

Indigestion

# Strength

APRIL

1927

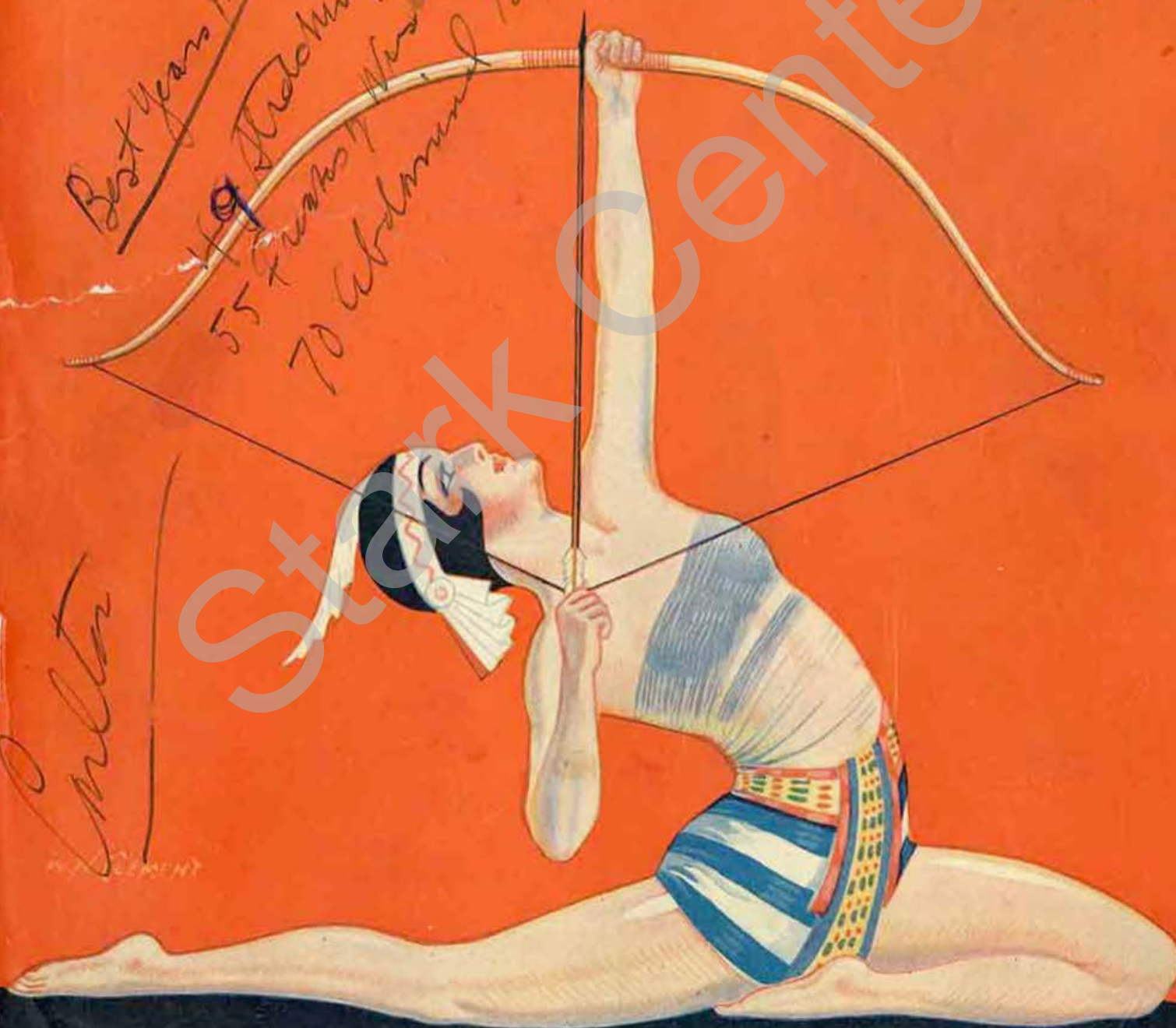
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# WHAT IS A BAR BELL?

