow." This man was just another stirring factor in the great duel of strength 'twixt Cyclops, Cyr and Barre. The story is so interesting that once read you will never forget it.

upon his face, and his step was less confident than before. However, he circled the boulder and rocked it several times in order to ascertain the axis of balance, and when he stepped astride his arms were taxed to circumnavigate it. Satisfied that he had secured the best grip possible, he bent his back to the task, pouring into his effort all his reserve—but not a move. His muscles twisted and writhed like live steel cables, and the veins in his throat stood out like whip cords. Still he fought it, and applied such great resistance that his feet were forced deep into the ground. Finally his fingers weakened and his hands slid away from their grip, leaving the stone as it was, unmoved. His bolt was shot; he stood aside panting and trembling, a beaten man with his gaze riveted upon the bulk of the youth who had now stepped forward to try his luck. From all sides a babble of advice poured upon young Louis in a jargon of confused meaningless words, but he did not hear them, for he had his mind concentrated upon the issue that lay before him. His success in the second attempt and the apparent distress of the champion had given him great

courage, and he stood astride the rock with less speculation than he had used before. His huge legs were set beneath him like the proverbial oak—props with which to conquer, and his massive back and arms glistened as the sun threw their waning rays upon his skin. As his arms spanned the stone, he breathed hard and commenced to lift; in response his young frame creaked under the terrific exertion. Time seemed to stand still and stretch into limitless space to the beholders who, with abated breath and riveted sight, hung upon each contracting muscle as he fought for supremacy. A gasp went through the crowd as the stone was seen to move. They pressed forward as they saw it leave its bed, and broke into a roar of exultation as the young giant held it free from the ground. Daylight shone beneath it and the ground, as he held it suspended within his mighty arms several inches high. Here he paused a moment before he released his grip and then let the stone fall to the ground. With the characteristic display of the Frenchman, they hailed him with voice and gestures. Friends in thousands pressed around the eighteen year old Hercules to congratulate him as the new champion of Canada.

For many years this stone became a relic and a monument to his fame, and was revered by French Canadians with a fervor that was likened to that attributed to the stone of Jacob. The solid mass of stone was given out as having a weight of four hundred and eighty pounds. Some of you may be surprised to learn that stones of less weight than this had been used to tax the efforts of these two men of brawn. But did you ever weigh a large field stone? It is hardly likely that you have; otherwise you would not be surprised to find how much bulk is required to make up four hundred and eighty pounds. Some weigh much more than others, and granite for one exception is a great deal more compact and will considerably outweigh the average field stone of its dimensions. The stones used in this contest were of the boulder specie, which are heavier than the general run of field stone. Generally they are very awkward, and their unwieldy bulk makes them terribly difficult to handle. The actual lifting of the stone depends upon its shape almost as much as its weight; and men have been known to exaggerate the weight of stones greatly, being misled by the bulk and awkwardness that cuts down the poundage they could lift under more favorable conditions.

At the age of eighteen Cyr was the symbol of strength in Canada, and he began to dream of other fields to conquer. His form had already reached Herculean proportions. The spread of his shoulders, twice the size of the ordinary strong man, concealed masses of muscle which lay in huge slabs upon their scaffold, and the depth and width of the pelvis was gigantic, even as the circumference of his powerful legs was beyond the belief of men who had never seen him.

The next three years found him persevering, and our next glimpse of him is caught on the eve of the year of his majority. At this time we find he had made a steady push, from the shoulder with one hand, of a dumb-bell weighing two hundred and fifty pounds, and raised upon a platform with his back placed under it, a combined weight of iron and stone weighing two thousand nine hundred pounds. Slowly the news seeped through to other countries of this youthful Goliath, but no man

believed it. Here in America we had Richard Pennell who was looked upon as the greatest man of strength in the world. Seven years before Louis met the sturdy Michaud, Pennell had made the first one arm record of any note at Wood's Gymnasium, in New York, by raising a dumb-bell that weighed two hundred one pounds and four ounces. The world positively refused to believe that one so young as Louis had beaten that mark. Such disbelief almost thrust the great Louis down among the common herd, where he would have lived and died a hidden jewel of magnitude, but for the hand of fate.

During the year of 1885 Cyr went to Montreal to fulfill an engagement with Gus Lambert, a great patron of strong men, who then had a saloon in that ancient city. After concluding the engagement Louis decided to join the police force, since the prospect of making good as a strong man seemed to be very remote, due to the skeptical attitude of promoters and theatrical managers. It was just a temporary relapse, due to disappointment that caused him to don the uniform at St. Cunegonde, a small village on the outskirts of Montreal. However, seven days after taking office, opportunity was to come to him in this secluded part of the world and hurl him before a startled public and so, eventually, launch him upon his great career. While on duty the seventh day, his march was arrested by the sound of profane altercation and the heavy thud of bodies colliding with each other. He paused a moment to locate the struggle, and with no further hesitation rushed to the scene where two burly men, much the worse for drink, were locked together in each other's arms, kicking, biting, gouging, and each trying his hardest to plunge a wicked looking hunting knife into the other. Men fell back afraid of the onslaught of the two powerful antagonists, but Louis plunged into them headlong and tore them apart, holding each of them at arm's length. Infuriated at being molested, they broke away and both turned upon Louis with murder in their eyes as they rushed upon him, knife in hand. Little did they know what they were up against. Despite his huge bulk, Cyr was known throughout the province to be able to outfight and outwork any man as easily as he could outlift them. As the two men closed upon him he grabbed each one by the breast of the shirt, which checked them with the same suddenness as if they had charged into a stone wall. Before they could recover the breath that had been knocked out of them, he had thrown them off their feet, face down in the dust of the road, with one huge powerful knee rammed in the small of each back, pinning them down as securely as if they were spiked, while his hands tore the knives out of their hands and hurled them aside into the grass by the road. Badly hurt and exhausted from contact with this extraordinary human, they were unable to fight back and their brains seemed to stand still as Cyr tucked one of them under each arm and walked to the police station in that manner, and dropped them in a heap before his amazed chief.

That night the Montreal papers were filled with the story, and the news spread all over the county like wildfire. It crossed the border into New York State and finally into the New York papers where it drew the attention of Richard K. Fox, sportsman and publisher of "The Police Gazette," who was later to play a large part in the French Canadian's career.

I wonder if you have ever (Continued on Page 64)

# The Tiger Man of Wrestling

Will the Furious Tactics of John Pesek Make Him Champion?

By Dean Carroll

**G**EDDOUT, wot yer givin' me? Dat guy's too little fer de oder big stiff."

"Yer all wet, Jim, de light kid's a streak. Just you keep yer lamps on him or yer'll never see him."

"'Ats all boloney," the first speaker replied. Thus two rough-spoken, whole-hearted followers of wrestling spoke their thoughts as John Pesek entered the arena to come to grips with Waldek Zbyszko, at Gorden, Nebraska, in 1919, in his first big match. As far as size goes, the Polish grappler loomed over the young Nebraskan as though he were the Woolworth Building. Built like a Hercules, Zbyszko gave most of the spectators the idea that all he had to do was place his hands on the smaller man's shoulders and he would crumple Pesek up.

The fan who knows a thing or two gets an appetite for reflection when a pair of opposites like these two are brought together. The conclusion is that the smaller man has some trick in his bag to balance the scales. It just happened that Pesek had a few bags of tricks, and what he displayed in the fracas was wicked. His weight with socks on was 184 pounds, against about 230 pounds for Waldek. When the bell rang Pesek did not play the cautious game of angling, nor did he start a running race. Contrary to all expectations he bored into the bigger fellow with such insistence that he amazed the Pole as much as the spectators. In the sparring maneuvers he made Zbyszko look like a novice, twisting and turning into extraordinary positions never seen before. He wrestled a great deal like the way in which Fitzsimmons fought Jefferies, only more successfully than the freckled scrapper. Never letting up for a moment, he assailed Waldek with such fury that he kept the big man floundering around like a distressed ship at sea. Zbyszko clutched and struck desperately at his elusive foe, only to grab the empty air; while with exasperating coolness the lighter man led his adversary on to the channels of exhaustion by completely out-wrestling him.

I'll never forget the first time I saw Pesek wrestle. As soon as the timekeeper let them go, he charged into the attack and brought his man down like a dynamited house. His opponent fought back furiously to save his shoulders from being tacked down to the mat, but Pesek was all over him like a grape vine. I rubbed my eyes, for 'pon my soul I thought that I was beginning to see things. I saw so many arms, legs, and heads flying around that I was beginning to believe the referee, timekeeper, and judges were all mixed up in it. But as the cops were not charging with their batons I knew it could not be so. It was the speed and contortions of the aggressor that made the whole show resemble a victim held within the tentacles of a giant octopus. There were times when it looked as though Pesek had dismembered himself, for it did not seem possible for a human being to place his head and legs at such grotesque angles; and all the time he was wrapped around his opponent tighter than the strings of perfidy. I used to think that Houdini was the most slippery cuss in creation, the way he could get out of those coils of



John Pesek, named "The Tiger Man of the Mat." His furious onslaughts and aggressiveness have made him one of the greatest characters in wrestling.

ropes, bags and strait-jackets, but he never tried John Pesek.

You get more than a thrill watching this boy wrestle. The ludicrous positions into which he forces his foe often resolve the match into a burlesque. Honestly, I have seen men just curl up in their seats with laughter at his formidable monkey actions. His tireless aggression never lets up until a fall is made. It makes no difference whether the bout goes fifteen minutes or one hour. He is like an electric battery, the longer he goes the better he becomes charged, and always



John Pesek with his chum and dogs, after a day's training killing coyotes.



This picture was taken of John Pesek in 1919, when he met Waldek Zbyszko in his first big match at Gorden, Nebraska.

returns to the fray wrestling-mad. A man is just a man to this grappler—something to be licked, and that's how he goes at it. For all the world you would swear that he had a personal grudge against his opponent, and many of them think so when they come to grips. I saw Renato Gardini get really sore because the Nebraskan did not handle him with care. He took a few swings at John, but he missed by a mile. Pesek is afraid of no man and enters into the spirit of the bout with the same zest as a kid does a pie-eating contest, generally winding up by making the same mess out of his opponent that the kid does with the pie. The only difference being that he smears the big pie all over the mat. Well, you would not expect a man who picks for his big game specialty coyotes and wild cats to be worried over such a trifling being as a mere man. One time I asked John how he kept so fit all of the time. He replied, "Hunting wild cats and coyotes." Sometime later he sent me a bunch of pictures taken in action with wild cats. Perhaps it is from watching these things fight with a pack of dogs on top that he got the idea that led to his successful wres-

ting—to sail in and twist and squirm although the devil's legions were on top. A few years ago when most of the big wrestlers were standing in awe of Marin Plestina and his defies, Pesek was approached as to the prospects of a match. Without a moment's hesitation he accepted a contract to meet the colossal Slav. In those days Plestina was good—no kidding. They collided in Chicago, and today Pesek is willing to say that their upset was the hardest in his hard career. When you let it sink into your cerebellum that he tossed that 240 pounds of Slavish humanity around for three hours and twenty minutes, you will agree that it ought to be the toughest encounter he ever had. It meant more than just trying to throw Marin on his neck. He had to work like lightning to prevent the huge Chicagoan from getting the least semblance of a hold on him; otherwise, it would have ended quickly. Plestina is terrifically strong, and was 56 pounds heavier than the tiger man.

Many of the boys in the game did not give him credit for his wares, which made John sore. So in order to enlighten them he offered some appealing handicaps. That hurt their pride terribly, and they hung the Indian sign upon John, until one bright winter's day, a Lithuanian gripping star, by the name of Bruno—good name—told John what he thought of him. The result was a personal side bet, which (Continued on Page 62)

# The Trials and Tribulations of the Male Dancer

His Triumphs Over Hardship and His Importance to the Dance Art

By Jack Russell

**W**HEN a dancing team renders a splendid interpretation, it is mostly the woman who wins the plaudits of an admiring audience. All female dancers, who have attained prominence, owe a vast portion of their success to their hard working male partners. Much has been written about the prominent danseuses and so very brief mention is made of the male partner, unless he really is a master of the dance, that it behooves me to tell you how important he is to the success of the team.

With all the honors bestowed upon the female, the public is not prone to consider the one contributing most of the work, although she cannot hope to succeed alone. This sounds like a bold statement, but it is quite true. The importance of having a good male partner is so great that it can make or mar her career.

No matter how wonderful he is, the male dancing partner must remain in the background like a grim shadow stalking the flitting danseuse when she hurtles into space. Always, there must be an harmonious unity, but the spotlight centers on the woman. There are some male dancers who occupy the brilliant glare of the spotlight, but these are men like Mordkin, Oukrainisky, Fokine, Kosloff, Tamaroff and Nijinsky; names to be conjured with. The great masters of the day.

In ball-room dancing the steps are in perfect harmony and identical to each other; the work is evenly balanced, but it is a wise male partner who allows much of his glory to reflect from that bestowed upon the woman. In classical dancing the male is of paramount importance. In fact his importance is greatest to the success of the team. This is illustrated in plastique dancing which is now the vogue.

While the woman gets most of the credit I shall try to show you why the male does most of the work. This is proven by the fact that a good male dancer can do a number of plastique figures with a female partner who has never attempted this particular kind of dancing and who is a stranger to

rehearsals with him. All that is required of the woman is that she decompose her muscles and place absolute confidence in the strength, skill and ability of the man. It may seem ridiculously easy to handle a woman, especially when she looks light and her scant costume tends to increase the illusion; but you cannot make an hundred and thirty pound woman one ounce lighter by

All danseuses owe a vast portion of their success to their hard working, never tiring, male partners.



putting gause paraphenalia on her, nor is she easier to handle. Of course, all dancers do not weigh this much. The ideal weight for female dancers is in the neighborhood of 100 to 110 pounds.

The tossing about of a woman weighing the minimum is not an easy matter. Live weight is more difficult to handle than dead weight in spite of the fact that the danseuse is able to assist her partner by springing from the ground at the beginning of each plastique set of figures. In many figures the danseuse does not touch the floor except at long intervals and while you may be shifting her weight from one set of muscles to another you are, nevertheless, supporting the weight all the time. And all the time you are required to dance with the lightness and grace characteristic of dancing in order to convey the right interpretation. You must make your audience feel that your female partner is not a weight, but an eery creature—a fairy gliding gracefully through the atmosphere. It would be an unjust insult to her if after you carried her through the veneer of fairyland shrouding the dance, you were puffing and out of breath. Why it would be inexcusable

indelicate for such a thing to happen, no matter how hard you worked.

It is said that most male dancers in America come from Europe because the American men up to the present have not seen fit to devote the time necessary to training and practice. In Europe it is said that male dancers study in the principle dancing schools for a period of eight years before they are entitled to the privilege, or are even considered proficient enough to try the ordinary ensemble work. So you may see, a man who desires to make an artistic and financial success must put in all these years of tedious work and steady training from eight to ten hours a day. There can be no simple set of exercises devised, a few hours practice of which will give proficiency to a novice; but, as there are men "galore" who like to take up classical dancing and who cannot devote the time to it, I will endeavor to give some suggestions for preliminary practice which will start the novice upon his way and save him much time required by the dancing schools.

I shall use as an illustration young Dan Rizzo, who at present is training diligently for the stage. His ambition is to excel in dancing and go great lengths in the career of fame. The production he is training for promises to be one of the most sensational vehicles ever written for the stage, and with plenty of time to practice he bids fair to take his place among the great dancers of the future. From his broad background of physical training, the superb body and strength he possesses as a result of that splendid training, has given him a most unusual start. His pictures herein contained are evident testimony of his progress under the guidance of those great teachers Madame Duval and Professor P. H. Paulinetti.

Though young Dan has made rapid strides, I doubt very much if his progress would be so great if it were not for the preceding bar bell training he strictly adhered to. His case is only one among hundreds. The first requirement of the male dancer is, that he have a good physique. And in the case of Dan Rizzo, he has made swift progress due to this asset achieved by bar bells. It is imperative that a man possess strength and symmetry of form if he is to become a great dancer. Neither alone is sufficient, but above all he must have a well developed sense of rythm and an appreciation of the beautiful. While there are some male dancers who are effiminate, still this is not a requisite attribute for the greatest names in the history of the dance are those of men who are verilly masculine and noted for their great strength. Take Mikhail Mordkin, Tamaroff and Alexis Kosloff. They are towers of masculine strength and can excel in other sports as well as (Continued on Page 85)



Mlle. Bebe and Dan Rizzo, of the Famous Duval Studio Dansant illustrating some difficult dancing feats.

# Ask the Doctor

Department for Solving Your Health Problems

By Dr. B. M. Middleman

**QUESTION:** I have been advised to go on the following diet for an indefinite period. Can I "live" on it? Would you call it a balanced diet? Can I get along on so little starch and sweets and be nourished? I am trying to cure so much—stomach trouble, gassy condition of stomach and intestines, chronic sore throat, bronchitis, catarrh, "floppy" heart, and other distressing symptoms. Had my tonsils removed ten years ago, and teeth are perfect. I do a few sit-ups and floor dips when I can get strength enough. Am a chauffeur, aged forty, single, five feet ten and a half, and weigh 138 pounds stripped. Would like some expert advice before following this diet:

Breakfast—one egg, any way but fried; 3 or 4 slices of toast; dish of either apple sauce, stewed prunes, raisins or figs (to be prepared without sugar).

Lunch—choice of one or two of the following cooked, non-starchy vegetables: celery, spinach, string beans, asparagus, summer squash, cucumbers, egg plant, beet or turnip tops, small beets, carrots, parsnips or turnips, oyster plant or kale.

Choice of one or two of the following salad vegetables: celery, spinach, asparagus, cucumbers, parsley, small beets, carrots, parsnips, or turnips, lettuce, endive or ripe olives. Tomatoes may be used as a salad.

Dinner— $\frac{1}{4}$  to  $\frac{1}{2}$  pound of lean beef or mutton, or an equal amount of turkey, chicken, rabbit, or fish; vegetables, same as lunch.

No dessert; no drink except water, and no bread or crackers.

After following this for an indefinite period, I am allowed to modify it as I gain "knowledge" of the scientific combining of foods. Also, before starting on this diet I was advised to go on a two or three day orange juice or fruit fast, with daily enemas for about a week. Incidentally, I am a tenor, but have never been able to follow singing as a career, owing to so much "musk" in my throat.

B. G., Cal.

**ANSWER:** You are far underweight for your height. I am afraid that the exclusion of all starches would be dangerous, possibly leading to aci-

dosis, and therefore make you susceptible to some infectious disease, inflammations, etc. Generally, a man of your type of build has a fallen stomach or colon. It would be advisable to have an X-ray with Barium meal to prove this. If so, and you have the time and no financial embarrassment, it would be advisable to take an absolute rest in bed for two weeks, using a liberal diet in the fattening process, eating say five times a day, little and often, not overloading the stomach. Well cooked cereals with vegetables of the kind you mention would be good. If craving meat, eat lamb, chicken or sweet breads. Drink two quarts of milk or buttermilk daily. Exercise lying in prone position, pressing upward towards diaphragm gently but firmly; widening diaphragm and lower ribs by placing fingers on lower ribs in a series of interlaces until they flare in the full extent. Do this three or four times daily for about five minutes. If not able to spend time in bed and X-ray shows interoptosis, wear abdominal belt. Your digestion might be helped by Pancreatin compound.

**QUESTION:** May I submit the following? Last June I was confined to the house with the "flu," and during that time the sight left one of my eyes and has not yet returned. I can, with the other eye closed, see some light and can distinguish a telegraph pole in the street, but the eye is practically useless. There is no indication of a cataract, so the trouble must have been caused by some internal inflammation in the eye that has affected or destroyed the optic nerve.

Can you suggest a remedy or treatment? In some family medical works, beef liver placed over the eye at night is recommended as a remedy that cures many cases.

Can you suggest a remedy or treatment for stiff joints of the knees and thighs that make it difficult to bend and pick up an object from the floor, and causes pain when bending?

R. A., Texas.

**ANSWER:** You are probably suffering from optic neuritis and the only relief from this is to receive treatment from a specialist. You should follow a common sense method of living, as to diet, exercise, and hygiene. Beef liver is of no avail.

In regard to treatment

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

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

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

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

of stiff joints, determine the foci of infection. Eliminate meats, cheese, eggs, and fish from your diet, and substitute milk and buttermilk, about two quarts daily. Also eat plenty of fresh and cooked vegetables and fruits, raw and stewed.

Internally try:

Sodium salicylate .....	4 drams
Potassium iodide .....	2 drams
Syrup sarsaparilla comp.—q. s.....	4 ounces

Take a teaspoonful in water an hour after meals, three times a day. Also rub the joints with:

Methyl salicylate .....	4 drams
Tincture capsicum .....	4 drams
Alcohol .....	2 ounces
Soap liniment—q. s.....	6 ounces

Rub this on the painful parts daily.

**QUESTION:** I am twenty-seven years of age and single. I have been working in a brickyard. It was very hot this summer, almost unbearable. The heat affected my head. When I would lie down I could feel the pulse beat in my temples. At times I would be in mental agony. Was only bothered this way when I would lie down to rest. As long as I was up and moving around, I was all right. I thought of high blood pressure, but as yet have not consulted a doctor. But what I am really concerned about is this. Just today I passed a long white worm, about nine inches in length. I don't know what would cause this as I am very careful of my diet, eating whole wheat bread three times a day, a whole wheat cereal for breakfast, meat not more than twice a week, candy about once a month, and drink a quart of milk daily, which is neither pasteurized nor certified. I eat lots of fresh vegetables and plenty of fresh fruits. Am looking healthy and strong, and feeling good except for the complaint I mentioned above.

F. C., Penna.

**ANSWER:** The long white worm you mention is probably tape; first of all let us get rid of the head. Take a day's fast, followed by a dose of castor oil, and the taking of fluid extract of *Aspidum*— $\frac{1}{2}$  to 1 teaspoonful. After sufficient time for drug to act, take another dose of castor oil, and look for passage of head of worm. If in doubt, take stool to physician. You probably have some circulatory trouble; so have examination by a physician, as to blood pressure. Since tapeworm comes from eating not fully cooked meats, eliminate animal products from your dietary for a while.

**QUESTION:** For some time now I have had backache, also right side hurts and have a tired feeling in lower bowels. I have such a tired feeling and I feel so badly at times that I can hardly do anything. The doctor says my uterus is tipped back against the back and nothing but an operation will help it. I am thirty-five years old, and my only child is thirteen years old. We want another baby. Do you think the uterus being tipped back is the reason I don't get pregnant, and would it be dangerous at my age if I could? Are there any exercises that will help my condition?

Mrs. A. J., Okla.

**ANSWER:** It seems the doctor is correct as concerns fallen or misplaced womb being cause of backache; most women who have had children have dropped stomach and intestines. An abdominal belt is of great relief. Also a proper fitting pessary is a great comfort. Women have been known to become pregnant in spite of misplaced uterus, but would take doctor's advice as you are not too old to become pregnant, especially if menstruating regularly.

While lying prone, press upward on abdomen, start-

ing at lowest extremity and work towards stomach using force of fingers to help raise organs to normal position.

**QUESTION:** My nose, which is my most prominent feature turns purplish red with the first cool fall days and is red most of the winter. I cannot go out to dinners or car parties, nor do I go out in the car as much as I would like due to feeling self-conscious. This has troubled me for fifteen years, and I live in a state of misery from fall until late spring. It is only when walking that my nose looks at all normal. Have consulted several physicians and have been given diets and strychnine tablets to promote circulation, but have had no relief. Have a full, uncomfortable feeling in my stomach most of the time, like indigestion and am very short of breath. Am not bothered this way in summer but have it constantly in winter. I drink a pint and a half of rich milk, eat meat, fruits and vegetables every day. Am thirty, married, with one child; am 5 feet 4 inches in height and weigh 120 pounds; do most of my housework.

Mrs. E., La.

**ANSWER:** As you say, the circulation of the skin is free in summer, thereby eliminating your circulatory defect which might be looked into. Since you have some trouble with your digestive apparatus it would be wise to have a stomach analysis or gastro-intestinal study by X-ray, by a competent gastro-interologist. There might be some improper elimination in this area. Having determined the diagnosis of gastro-intestinal condition, the treatment could be readily instituted; also have urinalysis as to function of kidneys. It is possible you are suffering from acne-rosacea, which is frequent in tea and alcohol drinkers. Be sure to eliminate tea, coffee, and spiritous liquors.

Before going out in the air, apply locally Lotio-Alba made fresh. Any competent pharmacist will understand the formula. Mop on nose daily. Circulation might be improved by hot baths twice weekly for ten minutes at body temperature. So as to be sure to prevent faintness, pack forehead with cloth wrung in cold water. Take these baths on retiring. To regulate bowels, take Pancro-Bilin or milk of magnesia. Eliminate meats, cheese, eggs and fish, and condiments of all kinds from your diet.

**QUESTION:** My trouble is thyroid or goitre. This was diagnosed about six years ago. Enlargement is scarcely noticeable, there being hardly any change in size.

Am forty-five years old; was married five years ago. Have taken osteopathic, chiropractic and electric treatments. However, the family physician says to leave it alone unless it gives me too much trouble. I eat whole wheat bread and green leafy vegetables, also being constipated take a tablespoonful of mineral oil at night.

I find myself stronger if I take tablets of Thyroid Extract, 1 grain per day. Am 5 feet 5 inches, weight 135 to 137 pounds, and am troubled with headaches, with pains in my right arm at elbow and shoulder. Have had many worries and cares during the last six years.

G. M., Mo.

**ANSWER:** Have you taken the so-called metabolism test to see how much thyroid is circulating in your system? If not more than 25%, do not give yourself much concern. It is best to follow the advice of your family physician.