A BAR BELL is simply a long-handled dumb-bell. It has many advantages over a pair of dumb-bells. For instance, it is far easier to handle a 50-pound bar bell than two 25-pound dumb-bells. Again, with a bar bell you can do certain back and leg exercises where it would be awkward to handle a pair of dumb-bells. The bar bell became

## The Greatest of All Body Builders

when the adjustable feature was added—for then it became possible to employ the progressive method of exercise which has proven to be the only way in which a man of below average physique can gradually but steadily improve his build, his muscular development and his stock of organic vitality until he becomes a physical superman—the very pattern of health, strength and manly beauty.

## By Using a Bar Bell You Can Become a Physical Superman



A Manger, the National Amateur  
Light Heavyweight Champion

With every bar bell we sell we give courses of training to suit the individual purchaser. Our pupils vary in age from fourteen years to as old as sixty-four. We have seen slender young pupils gain as much as twenty pounds in weight, and six inches in chest measurement in the first six weeks they were under our training. We have taken stout middle-aged parties and shown them how to regain the fine proportions, the elasticity and the vigor of athletic youth. We get orders from hundreds of business men and office workers, and we show them how it is possible to get the greatest possible results in the shortest possible time. (Possibly forty per cent of our patrons are indoor men.) One of our greatest delights is taking husky farmers, out-door workers and gymnasium devotees and showing them what real strength and development are like. Every case is individual with us and we have handled so many different kinds of health-seekers, shape-seekers, and strength-seekers that it is hardly possible your case would present any new problems for us.

## We Give Unlimited Service

With us it is not a case of giving you so many "lessons" and then forgetting you. You are our pupil as long as you own the bar bell you buy from us. You may be in such condition that we can give you the kind of developing work that makes you gain at a rate so rapid that you will be amazed. Or it is possible that you are in such a run-down or absolutely undeveloped state that we will have to start you with the bell adjusted to very moderate weights, put you on a mild progressive schedule, and coax your body to its proper proportions and teach you how to accumulate a stock of reserve vigor and health. All of which is part of our job, and what you pay us for.

## We Give An Absolute Guarantee

All our goods are sold on the same understanding. If within ninety days after enrolling you are not satisfied with the results, you can return your outfit and have your money refunded. For years we have kept a careful record and find the proportion of returns is 1/3 of 1 per cent. In other words, we satisfy 299 out of every 300 customers. (We never expect to be perfect.)

## We Make Adjustable Bar Bells of All Varieties

Every outfit we make is a combination affair, which can be used as a bar bell or as a pair of kettle-bells. Every part of each outfit is adjustable in weight. Some types have hollow spheres which can be loaded with iron plates of assorted sizes. Others have no covering spheres but consist just of an assemblage of iron plates and the different handle bars. We make bar bells of

## Different Styles—Different Sizes—Different Prices

but every outfit we make can be adjusted to such a moderate weight that it can be easily handled by the weakest and smallest man, and yet can be almost instantly adjusted to a weight that would tax the strength of Samson.

## Our Literature Will Interest You

Send at once for our booklet.

"HEALTH, STRENGTH AND DEVELOPMENT AND  
HOW TO OBTAIN THEM"

## The Milo Bar Bell Co.

Dept. 163

2739 N. Palethorp St. Philadelphia, Pa.

THE MILO BAR BELL CO.,  
Dept. 163, 2739 N. Palethorp St., Philadelphia, Pa.

Gentlemen:

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

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

### A STRONG MAN'S SHOW

will be held in Philadelphia on April 24, at the Philadelphia Academy of Physical Training, S. W. Corner 15th and Race Streets, at 8 P. M. sharp.

Caouette, the giant French-Canadian, the only man in the world to ever lift over 400 pounds with two hands, will be the star lifter of the evening. DON'T MISS HIM.

# Scatter-brained!

No wonder he never accomplishes  
anything worthwhile!

**H**IS mind is a hodge-podge of half-baked ideas. He thinks of a thousand "schemes" to make money quickly—but DOES nothing about ANY of them.

Thoughts flash into and out of his brain with the speed of lightning. New ideas rush in pell-mell, crowding out old ones before they have taken form or shape.

He is **SCATTER-BRAINED**.

His mind is like a powerful automobile running wild—destroying his hopes, his dreams, his **POSSIBILITIES!**

He wonders why he does not get ahead. He cannot understand why others, with less ability, pass him in the prosperity parade.

He pities himself, excuses himself, sympathizes with himself.

And the great tragedy is that he has every quality that leads to success—intelligence, originality, imagination, ambition.

His trouble is that he does not know how to **USE** his brain.

His mental make-up needs an overhauling.

There are millions like him—failures, half-successes—slaves to those with **BALANCED, ORDERED MINDS**.

It is a known fact that most of us use only one-tenth of our brain power. The other nine-tenths is dissipated into thousands of fragmentary thoughts, in day dreaming, in wishing.

We are paid for **ONE-TENTH** of what we possess because that is all we **USE**. We are hundred horse-power motors delivering only **TEN** horse power.

What can be done about it?

The reason most people fall miserably below what they dream of attaining in life is that certain mental faculties in them **BECOME ABSOLUTELY ATROPHIED THROUGH DISUSE**, just as a muscle often does.

If, for instance, you lay for a year in bed, you would sink to the ground when you arose; your leg muscles, **UNUSED FOR SO LONG**, could not support you.

It is no different with those rare mental faculties which you envy others for possessing. You actually **DO** possess them, but they are **ALMOST ATROPHIED**, like unused muscles, simply because they are faculties you seldom, if ever, **USE**.

Be honest with yourself. You know in your heart that you have failed, failed miserably, to attain what you once dreamed of.

Was that fine ambition unattainable? **OR WAS THERE JUST SOMETHING WRONG WITH YOU?** Analyze yourself, and you will see that at bottom **THERE WAS A WEAKNESS SOMEWHERE IN YOU**.

What **WAS** the matter with you?

Find out by means of Pelmanism; then develop the particular mental faculty that you lack. You **CAN** develop it easily; Pelmanism will show you just how; 550,000 Pelmanists, **MANY OF WHOM WERE HELD BACK BY YOUR VERY PROBLEM**, will tell you that this is true.

Among those who advocate Pelmanism are:

T. P. O'Connor, "Father of the House of Commons."	Frank P. Walsh, Former Chairman of National War Labor Board.
The late Sir H. Rider Haggard, Famous Novelist.	Jerome K. Jerome, Novelist.
General Sir Robert Baden-Powell, Founder of the Boy Scout Movement.	Gen. Sir Frederick Maurice, Director of Military Operations, Imperial General Staff.
Judge Ben B. Lindsey, Founder of the Juvenile Court, Denver.	Admiral Lord Beresford, G.C.B., G.C.V.O.



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

Baroness Orczy, Author.  
Prince Charles of Sweden.

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

Pelmanism is the science of applied psychology, which has swept the world with the force of a religion. It has awakened powers in individuals, all over the world, they did not **DREAM** they possessed.

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

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

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

The first principle of **YOUR** success is to do something definite in your life. You cannot afford to remain undecided, vacillating, day-dreaming, for you will soon again sink into the mire of discouragement. Let Pelmanism help you **FIND YOURSELF**. Mail the coupon below now—while your resolve to **DO SOME THING ABOUT YOURSELF** is strong.

## THE PELMAN INSTITUTE OF AMERICA

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

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19 West 44th St., Suite 344  
New York City.

I want you to show me what Pelmanism has actually done for over 550,000 people. Please send me your free book, "Scientific Mind Training." This places me under no obligation whatever.