Thyroid Extract is some times used in this disease to act as a splint; by that I mean your metabolism is lessened and relies on the taking of the extraneous drug. One grain is not a dangerous dose for anybody, and any increase can be governed (Continued on Page 86)



# The Mat

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

Conducted by *George F. Jowett*

## The Fun of Getting Strong

1927!! Four figures that carry more optimism to the human breast than any other thing at this time of the year. New born resolutions urge us forward to do better things than ever before, and we feel the spirit of usefulness surge through the blood in a passion to fill new hopes or sustain old ones, and thus we face another new year, full of fortitude, irrespective of what the outcome will be. At

this time I find my one wish is that all *Mat* brethren will have their hopes fulfilled. I hope nothing but success will crown all of your efforts, and that you will never have to look backward on 1927 with regret.

No matter how your business or domestic duties involve you never lose sight of the fact that health and strength will always be the cornerstone of your success. Without these two gifts you will fail. You might succeed for a while and in the delerium of success forget your body, but your body will not forget you. Just when you feel you are "getting there" you will find yourself slipping at

the last ditch, and, perhaps, all your success toppling around your ears. Therefore, make your outstanding resolution *a better body*, and here's hoping that you will never fail to be at *The Mat-side* every month in 1927 so that you can partake of the advice and instructions that will help you get a better body.

DEAR MAT EDITOR:

Some time ago you gave a few exercises for fellows to practice who had no weights. They were great. Can you give some more?

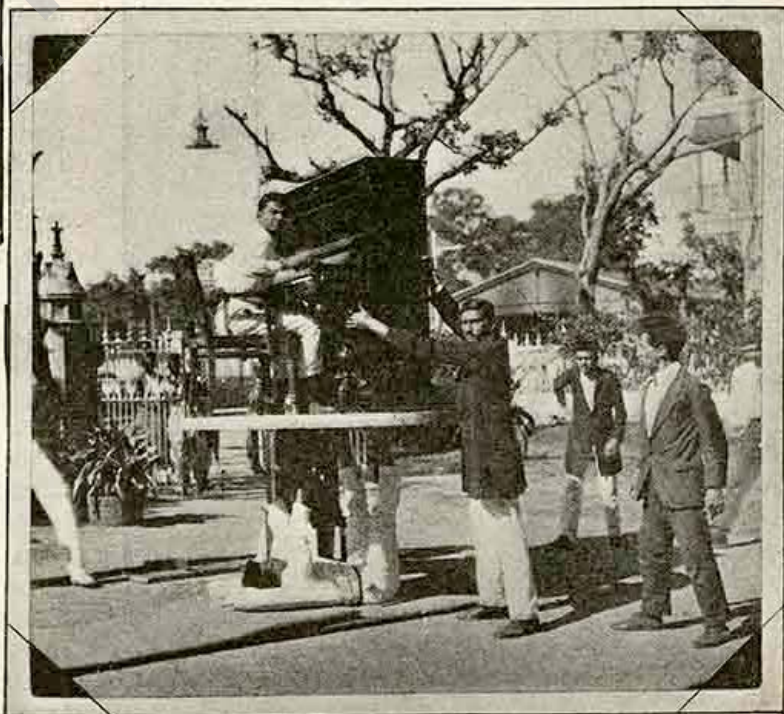
SEVEN WYOMING MAT FANS.



Ben Necheff, of Chicago. He is an old *Mat* man with a sturdy-looking body.

Those few exercises sure were favorably received as was proven by the amount of letters I have been getting ever since. They filled the wants of two groups; those who had no weights to train with, and those who had weights but were in the habit of meeting "the gang" at the gym, the club and at parties, where stunts are always participated in with plenty of fun. At such places bar bells and dumb-bells are not always available, but just the same you all feel happier when you can get together at something that will take their place as nearly as possible. There are a lot of stunts you can do, and I believe you will enjoy playing at them, for after all we sometimes get too serious with our training, and exercise with a laugh to it is going to keep our interest up longer.

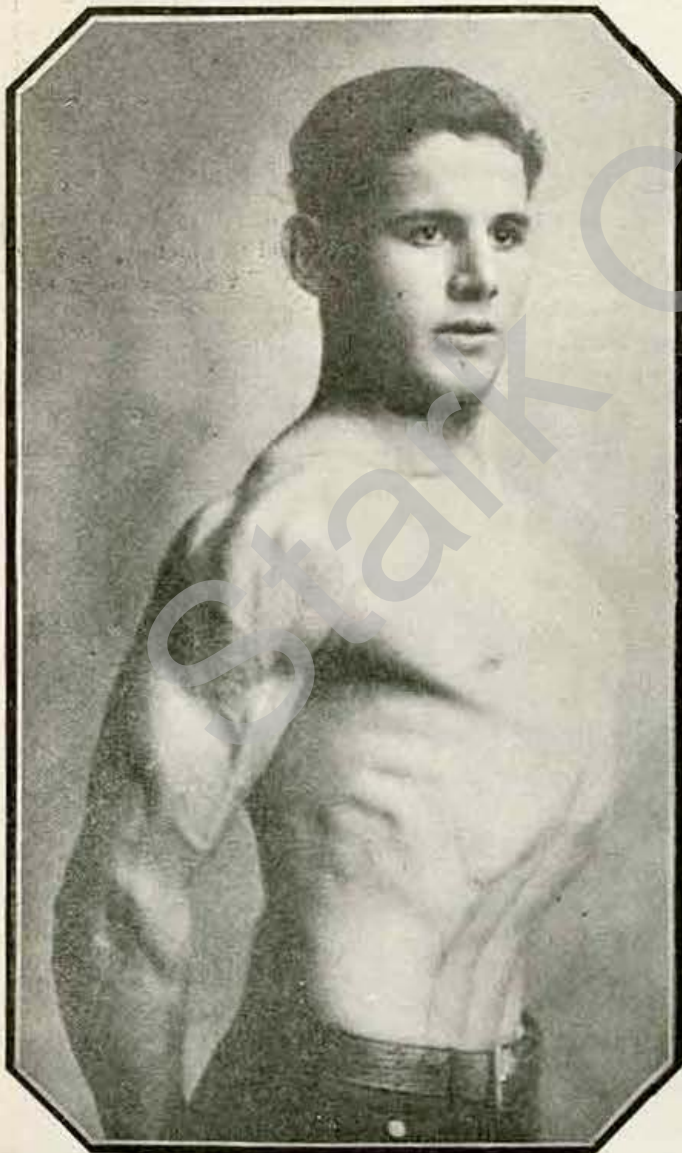
When I was a boy of sixteen I chummed around with a bunch of huskies who were all older than I, and all athletic. Those days we used to walk a great deal as automobiles were not so plentiful. We met early every Sunday morning and away we would go on a hike either on the seashore, on the cliffs or over the hills. We never went far simply because we



A *Mat* Fan from far away India sends in this stunt picture, in which he and his friends participate. It looks pretty spectacular.

had too much fun—throwing the shoulder stone, vaulting fences mixed with other monkey actions. Of course when winter came the weather was not always so favorable, and our time was divided in walks, when the weather allowed, and in meeting at a little club we had fitted up. I remember how we often made arrangements with other sport clubs, and football teams, to meet at a given place on Saturday night, generally on moonlight nights. We called these outings rambling nights. Some of the boys could sing, and we would melody our way happily along. After a little feed our time was divided in athletic exercises, and so we used some of the stunts that I am going to give you here.

If you remember that other talk I had on this subject, I gave mostly exercises to be done using your own body as a basis of resistance. This time I am going to work on a little different scheme, by teaching you how to handle your friend, using his body weight like a bar bell. From this practice you will acquire talent as well as accustom the muscles to act in a little different direction. There is a lot of novelty in handling others, and it is not so difficult as handling iron weights. Besides your



Nick Aravanis, of Waverly, Mass. He is just a young enthusiast, bubbling with life and has a fine-looking physique to back it up.

friends are greatly impressed with such a spectacular performance.

The first one is very simple, and you should practice a few times in order to get accustomed to handling live weights. Have your friend stand with his back towards you perfectly straight, with the head a little behind. Next tell him to bend his arms at the elbows until his forearms are at right angles to the body and to keep his arms hugged to the sides. Now you bend your arm at the elbow until the hands are at the shoulder, then bend at the knees until each elbow of your partner is cupped upon the palm of each of your hands. Slowly rise to erect and carry your friend up with you so that when you are erect he will be suspended in the air with his elbows holding him up supported on your hands. This position will be very much like holding a bar bell at the shoulder before jerking overhead, but do not try to raise him overhead, that movement is started differently. Of course if your friend is very light, pressing him up will not be so hard. Ordinarily it is rather difficult if the bodyweight of your partner is too far forward to press easily.

The stunt I have just given will give your thighs, back, chest and upper arms a nice little tuning-up for the following one.

Take up your position behind your friend in the same manner that you started the first stunt. Tell your partner to set himself and breathe in when you say "go," then with a quick heave take him straight up to his arms' length overhead. If he is a little heavy, or if you feel the lift is a little difficult, get your friend to give you a little jump to help you along, until you get stronger and more accustomed to the movement. In all these stunts your friend plays an important part. If he stands loose and sloppy, you will have a hard time with him. He should stand rigidly and straight and not relax during the feat. His object should be to make himself light by breathing in deeply as you begin to handle him. Of course, if he has no confidence in your powers, you might as well forget him, and get somebody else.

Our next stunt is easy, but does not look so. The position is taken up standing erect behind your friend facing his back. Bend the knees and lean over to the right; cross the arms so that the left arm crosses over the right side, and the right arm his left side. Clasp the hands and quickly stand erect throwing your friend up with his feet with a twist of the arms. He will revolve like a wheel and your object is to place him on his feet after he has been spun around. As he alights on his feet your grip will be the reverse of the position which you started.

There are several different ways of handling a man to arms' length overhead other than the one I have given you, and they are employed by the lifter according to the extent of his strength, and the weight of the man he is handling. A very common method of man handling, is to have your partner stand erect with folded arms and the right foot crossed over the left foot. Stand behind him and place your right hand, with the palm turned from you, on the right side of his body against the arm pit. The left arm you pass in front and take hold inside of his left leg about the region of the knee. Have your friend lean towards you as you take him off his feet. He will then be carried upon your chest where you can steady him before you press him

overhead, in just the same manner as you would a bar bell. After a little practice these movements of lifting a man to the shoulders become more or less of a rocking movement and in a very short time become very easy. The second stage of the lift, where you press or jerk the weight overhead, is very easy as the depth of the body that you are lifting causes the arms to be carried high—thus the weight has less distance to be lifted.

To lower the weight from arms' length overhead to the back of the neck and jerk overhead again is even easier than making the lift from off the chest.

When you have mastered the method of rocking your partner to the shoulder, the gate is opened to many spectacular stunts that have great developing tendencies. So far the few I have given you develop the upper body mostly. Of course, the legs get some work out of it, as it would be impossible for them to escape since they are obliged to support the body and the burden it handles. Anyhow I will give you two leg exercises that will please you from the benefit they give and the novelty they provide for entertainment. Take your partner to the shoulders in the regular manner explained, and toss him over your head on to the back of the neck. Steady him and stand with feet apart, then commence a deep knee bend. After that, rise and walk around the room, raising high upon the toes with each step. These two exercises will surely give you thigh and calf exercises.

Now I am going to give you something much more difficult which you can work up to. The way this stunt is performed by an expert human manipulator is as follows. The man is rocked to the shoulders and pressed overhead. Then the understander begins to lower

himself to a sitting position on the floor by dropping on one knee and then falling on the seat, and immediately to full length on the floor. The idea is to keep your man aloft until you are almost on the knee then lower him to the shoulders and immediately sit down. Do not be afraid, for the weight of your friend held in front will prevent you from falling backwards. These movements, however, must be done rather quickly from the knee to the prone position. As you become seated the weight will be at the shoulders, but follow up the movement by rolling with a round back to full length position, and as you lower, push your friend away from you so that at the completion of the movement you will be holding him at arms' length.

You will find that lowering the weight as you become seated, and pressing him out to arms' length as you become prone, are somewhat natural movements which will greatly aid your performance. Of

course, it all takes practice, and it really is not so hard as it looks. Neither is bringing yourself to the erect position so hard. As you raise from the prone position to the sit up stage you lower your friend to the shoulder—another natural movement—then curl your one leg beneath you and roll onto the knee with the foot of the other leg placed upon the floor. You are now half way up, and if you have sufficient strength left as you raise you will come up quickly and hoist him overhead once more before you lower him.

The explanation that I have given here is the stunt in

'ZAT SO?



John Marx was, beyond a doubt, terrifically powerful. We know he had enormous hand strength and was capable of breaking coins between his fingers. Here the artist shows him holding out a 50-pound block weight, employing only the index finger and thumb. It is a feat that is claimed he could perform any time.



This "attention" pose gives one a splendid idea of the pleasing proportions possessed by friend Rolet, of Notre Dame.

its entirety. You do not have to do it so at the start. Practice it in stages, and bit by bit you will perfect the complete stunt.

As so many have written and asked me to explain how best to lift a human being with one hand, I am going to conclude a little chat on human lifting with this particular stunt. Naturally many of you will say it is too difficult, but let me tell you that whatever sized person you can raise overhead in the two arms lift you can raise in the manner I am going to tell you with one arm.

The first step is to have your friend double up and clasp (Continued on Page 73)

# The Dethroned Dempsey

Is the New Champion as Good as the Old?  
How Long Will *He* Hold the Title?

*By William Boone*

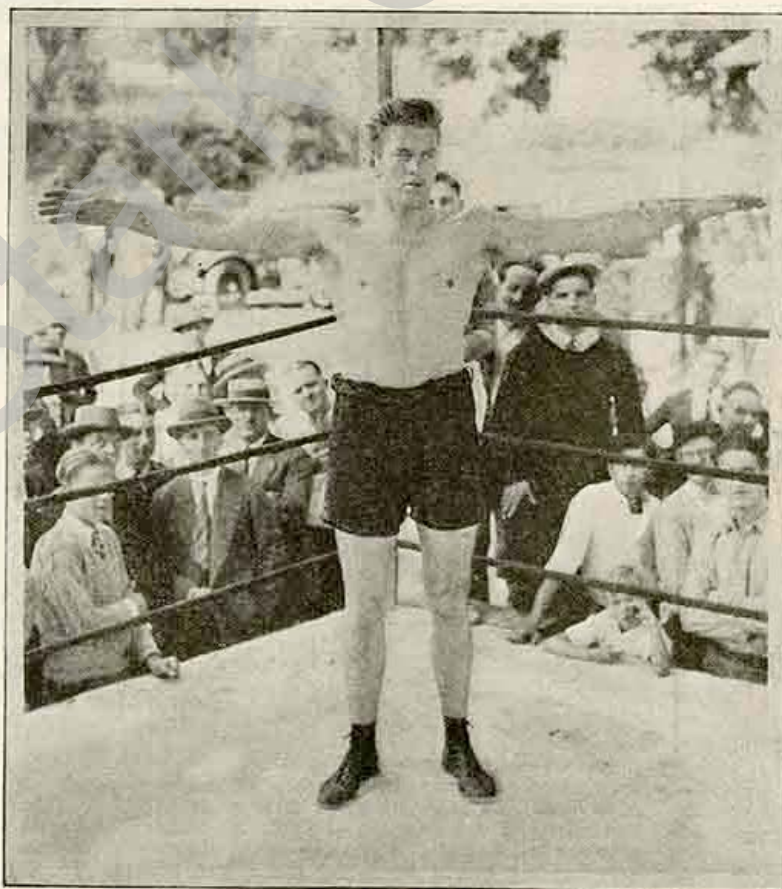
**F**OUR months after a championship heavyweight fight may strike you as being rather late to discuss the facts of the fight. In a way I agree with you, but if you are willing to consider my side of the argument for a while, I believe you will think that after all four months is not too late.

The first few weeks after a fight you do not have a chance in the world to be heard against the daily newspapers which are cram full of opinions, cross opinions, and so forth, about the result of the match. They certainly have the lead, but a couple of months after sees the new champion fully installed and the press more interested in other subjects. Then I get a chance at the bat. That sounds like a wise crack; nevertheless, there is more to it than is immediately seen on the surface. When a man like Dempsey gets beaten by a man of the Tunney style of fighting, for a while we are all at sea finding out the reason. Time brings more or less of an answer, and it is in this light that I intend to discuss ex-champion Dempsey and champion Tunney.

The fight itself was a great disappointment to me. In fact, I enjoyed any one of the preliminaries better than the wind-up. Of course, any one who has not seen Dempsey fight before would be more or less inclined to believe that the better man won. Still the story of ringdom is not lost to me. I am aware of the fact that champs will come and champs may go, but the game goes on for

ever. It is the way some go that puzzles me. In Dempsey we had a fighter who was all fight. He would swap blows with any man, no matter how big he was or how good he was said to be. They all looked alike to Jack. He is the type of fighter the world admires no matter how much they may dislike his general principles; and while I feel that most of the favoritism showered on Tunney was a case of sentiment more than anything else, yet I do believe it was more Dempsey popularity as a rare fighter than sentiment for Tunney that packed the 130,000 people into the Sesqui-Centennial Stadium at Philadelphia to see the battle. People were all keyed up to see a regular ding-dong battle, full of action, with each man straining every nerve to win. It was to be the greatest demonstration of boxing against the unleashed fury of a great fighter. However, it was

neither. The fight was devoid of color and action. Gone was Dempsey's famous swerving tigerish crouch, his ripping blows and devastating in-fighting. People rubbed their eyes in amazement, and for the first time in my life, I saw the men who have the inside dope on fighting fooled. Around the ring was the largest galaxy of ring stars that ever attended a fight, and right up to the call for the first round they were positive in their declarations that Dempsey was a sure winner. I believe they were more surprised than any one, for the Manassa Mauler did not even show the form he had been displaying while in training. It was not the fact that Tunney was



Gene Tunney, the new world's champion, whose great arm spread helps to make him a formidable boxer.

so remarkably clever; he did not show us anything new, frequently missing, and at times showed signs of fear of Dempsey. Always backing away, Tunney constantly fought defensively. None of his blows had the team behind them that some of Dempsey's former opponents handed out, which did not have any effect on Dempsey. Time and time again Dempsey put him in the corner and got him in his favorite position in which he usually started his bombardment of hand-outs. But he seemed oblivious to the openings. Twice when he had fought Tunney on the ropes, he let the chance slide by. Other men in the same position have been utterly at his mercy. It does not seem possible that a man could lose in so short a length of time, sufficient strength not to be able to rock a lighter man than himself; but such was the case. If he had not so often proven himself such a terrific hitter, we would not have been so mystified; but never once in the whole fight was there the least semblance of the blow that shocked the giants, Willard and Firpo.

What happened to Jack, nobody knows. I hardly think the law suits could have worried him to any appreciable extent, as they were not of the order to cause him worry. The poisoning idea is all rubbish. Dempsey certainly did not show any of the strained appearance that is always evident on the man who had lived high and found conditioning hard. I noticed his abdomen all the time, and not once did the fatigue of gauntness display itself. He seemed to me to be in a rattling good physical condition, but from the moment he stepped into the ring, it was clearly seen that he had lost considerable of his habitual buoyancy. Throughout the whole ten rounds he was the aggressor, with Tunney counter punching and clinching. It was to my sight an inglorious contest, and a sad ending to the career of a man who perhaps has the most colorful ring career of any world's heavyweight champion.

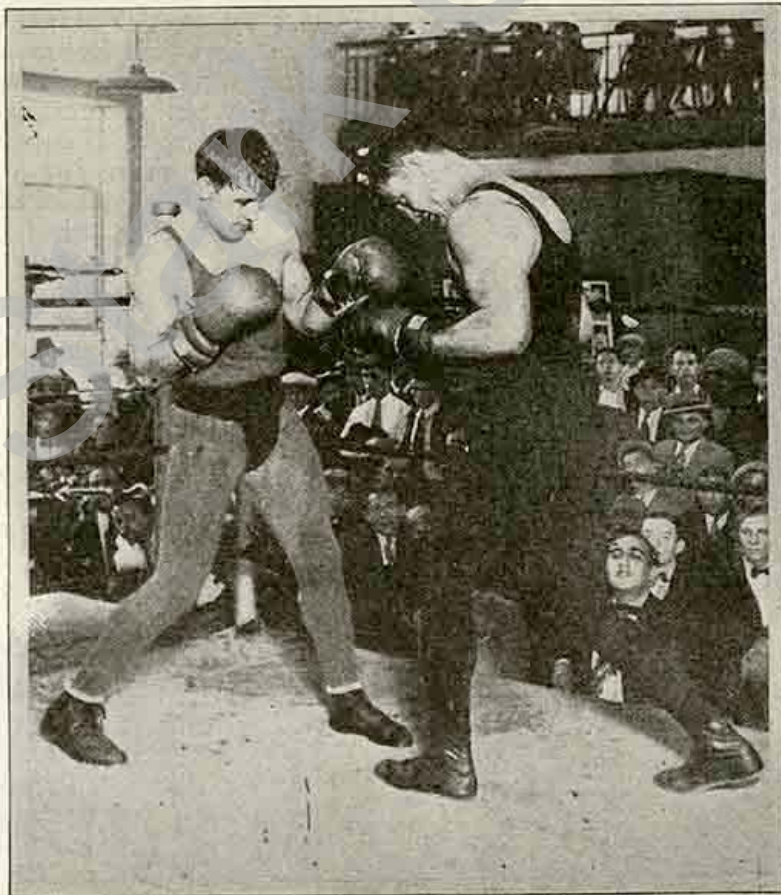
Viewing the situation in the light given by the aftermath of other championship heavyweight bouts, there is no chance for Dempsey to come back. Not that I do not think he cannot, so much as I am inclined to believe he does not want to. He has had his day and made a pile of money, which, if he does not squander it, like most other fighters have done, will keep him in luxury as long as he

will need. Of course, there is always a chance for the impossible to become possible. Jack, I believe, feels his defeat greatly. It did not end the way he always claimed his defeat would be. Fighting to the last ditch was his idea of things, or a knock-out; but neither happened. He certainly carried the fight to Tunney and forced the Marine all around the ring, but the snap was missing. Resentment against his defeat may bring him out in a return bout, when it will either be a twice-told story or a real come-back. Still it is doubtful. Where Tunney is concerned he will never be a popular fighter as far as a box office attraction goes. Counter punchers in no class are popular. When the crowd goes to pay their money, they want fighting not boxing. It is the fighter who will always bring the crowd to their feet faster than the boxer. Just imagine a fight between Tunney and Loughran. The fans would have to wear sweaters and overcoats to keep themselves warm, for no stimulation could be gotten out of such a contest. Until recently, no good mixer has come to light until the night of the Sharkey-Wills fight. It was a surprise to see Sharkey put it all over the brown panther, and a pity that he should be robbed of the honor that was coming to him, by winning the decision on a foul.

This year seems to be the hoodoo year for all the great stars. Anyhow, Tunney need not worry about the public demand for him to meet the chocolate baby now. While the Marine apparently has a more dangerous contender in Sharkey, he will be preferable. A few weeks ago sports writers were casting around for possible opponents for the Marine, and now they are beginning to crop up like channel swimmers. Of them all Sharkey has proven himself to be the most formidable,

by reason of his victory over the black man. Incidentally, the black man as a fighter is at a lower ebb today than what he has been for some years. Tiger Flowers has been beaten, Godfrey has not made any progress, and the pride of the black race, Wills, of whom Dempsey and the rest were supposed to be afraid, has been severely trounced by a youngster in the game. Since Sharkey is more of a fighter than a boxer, he has a fine opportunity to become popular. So far he looks the best in the crowd, and a fight between him and the new champion will be quite an attraction; but this cannot be for some time.

(Continued on Page 64)



Two of the newest contenders for Tunney's title, Sharkey and Munn. The former is so far the most dangerous by reason of his victory over Wills.

# Health—Strength—Beauty

(Our Girls' Circle)

Conducted by Marjorie Heathcote

DEAR MISS HEATHCOTE:

I have been reading "Our Girls' Circle" in *Strength* and am very much interested in it.

I am writing for some advice. I am five feet tall and weigh about 100 pounds. Are there any exercises that will develop the neck and shoulders? My neck and shoulders are thin and bony. I shall thank you very much for any information you could give me.

Mt. Vernon, Ill.

P. B.

I think if you would take up gym work you would develop your neck and shoulders very nicely. Swimming has developed many pairs of beautiful shoulders.

Here are two good exercises which will give your neck that swan-like appearance:

Bend head down in front, place both hands, with fingers interlaced, on back of head. Now slowly bring the head back, resisting the movement by strong pressure with the hands. When the head has slowly forced its way back, place your hands under the chin and press against the forward bending of the head. Repeat backward and forward.

This exercise may be varied by forcing the head from side to side, giving all the muscles of the neck a vigorous work-out.

The following is an advanced neck exercise called

"the reverse bridge" position. Support the body feet and head, at first helping out with the hands on floor to retain your balance and make the exercise difficult. Roll the head slightly back and forth from side to side in this position. This is a very effective exercise for the neck. By practicing it regularly you will in a short period of time build up a beautiful neck. Place a pillow under the head before attempting this exercise.

DEAR MISS HEATHCOTE:

I have read many physical culture magazines but none as interesting as *Strength*, and especially the page "Our Girls' Circle." I believe it is just wonderful.

Dear Miss Heathcote, all I want to ask you is could you not give me a few facial exercises? I am only seventeen years old, but already have lines at the corners and under my eyes and at the corners of my mouth.

I will greatly appreciate your kind attention and help.  
Detroit, Mich.

R. L.

Massage has a beneficial effect in toning up the skin, smoothing out the skin and giving it a younger and more healthy appearance. You may either go to your beauty parlor and have your face massaged, or you may do yourself at night before retiring.

When you massage, always endeavor to make upward, circular and outward movements, never downward and in. Try

the method of massage in which you contract the facial muscles and place the palm of the hand with slight pressure upon the mouth, cheek, or eye, and then make slight, twisting movements of the wrist.

You are so young and should not be troubled with wrinkles. Perhaps this is caused by insufficient sleep, under-nourishment, or defective physical condition. I would

Miss "Physical Culture," of the Keith Circuit. She possesses beauty and grace that should be inspiring to every reader of this column.



consult a physician about this condition, if I were you, to determine whether there is anything wrong with you organically.