Name

Address

City  State



# Strength

APRIL, 1927

Vol. XII

No. 2



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# Dick! You're a Regular Grandpa

## A Month Before They Razed My Dancing— Yet Almost Overnight I Became a Popular Dancer

"DICK, will you ever learn to dance the late steps—will you ever learn to hold me properly—will you ever learn to act at home on a dance floor and keep off my feet?"

"I'm awfully sorry I . . . !"

Anne kept up the bombardment. "Honestly you're worse than an old grandpa when it comes to dancing. You never take your eyes off your feet. You hold yourself stiff as starch and walk in a straight line until it becomes monotonous. When you do attempt to turn, you hop—then stumble over me and bump into every one else near you. It's so tiresome and embarrassing. Please don't ask me to dance again."

### The Bitter Truth

What could I say? It was not the first time that I had bluffed. Yet it was always such a temptation to mingle with good dancers that I watched the steps they did and then foolishly tried to imitate them. I never realized that my clumsy, old-fashioned methods made me a "laughing stock" each time I stepped on the floor—until Anne opened up and spoke her mind.

### A Short-Cut to Popularity

In a flash I realized that if anyone could correct my faults and make me a polished, up-to-date dancer it was Arthur Murray, the famous dancing instructor, whom I had so often read about. Oh, if I had only written to him before. But it wasn't too late, I hoped. The very next day I sent for his "Learn At Home" course. The simple instructions worked marvels for me. In a few short evenings I had learned many of the very late steps and within a month every one admitted that I was as finished a dancer as the best of them.

Until now I never enjoyed the numerous personal and social benefits that are afforded every good dancer. Yet almost overnight my good times have increased. My circle of friends has broadened. I am invited to social functions and gala parties where I make the acquaintance of prominent and influential people. I have overcome timidity and acquired self-confidence and poise that I always lacked. I enjoy dancing now as I never did before and all because I learned how to dance.

### Learn to Dance at Home

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

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



lessons. You can learn right in your own room without music or partner.

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

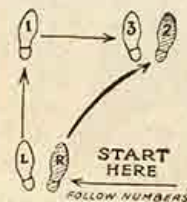
### Five Lessons FREE

To prove that Arthur Murray can make you a finished dancer in ten days' time, he is willing to send you five lessons from his remarkable course absolutely free. Just send the coupon (with 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. Mail this coupon NOW. Arthur Murray, Studio 712, 7 East 43rd Street, New York City.

### IF YOU CAN DO THIS STEP

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



Arthur Murray, Studio 712,  
7 East 43rd Street, New York City.

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

Name .....

Address .....

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

# A New Natural Gland Stimulation —for Millions of Men Past 40...



## Prostate Trouble

I received the most gratifying results. I consider your treatment a God-send to me. I used to get up three and four times a night and besides I would get pains like needle pricks in my groin. Since using the treatment this has all left me.

Emery G. Scheller  
Paxton, Mont.



## Bladder Weakness

At the time I was a nervous wreck. I had enlarged prostate gland and had to be up ten to fifteen times at night. I spent hundreds of dollars trying to get relief. On receiving your treatment I began using it and have used it at intervals since, until I feel that the trouble is entirely cured.

Dr. F. J. McMichael  
Union City, Tenn.



## Half Living

I had prostate trouble five years that I know of, and how many years previous to that, I couldn't say. It does not seem possible that those awful dragging pains throughout the whole pelvic region have been eliminated in the short space of seven weeks, also the pains in my back, hips and legs. Truly it is little short of a miracle.

Frank L. Parker  
West Medford, Mass.



## Chronic Constipation

It has wonderfully relieved my prostate decline and bladder weakness, and simply routed constipation and piles. It also imparts an exhilaration and buoyancy that is indeed very gratifying. Life has taken on a brighter glow, and I am experiencing more vigor and vitality.

Martin H. Miller  
Reedley, Cal.