DEAR MISS HEATHCOTE:

I am a very interested reader of "Our Girls' Circle" in *Strength*, and seeing how you have helped others, I thought perhaps you could give me the advice I am seeking. I am 5 feet 4 inches high and weigh 118 pounds. Please tell me my correct weight and measurements. I shall look forward to an answer in the *Strength Magazine*.

Pensacola, Fla.

D. J.

These measurements were given here several times before, but I will give them again, for your benefit:

Weight 125 pounds, neck 12½ inches, chest 29½ inches, waist 25¼ inches, biceps 10¾, forearm 8¾, wrist 6, hips 36, thigh 22¼, calf 13¾.

DEAR MISS HEATHCOTE:

I am a girl 19 years of age, 5 feet 1 inch tall, and weigh 93 pounds. I have a very thin neck and am very thin, as you may imagine by my weight. I have never weighed more than 99 pounds in my life, and wonder if I ever will. My appetite has been very poor in the past, but as I have been doing some exercises for the past week, I notice it has improved; and that is the reason I am writing to you. If you would please send me a list of exercises for me to do every evening and morning to develop my body, especially my chest, arms and thighs, I would appreciate it very much. In fact, my entire body needs development. Do you think I could gain from exercising?

I have been purchasing *Strength* for quite a while and at last have decided to write to you.

Thanking you very much and hoping to receive a list of exercises I know I will enjoy doing, I am  
Chicago, Ill.

E. S.

I think that if you will continue practicing the exercises which appear every month in *STRENGTH* you will soon bring your weight up to normal. Your weight should be around 106 pounds.

For your neck, practice the exercises I have given  
P. B.

The following exercises will develop your chest and arms:

Keeping the body straight, lower the chest between the arms of an arm chair; then push up to arms' length and repeat. This exercise is known as the "chair dip."

Another very effective exercise for the chest is: stand perfectly erect, keeping arms stiff. Now swing them around from the shoulders in a circular movement, first forward, then upward and backward. Be sure to swing from the shoulders, not the arms alone, for this is where the exercise comes in. Put action into your work.

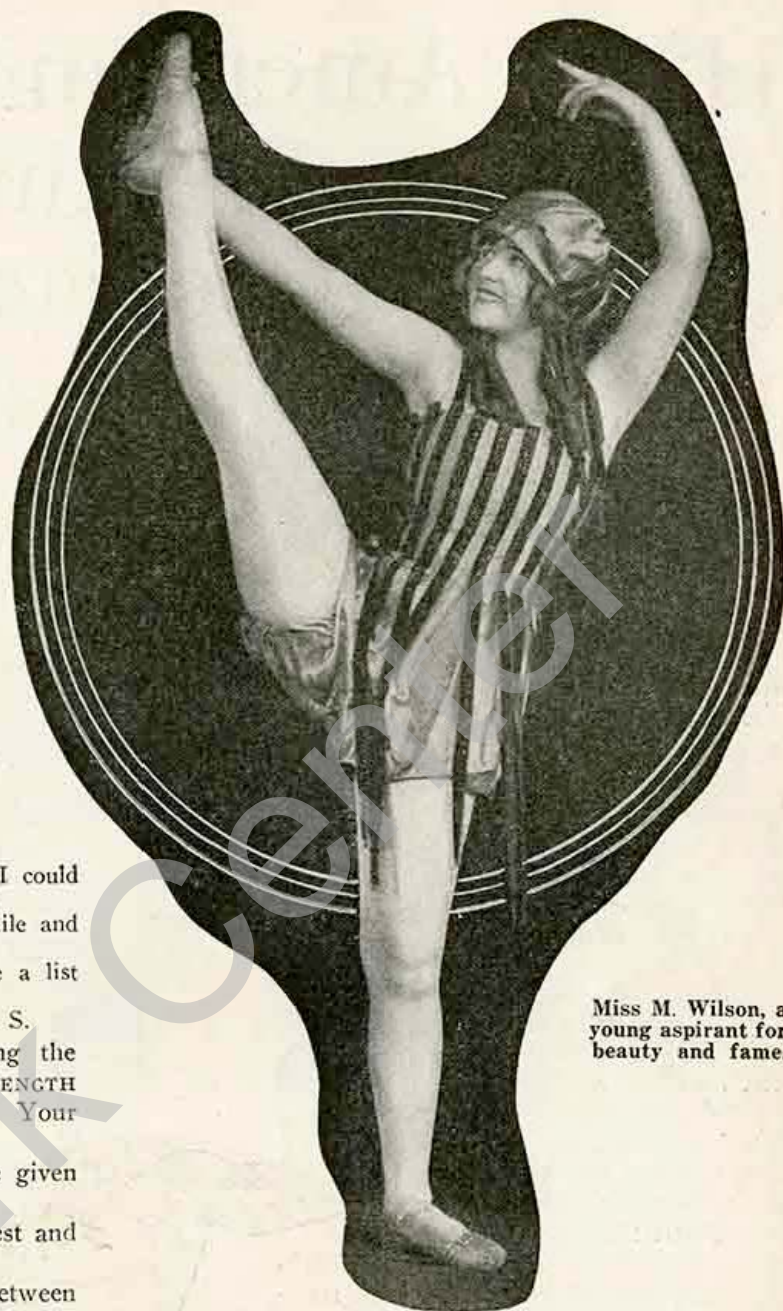
To build up the thighs, practice the one leg squat and leg raising. Walking and hiking will build up the body in general.

Eat plenty of good, wholesome food, drink plenty of milk, and keep the bowels open at all times.

DEAR MISS HEATHCOTE:

I have been a reader of your page for quite some time and I am greatly satisfied with the results I received from reading your wonderful column.

I want to ask you a question: How can I reduce my stomach? I am seventeen years old, weigh 119 pounds, and am 5 feet 3½ inches tall. My measurements are: neck 11½ inches, arms 10½ inches, bust 32 inches, waist 25 inches, hips 35½ inches, thighs 21 inches, calf 13 inches.



Miss M. Wilson, a young aspirant for beauty and fame.

I will greatly appreciate your telling me if I am tall enough for my age and if my weight and measurements are correct.

Detroit, Mich.

M. G.

According to your height, your measurements are nearly correct. Your weight should be around 120 pounds.

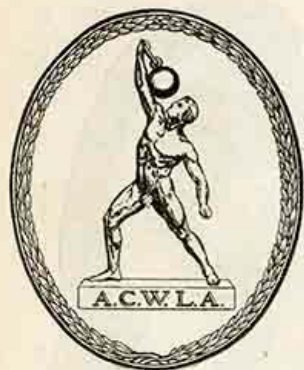
Your waist and hip measurements are correct. Perhaps you have the appearance of a large stomach due to faulty posture. Study yourself and determine whether you walk and stand correctly.

To strengthen the stomach muscles and reduce any fatty tissue that might accumulate, practice the sit-up.

Lay flat on the floor and brace your feet under some object heavy enough to hold your weight. Now raise your upper body slowly until you are in a sitting position. Repeat this many times.

Twisting the body frontward, sideward and backward will also eliminate fatty tissue around the abdomen.

You might try the exercise I have given to E. S., of Chicago, for improving the neck and upper chest, as you are a little too thin in these parts.



# American Continental Weight Lifters' Association Notes

By John Bradford

**A** SPLENDID crowd gathered on the night of November 6th, to witness the Mitchell-Gauss contest. This match, between Donald Mitchell, of Easthampton, Mass., winner of the National heavy middleweight championship, and John Gauss, of Philadelphia, Pa., the Sesqui-Centennial champion in two classes, has gone down as the greatest amateur weight lifting contest ever beheld in the country. Those who were fortunate enough to witness this battle of weights will never forget it. Science, speed, strength, and sportsmanship par excellence were exemplified as never before. The trouble with most athletes is that they are afraid to contest, for fear they may be beaten in contest and lose some glory. They lack the fine spirit of sportsmanship which was so remarkably shown by Mitchell and Gauss.

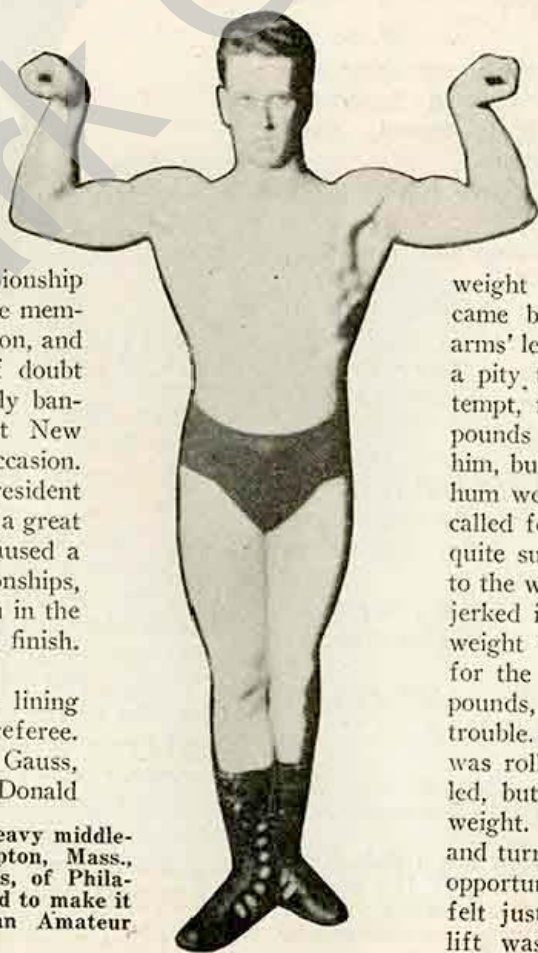
The Philadelphian knew he was up against a man who had scored a higher total than he ever had, but just the same he was eager to battle the man from Massachusetts. Any man who picks up the gauntlet under such conditions is a game sport. He has sand in him, and I can safely say that Gauss did not lose a single thing in that contest, but gained a lot. Mitchell's championship total of 661 pounds really shocked the members of the heavy middleweight division, and if there had ever been a shadow of doubt as to Mitchell's ability, it was quickly banished when they saw the clean-cut New Englander go into action on this occasion. We found him everything that President Jowett said he was—a fine fellow and a great lifter. This is the same boy who caused a sensation in the Boston Post championships, when he ran second to John Y. Smith in the preliminaries, and ran third in the finish. Since then he sure has improved.

The match started by the officials lining up with George F. Jowett as the referee. Harry Hall in the corner of John Gauss, and George Dembinski seconding Donald

Mitchell. The line-up of judges, as selected by the referee, were the three best in the country, namely Ted Mack, Mark Berry and Charles Durner, with C. Collins in charge of the loading. Each man was weighed, Gauss registering a body weight of 164 pounds and Mitchell 160 pounds. The contest was covered by the three Olympic lifts, with a slight change made on the press. It was agreed by both parties that the Two Hands Military Press would be lifted on in place of the Two Hands Slow Press. Not a moment was lost as the coin was spun, with Mitchell winning the toss. He in turn gained the honor of making the first lift to his opponent.

The Philadelphian stepped up for the first attempt at the Two Hands Clean and Jerk, the bell being loaded 230 pounds. Without a moment's hesitation he cleared the weight and jerked it aloft faultlessly. To the surprise of many, Mitchell started with pounds lighter, but the way he put it overhead was more of a press than a jerk. Gauss next tried 240 pounds, but was very unlucky, failing to lock his arms under the weight. Mitchell stepped up to the same

weight and jerked it with ease. Gauss came back and got the 240 pounds in his arms' length with no trouble at all. It was a pity that he missed on his second attempt, for it was quite apparent that 240 pounds more would not have stopped him, but such is the fortune of sport. Gauss then went through the crowd as Mitchell called for 260 pounds, but the victor was quite sure of himself as he sauntered up to the weight, took it to the shoulders and jerked it to arms' length perfectly. The weight was next loaded to 170 pounds for the two hands' snatch, and then 185 pounds, with which neither man had any trouble. For the final snatch, 190 pounds was rolled onto the platform and Gauss led, but the right arm bent beneath the weight. The referee was distinctly fair and turned to the judges giving them the opportunity to dispute his decision if they felt justified, but each judge agreed the lift was not (Continued on page 68)



- Donald Mitchell, the National heavy middleweight champion of Easthampton, Mass., whose contest with John Gauss, of Philadelphia, on November 6th, helped to make it the most brilliant in American Amateur Lifting.



# What Men LIKE and DISLIKE in Women



Too many women are so physically tired that they do not use all their mental faculties.

## A Plain Talk

By

Annette Kellermann



IN my work I have traveled all over the world and talked with thousands of women. And in all my experience the one question that women have hated to ask, yet wanted most to have answered, is "What do men like—and dislike—in women?"

Now, frankly, I do not know much about men. But I do know that they are human, and all human beings like certain things and dislike others. So what I say really applies to everybody—men and women both.

The one thing that is most disliked in women is nagging.

Then there is the matter of temper.

Still another is carelessness in appearance—not clothes, but **yourself**.

Finally, men dislike the grouchy woman.

Now, what do men like in women? Sympathy, Understanding, Health, Companionship.

Of these four, the most important is Health. Lack of it is the cause of nagging. If your back aches, Johnnie's little pranks are magnified a thousand times. It isn't YOU that scolds him—it's your backache.

Back of your explosions of temper may be a sick headache. Or extreme nervousness. Or auto-intoxication (food poisoning).

Take personal carelessness. The reason why so many women "let themselves go" after being married for a few years is again lack of health. That's why they slouch around as though their spines were made of gelatine . . . why they lose the fresh spring of youth from their step . . . the brightness

from their eyes . . . the bloom from their cheeks.

And a woman whose health is poor cannot help being grouchy. Of course, she has an excuse for being irritable, but men unfortunately do not give consideration to reasons—they judge only by results. No woman can be fair or just in any matter if she is always complaining about the state of her health.

However, there is no need for women to grow weak and ailing—no need for them to grow fat or thin or slouchy or wrinkled, pimpled, sallow. I have proved it in my own body.

I have proved it to the satisfaction of over 31,000 other women who have adopted my methods. I'll prove it to you, if you will give me only 15 minutes for a short period.

You want to be happy. But first you must be healthy. First you must mold your figure to its youthful lines. First you must iron out

the wrinkles. First you must make your bust firm instead of heavy and hanging. First you must restore your strength and energy. Then you will begin to live again—instead of merely existing.

My methods are guaranteed to do these things for you. They will rid you of constipation if that is troubling you. They will make your body firm, muscular, free from fat, free from scrawiness. They will brighten your eyes, bring the roses to your cheeks. I am not guessing—I know because my methods have done these things for others.

Let me send you my new book, "The Body Beautiful," along with a personal letter. I will explain in detail what my Course is, what it has done for over 31,000 others, and what it is guaranteed to do for you. Do not be satisfied to suffer. Do not be content with an ill-shapen body. Do not be indifferent to the sort of super-health I can give you. Write me now—do not send me a penny—just the coupon or a letter. You will thank me a thousand times for urging you to do it. Address

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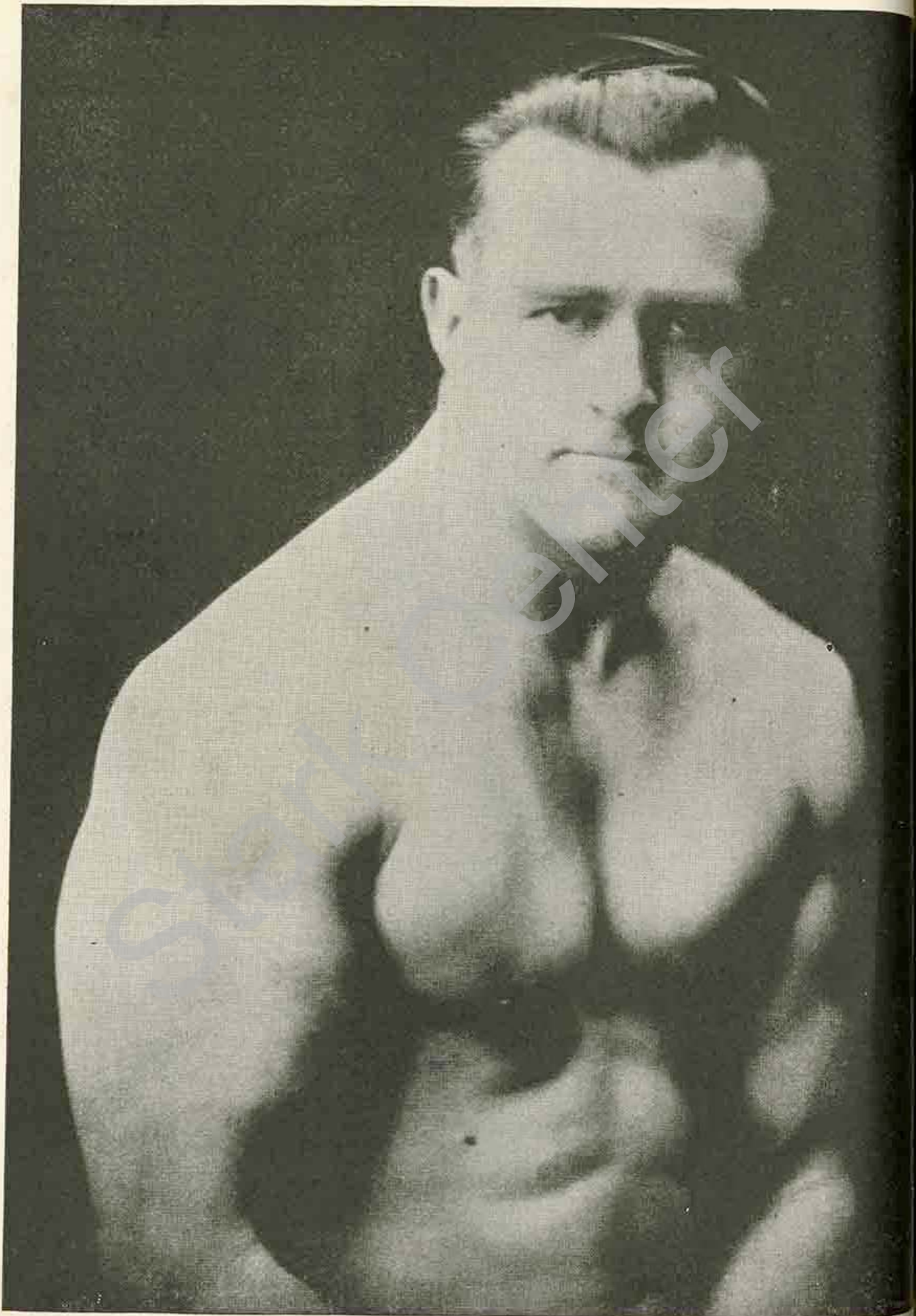
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# If You Were DYING TO-NIGHT

and I offered something that would give you ten years more to live, would you take it? You'd grab it. Well, fellows, I've got it, but don't wait till you're dying or it won't do you a bit of good. It will then be too late. Right now is the time. Tomorrow or any day, some disease will get you and if you have not equipped yourself to fight it off, you're gone. I don't claim to cure disease. I am not a medical doctor, but I'll put you in such condition that the doctor will starve to death waiting for you to take sick. Can you imagine a mosquito trying to bite a brick wall? A fine chance.

## A RE-BUILT MAN

I like to get the weak ones. I delight in getting hold of a man who has been turned down as hopeless by others. It's easy enough to finish a task that's more than half done. But give me the weak, sickly chap and watch him grow stronger. That's what I like. It's fun to me because I know I can do it and I like to give the other fellow the laugh. I don't just give you a veneer of muscle that looks good to others. I work on you both inside and out. I not only put big, massive arms and legs on you, but I build up those inner muscles that surround your vital organs. The kind that give you real pep and energy, the kind that fire you with ambition and the courage to tackle anything set before you.

## All I Ask Is Ninety Days

Who says it takes years to get in shape? Show me the man who makes any such claims and I'll make him eat his words. I'll put one full inch on your arm in just 30 days. Yes, and two full inches on your chest in the same length of time. Meanwhile, I'm putting life and pep into your old back-bone. And from then on, just watch 'em grow. At the end of thirty days you won't know yourself. Your whole body will take on an entirely different appearance. But you've only started. Now comes the real works. I've only built my foundation. I want just 60 days more (90 in all) and you'll make those friends of yours who think they're strong look like something the cat dragged in.

## A Real Man

When I'm through with you you're a real man. The kind that can prove it. You will be able to do things you had thought impossible. And the beauty of it is you keep on going. Your deep, full chest breathes in rich, pure air, stimulating your blood and making you just bubble over with vim and vitality. Your huge square shoulders and your massive muscular arms have that craving for the exercise of a regular he-man. You have the flash to your eye and the pep to your step that will make you admired and sought after in both the business and social world.

This is no idle prattle, fellows. If you doubt me make me prove it. Go ahead, I like it. I have already done this for thousands of others and my records are unchallenged. What I have done for them, I will do for you. Come then, for time flies and every day counts. Let this very day be the beginning of new life to you.

Send For My New  
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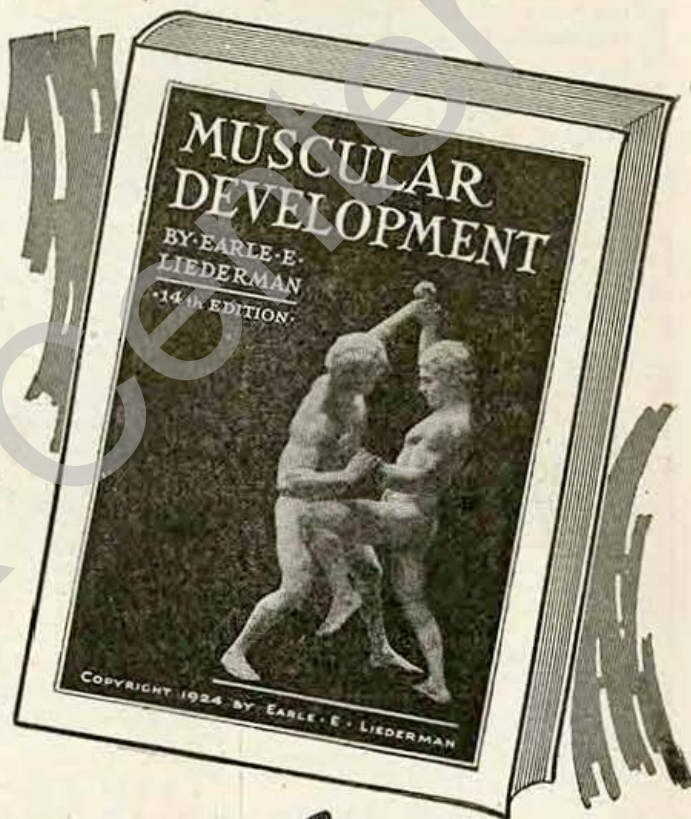
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## The Booting Game

(Continued from page 35)

Besides the big league professional teams, representing cities throughout the country, each large center of population has numerous amateur clubs who put up a brand of soccer that compares favorably with the professional organizations. Colleges and high schools likewise have their soccer coaches and are represented by teams capable of high class play.

Soccer is played before large crowds every week-end from early September till late Spring, right through the winter months. When the thermometer is hovering around zero, so long as it is not snowing too hard or the ground is not too deeply covered with snow to prevent running these stout hearted lads are playing on frozen ground in bare knees. While the spectators walk around and jump up and down to keep warm, these athletes are playing with heads bare and hands and legs exposed to the icy blasts from the north. The only trouble the cold wind seems to give them is that it makes the ball harder to control.

The men who play soccer professionally are invariably of a very stocky and husky build, and some of the finest legs I have seen are possessed by players of the booting game; and no wonder, with the everlasting fast running, leaping and vigorous kicking, necessitated in order to keep the ball from being played into their goal.

An explanation of this game may be in order, for the benefit of those unacquainted with it. As in American Rugby each side is composed of eleven players; though in Soccer they are known by different names, designated as follows: goal-keeper, two full-backs, three half-backs and five forwards. The ball is started in play in the center of the field, the object being to get it inside of the opponents goal which is a cage, twenty-four feet wide and eight feet high. The ball can be kicked or butted with the feet, head or body, but the hands or arms of only one man on the team can touch the ball. This is the privilege of the goal-keeper so long as he is near the goal, but if he steps out of certain bounds he is limited in this respect the same as the rest of his teammates. Briefly the functions of the various players can be summed up as follows: the goal-keeper is entirely a defensive player, it being his duty to keep the ball away from the goal; the full-backs are likewise defensive players and should theoretically be the two huskiest members of the team, with the outstanding ability to kick the ball hard and far; the half-backs have the double duty of playing both on the defensive and offensive, while the forwards form offensive combinations to get the ball from the opposing players and manoeuvre it down to the opponent's goal by means of skillful footwork and clever passing from one forward to the other.

It is pretty to watch a forward take the ball down the field by short kicking or "dribbling," the ball keeping just ahead of his toes as he sails through

the other team, passing one player another by kicking the ball sideways at times backwards in order to avoid his man. To qualify as a player he must be able to catch the ball with foot, leg or stomach and put it furiously into play, by either long or short kick or by following a zig-zag course in and out among the other players with having the ball kicked away from fast traveling feet. When the ball played in his direction, a real player must know, instinctively, without a second's pause to think, just where to place the ball so that it will be in position for his teammates to work it up to the goal. This may necessitate kicking it in any possible angle without the slightest hesitation.

Unlike Rugby no tackling or holding is allowable, but there are many ways in which a man may find himself on the ground, as by slipping, being hit or tripped by the ball, getting tripped by two or more players are after the ball and by collision with other players. According to the rules of the game a team will be penalized if one of its players should trip, kick, strike, push or hold an opposing player, or should intentionally jump at him or direct charge into him from either the front or behind, but regardless of rules some things happen, just as in our game of Rugby. Many a fellow gets a punch in the nose or jaw, without any official being wise to it. I recall a couple of years ago, a picture happened to be snapped during a game between two of our leading college teams, just as a player of All-American calibre was deliberately hauling off for a punch at an opposing player. So, rules or no rules, some individuals are prone to use any means, fair or foul, to get an advantage and many players become adept at using trickery.

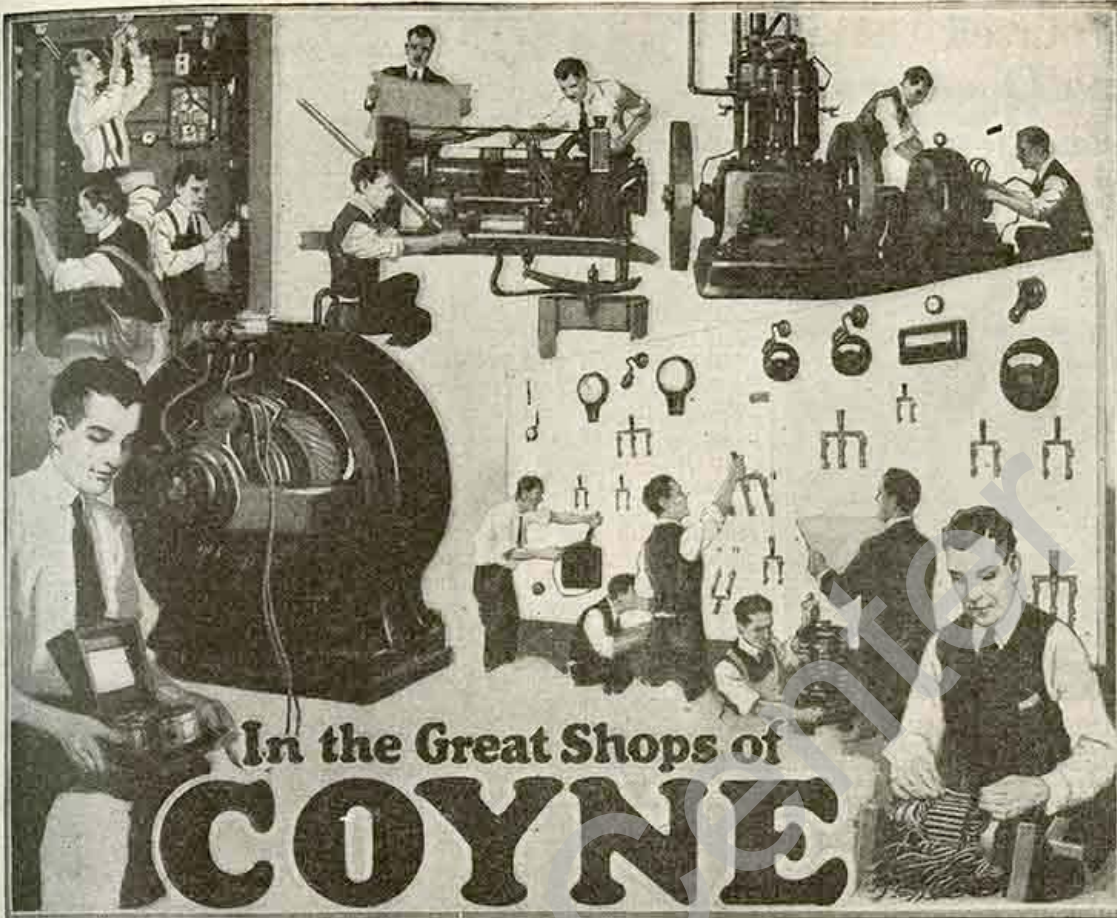
In soccer a fearless player can make great headway by running roughly right through the field, and it takes a courageous man to charge directly into the path of such an intrepid runner. That is one method of blocking a fellow in soccer, that serves the purpose of tackling: to play the ball running as swiftly as you can, even in the face of oncoming opposing players, in an effort to get the ball back towards your goal. It sometimes becomes necessary to block a ball with your chest right off the feet of an onrushing kicker, and often the ball connects with a jaw instead of some more invulnerable section of anatomy. Another novel feature in soccer, which happens fairly frequently, is where the ball will be kept in the air by the combined efforts of the members of both teams, as the ball will be "headed" one after another player, with an occasional boot for variation, the ball moving of the time ascending by short kicks "pops" with here and there a regular sky-rocket. All in all it is a game ninety minutes of life.

To an American the power of appeal in any sport lies mostly in the brilliant

(Continued on Page 62)

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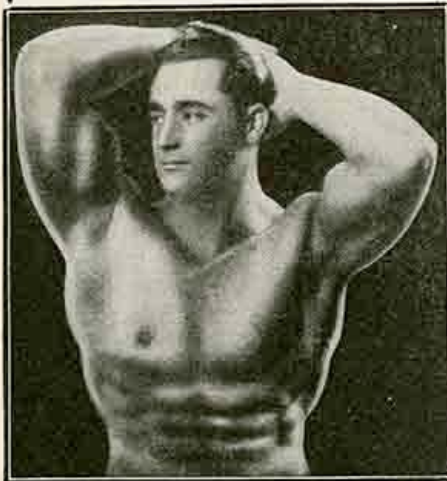
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## The Booting Game

(Continued from page 60)

performances of individual stars, no matter whether it be boxing, wrestling, baseball, tennis or football. The fan wants to see the star performer capable of outshining every one else in the game, and the biggest kick in witnessing a football game (that is our American Rugby) comes when a player makes an outstanding individual play, as a long kick sending the pigskin over the goal posts from away back field, or when one of the moleskin clad huskies retrieves the ball and races down the length of the field, evading the entire opposing team as he tears through for a touchdown.

In just the same way these intense movements can happen in soccer; a back may kick the ball with such force as to send it to the far end of the field and change the entire complexion of the game. Or by skillful dribbling a player may work his way along with the ball just ahead of his toes as he successfully outmaneuvers the clever footwork of several running, tripping booters.

Although the game is of British origin, it does not follow that teams from the "tight little isle" are capable of defeating the world at soccer. The most famous team today is one composed of Jewish lads—the Haskoah

Soccer Club, of Vienna, Austria in the last Olympic Games the ultimate winner was the team from Brazil, America, while in the previous Olympiad, Belgium was the ultimate winner. The game is immensely popular all over Continental Europe, and no country can be said to absolutely excel all other.

We can see no reason why this game should not prove popular with Americans, inasmuch as active games are preferred by our populace. Considering that constant activity is an essential part of soccer, and that such wonderful exercise is given the entire body by the evening running, jumping, booting and kicking, it should prove, in time, one of the leading games. A big point in favor of this game is the length of the covering as it does most of the work and keeps the players and spectators in the air during the winter months.

A man or boy who plays the game all kinds of weather is not very likely to be affected by slight exposures, drafts, and should enjoy perfect health during the time the majority of men are fighting winter ills.

At any rate, we call it a very interesting game to play, and a most interesting one to watch.

## The Tiger Man of Wrestling

(Continued from page 44)

included many personal remarks—and an agreement to throw the one with the bear name 10 times within an hour. The house was packed. If ever you saw a bewildered bimbo, that Lithuanian was the man. Pesek swarmed all over that huskie. He could not imagine what it was all about, but Pesek played with him like a cowboy toys with a roped broncho. He yanked and turned him wherever he wanted. The fifth fall was disputed, but before the referee could decide, Pesek good-naturedly gave it to him. "What's one fall?" he told the referee. Then he started in to pin Bruno a little faster. It was all over in 35 minutes, with the 10 falls gained and the odd one thrown in. John then jumped the ropes and hopped to his dressing room, while Bruno was sorting himself out and getting himself together for an hour after, with the manner of a shell-shocked doughboy. Bruno told me later in the evening, when he was better able to speak, that he never realized that a man could be so powerfully speedy. Pesek is just as playful off the mat as on. One evening a bunch of the stout-necked fraternity were celebrating after the bouts. John, willing to show his versatility, tried to balance one of those three-cornered table pianos on his chin. For some unknown reason it overbalanced, but John was not hurt—only the piano.

It was a great night when Pesek and Charlie Hanson were brought together, right after Hanson had wrestled the

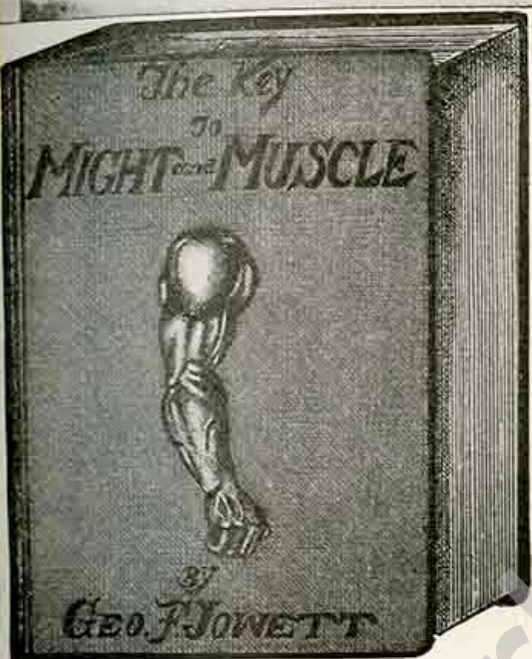
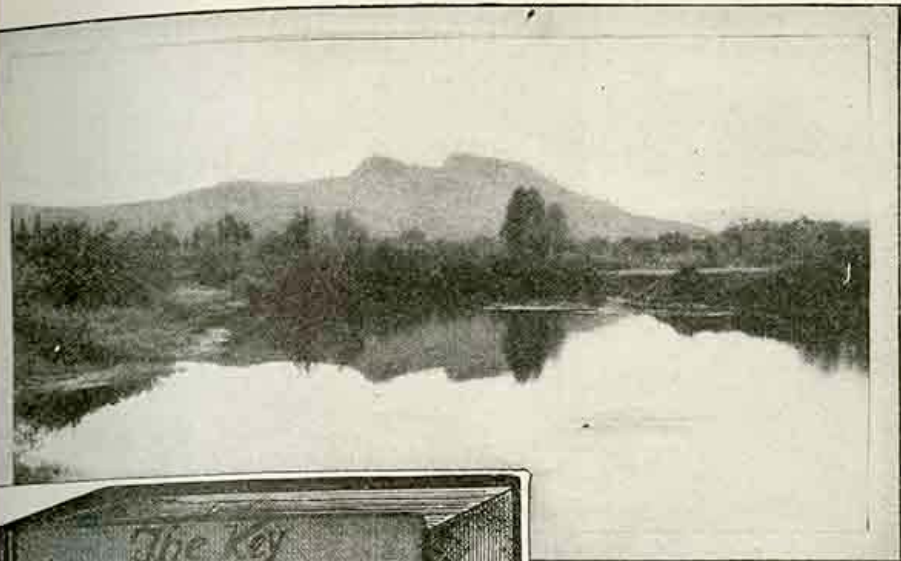
three hour draw with the young Zbyszko, at Nashville, Tenn, for the championship. Hanson is a very good wrestler, one of the sensationals that can always pack a house, like Dos and Pesek. The clever Swede lost his Waterloo with John. In 40 minutes the operation was all over. Believing that the Nebraskan's specialty was double wrist lock, he trained to be a double wrist lock, but he forgot that the head scissors were equally as deadly as the double wrist lock when administered by John. John's falls were secured by John with his head scissors.

Talking together about holds, Hanson remarked, "I use a toehold awful lot." You bet he does. If you have heard Gardini howl and Bruno screech when that playful hold was shackled them by Pesek, you would have been satisfied. Another time he dropped a line, about the time the heavyweight title was in debate. It ran as follows: "If you want to know who is the best wrestler in my estimation, write me again." Quite coyly put at that. How John is going to get his chin very soon. He wrestled "scissor" Stecher to a draw not long ago, and in order to get another swing at Stecher he has to show his ability over O'Vadalfi in very convincing style. he says he will do, and by the time this article will be published, according to his belief, he will have done it and be matched up with Joe again.

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

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

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

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## The Dethroned Dempsey

(Continued from page 53)

Meanwhile Dempsey has taken himself back to Los Angeles where it is rumored he is seriously considering a return bout with Tunney for the world's championship. It is a fact that a certain Los Angeles promoter has made an exceptionally large offer for a return bout in California. If such is arranged, which again I will predict is doubtful, it is likely to cover more than 10 rounds. It ought to be that, for the number of rounds that championship battles involve should be of sufficient length to decisively prove who is who. When people pay the big sum that is in demand for such affairs, they want to see something for their money. This is a fact to be considered, since it will always be the size of the crowd that attends which will decide the popularity of the game. It is doubtful if as large a crowd will ever attend another tilt as that which went into the Philadelphia Municipal Stadium. Too many went away disgusted. In a way, it was like the Sullivan-Corbett bout, maybe not quite so bad, but near enough. I will never forget the crowd that attended the Gotch-Hackenschmidt match in Chicago, when the world's wrestling championship was fought. It was miles from being anything like the crowd expected, and the foreigner fell down hardest. Like the Dempsey-Tunney match, the one who was least expected to fall down did. Never again did so

big a crowd muster for a wrestling match. The game was hurt. I do not say boxing is hurt anything like wrestling was, but it seems to me that the chance of the century was present—build up for future gates of the same proportions, but the fighters let it slip away. It was not Rickard's fault, more than did his part, and can always be relied on to do the best every time. It was Dempsey who fell despite aggression in every round. He did what he never did before, times without number—let his man go when he had him in what was always the right place for him. Even his worst friends groaned at his showing. They recognized that it was not the same Jack by a million miles; if it had only been the Jack of the Firpo scrap, Tunney would have been baked "tuney" inside of four rounds. Still it is the surprises that make the sport interesting and make us all more or less rotten guessers for the future. Just the same there was not a man in that Stadium who would not have much sooner seen Jack Dempsey finish his splendid career in the same dashing style that he had lived in it, even though it had to be in defeat.

For all that his name will go down as one of the greatest of all great pugilists that ever wore the championship of the world fight title.

## The Strongest Man That Ever Lived

(Continued from page 42)

noticed the passion the French have for clean cut logical sayings. If you have, you will, no doubt, recall the proverb which they have made very familiar and which is typical of the Gaulish mind. They say, "A door ought to be kept open or shut." This is a decided truism. Perhaps Louis believed in this proverb and decided it should be kept open for him so that he could step through when opportunity beckoned. The incident just related opened the door for him, and right then Louis definitely determined to become a professional performer. He resigned from the police force, but kept his saloon which he had but recently opened. He threw out a defy to all and sundry to a contest, with the world's championship title as the issue and as much money as a side stake or wager, as the other side cared to bet. He was now twenty-two years of age and began to fit out for himself an act with which to tour Canada and the United States. He stood five feet nine inches and weighed three hundred pounds, a mountain of iron, steel and stone, covered with straps and sheets of muscles as hard as rock. He was not a fat man as many imagine; his body was thick, almost square, built like a box. For so large a man he had an inspiring form. This is particularly true of his legs, which were very clean cut, despite their great size. Although there is no doubt about it that he was given to corpulency, it

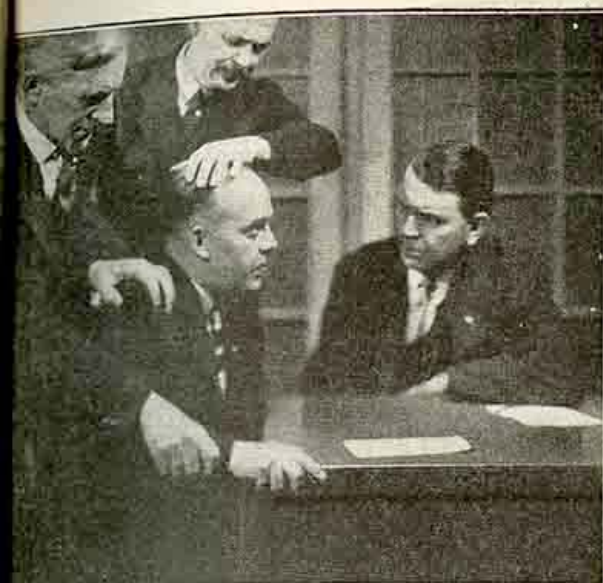
was not until later years that he showed it, when his weight went up to around four hundred pounds; but at this time he was living the years of enthusiasm when his whole heart and soul were in his training and the testing of his daily increasing strength.

He liked to picture himself as the modern reproduction of the biblical Samson, and his vision carried him to the crest of the wave that was to sweep all opposition before him with the same all conquering power as that of his ancient hero. No other man appealed to Louis as did that instrument of God, the son of Sarah. He imitated his religious hero to the extent of wearing his hair in long tresses which he wore cascading over his shoulders for many years. To his dumb-bells and weight lifting records of others were the Philistines—something to be conquered, and he attacked them with the same vigor as Samson, old fell upon his enemies. He was spectacular in a way beyond imitation and developed the inborn trait of dramatic that belongs to the Latin mind; the skill that can provide a climax at a desired point when the beholders hang suspended upon the movement, breathless, to be swept under their feet at the grand culmination.

In the year 1886 he met Richard Pinnell for the premier strong man honor of the world. On every feat he hoped

(Continued on page 66)





# Suddenly I Broke Away and Held Them Spellbound

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

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

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

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

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

Three months previously, the forces of indecision, timidity, and inability to talk in public would have held me to my seat. But suddenly that new power took possession of me and drove me to my feet. That wonderful 15-minute daily training at home had taught me to forget myself and think only of my subject. Almost automatically the ideas which had heretofore lain dormant in a mental jumble, now issued with a vigor, clearness and enthusiasm that astounded me no less than my boss and associates. And I noticed with silent exultation the rapt, intent look on my audience as my story unfolded itself smoothly and eloquently.

Today the men whom I used to greet deferentially I now meet with an air of cool equality. I am asked to conferences, luncheons, banquets, etc., as a popular after-dinner speaker. And my talents are not confined to business matters but have made me an interesting conversationalist at social affairs. I am meeting worth-while people, I own a good job, a good home, a good car. I am the happiest man that ever lived.

And I frankly and candidly admit that I owe all of these blessings to that wonderful little free book "How to Work Wonders with Words." There is no magic, no trick, no mystery about becoming a powerful and convincing talker. You, too, can conquer timidity, stage fright, self-consciousness, and bashfulness, winning advance-

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## The Strongest Man Ever Lived

(Continued from page 64)

lessly out-classed the successor of Winship. Pennell was a finely man and was looked upon as a winner by reason of his great one arm lift of two hundred and one pounds six ounces which he performed at a weight of one seventy-eight pounds when he was twenty-eight years old. He was in his fortieth year when he clashed with Cyr, who was then twenty-third year. The record man Pennell is the first bent press man and he is credited as being the inventor of this lift, but I think the honor are divided. Luis Attila, the European strong man, was the first to develop lift in Europe, and he later taught Eugene Sandow who made it so popular; but there is no doubt in my mind that Pennell thought the lift out for himself, as this was many years before Attila or any of the former Europeans came to America. No one knew of the other, yet the American's record was greater than any at that time.

Matches in those dawning days of strongmanism were not conducted as are the matches of today. Each selected a set of his own pet lifts, each had to follow the other through his routine. The man who was better on the other man's set of lifts was adjudged the winner. He did not always have to outlift his opponent that was to be decided by the judges and some weird decisions were made out as was proven by the Sandow-McCann match and the Sandow-Pennell lift.

The followers of Pennell smiled when they saw Cyr go through his set of lifts, finger lifts and other dead lifts that were raised just off the floor, followed by his manipulation of heavy weights of sand. They figured Cyr was doing those stunts, and Pennell would be better in the judge's eyes than would on Pennell's lifts. They believed that the Pennsylvania University instructor would tie the huge man who what they termed arm lifts. They wanted to learn that the bulk of the Canadian's arms was muscle and not fat. As Pennell made his one arm press of two hundred pounds, he wore a satisfied smile, but it soon faded and he became dumbfounded to see Cyr lift the same weight up as though it were a bag of peanuts and shove overhead with no perceptible body bend. His next move was a revelation as Cyr rolled forward a huge dumb-bell. People speculated on the weight of the dumb-bell, many were saying it was hollow; but it was just one of Louis' ideas to produce an effect. He tossed the bell to his shoulder, and stiff legged, with a slight body bend, he slowly thrust the weight to arms' length. Letting it crash to floor, he calmly said, "Weight." Curiosity became amazement as the announcer cried out, "two hundred and three pounds." Reporters and spectators alike began to realize that this was foundation to the news that

lited across the St. Lawrence to their  
rs, and before the contest was over  
ey were satisfied that they were look-  
g upon the man who comes only once  
so many hundred years, according to  
ome statisticians.

Pennell was great in a one arm curl  
nd often curled one hundred pounds.  
During this contest he curled one hun-  
red and two pounds, but the lift faded  
nto insignificance as the youthful Cyr  
urled twenty-five pounds more. Pen-  
nell did not have a chance on a single  
ft; thus Louis Cyr became recognized  
ll over the American Continent as the  
tongest man in the world. He had  
othing else but honest praise for the  
man he beat, and Louis came to respect  
the man who has been given credit for  
starting the strong man movement in  
America as well as being instrumental  
n forwarding physical exercise as an  
educational feature in the schools. Pen-  
nell was connected with Dr. Sargean  
nd, among many others, Dr. Winship  
Dr. Flin, of New York, the man who  
won fame as alienist in the Harry Thaw  
Stanford White case, was an excellent  
pupil of Richard Pennell. He was an  
unusually powerful man, being capable  
at any time of pressing his own weight  
with either hand, which stood at one  
hundred and eighty pounds. We are  
indebted to Pennell for this pupil who  
was the father of Dr. Flin, Jr., the man  
who wrote an interesting instructive  
volume on exercise, which at that time  
was a masterpiece.

As so very little is known of Pennell,  
I feel sure that you will not object if  
I leave the French-Canadian monarch  
for a while to tell you a story in which  
Richard was proven the unexpected  
master. He was born in America in  
1846, although many have stated he was  
an Englishman, but that was only by  
extraction. Fully dressed he was not an  
inspiring man; only when stripped did  
he look the part. His best lifting weight  
was one hundred and seventy-eight  
pounds, and as a young man he joined  
the circus of Batchellor and Doris, daily  
exhibiting his strength. When they  
were showing in Syracuse, N. Y., a rube  
came up to him after the performance  
with more of his friends who had come  
in to see the circus. Tapping Pennell  
on the chest the rube remarked, "Well!  
you may be a strong man, but we have  
a man who can beat you on pitching  
quoits the furthest."

"That may be," replied Pennell, "for  
I have never thrown quoits, but I doubt  
it very much."

"Well we've got fifty bucks to say he  
is a better man at his distance," the rube  
came back, and just as promptly he  
pulled out a wad of greenbacks and  
began to thumb off fifty. Just as  
promptly Dick pulled out his fifty and  
said, "I bet that your man can't meet me  
at my distance." The stakes put up,  
the rube asked, "What is your distance?"

"Never mind," Pennell reiterated.  
"Stick up your peg on your man's dis-  
tance, and I'll show you."

One hundred and fifty feet were  
stepped off and a stake driven into the

(Continued on page 69)



**JOHN R. BRINKLEY, A.B., Sc.D., LL.D.**  
Dr. of Med. Royal University of Pavia.  
Famous Gland Surgeon, whose success is  
universally known and recognized. He is chief  
surgeon of the Kansas General Research  
Hospital.

interpreted, simply means that the human glandular system often needs rejuvenating and that the successful transplantation of glands offers a definite chance of effecting this revitalization. Since making this startling remark in a lecture on the subject of glands, Dr. Brinkley has successfully performed over four thousand gland transplantations on those who needed "re-charging". He is now Chief Surgeon of the Kansas General Research Hospital, licensed by the State and operated at Milford, Kansas.



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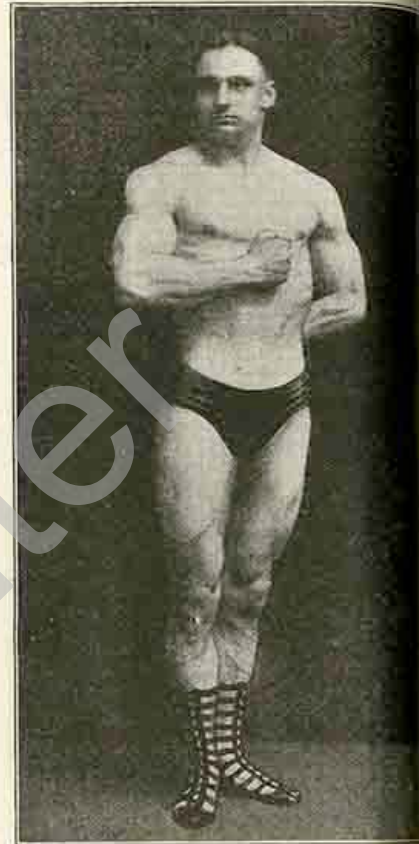
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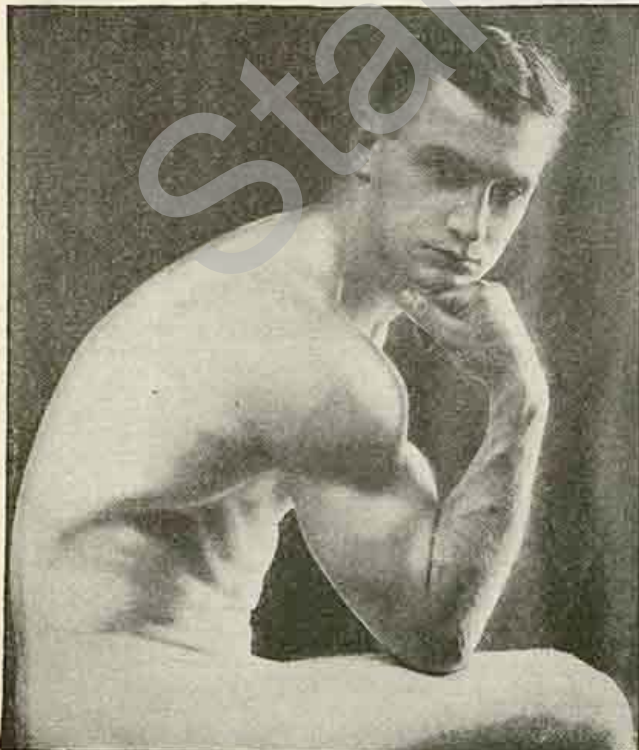
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You find yourself acquiring the strength, skill, endurance and speed that enables you to perform difficult feats that you thought impossible for you before you commenced my course.