## Foot and Leg Pains

... In this short time it has accomplished wonders in my case. My bladder and prostatic troubles are much improved. Pains have left my lower limb, and walk is about normal. I truly thank Providence for ever inclining me to your wonderful treatment."

DeForest Anderson  
Peoria, Ill.

## An Entirely New and Amazing Treatment

**A**FTER a certain middle age, men commonly show typical signs of debility and breakdown. In millions of men these signs mean gland failure. Some medical authorities say, and in fact they generally agree, that as high as 65% of all men past middle age have prostate gland trouble. One of its commonest and most distressing effects—frequently mistaken for kidney trouble—is that it makes men get up 3 to 12 times at night. With loss of mental and physical vigor, it often brings on chronic constipation, pains in the back, legs and feet, depression of spirit and even dependency.

### Heed This Warning

Probably millions of men past forty mistake these symptoms for natural old-age. No graver mistake could be made. These things mark the most critical time of a man's life! If these prostate troubles run on, unchecked, growing steadily worse, it means either miserable old-age or gland surgery!

That is why this new drugless way to

stimulate the prostate gland and often restore it to normal size and functioning has been heralded as a discovery of the greatest magnitude.

### Safe, Natural Method

No drugs, no medicine, no massage, no diets, no violet rays. . . You can administer this non-medical hygiene yourself in the privacy of your own home. It is absolutely safe—as harmless as washing your hands. It has no counterpart—cannot be compared with anything else. It only assists nature but it does it in an entirely new way.

### A Triumph In Quick Results

The amazing thing about this therapy is that it often clears up the distressing symptoms and restores normal activity in six days! It often brings unmistakable improvement almost overnight.

So direct, so positive is this new gland treatment, that it is offered only under a guarantee that unless you feel ten years younger in six days you pay nothing! It should be added parenthetically, that this treatment simply routs constipation and piles, and is so guaranteed.

### Tested for Permanent Benefit

More than 25,000 men have already used this hygiene. Tests have proved its permanency beyond all question. All over the world men write paeanes of praise. Already physicians, in every part of the country are using and recommending this revolutionary method. It is the discovery of an eminent American scientist, member of four prominent scientific societies, who perfected it only after seven years of research.

### Scientist's Book Sent Free

This Scientist describes the methods in a new, illustrated, and intensely interesting booklet, "Why Many Men Are Old at 40." If you have any of the common symptoms mentioned, send for this frankly written book, today. Learn these amazing new facts about old age. See if they apply to you. See why this new treatment often quickly restores men to buoyant health and vitality. For a free copy, without obligation, simply mail the blank below to

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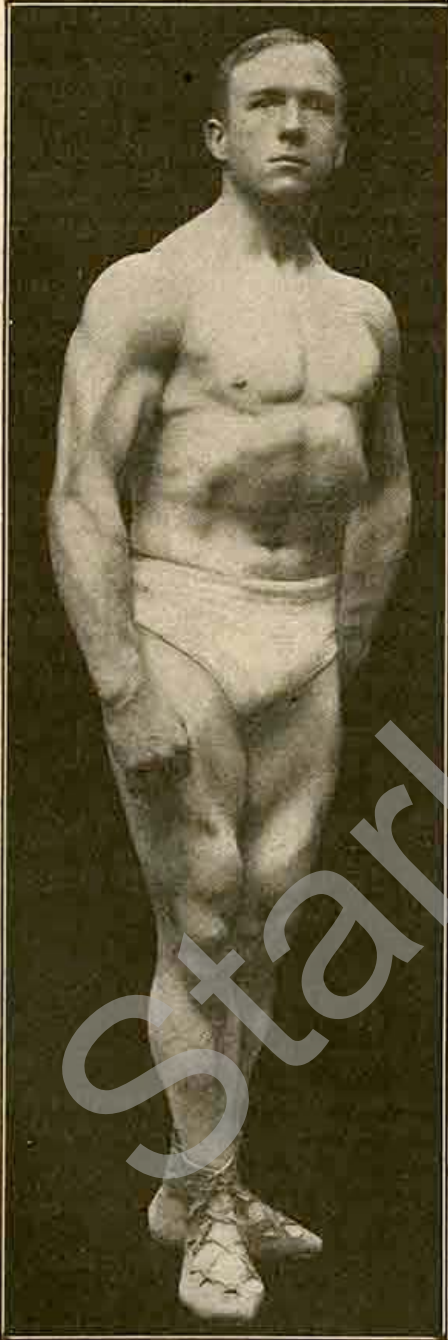