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CHARLES MacMAHON  
from "The Key to Might and Muscle"



CHARLES MacMAHON

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# The Strongest Man That Ever Lived

(Continued from page 67)

and to mark it. The champion rube stepped up, coat off, shirt sleeves rolled up, and throat bared, to do his best. Right on the one hundred and fifty mark his quoit landed and a tickled sensation thrilled through the bunch of spectators. It was a husky throw, indeed, for the quoits used were considerably heavier than those pitched today. "Ha, so that's it," Dick said, and stepped to pick up a quoit without unbuttoning his coat. He toed the line, and the distance and then stepped back and "whang" the quoit sailed through the air landing fully twenty feet past the mark of the rube. "That's my mark," Dick grinned as he coolly collected his

own fifty and the rube's fifty and walked away from the gaping throng.

Pennell was enormously strong, as judged by the times; and at wrist turning and curling weights he was considered invincible until he met his Waterloo in Louis Cyr. In a match with Henry Holtgrewe, the Cincinnati strong man, on wrist turning and curling weights, which were Henry's specialty, Pennell won in a decisive manner irrespective of Holtgrewe's body weight advantage; but either of these two men might just as vainly have tried to turn over a house, single-handed, as to have tried to budge the arm of Cyr a fraction of an inch.

# American Continental Weight Lifters' Association Notes

(Continued from page 56)

direct. Mitchell came up and tore the weight from the platform to arms' length with plenty of reserve. The Military Press followed; Gauss started at 100 pounds, which he pressed in a neat style. Mitchell dropped to 160 pounds. Gauss went up to 180 pounds, but was squallied, and failed utterly on the third attempt with the same weight. The victor succeeded with 170 pounds on his second attempt, but failed with 180 pounds on the last trial. The totals were as follows: Mitchell, 620 pounds; Gauss, 590 pounds.

The match over and won, Mr. Jowett talked a little about each boy, and his praise for them was entirely justified, as proved by the wonderful ovation given to each man as they shook hands in appreciation of each other's worth. These two boys certainly gave a splendid lesson in sportsmanship, and, as I have said before, I wish we had more of them.

If it can be arranged, Mitchell will meet Barbeau, the French-Canadian champion, though it is likely that a return match between Gauss and Mitchell will take place first. If we decide to pull off a show in New York this winter it has been arranged that they will meet there.

Among others, we have Manger, Freeman and Levan, in the East, who are always willing to take a chance, and we certainly would like to see the first two named boys meet Gratton and Angers. Our president says it would be a rare struggle to see Manger, Mitchell, Sundberg and Freeman clash with the Canadian quartette.

The whole night's performance was great, and we have to thank Messrs. Geo. Dembinski, of Albany, N. Y.; A. Bernet, of Allentown, Pa.; A. Levan and E. Weinhold, of Reading, Pa.; Geo. Blymire, of Harrisburg, Pa., for their splendid contributions. Shortage of space does not permit me to go through each of their acts singly, but no records were broken by any of them.

W. Lilly, of Philadelphia, gave a remarkable display of muscle control which I do not believe can be equaled

by anyone in the country. He is a wonder at it. I feel that I must mention a newcomer, Archie Alair, now of Philadelphia, who is going to be a serious contestant in the heavy middleweight class. He is powerfully built, and bears a strong likeness to Ernest Cadine, the great French iron tosser. May Alair become as good as Cadine. Alair gave us a nice act in slack rope walking, and later made a right hand military press with 100 pounds.

M. N. Campbell, 1005 Joseph street, New Orleans, La., has reorganized "The Jowett Weight Lifting Club" there and has everything on a fine basis. Get in touch with him, you Southern boys. We would also like all enthusiasts in California to get in touch with vice-president M. Betty, Suite 911, Walter P. Story Building, 610 South Broadway, Los Angeles, California, and Ernest E. Coffin, 366 East 63rd street, Los Angeles, California. They want to put over something big in the sunny state, so get together boys. In fact I want you all to get behind your state representative and try and do something this winter.

Now that our membership fee is reduced so low there should be no trouble in getting new members and renewing old members.

Before I close for this month I want to squeeze in the results of the Alzin-Rigoulot match which have just come to hand. Alzin fell down on the form that he displayed when he swamped the totals made by Rigoulot and Cadine on the French professional set of lifts. On the other hand, Rigoulot eclipsed some of his greatest records by the most brilliant lifting ever seen. He put up three new worlds' records in the snatch lifts which I will give in their regular order, as each lift was performed. Right Hand Military Press—118 pounds, Rigoulot; 137½, Alzin. Two Dumbbells Clean and Military Press—206 pounds, Rigoulot; 215½ pounds, Alzin. Two Hands Clean and Military Press with bar bell—219½ pounds, Rigoulot; 232½ pounds, Alzin. Right Hand Snatch—232½ pounds (world's rec-

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ord), by Rigoulot; 188½ pounds, by Alzin. Left Hand Snatch—210¾ pounds (world's record), by Rigoulot; 166½ pounds, by Alzin. Two Hands Snatch—294¼ pounds (world's record), by Rigoulot; 232½ pounds, by Alzin. Two Hands Clean and Jerk with bar bell—352¾ pounds, Rigoulot; 284½ pounds, Alzin. Two Hands Dead Lift—534¾ pounds, Rigoulot; 529 pounds, Alzin. Total by Rigoulot, 2168¾ pounds; Alzin, 1986½ pounds.

## Shaping the Man

(Continued from page 33)

perfect as far as physique goes, and each man is more than ordinarily strong. I believe that these men would be chosen in preference to any other selection in an open field. Incidentally each man is a product of a separate country. MacMahon is an American, Moss is English and Pandour is a German. Therefore it could easily be said that each man is the most fitting representative of the country to which he belongs, for physical idealism. The only fortunate thing that can be said for these men is that they were blessed with a pleasing height, other than that they commenced their training as just ordinary individuals, and unlike the majority who start out to acquire a shapely body, these men knew what to do, and their object first and last was, shapeliness.

Shapeliness is a quality desired by us all, therefore, I believe it is one thing that should always be kept in mind. Although I have said that it will bring about the other things, yet if you keep your mind fastened on "shape," and not so much on "size," you are less apt to get into the unbalanced state. Having "shape" in mind first, you are taught to study your body from a correct angle; because like anything else, there are certain laws that govern shape, even as certain other laws govern the acquirement of great strength.

Fullness might be accepted as the general rule in our discussion. The fullness of the upper arm is proven by a developed triceps, the lower arm by the forearm pronators, the chest by its roll from the clavicles. Then you have the width of the shoulders, which must be flat and taper to a square waist. Then there are the external oblique muscles, which should continue the scheme of development in a surge over the hip to their insertion in the groin; the latter are lovely muscles and whenever I see them, I get the idea of a wave that surges and then falls away in a gentle undulating roll. However, how often do you see such a pleasing vision—seldom. Just the other evening I was among a group of men admiring a certain chap. They remarked on his fine looking chest, and some thought it would have a circumference of forty-four inches. I doubted it, so they measured and only got forty-one inches, much to their surprise, but, they had not seen what I had. I pointed out that though the young man appeared to have a magnificent chest from a front view, if they would observe his chest from

The match went to the brilliant Rigoulot with a margin of 182 pounds. On his first attempt in the Right Hand Snatch, Rigoulot swept to arms' length a wonderful poundage of 237 pounds, the lift was disqualified owing to the finger tips of his left hand touching the floor lightly as the lift was being lowered. It is reported that since he was ahead of his opponent on the bench for his lifts, he did not push himself. Clean and Jerk and the Dead Lift

the angle I placed him in, they would see a slight scoop on the upper part of the chest, right before the prominence of the lower part of the pectorals. When this was pointed out they recognized the defect. This proved that had not practiced exercises that developed the clavicle section of the chest with inspirational exercises. Inspirational, in this case is the correct word used for chest uplifting, and does not wholly mean breathing exercises. Really means that this part of the chest is lifted up. The action of the chest is always in expansion.

You do not have to examine carefully the muscular shapeliness of the upper arm that illustrate this article in order to get the right idea of how the chest should swell from the throat before it goes away into the abdomen. That is what the young chap was lacking. It is strange to note, but the very things that build the symmetry of the chest are invariably overlooked. You must remember that a larger upper arm does not mean just biceps development, more than a larger chest means greater expansion. I have seen many unshapely upper arms, simply because the chest is entirely with the biceps. The biceps of the arm was just a straight line, it should have been full with a curve that began to swell from the elbow to the fuller roundness of the deltoid. By way of demonstration—tense the triceps by clenching the fist, and the arm in a rigid fashion backward. If fully developed this triple muscle of the back of the arm will spread from origin to insertion like the curve of a horseshoe.

The back, from the base of the neck to below the shoulder blades, should be straight, with no hollow in the neck as though a chunk of muscle had been scooped out. Neither should there be a sticking out of the scapula bone at the line of the shoulder. I have actually seen a lump there on the otherwise well formed athlete, it looked terrible. If you want to find a well formed your back and neck is to pull your hands on the back of the head. If the development is good, a great sweeping curve will form from the base of the head right down to the small of the back. In this same manner by Charles MacMahon, you see the beauty of what I mean. There is a single interrupted part in the formation of the curve. It is a slight pose, and I doubt if it could be

(Continued on Page 72)

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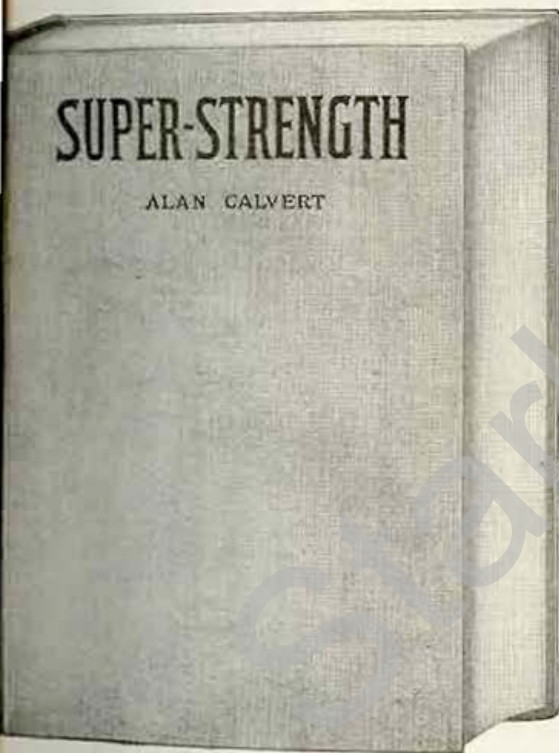
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The J. B. L. Cascade plus its unique principle—plus lukewarm water—plus this famous tonic—here's constipation's conqueror! Will you put it to work for you? Or will you continue to grope blindly in the wilderness of misery looking for some freak panacea to save you? Send to the Tyrrell Hygienic Institute, 152 West 65th Street, Dept. 275, New York City, for that wonderful booklet "Why We Should Bathe Internally." Read how thousands got rid of those hollow cheeks, those throbbing headaches, those poisons that burn up your energy—how they exchanged wretchedness for bounding vitality; restless nights for energy-building slumber; age for youth; unattractiveness for beauty. Just a two cent stamp—an envelope—and the coupon below—and the full story becomes yours!

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152 West 65th Street, Dept. 275  
New York, N. Y.

Send me, without cost or obligation, your illustrated booklet "Why We Should Bathe Internally."

Name .....

Street .....

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

## Shaping the Man

(Continued from page 70)

more beautiful by anyone. You also get a nice view of the deltoid muscles which fit like a cap on the point of the shoulder. In this pose they do not have the same opportunity to display themselves as they do when the arms are held straight out, level with the shoulder. Viewed in this light they can be better appreciated. His hips give a pleasing appearance, being neatly round, and the side view of the leg shows the development on the back of the thigh. Whenever you see that fullness there you can rely on it the owner has well formed legs. A great many legs are cylindrical, which do not look like anything to be admired. In other words, they lack the clean cut suggestion which makes the legs strong and shapely.

Well, I have told you all this, and given you my idea on the type of man in which I believe is most likely to be found the ideal form, and you may wonder how this is going to help you find your weak spots in shapeliness. I have come to that now. Anyhow, it is not my policy to overlook the advantage that this should have for you, so I will continue by explaining just how you can find out where you are lacking.

As has already been written, measurements do not mean anything else than just size. How that size is distributed will determine your shapeliness. Unfortunately measurements are very misleading to many. They often give the idea that because a certain part shows a good circumference, that part requires no further attention. The best way to analyze yourself is to first take all of your measurements, then strike a natural pose before a full length mirror, if one is available; if not the regular sized mirror will suffice. Study your reflection carefully. Ask yourself a few questions like these. Are there any hollows around the neck? Is my chest hollow, flat or narrow? Does any part of my backbone stick out? Am I round shouldered or stoop shouldered? Does the Adam's apple stick out? Do the shoulder blades resemble wings? How about the arms, legs and hips? And so on. Make a list of the defects as they appear to you, and if possible have three photographs taken of yourself—a back view, front and side view. There is nothing like a photographic history of yourself. By this means you can refer back for comparison, and it is a better method of watching yourself grow shapely than the use of a tape measure.

The next step to consider is the lay-out of your training program. This is beyond a doubt the most important feature of our physical training. Too many people exaggerate their defects and plunge into exercise with only one thing in mind—to correct that defect no matter what else happens. That is all wrong. You must never forget that the muscles first require toning, and the beginner should lay aside the first three months for that task. During those ninety days, the muscles of the body go through a process of conversion in

which the soft fibres of the under muscles become converted into material. The muscle cultivating exercises should be general, covering parts of the body, and not just isolated exercises considered to be one, two or three physical defects. Apart from converting the muscle tissue, the body gets a chance to itself. Some of those defects you checked up on may just be caused by neglect, and often during this period of exercise, these muscles will improve rapidly that they are able to catch up to the other muscles that apparently started a start. When the three months are over you will be in a better position to correct which muscles are really defective, which are not; then is the time to start about special training on concerned areas. Your body is more capable of co-ordination, which is required to work the other muscles along.

Starting off on isolated training cannot call it specialized training, it reminds me of starting at the foot of the hill with the gear of an automobile thrown into high. If you have defects, which you will have, no matter how small, the latter method will help you in the same manner as many hands to pull something out that is stuck in a rut. I do hope you get my message as this is a very important feature every body builder should thoroughly understand.

Of course, a person, who is afflicted with weak lungs, a weak heart or other organic weakness makes the primary object the correction of that condition first. This must be done by special preparatory work, but my message in this article is given to the beginner who is organically well, and seeks to improve his general physical condition.

A careful study of exercise should always overcome any stubborn dilatory muscles. Sometimes it takes time, and other times the building is rapid. The solution of this lays in the natural construction of the muscle fibres. If they lack interstitial fat, are starved just as much as when nervous vitality is low. If the muscles are naturally compact, they will be harder to break down than if they are of a loose, or coarse nature. It takes a little longer to correct the first condition because the blood has to supply the nutriment, the second condition has to be corrected by new stimulation, and the third condition by harder training.

Lay out your training schedule with the same concern that you would lay out plans of a house you intend to build to last a lifetime. Your body must be your greatest concern as long as you live. Proper exercise will preserve the tissues longer against the inroads of emaciation which comes with age. There are no two ways about it, you can only succeed by shaping your body on a thoroughly balanced scale. Move towards your ideal, and when you reach it keep it fit from day to day. Remember that shapeliness is the essence of a



# From "Puny" to PANTHER-MAN

ilt body. It contains all the ingredients of physical perfection and efficiency. When I think of physical form, I am always reminded of what Emerson said, which I am giving you word for word the closing piece of inspirational advice in this article. *A beautiful form is better than a beautiful face; gives a higher pleasure than statues or pictures; is the finest of fine arts."*

## The Mat

(Continued from page 51)

his hands behind his knees, and shorten the distance between the chin and the knees as much as possible. You stand close up to him on his left side, and thrust your right arm between his arms across the chest and grasp the inside of his right arm tight against the arm pit. Stand up close so that your hip is close to his, and with your left hand catch hold underneath his left knee. Then with a leave pull him towards you, and lift with both hands to the shoulder but do not stop there. Keep on thrusting until your arm is straight beneath the load. This is the easiest way to do it, and as further aid you might have your friend jump as you lift. After a few practice lifts you will be able to handle him like an expert. Many other variations of lifting him with one hand will present themselves to you as you become more proficient. As you continue to practice, you will feel the muscles swell, and your strength increase, and an artistic talent develop which will make you welcome among all of your friends. On the top of this, you will have all manner of fun out of it when you and your friends get together, and so will kill the monotony of the long winter evenings which we are now facing.

Dear Mat Editor:

Can you give me an exercise without the use of weights that can add 3 inches in four months to my chest and another for my upper arms.

F. C. Aibonito.

Frankness has always been a strong feature with me and I am going to answer this last letter just as frankly as I ever have done. I can say that I know of many exercises without weights that will increase the chest measurement considerably, but this fact brings us to the question of what you call increased chest size. I certainly do not call an increased chest expansion of four inches over an original expansion of two inches of any value. Frankly, I would register such a chest expansion of six inches as an evidence of muscular weakness. The proof of a strong or a weak chest is always the figures that are marked alongside the normal line, and the progress of the chest must always be decided by the increase of figures over the normal chest—not in expansion. You do not have to be deeply versed in chest culture to realize that a chest which flops from an inflated measurement of 38 inches to a normal mark of 33 inches, has little to recommend it. Bearing these facts in

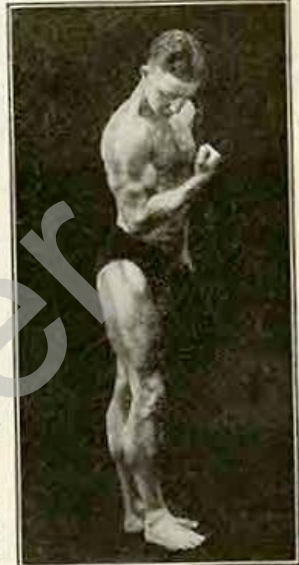


Before

This lad looked pretty hopeless when he came to me. His arms looked like sparrow wings with the feathers removed. His ribs stood out and his bones tried to poke through his skin all over his body. His chest was hollow, his neck was scrawny. He had sluggish blood circulation and jumpy nerves. He couldn't sleep. Then he took my course.

LOOK at these two pictures! LOOK at them! Then go peek into your mirror and see which one of them is more like you. Never mind blushing! Don't waste time being ashamed! There's no need of *staying* that way!

The chap in the picture got next to himself. They nicknamed him "Puny"—once. But the man who calls him "puny" now will have a battle on his hands. And the *best* part of it is that not only his appearance, but his whole LIFE has been changed! Instead of waking up in the morning with burning eyes and heavy head, instead of ducking all sports that require strength, he *eats 'em up!* He's full of pep, stamina strength and vitality. He never knows when to quit—and it doesn't matter. His body can stand the gaff, whatever it is. *Do YOU want a body like that?*



30 Days After

What a man! In thirty days I built the fellow you see above. I loaded his bones with muscles! I gave him a body that laughs at hardships and illness. He says, "No other apparatus and instruction can touch yours! When the human body will hold another muscle—Titus will put it there!"

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The TITUS System, the system that has trained thousands of the world's strongest men, the system that covers bodies with panther muscles will make a new man of YOU!

Since I started training men by mail nearly thirty years ago—imitators have sprung up by the score. I made them what they are today and hundreds of letters in my files prove it.

But there's a big bag of tricks that the "Daddy of 'em All" never opened. There is only one TITUS! There is only one place on earth where the TITUS panther-building system can be bought! That place is TRAINING HEADQUARTERS—the home of physical culture! You don't want an imitation body you want a real one! Then get your training from a *real* trainer.

Every TITUS graduate gets this magnificent, solid, statuary-bronze medal of merit. To many strong men it was the beginning of a collection of medals, cups and prizes won by their feats of strength. Get yours and begin your career. One of the finest and most artistic medals ever designed for an athletic event. Free to all TITUS graduates. WRITE NOW!

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Mail the coupon at once for your free copy of *Better Built Bodies*.

TITUS, Dept. X-110, 105 East 13th Street, New York, N. Y.

WIN \$1,000<sup>00</sup>

The mammoth 1926 Prize Contest is closing now. Someone is going to be \$1,000 richer! If you were not entered in that contest, get started in the new one now! Full particulars of the 1927 Contest will be included with my big free book. Mail the coupon NOW.



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mind, you can understand why I do not advocate the type of exercises that brings about this condition. I can positively say that there are no freehand exercises that can be practiced to give the results my inquirer asks for. You must have resistance from one source or another, otherwise you will never hold what you gain.

You can practice calisthenics, free hand drill and breathing exercises all you like, but the difference between the normal chest increase will be much lower in proportion against the inflated chest increase. You will certainly gain a little, but it will be a *little*. Anytime you are called upon to demonstrate the value of your work, you will have to blow your chest out like a balloon tire, and don't forget, the moment you let out the air your chest will go down like a punctured tire. To my mind those exercises are useless. Why waste your time acquiring useless results when less amount of time than is exhausted on free hand work, can be employed to a greater advantage with the use of proper resistance. The trouble with free hand work, and all the kindred methods of exercise, is that they do not supply the muscles with sufficient resistance, consequently the costal cartilages do not get the opportunity to stretch and thicken, nor do the muscles that surround the chest get the chance to break down their old tissues. In order to do the two last things, you have to use resistance, and it does not matter whether that resistance is supplied by a pair of ten pound dumb-bells, or a bar bell, you cannot get material results without something. You never saw a strong man with much chest expansion. He may impress you that he has considerable by flexing the latissimus dorsi muscles, or taking a measurement from a contracted chest measurement to an expanded measurement, but neither of those two methods are true indications of chest strength. I have known several men who each had a 48 inch chest, but not one of them had more than one inch proper expansion, and these men were all terrifically strong men. Their chest chamber was large all the time, which enabled the lungs to function to their full capacity all the time. And *all of the time* is when you want it, not when you consciously blow up your chest to amaze your best girl.

Real chest results are only gotten from building up the muscles that incase the boney structure, by holding the gains that proper resistance exercise gives. Therefore, my friend must not be angry because I do not give him the exercises he requires. If I did I would feel that I was doing him an injustice. My desire is to guide you right with nothing but the truth. Little chance as you have to get substantial chest girth from free hand work, you have a darned sight less chance to get anything out of your arm muscles.

Editor of Mat:

Would you kindly answer the following questions: What is Gorners' record on the two hands dead lift, also the one hand dead lift? Has anyone broken Louis Cyr's

# A WOMAN'S

Priceless Treasure is

Good Health and Her Good Physical

If you are blessed naturally with these treasures, learn from me how to retain them indefinitely. If you don't learn now, you will soon find that perfect, admired form of yours vanishing into unsightly lines.

And there is hope, too, for girls and women who were blessed with a naturally good figure and health.

With this woman's course you improve those thin limbs, or the oversized ankles, fatty knees, abdomen, etc., transforming the whole body of yours into magnificent proportions.

There is no reason why you should not be happy in the knowledge of the fact that you are as well proportioned and as good to look at as any of your more fortunate sisters who came by their beauty of figure naturally.

### Let My Course for Women Give You Shapely Limbs—

the type of limbs the present styles were really designed for.

Also develop a trim waist, a firm bust, and put a healthy color and appearance in your face. A healthy appearance is beauty.

### Enhance Your Womanly Charms

Don't be satisfied with any other appearance than a shapely, healthy one. You don't have to be, if you get this course for women.

### There is Nothing Difficult About it

The movements that rapidly improve your health, shape and complexion are not difficult or irksome. You will enjoy the actual practice of this course as much as the results.

Don't allow the low price to fool you. The price is a dollar, but the value to you in bodily improvement cannot be calculated.

JACK SANDOW, Room S, Dept. 54,  
Michigan Avenue and Randolph Street,  
Chicago, Illinois.

Dear Sir: Enclosed please find \$1.00, which send me immediately the Woman's Course.

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record on the back? Could you please let me have the measurements of Gorner and Saxon?

Wm. Pedder,  
Fall River, Mass.

In the September issue of this magazine I wrote a feature article on Gorner entitled "The Miracle of Might," which covered everything about this marvelous man. His Two Hand Dead Lift record is given at 793 $\frac{3}{4}$  lbs. His one hand record is 727 $\frac{1}{4}$  lbs., both of which are the present world's record. As far as the back lift made by Louis Cyr is concerned, up to date nobody has equalled it. The measurements of Saxon are as follows: Height, 5 ft. 10 in.; weight stripped, 200 lbs.; chest, 49 $\frac{1}{2}$  in.; waist, 35 in.; forearm, 14 $\frac{3}{4}$  in.; biceps, 17 $\frac{1}{2}$  in.; thigh, 24 in.; calf, 16 $\frac{1}{4}$  in. Herman Gorner's height is 6 ft. 1 in.; weight stripped, 245 lbs.; neck, 20 in.; chest, 52 $\frac{1}{2}$  in.; waist, 38 in.; hips, 43 in.; biceps, 18 $\frac{1}{4}$  in.; forearms, 16 in.; wrist, 8 $\frac{1}{4}$  in.; thigh, 27 in.; calf, 17 $\frac{1}{2}$  in.; ankle 10 $\frac{1}{8}$  in.

Editor of Mat:

What is meant by "costal" breathing?

C. Huskey,  
Goffrey, S. C.

The costal region is supposed to be the rib sector according to the accepted version, therefore, costal breathing would naturally indicate breathing within that area. However, we find that breathing methods are divided into three divisions which are named clavicular—meaning breathing within the upper chest region; intercostal—the center rib region; and diaphragm breathing—lower region of the chest sometimes termed, abdominal breathing.

Personally I believe the term costal breathing to be wrong, for costal really means pertaining to the ribs, which naturally would include the whole rib region, inclusive of the clavicular and diaphragm. Quite a number of years ago I was connected with a very brilliant student of the body who had spent a life time on the study of breathing. In fact I was his demonstrator for most of his important lectures, many of them before members of the medical fraternity. He termed what others since have called costal breathing, intercostal, and I think you will agree with me that the latter term is more correct since inter means "in between"—between the clavicular and diaphragm sections of the thorax.

To go into these methods of breathing is a very long affair, which I will have to leave go until I can devote a whole article to each method of breathing, as it is a very deep subject, and the fact is that so little worth while material has been written on the subject, that one is not equipped with sufficient data on it to go into it briefly. If you are really interested in it, and care to write me to that effect, I will run a series of articles on this subject which I can vouch will be highly interesting and entirely different from anything else ever written on the subject of breathing.

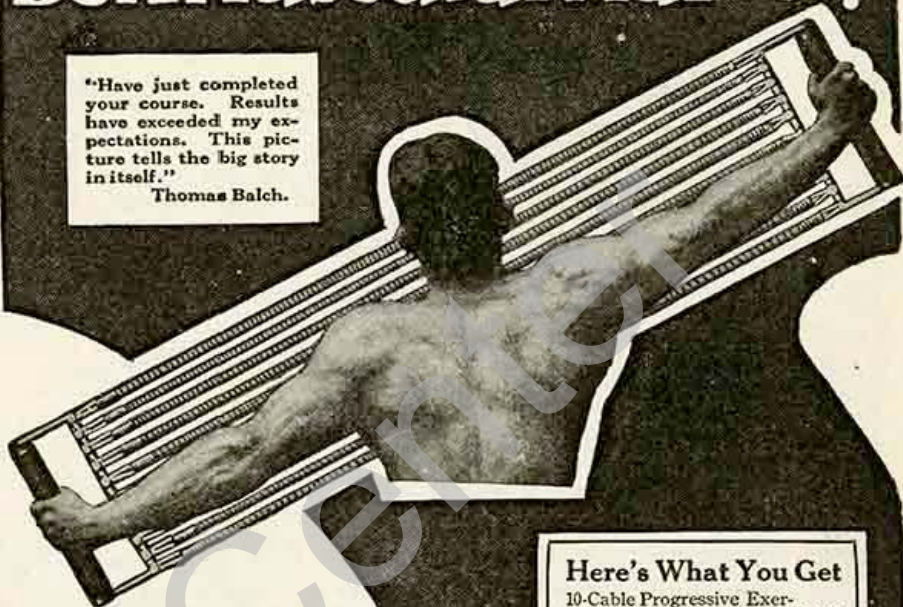
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This exerciser has a resistance of from 10 to 200 pounds. The safety snap hooks can be quickly adjusted, giving you as many cables and as much or as little resistance as you want. The Progressive feature allows you to increase the resistance as your muscles become stronger.

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## Analyze your Footprints

Sprinkle talcum powder on a sheet of black paper or any dark surface. Stand on one foot, then the other. What do your footprints show?

### Danger Signs

Are your arches flat? Do your toes overlap? Have you bunions or undertoe corns? Is the footprint marred by calluses?—If the feet are not both normal, take care! Gradually the trouble will intensify until you pay the penalty of neglect with painful, odorous, misshapen feet.

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Fortunately, your feet can be cared for—and you can do much to correct abnormal conditions. The first step is foot-hygiene and proper shoes.

Pediforme Shoes are designed to enhance the beauty of the foot while acting as a corrective of any condition not normal. The greatest authorities in the land, as well as thousands of men, women and children users endorse them heartily.

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36 West 36th Street  
New York City

322 Livingston Street  
Brooklyn, N. Y.

## Beautifying Feminine Shapeliness

(Continued from page 38)

ping up on a box, chair, table, or other fairly high elevation, raising the body to a complete standing height. Execute the movement a number of times with both legs, so that the hips and buttocks will obtain a complete work-out.

These exercises are health builders as well as beautifiers. All excess weight can be turned into beauty of form only by being converted into well-rounded muscles. Of course, we don't literally

mean "converted into," for you must first burn away the fat and then build up the muscle. When you have acquired beautiful shapely hips and buttocks when you have gained the admiration of your friends, and when you will no longer shrink from appearing in public in a bathing suit, or evening dress, you will realize the vast importance of exercise and will wonder why you did not take it up before.

## Mountain Climbing

(Continued from page 28)

I am positive that had I never taken up exercise to gain strength, I would have never saved him. For one cannot imagine the tremendous power and nerve that was needed in helping my comrade to safety, besides keeping myself from slipping. When the crisis arose, I was not lacking, and I attributed it all to exercise.

Such experiences happen quite often. We can be of use to our fellow men in case of need. If we only cared a little for the building up of our physical condition, and that from exercise, I would suggest mountain climbing—it will give you the power of super-men.

Vincent Madonna, the acclaimed International Motorcycle pacing Champion, known as the man with a pair of "million dollar legs," spends much time in mountain climbing. When vacationing he takes trips to the mountains and passes all his waking hours climbing. He says, "If an athlete, or one aspiring for physical perfection, wishes to keep himself in condition or benefit physically, the great thing to do is to go mountain climbing; thus monotony is avoided and a great deal of fun can be had." Madonna states that fun is derived from mountain climbing and this is very true. "Work combined with play is never irksome."

Another great mountaineer, who has developed a beautiful body and whose photograph has been shown here before, is Ignatius Newbauer, who was born amid towering peaks and has spent the greater portion of his life conquering them.

J. Lemm, the great Swiss wrestler and weight lifter, is also known to be one of the best Alpine guides in Switzerland. His physique is a proof in it-

self what mountain climbing combined with other exercise will do.

Mountain climbing deserves more than brief mention—when comparing its returns to that of athletic games, for it is just as stimulating, as beneficial, as any sport one cares to mention. Mountain climbing calls for increased heart action, and acceleration tends to quicken circulation and induce forcible respiration. Perspiration of the body of toxic poisons and this manifested to a superlative degree, the ascent becomes more difficult and pores eliminate the moisture from the body.

The chief burden of mountain climbing falls upon the leg muscles. To become wearied after a certain amount of climbing has been done, but this condition gradually fades away into a pleasantly tired feeling, till it finally becomes so diminished that there is no fatigue, and the lower limbs have been strengthened and inured to the hardship fostered by the climb. In mountain climbing you not only develop the legs and improve your physical condition, but the internal organs, mainly the heart and lungs, are benefited. You bestow upon yourself that wonderful power—vitality. It is a unique form of exercise, and those that practice gain health, strength and happiness.

Following out this outdoor recreation brings you closer to nature. Cultivate this open air habit, for you have everything to gain and nothing to lose.

It will increase your efficiency, build up your whole system, give you the power to withstand the rigorous life you lead in the city, when you return from the mountains.

## Distinction: The Keynote of Beauty

(Continued from page 24)

antidote for your trouble. "But!" you say, "how can I reduce my hips or buttocks, if my bones are heavy and large and my frame is naturally big in circumference?" Well! according to this query, it blasts the saying that "beauty is skin deep," then it must be that "beauty is bone deep," instead. Some beauty culturist once said that bones are the primary factor in the character and

beauty of the figure, in the first place and in the form and the character of the face in the second place. It is largely by bone formation that we recognize personality, even though the lapse of time has added layers and rolls of fat in some instances, or in spite of the loss of flesh, as in advancing age. Personality is stamped in the bones, so that

(Continued on page 30)

# How I Banished Catarrh, Coughs and Colds

## And How You Can Get Quick, Sure, Permanent Relief Without Drugs or Medicine

By Ernest Williams

I HAD catarrh the worst way. Some days I could hardly breathe. Coughing and expectorating—especially in the morning—was annoying, exhausting and nauseating. I was treated by seven different physicians—including three nose and throat specialists—and I tried every remedy that was advertised or recommended, but received only temporary relief. One treatment I submitted to was having

my nose burned out at frequent intervals, which caused excruciating pain. Then I had two operations to remove some of the bone and cartilage from my nose. These operations cost me \$300, caused me great suffering, and did not help the catarrhal condition a particle.

After all this expense and suffering without any satisfactory results, you can well imagine that I was in the depths of discouragement.

I had about made up my mind that nothing would free me from this disgusting disease.

### A Dangerous Disease

Then one day, while reading my favorite magazine, I ran across an advertisement of a little book.

The name of this book is "Curing Catarrh, Coughs and Colds," by R. L. Alsaker, M. D.

I sent for this book at once.

It told of a simple, easy, pleasant remedy that didn't cost a cent.

I followed instructions, and in one week my condition was wonderfully improved and in eight weeks I was absolutely free from the slightest symptom of the disease.

That was three years ago, and I have never been bothered with catarrh from that day to this.

After spending thousands of dollars on doctors, drugs and operations without results, I was permanently cured at a total cost of only \$3.50, which I paid for the book.

Is it any wonder that I am grateful to the publishers of that book and am anxious to tell other sufferers about it?

Thousands of people are victims of catarrh.

It is a filthy, repulsive and dangerous malady.

Some have it occasionally and some have it all the time.

There are many kinds of catarrh besides catarrh of the head and throat.

When catarrh affects the chest it is called bronchitis. If it is allowed to run its course and becomes chronic, it means goodbye to health and happiness. It makes sound, healthful sleep impossible, and soon saps the strength of the sufferer. It quickly weakens the lungs, making the individual an easy victim to influenza, pneumonia and consumption.

### Don't Neglect Catarrh

Many people suffer from catarrh of the stomach and small intestines. This always means indigestion in one of its worst forms. Then there is catarrh of the large intestine, which frequently brings on colitis—inflammation of the lower bowel.

Catarrh of the ear causes severe headaches, noises and general discomfort.

Catarrh of the liver is the forerunner of various diseases. It produces jaundice and gallstones, and often brings much suffering from liver colic.

If you catch cold easily you are in a catarrhal condition.

If you have one cold after another, you will soon suffer from chronic catarrh, which is sure to produce some more serious disease—although catarrh itself is certainly bad enough.

If you—or any members of your household—are afflicted with catarrh, don't ignore or neglect it. It is a mighty serious ailment. It can bring on many more dangerous diseases. Destroy it before it is too late. You can do it just as I did. It's easy when you know how.

And in getting rid of your catarrh, you will get rid of a lot of other troubles. You will lose that bad taste in the mouth. Your coated tongue will clear up. That terrible tired feeling will vanish. That troublesome gas will stop forming in stomach and bowels. Pains in the back will take flight. Headaches will disappear. Rheumatism will be a thing of the past.

You don't need to take my word for all this. You can easily prove it for yourself. But don't keep on wasting time and money on pills, powders and potions that won't do you a bit of good.

Get rid of your catarrh—just as I got rid of mine—by a simple, natural, pleasant way that cures you to stay cured.

How to get rid of your catarrh—how to get well and stay well—is a simple secret

that you can quickly learn and easily follow.

This little book—worth its weight in gold to every catarrh sufferer—is by Dr. R. L. Alsaker, one of the leading specialists of this country, who has cured thousands of the most terrible cases of catarrh after all other remedies have failed.

### Cure Yourself Now

Get this book now—don't put it off another day!

It gives full, clear and simple instructions on the cause, prevention and cure of catarrh, asthma, hay fever, coughs, colds, swollen tonsils and adenoids.

It is a treatment—a wonderfully successful treatment—that you follow yourself right in your own home—without the expenditure of a single extra nickel.

There is nothing difficult, technical, mysterious or undesirable about this treatment. It is easy to understand. It is simple to follow. Any one—young or old—can reap the utmost benefit from it.

If you suffer from coughs, cold, catarrh, asthma, hay fever or any such ailments—if you have been spending time and money on doctors, drugs, special treatments and operations, stop it right now—today—at once!

Learn how to cure yourself—quickly and economically—just as I did.

Here is the way to do it:

Send only \$3.50 to GRANT PUBLICATIONS, Inc., Dept. 214, 33 West 60th Street, New York, N. Y., for a copy of "Curing Catarrh, Coughs and Colds." They will send you—post haste and post paid—a copy of this wonderful book and will include a year's subscription to Dr. Alsaker's authoritative, national health magazine CORRECT EATING. You follow the wise instructions in the book for thirty days. Then if you are not enthusiastic over the results you have obtained—if you do not see a remarkable improvement in your condition—if you are not more than satisfied that you have made the best \$3.50 investment in health and happiness that you have ever made—simply remail the book and your \$3.50 will be refunded immediately.

Don't keep putting it off!

If you want to get rid of your catarrh, you can do it—and do it now. There is nothing experimental about Dr. Alsaker's treatment. It has made good in thousands of cases. It includes no drugs, serums, sprays or salves. And it costs you nothing except the price of the book, while doctors' bills, prescriptions and patent remedies which do not cure use up a large part of any man's pay check.

Over 100,000 of Dr. Alsaker's books have been sold upon this positive 30-day money-back guarantee.

So send \$3.50 for the book and magazine today to Grant Publications, Inc., Dept. 214, 33 West 60th St., New York, N. Y. Follow the simple instructions and you will receive the same splendid results which I have received and thousands of other sufferers have received.

### Evidence

I have been a sufferer from Catarrh for about two years, with large discharges from nose and throat. The advice in "Curing Catarrh, Coughs and Colds" has made a wonderful change in my health.—M. C.—Virginia.

By following instructions contained in "Curing Catarrh, Coughs and Colds" I cured in 5 days a cold that had been with me for over six months.—H. H. M.—Tenn.

I had intestinal indigestion and my wife the worst case of constipation. Now both are cured and have had no cold since we got your book.—H. F., Jr.—Ill.

The advice in your little book has in 6 days done me more good than all the medicine I have taken for 30 years.—G. W. S.—Wash.

The teachings applied have relieved me from asthma, which I have been at the mercy of for the past 15 years.—Mrs. J. R. I.—Calif.

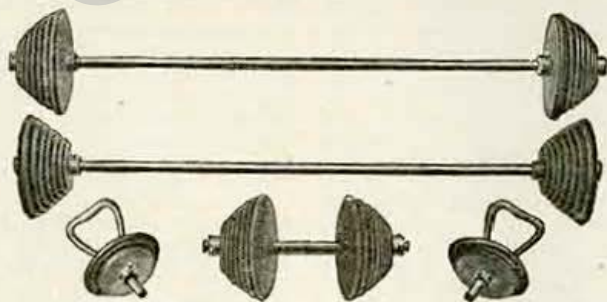
I have followed the instructions in Dr. Alsaker's book "Curing Catarrh, Coughs and Colds" and have completely eliminated Catarrh from my system.—Sgt. J. A. L.—Nebr.

Had catarrh since childhood. Doctors unable to cure me. Now entirely well, thanks to your treatment.—S. N. R.—Canada.

Bronchitis from which I suffered for five years is now a thing of the past.—J. F.—Indiana.

# Tom Tyler—

First-Class Athlete, Horse  
man, Acrobat, Movie Star



following this method. The excuse that you haven't time don't go with day or night off, you have plenty of time to devote to pressing business

**You Will be Astonished at the Freshness With Which You Will Finish Such Exacting Duties and Pleasures**

Look at Mr. Tyler gracefully sitting his horse. Doesn't he look as though he always has plenty of energy to spare, no matter how strenuous the day might be. And he has strength and energy, and Milo bells are responsible for his unlimited physical resources, abilities and appearance.

MR. TYLER is the National Heavyweight Lifting Champion, and he holds some world's records also. His superb physique, unusual physical ability and versatility, which he attributes to Milo bells and methods, have given him recognition among the motion picture companies of the West, which resulted in an actor's contract.

### The Point You Are Liable to Forget

is that Mr. Tyler began his barbell training with light weights and gradually worked his way up to enormous weights which, for the past two years, have made him a champion.

If you have aspirations of becoming a champion weight lifter or a strong man, here is the proof that you are now reading about the Milo system.

If, however, you do not aspire to become a champion weight lifter and desire only better health, above the average strength and athletic ability, aren't you far more certain of getting these improvements by a system that has developed more than the champion strong men of the country? You surely are!

### More Athletes Are Using Milo Bar Bells Than Ever Before

They are beginning to notice the great power and stamina that result from the Milo system build up. They are also finding that such power and stamina are much needed by the athlete because they make him far more competent.

### Look at Those Arms

Mr. Tyler possesses. You would probably give anything within reason for a pair like them, and your pair of arms and body like Mr. Tyler's are so easy to obtain with Milo bar bell you will be surprised at the small amount of time required and the comparatively small amount of money necessary.

### You Use a Milo Bell Only Every Other Day

and you will get better results from the Milo system. With every other day or social engagements.

# and Champion Strongman Is a Milo-Made Man

Those Who Are Interested in Health as Well as Those Who Are Interested in Great Strength and Muscular Development

will find our bar bells the best medium for whatever physical improvements they want. You can become a champion strong man like Mr. Tyler if you so desire. You can become a healthy, finely-built man who will make a good appearance in street clothes, full dress, or athletic costume.

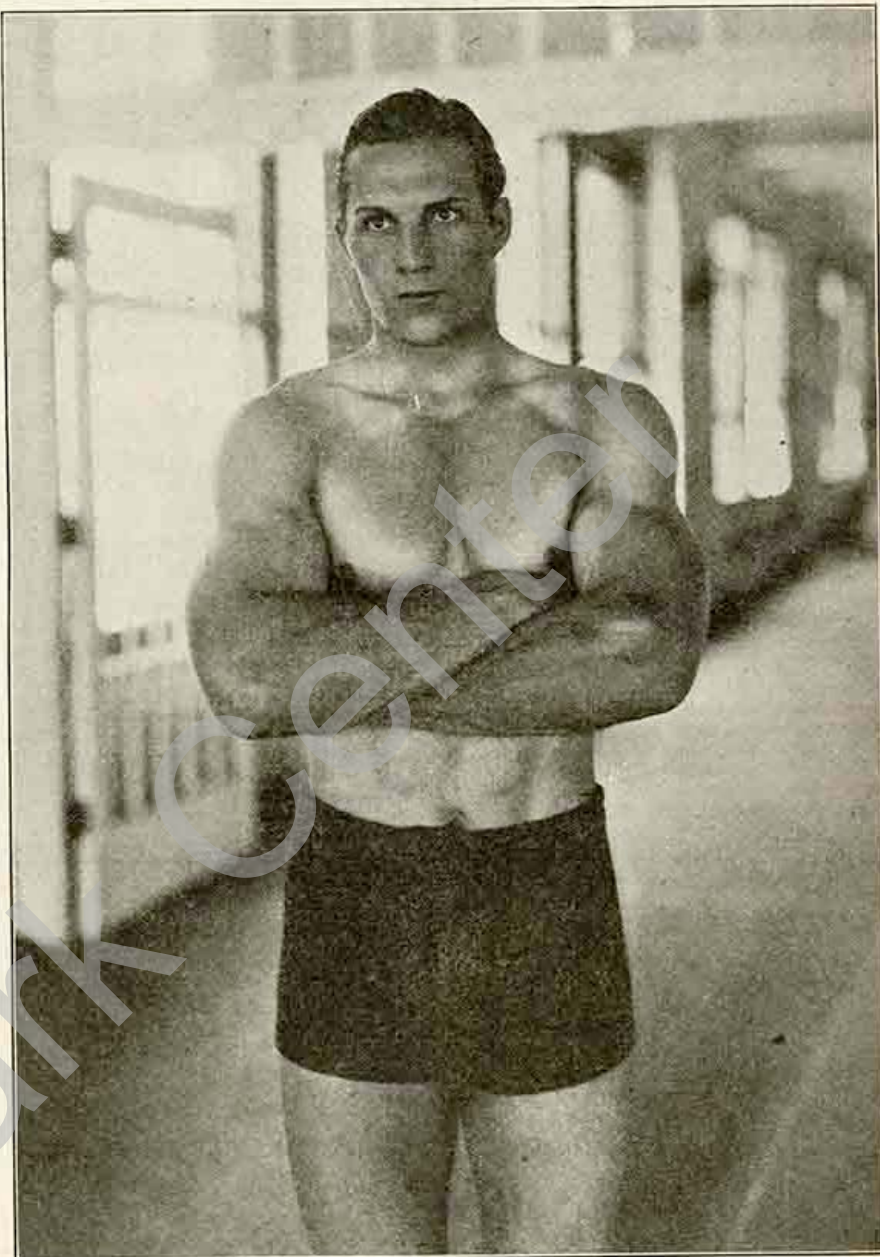
You can use the Milo system as a means of making you more competent in games or athletics, for Milo pupils are supple and agile, as well as exceptionally strong and well developed.

## ALL MILO BAR BELL SETS ARE COMPLETE

Every style or weight bar bell outfit we manufacture is complete. By this we mean that we do not send you only a long bar and plates. What we do send in every case is a long bar for two-hands use; a short bar for one-hand use, which is called a dumb-bell handle; two kettle-bell handles for exercising both hands independently at one time; a wrench; four sliding collars and the necessary plates.

These sets of plates have a very fine graduation of weights, as low as  $1\frac{1}{4}$  lbs. up to 50 and 75 lbs., as in the heavier bells. With this assortment you can increase the weight of your bells either in  $1\frac{1}{4}$ ,  $2\frac{1}{2}$ , 5, 10, 15, 25, 50, and 75 lb. jumps.

Besides, you are entitled to three courses on how to use a bar bell when you become a Milo pupil. (Only two courses are given with the 100 lb. Plate Bell set.)



## WRITE FOR THE MILO BOOKLET TODAY

and we will show you the greatest collection of real men ever produced by one system. You will be impressed by the quality of these men, as well as by the number we show you.

We cannot show you on paper their actual achievements, but we feel safe in saying that they are physically the most capable bunch of men ever built up from weaklings and average men.

## SEND FOR THE MILO BOOKLET TODAY!

The title is "Health, Strength and Development and How to Obtain Them."

Another Strength and Physique Show will be held in Philadelphia at the Milo Building, 2745 Palethorp St., January 8, at 8.30 P. M.

The Milo Bar Bell Co.  
2739 N. Palethorp St., Dept. 155,  
Philadelphia, Pa.

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

Name .....

Address .....

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

# The Milo Bar Bell Co.

2739 N. Palethorp St. Dept. 155 Philadelphia, Pa.

# Acquire a Grip of Steel

With a Pair of These

## Adjustable Grip Dumb-Bells

It is possible to develop your grip to an unlimited degree.

Does your grip feel like dough to those who shake your hand? Do others make you flinch when they grip your hand in a handshake? Did you know that a grip denotes your character? A weak one makes no impression.

With the aid of these ADJUSTABLE GRIP DEVELOPING DUMB-BELLS you will, in a short period of time, strengthen and increase the size of your wrists, forearms and other muscles of the body.

You will be able to perform inconceivable feats of strength.

These ingenious adjustable grip developing dumb-bells are the most scientific, as well as the most practical grip and forearm developer. They are so made that the tension can be diminished or greatly increased. It will just fit your weak, medium or strong grip, as the case may be.

**Send For a Set Today**

The Milo Bar Bell Co., Dept. S-1-27  
2739 N. Palethorp St., Philadelphia, Pa.  
Gentlemen: Please send me immediately a pair of ADJUSTABLE GRIP DUMB-BELLS. I am enclosing my remittance of \$3.00 to cover cost of same.

Name .....

Address .....

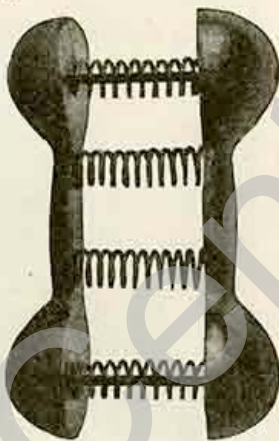
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Philadelphia, Penna.



Distinction: 'The Key-note of Beauty

(Continued from page 76)

recognize one from the clear shadow just as well as from the sight of the face itself or figure.

To go back to the hip question. You probably think of them just as hips being a pronouncedly fleshy section of the body, due to the bone formation. Now, of course, hips become all the more massive if deposits of adipose tissue are super-added, but if a woman really has "hips" they are determined by the bone structure of the pelvis and joints. She cannot reduce real hips but she can make them firm and straight and shapely, avoid padding them under the skin. This is what I really mean when I mentioned that exercise would and could reduce the hips and buttocks. I had the bone structure in mind, when I made the statement knowing that girls have large hips because of the structure of the bones; but the girls I saw passing on Fifth Avenue certainly were padded with super-abundant flesh around the section, because I'm sure bones could not have caused this unattractive appearance.

What those girls needed, I must reiterate, was exercise. The kind of exercise that reduces fatty tissue-tissue which is of no use to the body and which presents an ugly appearance. If those girls had recognized this vital and pertinent fact, as I did, I am sure there would be no need for criticism. If they took cognizance of their type and the limitations of their type, determined by the basic framework, they might spare themselves the anguish of trying to achieve the figure now in vogue and the distress of failing to accomplish it. What women need to know today, is how they can make the most of their type, rather than trying to adapt their type to the dictates of fashion.

Certainly there are more beautiful women in the world today than there ever were before. Proper methods of attaining beauty and maintaining it are inculcated in them every day. The reform from the old ideas and the tyranny that existed has been an educational measure. Beauty is made up of many factors and its essence is the quality of excellence. Distinctiveness is one of the most excellent features of beauty. It is the keynote. Through womankind has at last attained happiness which is genuine and lasting.



# Iron Dumb-Bells

5-10-15-25 Pounds

Dumb-Bells of the above weights constitute the most convenient form of apparatuses.

**The Weakest and Strongest Can Use Them**

They will exercise and build every individual muscle and group of muscles.

**This Is Your Chance To Start**

**Do you want the physique of Apollo—the Strength of Hercules?**

**Perfect Health Will Be Yours**

Keep in ideal condition day in and day out. Any of our solid iron dumb-bells will do that for you. Use them for a few minutes daily and notice the spontaneous result.

**Start Right Now—Mail Your Order**

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2739 N. Palethorp St., Philadelphia, Pa.  
Gentlemen:

Enclosed please find { cash } for  
                                  { check }  
                                  { money order }  
\$5.00 for the 25-lb. dumb-bells—Pair 50 lbs.  
3.00 for the 15-lb. dumb-bells—Pair 30 lbs.  
2.00 for the 10-lb. dumb-bells—Pair 20 lbs.  
1.00 for the 5-lb. dumb-bells—Pair 10 lbs.

Name .....

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City ..... State .....  
Shipping Charges Collect

The  
Milo Bar Bell  
Co.

Dept. S-1-27

2739 N. Palethorp  
Street

Philadelphia, Pa.





## A Strong Grip

(Continued from Page 26)

Having grasped the bell in one of foregoing manners, you bend the at the elbow as shown and raise lower the end of the bell as high as low as you can without moving forearm. All motion should be in wrist and hand. The knuckles should be up. Repeat this movement the muscles of the forearm, hand fingers become fatigued. Then age over to the other hand.

In Fig. 2 we have the same exercise, except that the hand is held in such a position that the knuckles face outward the side. In this case the wrist does not bend in the usual way, but as shown in the illustration. This variation calls for other muscles of the forearm are not exercised so prominently as the previous exercise.

The exercise in Fig. 3 is, to my way of thinking, one of the best exercises for developing and strengthening the forearm. Consequently, it is very good for strengthening the grip also.

This exercise is done, as shown, by holding a cord with 5 to 15 lbs. attached to a stick or roller. This is done by holding the stick or roller over and over. An alternating movement of the hands turns the stick over. You will find, upon trying it, that you must open and close your hands as you turn the stick. By gripping the stick or roller tightly each time it is necessary to use the hand, you will find it a very good exercise for the fingers and hands, as well as the wrists and forearms.

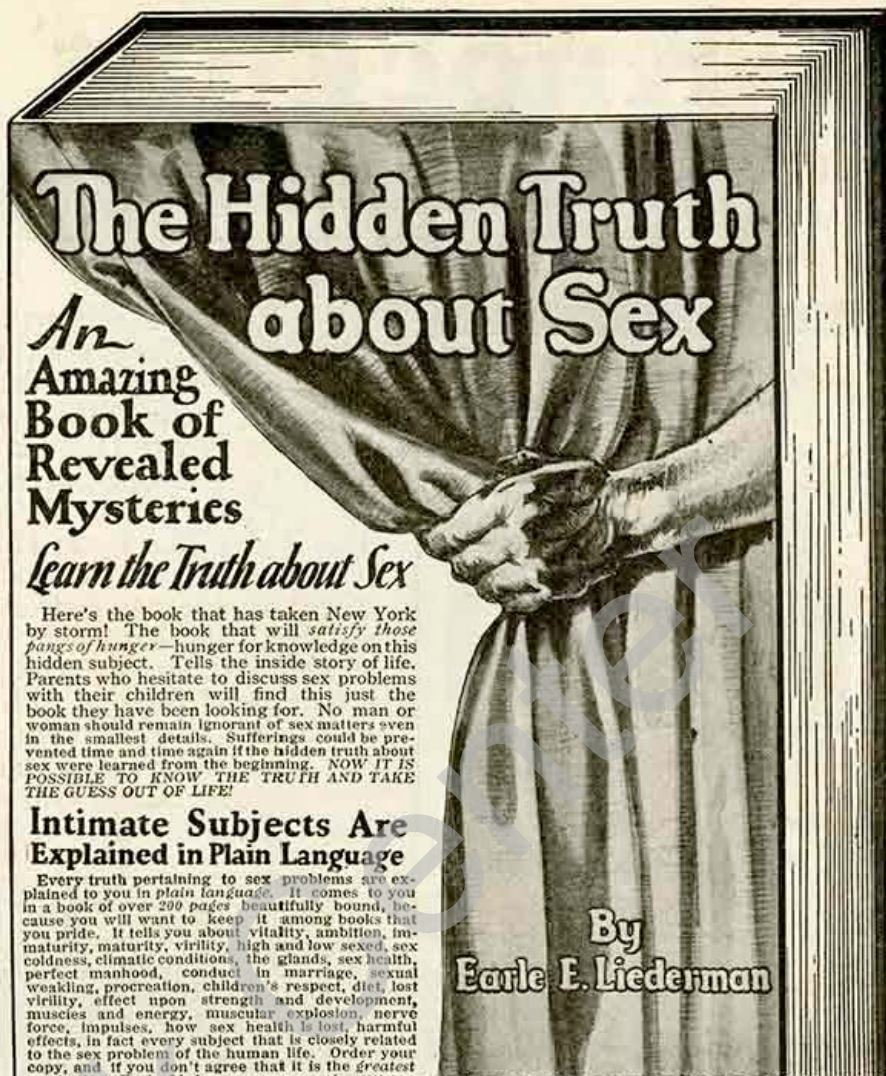
Do not perform this exercise too fast, that will make your movements incomplete and thereby lessen the effectiveness of the exercise.

The exercise in Fig. 4 is simply a variation of the foregoing exercise which, like the variation of the dumbbell exercise explained further back, is performed with the thumbs up, and which affects different sets of muscles in the hands and forearms. Look at the illustration and you will see the position of the hands. Then you must hold the cord with the weight attached, keeping the hands strictly in this position.

Finger chinning is excellent for strengthening the grip, but it is very strenuous. This means that you must not try to practice finger chinning with one or even two fingers of each hand before you can chin with three or four fingers of each hand, as in Fig. 5. Work up to two or possibly one-finger chinning by beginning with four fingers of both hands, as in Fig. 6.

This exercise is much like the type I mentioned before, in which the fingers are fixed against a resistance. Nevertheless, finger chinning will help strengthen the grip. The following exercise is very strenuous, but is the opposite of the preceding exercise, because the fingers are closed about the weight against the resistance made by the weight of the body.

If you cannot raise your weight by



# The Hidden Truth about Sex

## An Amazing Book of Revealed Mysteries

### Learn the Truth about Sex

Here's the book that has taken New York by storm! The book that will satisfy those pangs of hunger—hunger for knowledge on this hidden subject. Tells the inside story of life. Parents who hesitate to discuss sex problems with their children will find this just the book they have been looking for. No man or woman should remain ignorant of sex matters even in the smallest details. Sufferings could be prevented time and time again if the hidden truth about sex were learned from the beginning. NOW IT IS POSSIBLE TO KNOW THE TRUTH AND TAKE THE GUESS OUT OF LIFE!

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Every truth pertaining to sex problems are explained to you in plain language. It comes to you in a book of over 200 pages, beautifully bound, because you will want to keep it among books that you pride. It tells you about vitality, ambition, immaturity, maturity, virility, high and low sexed, sex coldness, climatic conditions, the glands, sex health, perfect manhood, conduct in marriage, sexual weakness, procreation, children's respect, diet, lost virility, effect upon strength and development, muscles and energy, muscular explosion, nerve force, impulses, how sex health is lost, harmful effects, in fact every subject that is closely related to the sex problem of the human life. Order your copy, and if you don't agree that it is the greatest work that Earle Liederman ever wrote, you can return it and get your money back.

By  
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Don't wait until it is too late. Delay may prove a bitter experience in your life. Why take unnecessary chances? Order a copy of "The Hidden Truth About Sex" and have a complete knowledge of sex problems as they are today. If you don't say this is the biggest \$2.00's worth you ever received in your life, you can return the book after five days and get your money back. Send no money now, just sign your name and address to coupon and rush it now. You will receive your copy by return mail, in plain wrapper. Pay postman \$2.00, plus a few cents postage on arrival.

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Please send me a copy of "The Hidden Truth About Sex" by return C. O. D. mail in a plain wrapper. I will pay postman \$2.00, plus a few cents postage on arrival. It is understood that if I am not entirely satisfied after five days, I can return the book, in good condition and you will refund my money.

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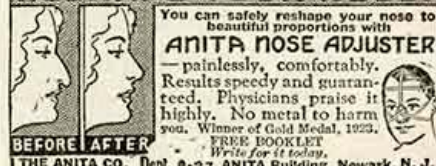
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## Health? Take Turkish Bath at Home—Only 2 Cents



Physicians are abandoning drugs for this new treatment. If your mind or body is tired, open your pores and feel the rapid change in your condition, at cost of 2c a bath. The Robinson Bath Cabinet is the only scientifically constructed bath cabinet ever made for the home. Great \$2 Box Set. "The Philosophy of Health and Beauty." Write Today. Agents Wanted. The Robinson Household Mfg. Co., 71515 Lawrence Ave. Room 22 Toledo, O.

## RESHAPE YOUR NOSE!



You can safely reshape your nose to beautiful proportions with ANITA NOSE ADJUSTER—painlessly, comfortably. Results speedy and guaranteed. Physicians praise it highly. No metal to harm you. Winner of Gold Medal, 1923. FREE BOOKLET. Write for it today. THE ANITA CO. Dept. A-27 ANITA Building Newark, N. J.

Send Now For—



O. K. or Money Back

A Magazine of Art and Inspiration.

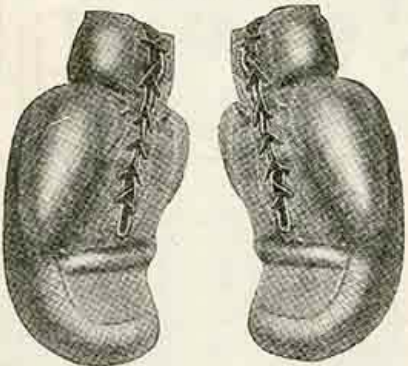
## The Picture Magazine of a THOUSAND THRILLS for those who love BODY BEAUTIFUL

Every number has at least 48 big pages of beautiful reproductions of photos of the Human Figure, scenery, cartoons, comics! Stands for the Body Beautiful. For artists, men, students of Physical Culture, THINKERS, BUT NO PRUDES ARE WELCOME. Proclaims the Invisible Brotherhood. Can't be described, must be seen to be appreciated! JUST TO INTRODUCE TO YOU the finest art publication issued, we will send you, in one bundle, 5 BIG BACK ISSUES for only \$1.00, all different! They are as crisp and sparkling as the day printed—containing 256 pages, with 109 Reproduction Pictures of the Human Figure, etc., big enough to frame, and hundreds of smaller pictures, cartoons, and many articles on Art and Nature. Alluring, fascinating, intriguing! Supply is limited. REAL ART never grows old. These 5 big back numbers are far more valuable now than when issued. Once you see this big Art collection you will become a regular subscriber, that is why we make this great offer. (Note Price.) Cut This Out send with \$1 NOW—Act Before Too Late! ART AND LIFE, Dept. 272, Kalamazoo, Mich.

# A Knockout Punc

## Learn How To Deliver It

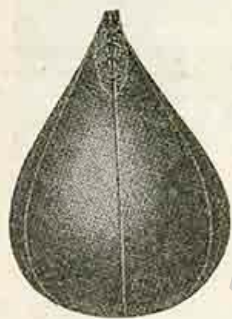
**A Set (4) of These  
Gloves**



**\$7.00** WITH MY  
BOXING COURSE

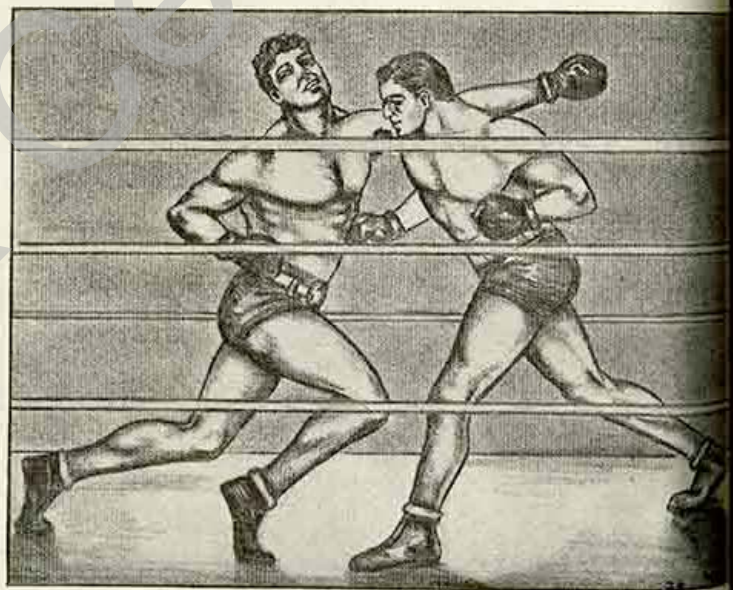
SEE COUPON

Learn the manly art of self-defense from this course. Never was there a more thorough course than on boxing. In order to give you an idea of its thoroughness, here are a few of its chapters: The Training Routine; Proper Diet for Fighters; Studying Your Opponent; How to Clinch the Fist; What are Fouls?; Rules of the Fighting Game; Position; The Legs; The Head; The Body; The Eyes; How to Practice; The Proper Use of These Parts of the Body; Clever Footwork; How to Advance; How to Retreat; Circling Your Man; Preliminary Sparring Motions; Back Stepping; Snapping and Taking Ground to Right and Left; Side Stepping; Ducking or Head Slipping; How to Dodge Right Hand and Ducking Left-Arm Swings; Follow-Up Work; Feinting and Drawing; Feinting and Dodging; Defense; Guarding and Blocking; Cross Guards; Opposite Parries and limb blows, blocks, counters, etc.



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PRICES  
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**Get My Course and Gloves—They  
Are the Greatest Value**

My gloves are made of materials that ordinarily go for a much higher price. By purchasing my set of my gloves along with my course, you save \$1.00 over the individual prices of these articles, not to mention the dollars you save over other makes.

**Send For Your Gloves and Course NOW!**

**CHARLES MacMAHON**

180 W. Somerset St.

Studio A-52

Philadelphia

Charles  
MacMahon.  
Studio A-52  
180 W. Somerset St.,  
Philadelphia, Pa.

Dear Sir: Please send me the proposition I am checking off below. I am enclosing a remittance to cover cost of same.

A set (4) of boxing gloves and the MacMahon Boxing Course, price \$7.00.

A set (4) of boxing gloves only, price \$5.00.

A Boxing Course only, price \$3.00.

Name .....

Address .....

City .....

State .....

## A Strong Grip

(Continued from Page 81)

The strength of your eight fingers, then help a little by pushing up gently with the toes upon some object if the floor is not within reach.

A revolving grip would be great for an exercise like this, but would probably make it more difficult.

After you have succeeded in raising the body an inch or two by the closing of the fingers around the bar, then allow the body to sink back to the original level and again try to raise it.

There are other methods of improving the grip. One of the simplest of these is to take two wads of paper and squeeze them in the palms of the hands as many times as needs be in order to thoroughly exercise the finger and forearm muscles.

A pair of grip dumb-bells (the kind with springs between the handles) are to be recommended, especially if they are of the adjustable type.

## Rest for Consumption

(Continued from Page 30)

Normally capable of resisting invasion of the bacillus, small children are endangered, their systems being more likely to become a breeding ground for the disease.

As to diet, it is necessary to furnish the system an abundance of foods that build up; the normal person requires plenty of protein in the diet, but the tubercular patient requires more, as a continuous tearing down is taking place constantly. This must be met with an extra supply of food to endeavor to force the upbuilding of the wasting body. Foods that are hard to digest should be avoided, such as veal, pork, greasy, fried and spiced or seasoned foods. The diet should include a large proportion of fresh and cooked greens and vegetables, raw and stewed fruits, and a reasonable amount of eggs and milk.

No attempt should be made to force the eating of foods that are objectionable, but it is wise to select the most beneficial foods. It is useless to suggest sample menus or diets, as individual tastes vary too much. The main idea should be to make the food palatable and wholesome, and to select a wide variety so as to encourage the appetite. A regime of forced feeding is recommended. For breakfast: a cereal, two eggs, toast, fruit, coffee, tea or cocoa. For lunch: soups, meats, vegetables, greens, salads, fruits, coffee, tea or cocoa. For dinner: the same as for lunch, only possibly larger portions. Eat plenty of butter at all meals.

Between meals, make it a habit to drink plenty of milk or buttermilk, at times adding an egg. It would be a good plan to drink a half-pint of milk in mid-morning, mid-afternoon, and before retiring, making one and a half pints a day, providing the stomach will



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stand that much. Otherwise, cut down to the quantity that can be relished.

As to bathing, tepid water is the best, and such baths should be taken three times a week. Many claims have been made for cold baths, but even normally well persons do not always react favorably to a cold bath. Therefore, the person who is sick can hardly be expected to be benefitted. The most reasonable plan would be to take no chances, and follow the plan that has worked out safely under careful study—be sensible and use warm or tepid water.

Though no specific remedy has been found for tuberculosis, there are many which are of immense utility in relieving the symptoms which torture the patient. Some of these are: creosote, arsenic, iodine, mercury, hypophosphates, glycerophosphates, and cod liver oil.

The last named may be taken by any patient without medical supervision, but any other drugs or preparations, such as those named above, should be taken only at the institution of the family physician, or other specialist.

Where a person is financially embarrassed to the point that they are unable to procure proper attention at home while taking the rest cure, it would be advisable to enter a sanatorium, to which one may be admitted by making application to the proper authorities in their locality.

Rest being the primary essential in treating pulmonary tuberculosis, if a cure is to be effected, the idea of continuing to work will only hasten a complete collapse. As previously stated, it is not necessary nor altogether wise to enter an institution to effect a cure, providing one can afford to live at home and take the rest cure. The essentials being—correct medical supervision, freedom from exertion, fresh air, wholesome food, and an abundance of it, and of great importance, proper hygienic precautions.

No positive proof has been advanced that any particular climate, air or altitude has a curative effect on the consumptive. What does seem to be true, is that a change of climate and environment may help the same as it does a person suffering a nervous disorder, the different surroundings making for a different frame of mind.

The observations listed above, upon which we unfortunately can dwell in a limited way only, are the result of the considered opinions of those who have a right to form a conclusion, by reason of their abilities, knowledge and thorough investigations into the subject. If yourself, or a loved one is among the stricken thousands, why take a chance on fanatic ideas, when the proven course is in the end the easiest and cheapest?

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## The Trials and Tribulations of the Male Dancer

(Continued from Page 46)

Beauty and grace are considered among the Greeks as essential to the male as well as the female. Men who possess these qualities or criticize them in male dancers, are usually ignorant and have little or no appreciation of the finer aesthetics of dancing. Assuming a man has these qualities of paramount importance to his success, he should start out by developing his wind and the control of his muscles.

Diaphragm expansion is just as important to a dancer as a boxer, weight lifter, runner or a swimmer. When the athlete becomes winded from his exertions, it is not considered improper; but let a dancer show the slightest signs of fatigue and condemnation will be heaped upon him. Why? It would be ridiculous. The esteem of his audience would dissolve into that of mockery and ridicule at his exhibition. Thus, to gain good wind, cross country running, swimming, hand ball and hurdle racing are recommended. Hurdle racing, I understand, is especially good for a male dancer, though my advice is to concentrate on height and length and speed, rather than speed and endurance. Rope skipping is also recommended, but by this, imitating a prizefighter is not implied. The endless repetitions are of little good when fancy original steps can be used to a greater advantage, by leaping as high as possible during the execution of those steps.

The best method of learning plisques and practicing them is with a dummy, but as novices are very apt to fall a half dozen before they can properly handle them, it is best to use a dummy or a male partner. The dummy should be the exact weight and height of the danseuse, as it is foolhardy to practice with a lighter weight because it is of little help when the actual weight is handled. When the dummy practice terminates, try to perfect your routine with a male partner who can give himself when dropped. When two men practice, it is a good idea to alternate in the feminine role. This has a two-fold purpose, for it gives the dancer knowledge of the treatment your partner experiences in the convolutions and gyrations that you put her through. Plisques require little clothing, so there can be no set form of dress to commend. But when two dancers dance with scant covering, the male partner should refrain from any suggestive handling of his partner, and yet at the same time your grasp of her must be firm and sufficiently strong to insure her safety. The light delicacy of handling can only be acquired by constant practice. There is bound to be awkwardness at the beginning, but this can be quickly overcome.

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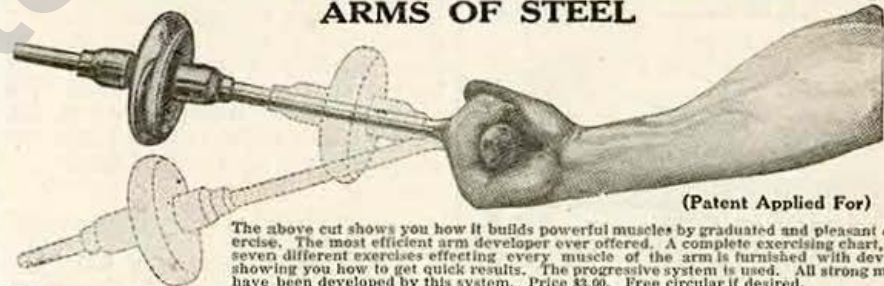
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fame, he does not stop his practice, but keeps on just as hard. A step or dance which takes but a few seconds to perform before an audience on the stage, requires hours and even days of tedious practice to make perfect.

It has been claimed that the dance in America is passing through a revolutionary stage. This has been heard here, there, and elsewhere, many times in the last few months, and while, like the kite that has lost its boy pilot, it is still flying hither and thither without truth or substance, gathering momentum in its wavering course, it is now losing energy, not moving in the same jaunty way it so glibly and thoughtlessly started.

The dance art in America could not possibly be passing through a revolution. Only now is this art finding its place here, but it is tracing its way into the hearts of our people with a rapidity that will in the near future startle the laggards who are so loathe to accept the dance as a great art. In America it is not a great art as yet, but just as in Russia it moved steadily on and on until it reached almost the pinnacle of beauty, so here it is striving with a vitality that cannot be denied it for its niche in the hall of fame. To bring this about more quickly, more forcefully and healthfully is to encourage the male dancer of today and foster love for it in the boy of tomorrow. This is what the great teachers, Alexis Kosloff, Ted Shawn, Madame Duval and the great Paulinetti are doing. They are bringing young America to the fore.

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## Ask the Doctor (Continued from Page 48)

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in my shoulder blades, where it hurts so I can hardly wash my face, and I can't even bend my head down without it hurting so that it almost cuts my breath off. Am unable to lay on my back and relax. Had sciatica two or three years ago and feel a touch of it now and then. Also have a little "breaking out" on my feet and around my rectum, that itches very badly, and runs sticky water when it is raw. It will heal up in a few days and then return again.

I am 35 years of age and a picture of health, weighing 191 pounds. Also have a soreness in my bowels sometimes in the morning.

R. J., Ga.

ANSWER: First of all have X-ray taken of pelvic bones and lower spine to see if you are suffering from bone or joint disease. If not, you are probably suffering from a form of muscle soreness known as lumbago or mialgia.

Have teeth and tonsils examined and also have physician examine internal organs for some foci of infection, which having been determined may be properly dealt with.

Internally you might try: Cincophin—7½ grains, 2 tablets every four hours with glass of water. Also locally apply the following ointment:

Methyl Salicylate ..... 50 grains  
Salicylic Acid ..... 50 grains  
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Take hot bath, or apply hot towels to affected parts, then rub well with the ointment.

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L. L., Texas.

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## Strength for 1927

(Continued from Page 21)

opportunity given by the New Year.

That STRENGTH of 1926 was a better magazine than STRENGTH of 1925 is our honest belief and we intend to surpass STRENGTH of 1926 by STRENGTH of 1927. Because this object should seem to be well worth while to you as well as to us, we want you to feel free to send us your comments, whether they are favorable or otherwise, not only on individual articles or authors, but also on the magazine as a whole and on its fundamental policy.

We used to solicit letters of praise and of condemnation from our readers, and then publish the title of the article which found the most favor with our readers in any given month. Whether we were so indiscreet as to publish the title of the least popular article I am not

sure. Over a period of time we continued this practice because it rather heated comments when some of our readers did not agree with the verdict expressed in the winning article.

However, we are still interested to receive such comments, and nothing is of more value to an editor than to have in concrete form opinions which their readers express freely about any given issue of the magazine.

Every one must have one article they prefer to all the rest and another that is as unpopular as the most popular. Do not hesitate to express yourself. No editor would ignore letters dealing with what is his most important job,

## The Health Digest Common Sense In Mouth Hygiene

THE most effective weapon for combating dental disease is the toothbrush. For civilized man it affords a means of bringing about the same cleansing action on teeth and the same stimulating action on the gums that raw and coarse foods did for primitive man. While the toothbrush does not entirely eliminate decay, it will cut down the incidence of decay markedly. In preventing gum trouble it is much more successful. If used correctly, a toothbrush will not only prevent gum tissue disease, but will aid materially in restoring health to the gum tissue that has broken down.

Most toothbrushes on the market are too large for efficient brushing. The use of a small, fairly stiff-bristled brush is logical and advisable. The working end should be about seven rows of bristles long (about 1 1/4 inches) and two or three rows of bristles wide. The bristles should be of uneven lengths and the groups of bristles wide apart. The handle should be fairly heavy and at least 6 inches long. The length of the handle is important in the method of brushing. It must insure sufficient grasp to apply and to maintain considerable pressure.

The elongated tuft found at the end of some brushes does not work as efficiently as is theoretically supposed. Such a brush adapts itself poorly to brushing the teeth on the inside and does not permit proper stimulating of the gum tissue toward the tongue. The long bristles in the tuft, after they are wet, have a tendency to buckle or bend and to slide over instead of penetrating.

Strictly speaking, no toothbrush can be made that will conform itself to the dental arch, both on the inside and outside. The smaller the brush, however, the closer is the adaptation to the arch possible, because only a small part of the arch is brushed at one time.

Many new, good quality toothbrushes are quickly ruined by improper care. Unfortunately, they are not then thrown

away but are used for months in a poor condition. A few simple rules lengthen the life of a toothbrush and at the same time make it more suitable for efficient brushing.

One should place a new brush in a strong, cold salt solution for two days before using. It will set and clean the bristles and also take away their initial harshness.

Cold water should be used to rinse a brush after brushing, also to rinse the brush after brushing. One should use hot water. It softens the bristles, alters the shape of the handle and short time makes it unsuited for brushing.

The brush should always be kept well, all the water possible shaken out of it and if it is more convenient keep it in a glass tumbler, the end should be kept out of the water. The brush should not be kept in a brush container. It prevents the brush from drying and encourages bacterial growth.

A brush should be allowed to dry for twenty-four hours after using, the bristles will regain their original and necessary stiffness. Every person should therefore be equipped with a pair of brushes, one for morning use and one for evening use. Supplementary brushes should be used if teeth are also brushed after meals.

Many persons use brushes that have been worn out. If a good toothbrush eliminates dental disease, to waste money with a dilapidated toothbrush is an economy. It has been demonstrated that a pair of brushes used alternately do efficient work for about four months. It is a good plan to buy a new toothbrush every two months and to throw away the older one of the pair.

### Dentifrices

The function of a dentifrice is to aid in the mechanical cleansing of the teeth without injury to them. It should be unmedicated and should not contain





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much soap or grit. Too much soap decreases the efficiency and stimulating action of the bristles; too much grit, if used diligently over a long period of time, will wear grooves in teeth.

A dentifrice is a mechanical aid in cleaning teeth, not a therapeutic agent for diseased gum tissue. It is, under no circumstances, a cure or even a preventive of pyorrhea. The medicines and drugs incorporated in many of the popular and widely advertised dentifrices are valueless and only afford the manufacturers selling talks to get their product before the public. Laboratory experiments with some of the widely advertised dentifrices lead an investigator to conclude that some dentifrices are put on the market "in utter ignorance of the dental art and are to be received by plausible advertisement." The dentifrice really plays a minor role in mouth hygiene. Even as a cleansing agent it depends entirely on the efficiency of the brush that applies it. No surface of the tooth can be cleaned unless it is actually touched by the brush. The dentifrice has in itself no chemical or magic power to clean.

Because dentifrices are pleasantly flavored, they make brushing the teeth a more agreeable task. Only a very small amount on a brush is necessary. If the amount of tooth paste used were cut in half and the money thus saved expended for toothbrushes, there would be a marked improvement in mouth conditions.

### Mouth Washes

The function of a mouth wash is to eliminate by vigorous rinsing, all the particles of food and debris that have been loosened by the brush. Warm water, a salt solution made by adding one teaspoonful of salt to a pint of water, or the same salt solution to which a little sodium bicarbonate has been added are probably not only the safest but also the cheapest to use as rinsing solutions.

The curative power of mouth washes has been, grossly overestimated. In the chronic case of pyorrhea usually seen, they are ineffective, neither checking nor curing the disease. The problem in successful pyorrhea treatment is primarily the removal of all things that irritate the gum tissue (tartar deposits, faulty dentistry, etc.) and the bringing about of an active blood exchange in the gums by means of a toothbrush.

The first part of the task must obviously be accomplished by the dentist; the second part must be done by the patient. Tooth structure and tartar are so much akin chemically that a mouth

wash that would dissolve the one, also dissolve the other. Tartar therefore be removed mechanically—steel instruments. It need not be mentioned that mouth washes cannot do faulty dentistry. In stimulating tissue they are just as ineffective, quite incapable of bringing blood areas involved. Many of them are astringents, which would tend to the blood from coming into the area.

### Why Mouth Washes Fail

Mouth washes are usually advertised as great germ killers; no doubt of them are if they are kept in the mouth a long time. But germs are secondary factors in pyorrhea, and the gums only after a lesion has opened from irritations on the teeth. Mouth washes cannot remove the problem of re-establishing health in the mouth is mechanical, not chemical or bacterial. The failure of mouth washes in the treatment of pyorrhea is evident.

Germicidal mouth washes are able only in the treatment of mouth infections, caused by a single germ or group of germs, as in Vincent's angina, commonly called trench mouth. Their daily use in a mouth free of specific germ disease is not only unnecessary, but is to be discouraged.

Attractive advertising, ridiculous fraudulent claims made for proper mouth washes and the incessant search for a short cut are responsible in opinion that mouths may be cleaned by mouth wash only. The cool, cleansing left by the agreeable, highly priced and equally highly priced concoction lead the patient to think that his mouth is clean. He is really only disguising a dirty one, and in using such washes he is a worthy disciple of the Oriental who uses perfumes instead of soap and water.

### Toothpicks and Dental Floss

All types of toothpicks should be avoided. They irritate and lacerate gum tissue, lowering its resistance to infection. Wooden toothpicks used for a long period of time will wear grooves in teeth.

When contact points are faulty, that food cannot be dislodged from between the teeth with a brush, dental floss may be used. Incorrect use of dental floss is harmful to the gums. It must be passed gently through contact points so that it will not come down on the gum tissue and lacerate it. Usually a slight back and forth movement will help to ease it by the contact point. If bleeding results from the use of floss, it is being used incorrectly.

—Hygeia, October

## Phosphates and Fatigue

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chemical substances—carbon dioxide, lactic acid and phosphate—that seemed to be concerned in some way with the reactions taking place when a muscle works. How the contractions actually are produced still remains a physiologic mystery. In a perfectly resting muscle, lactic acid is present in traces at most; but it appears in noteworthy amounts as soon as muscle work begins.

Investigations made by Embden and his co-workers during the last decade at the University of Frankfurt indicate that muscle contains a special compound of sugar and phosphoric acid, a hexose-phosphate comparable to the substance formed by yeast in its metabolism of sugar. The somewhat hypothetical product has been named "lactacidogen" to indicate that its decomposition sets free lactic and phosphoric acids, the latter being regarded as essential for the decomposition of the carbohydrate of muscle. In view of this and in response to somewhat debatable reasoning, Embden attempted, during the war, to increase the muscular efficiency of the German soldier by the oral administration of acid sodium phosphate in sub-laxative doses. He gave men from 5 to 7 Gm. of the salt in the morning of days of hard exertion, with the alleged result that the persons were less fatigued and capable of doing more work than men receiving a similarly acid drink without phosphoric acid. Ergometric studies seemed to confirm this.

Such statements have naturally challenged attention. The observations are not easy to "control" because of the undeterminable influence of psychologic factors that cannot readily be ruled out. It is by no means absurd to assume that an exceptionally vigorous metabolism of phosphorus in severe muscular work calls for an abundant replacement. Repetitions of the German experiments have not been convincing. The latest investigation, from the United States Public Health Service, was conducted on persons engaged in manual labor on machines, so that accurate records of production were available. The ingestion of acid sodium phosphate does not appear to increase muscular efficiency. Nevertheless, there is an undeniable feeling of well being experienced by many persons who ingest the salt. It seems highly probable that this depends on its stimulating action on the intestinal tract, and is due in part to increased elimination of alimentary wastes.

Sodium phosphate has long been recognized as a mild laxative. It has been described in Useful Cathartics as "undoubtedly, next to magnesia, the least offensive of the cathartic salines." The government expert believes that the reason for the general improvement reported by his volunteer experimenters was a more regular evacuation of the bowel. This is not surprising, he adds, when one considers the great majority of persons in our own country who are suffering from various degrees of constipation. Acid sodium phosphate is more pleasant to take than other saline laxatives; it is positive in its effects, without the griping and uncomfortable

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symptoms so often complained of when other purgatives are taken. More than three-fourths of the persons volunteering for Flinn's study were suffering from various degrees of constipation, and felt the beneficial effect brought about by the elimination of body waste. He noted that those subjects who did not report any improvement were those who were feeling fit and well and were regular in their habits and hence did not need laxative effects of the acid sodium phosphate. Perhaps these investigations will serve to emphasize anew that general well being demands proper alimentary functions, even if productive ability is not specifically enhanced thereby.—*Journal American Medical Association, November 1926.*

## The Cancer Problem

The cancer problem is not a simple one, it is very complex. It has to do not only with a certain definite type of growth which invades the human organism but it must also take into consideration the host and the reaction of the host toward the invading growth. Consequently, in considering the cancer problem, we must not only consider the growth—its type, location, etc., but we must very thoroughly consider the host.

There is a very mischievous tendency in cancer therapy to make the case fit the method that one is trying to use. Cancer therapy demands that one refuse to become a faddist in any particular method. There are certain factors in every case that indicate one method of attack over all others. Each case is a law unto itself and must be considered by itself.

The first factor that presents itself is the first thing we see—the patient before us. The second factor is the growth, whether it be visible or invisible. If invisible, the symptoms presented are generally caused by it either directly or indirectly. The third factor is what method are we going to use in the treatment of the case? Can we hope for a cure or just palliation. The order in which these factors appear will serve as a good order to consider the subject.

### The Patient

At the very first, one should insist on a very complete physical and laboratory examination. Anything short of that is unfair both to the patient and to the physician upon whom falls the responsibility of advising or of treating the patient. A careful family, personal and clinical history is necessary. Without it and further examination one cannot judge as to the capacity of the patient to withstand and fight the disease.

A careful examination of the heart and lungs should be made in every case. Metastasis to the lungs is quite frequent in certain types of malignancy. A careful search must be made for evidence or indications of any possible metastasis anywhere in the body. Roentgen-ray examinations of the chest, gastro-intestinal tract and bones should be made; it is the most satisfactory method to use in locating these diseased areas.

Careful examination should be made of the blood and of the urine to deter-

mine if any damage has been which might show from the blood-ture or from some defect in the ination from the kidneys.

The nervous condition of the patient is of very great importance. Give patient who presents a hopeful cheerful frame of mind, one can more in the fight against the malignant disease by the use of more powerful methods. Given a patient who has all hope, whose blood picture is whose nervous system has gone to pieces, the fight cannot be made a vigorous one and, consequently, chances of success are poor. If the is surgical, it is a poor surgical. If the case is radiological, the length of time necessary for treatment, flooding of the system with toxins, both the radiological tissue reaction and the devitalized tumor mass, the low blood, the mental strain, all these other possible factors make the hopeless from the start, unless patient is in a fairly good physical condition.

### The Malignant Tumor

It is not necessary to go into any special outline to describe the various biological types of tumors. We know the reactions of tumors, although they seem to be the same in type, will greatly differ. One tumor will react favorably to radiation and another similar tumor will resist not only radiation but combined methods as well. It is impossible to predict the outcome of any treatment by any definite rule of action. A few years ago we spoke of the "lethal dose" for carcinoma and for sarcoma, etc. We now realize any so-called dose is a misnomer. The problem is not as simple as this idea would convey.

For a time it was considered that treat cancer by radiation it was necessary to give enough radiation to tumor mass to kill all malignant cells. There is some question as to such large dosage. Late evidence tends to show that any such dosage that will kill all the malignant cells will also kill cells of the surrounding normal tissue and thus prove fatal.

With the end results of a death-dealing blow to all malignant cells in extremely high voltage machines have been developed. And for a while everything tended toward this high voltage deep therapy. As time has served show up some very serious complications as the end result of this high voltage therapy, the enthusiasm for it has been dampened and we find some of the very best radiologists falling back to lower voltage in the therapy of the malignancies.

For some time we spoke of the "active action" of the Roentgen Malignant tissue was considered less resistant than normal tissue. At a recent convention of the German radiologists in Berlin, Optiz, discussing this phase of the subject, said, "The assumption that the tumor cell is more sensitive than the surrounding connective tissue is not acceptable." At the same time experimentation has shown that the surrounding connective tissue is the first

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react to radiation. Articles have recently been published, by men whose word is worth much consideration, tending to show that the connective tissue growth is the real factor in the treatment of malignancies, and that this proliferation of the body tissue, together with a so-called anti-body reaction, "squeezes out," as it were, the tumorous growth.

A great deal of investigation has been done along the idea that the cancer cell is the least resistant to radiation when it is in the dividing state, the stage of mitosis. It has already been shown beyond a doubt that embryonic cells are very easily affected by radiation while the adult type of cell is very resistant, even more than the normal cell near it. This will probably explain why one growth yields readily to radiation and another similar in all respects is very resistant. It seems at present that our greatest advancement is going to be made along this line of endeavor. Holtzkecht recently drew attention to the fact that no cell division occurs in the first three days following radiation. These facts suggest that divided doses following one another at stated intervals will produce the best results. Just what these intervals are to be remains to be worked out. In this country the massive lethal dose idea at one sitting has almost entirely been superseded by the fractional dose method. Schwarz, in discussing his biological studies on tumors, believes that lymphogranulomas and sarcomas should have divided doses about ten days apart.

Another aspect which should be spoken of briefly is the relation between immunity and cancer. There is no doubt but that there are certain factors in the body which tend to overcome the malignant growth. Theilhaler, discussing this phase of the subject says, "The agents used by nature to cure cancer are the lymphocytes. They penetrate cancer cell nests, and cancer alveoli; they break up cell groups, and surround single cells. They often enter the individual cell and cause a breakdown of the same." With this thought in mind we should consider the means to raise this immunity, to increase the lymphocytes. For this purpose injections of thymus and of spleen extract are valuable.

Robert Knox, of England, speaking before the American Roentgen Ray Society in Chicago, said a lot in a few words when he said, "The point I am stressing in radiation therapy is a plea for the use of common sense in the development of technic. Before a very large single dose is considered to be necessary for the cure or relief of the disease, surely it would be well to consider the natural processes of cure, and to attempt to assist those processes rather than to emulate the surgeon, and knock out the growth at one blow. It is well to remember that there is one striking difference between the act of the surgeon and that of the radiologist. The former removes the tumor at one attack, there is a short period of shock, and a gradual recovery. In an attempt to do the same by radiation treatment,

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it is not possible to remove the tumor; it may be killed by one dose, but the tumor is not removed for some time; toxic effects are induced, and these may very seriously imperil life during the interval between the treatment and the disappearance of the tumor. From a practical point of view there can be no question of choice when a tumor is accessible—surgery is the better method. . . . If an effect can be induced by what might be called continuous biological reaction, as a result of repeated stimulation by regular doses at short intervals, instead of in one very long seance, then the frequent dose method is to be preferred. It does not matter whether the effect is produced by a lethal action on the tumor, or a stimulating action on the tissues. A technic of this order appears to be a nearer approach to the attainment of the natural cure of cancer than the more strenuous one."

### Methods of Treatment

There are four main methods that are worthy of consideration. Surgery, radium, Roentgen ray and surgical diathermy. Each one of these agents has its own use, sometimes alone and sometimes combined.

The surgical method is of very vital importance. With the possible exception of skin malignancies when not too far advanced, and of malignancy of the cervix, all other malignant tumors should be extirpated by surgery where possible. Many cases considered inoperable can be made operable by radiation and they should then have the benefit of surgery. The radiation treatment of tumors that are internal and in close proximity to vital organs such as the pancreas, kidneys, or adrenals, is very apt to be a case where the "cure is worse than the cause." In cases of internal and inaccessible tumor masses as in the gastro-intestinal tract and uterus, surgery is still the method of choice. However, surgery is and should, in almost every case, be used only in combination with radiation.

### Radium

We do not agree with the reported statement of Dr. John B. Deaver: "Nothing can be looked for from radium in the treatment of cancer." Radium has its place and it is a powerful agent for good in certain cases. The main fault with radium is not in itself, but with the ones who possess it. There is altogether too much tendency to commercialize its use. Radium is of great value in cancer therapy, but the presence of cancer does not necessarily indicate radium.

There is no doubt today but that radium is the choice of all remedies for the beginning cancer of the cervix. According to some radiologists, even when the process is of some extent, still radium internal, and the Roentgen ray external, offer as good, if not better, chances than surgery. However, we are of the strong feeling that in such cases a combination of Roentgen radiation and of surgery will continue to be found the best possible procedure.

Lymphatic tumors that are accessible are amenable to radium. In extensive areas of glandular involvement the

Roentgen ray is the method of choice. In any cancer that is accessible the radium element can be used where near the center, it is indicated. "Radium even under the most favorable circumstances, does not afford homogeneous distribution as is attained with the Roentgen rays under ordinary circumstances" (Baker). Stevens has shown very effectively that radium tends to cause a development of cells of an "adult type" unless the cells are completely destroyed, and the growth is resistant to any radiation. It would be necessary to destroy the surrounding healthy tissue in order to destroy the malignant adult cell.

In recurrent glioma of the brain radium is exceedingly effective. The reaction is very quick and the element will generally cause a complete disappearance of the same. The element also has its place in malignancies of the mouth as tongue cancer and often in malignancies of the breast. However, in all these conditions radium should be used in combination with Roentgen ray externally.

### Roentgen Rays

It has been pointed out that radium rays are indicated in certain cases where the rays can be made to act from a small focus outward. But the effect is only good for a short time. In contradistinction the Roentgen rays should be employed whenever it is wished to get a widespread distribution of the rays. Roentgen rays are indicated when the lesion is situated at a distance under the skin surface. The Roentgen ray in malignant therapy has its greatest value in its use as an alternative to surgery, with the possible exception of cancer of cervix, where it is very effectively used with radium. Lesions are amenable to either the radium ray or the Roentgen ray. If the skin lesion is extensive it should then be treated with the Roentgen ray and surgery.

Many cases of malignancy of the breast can be treated with the Roentgen ray alone. However, the best practice is pre-radiation with the Roentgen ray which destroys many of the malignant cells on the outer borders of the tumor, obliterates to some extent the lymphatic chain about the area, thus tends to prevent metastasis. "Any transplanted malignant cell that is properly treated will not produce a metastatic malignancy" (Stevens).

The lymphatics surrounding malignant growths should always be treated with thorough radiation with the Roentgen rays before surgical interference. Likewise, Roentgen radiation should precede the embedding of any radium. A great many of the leading authorities on this line of work will not use radium alone in any case of malignancy, but it be an occasional small epithelioma. Pre-radium radiation is just as important as pre-operative radiation. Stevens again, "Radium should be used alone in any case of malignancy but should always be preceded by Roentgen radiation."

—Journal American Osteopathic Association, November, 1926.

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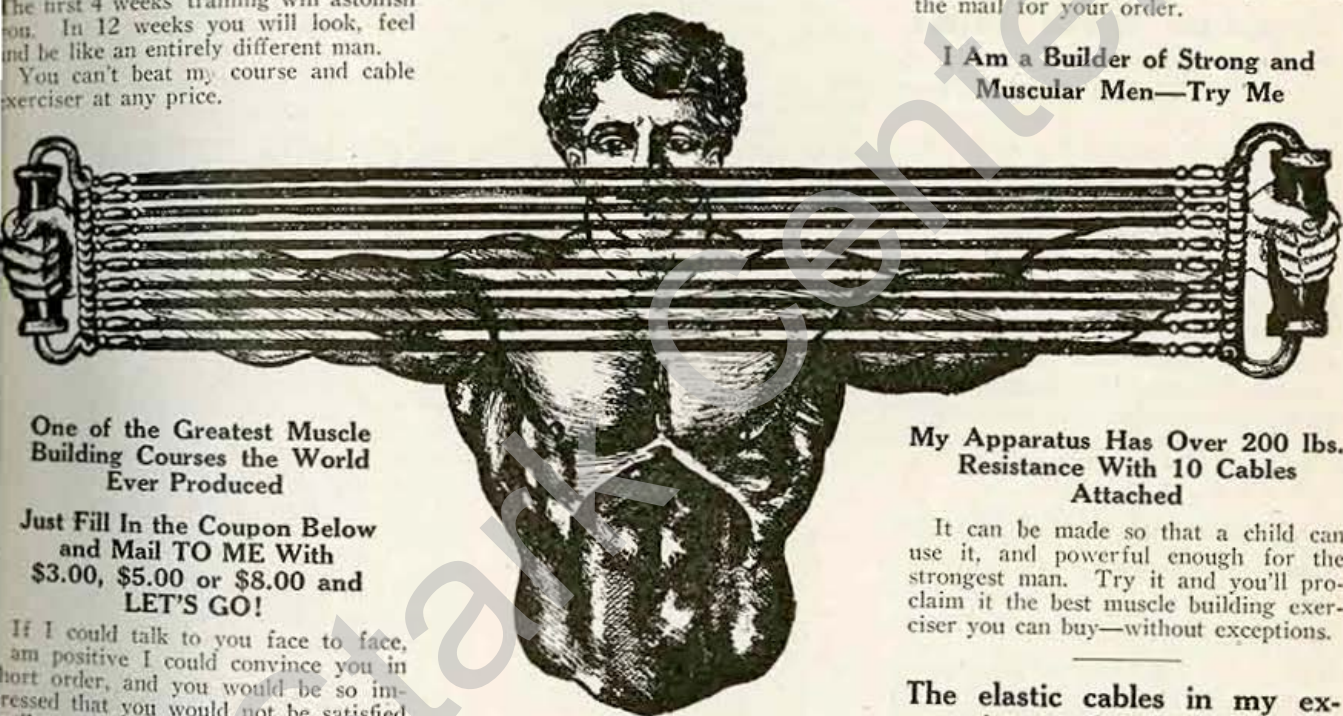
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Besides, when the springs, while being pulled apart, rest against your flesh, you are pinched severely between the coils as they come back to their normal position.

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**JACK SANDOW**

Room S-1-27, Federal Life Building,  
Michigan Ave. and Randolph St., Chicago, Ill.

# WRIST STRAPS

## Display Wrist Straps

The upper illustration shows a fancy wrist strap that gives an appearance of strength and distinction to those who wear them. You can get a pair of these wrist straps free with one year's subscription to this magazine, at the regular price of \$2.50. Or you can get a pair without the subscription for \$1.00, post-paid.

The straps are made of genuine leather. They are beautifully perforated around the edges, as you will notice. The two narrow straps that are shown over the main strap also give distinction.

## Straps for Weak Wrists

The strap shown in the middle illustration is not sold in pairs, although you can get a pair if you so desire.

These straps, as you probably know, are for the purpose of protecting your wrists from sprains or as a protection to the wrist that has been sprained. They are made of very strong, durable leather and can be drawn tightly around the wrist.

If you subscribe to Strength for 6 months at the regular price of \$1.25, you will receive one of these strong straps entirely free. Or you can get one strap without Strength for \$.50, post-paid.

## Professional Wrist Straps

These wrist straps are of the heavier type. They are for the strong men, and they lend a look of greater power to their arms.

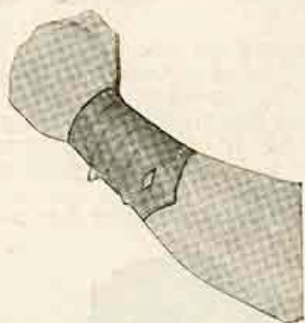
The straps are made of heavy pebble grained leather, are decorated with brass spots, as the illustration shows, and are felt lined. Wrist straps like these are worn by professional strong men throughout the world.

They are in pairs and can be obtained with a year's subscription to Strength for \$3.50. This is only a \$1.00 addition to the regular price of the subscription. Without Strength they cost \$2.00, post-paid.

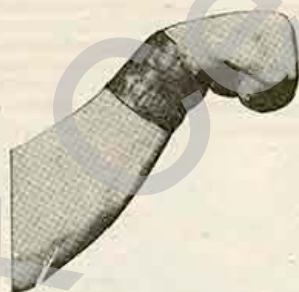
Wrist straps of the long, display type improve the shape and size of your arms 100 percent. These improvements are brought about by the fact that the wrist straps reach a considerable distance up the forearms. Consequently, the forearms look shorter and stockier because the long, thinner part of the arms—the wrist, is covered.

Wrist straps of some kind should be worn whenever you pose for pictures meant to show a display of muscular development.

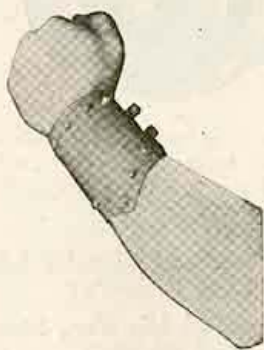
## For ALL Purposes



FREE with a Year's  
Subscription to Strength



FREE with a 6 Month's  
Subscription to Strength



Perhaps you are one of the many who give performances of muscular control, lifting or posing. If so, you should not be without a pair of wrist straps, for they will set your physique off to great advantage, consequently putting your little act over with greater force.

**All Strong Men Wear Them** because they realize the improvement they give to their physique in general and their arms in particular. Just as high sandals improve the appearance of the legs, so do wrist straps improve the arms.

**Why Should You Be Without a Pair**

when you can get them at such a reasonable cost as offered on the other side of the illustrations?

**FREE with STRENGTH**

You will notice that two types of three wrist straps shown on this page are entirely free with a subscription to Strength Magazine.

The other can be had at considerably below its regular cost when purchased with a year's subscription to Strength.

It is not necessary to point out the advantages to you that there is in consecutive issues of this magazine coming to your door regularly. You save money on the 12 issues. You do not have to worry about getting it irregularly or missing a single issue. Besides, you get a beautiful pair of wrist straps (with the exception of the strap shown in the middle illustration, which case one is given).

**Let Us Send You Yours**

The Milo Publishing Co., Dept. S-1  
2739 Palethorp St., Philadelphia, Pa.

Gentlemen: Please send me immediately the proposition I have checked off below. I am enclosing a remittance to cover cost of same.

- A pair of Display Wrist Straps with 1 yr. subscription to Strength, \$2.50.
- A pair of Display Wrist Straps only, \$1.00.
- 1 Strap for Weak Wrists, with 6 mo. subscription to Strength, \$1.25.
- 1 Strap for Weak Wrists only, \$.50.
- A pair of Professional Wrist Straps with 1 yr. subscription to Strength, \$3.50.
- A pair of Professional Wrist Straps only, \$2.00.

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