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6468 Main St., Steubenville, Ohio.  
Please mail at once a FREE copy of the booklet, "Why Many Men Are Old at Forty," and all details about the new hygiene. I am not obligated in any way.

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Western office, Suite 64-K, 303 Van Nuys Bldg.  
Los Angeles California

# Battle Your Way to Manly Vigor and Strength



**STRONGFORT—Builder of Men.**

My portrait is not published for glory or as a boast of my prowess, but as concrete evidence that my body was developed into perfect physical and health condition by the very methods I use in upbuilding other men and restoring them to health and strength. It is no trick to develop external muscles by physical culture, gymnastics or weight lifting methods, but outward muscular development means nothing if not backed up with internal development, which is the secret of health and manly vigor—the source of power that physicians overlook and that drugs, dope and patent medicines will not touch.

—as Gus Clem has done—as Hajnos, “the Navy Hercules” has done—as thousands of other young men have done—as any fellow can do who feels the shame of weakness—by following the easily understood directions given his pupils by Lionel Strongfort, for 25 years the outstanding physical and health instructor and teacher of the world.

## WHAT WEAKNESS WORRIES YOU?

What physical defect or mental worry robs you of bodily pleasure and the joys of life? What keeps you from winning honors in athletics? What keeps you from attaining favor with men and women—at parties, in business? What blocks you from the better jobs and the higher pay, in the shop, store or office?

**MAYBE YOU KNOW**, deep down in your own heart, what keeps you down—what makes you ail and fail—what puts you in the weakling class! No matter what the cause, nor how far below par you have been dragged, Lionel Strongfort wants you to know that you can be a vigorous, muscular manly fellow in every way—that you can be a winner—that you can find delight in being in company, zest in sports, courage in combat, success in the business world.

## YOU WON'T GET ANYWHERE

so long as you go on snuffing, coughing, ailing, aching and complaining. You won't score until you've banished weakness and stood up straight and looked men and women square in the face. If you are suffering from Nervousness, Constipation, Indigestion, Weak heart, Catarrh, Colds or other afflictions, write me frankly and I will tell you how, in the privacy of your own home, you can rid yourself of these horrors and become a real he-man—vigorous, energetic, strong, magnetic. You can't afford to drag through life, half dead, wretched. I will help you out of this pit of despair if you will just tell me your trouble.

# STRONGFORTISM

## Builds Up Your Muscular System

Strongfortism has helped thousands to overcome the vitality sapping disorders that afflict so many and made powerful men of them. It will, by natural methods, without the use of drugs or apparatus of any kind, enable you to develop your muscular system internally and externally, and banish weakness and the results of neglecting your body, and to again feel the thrill of vigorous life, buoyant health and cheerful mentality. It will build you up speedily. There isn't any doubt about this. You will realize the truth almost from the moment you start, in the privacy of your own home, following my easily understood directions.

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I've packed the experience and research of a lifetime of physical and health building into my startlingly interesting Book, “Promotion and Conservation of Health, Strength and Mental Energy.” It is priceless.

In it are plain facts that will astonish you and help you out of your sorry plight. It will tell you frankly how you can make yourself over into a vigorous specimen of vital manhood with 100% pep, power, and personality. It doesn't mince words. Just check the subjects on the free consultation coupon on which you want special confidential information. Send for your copy of this book right now—TODAY.

### FREE CONSULTATION COUPON

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Mr. Lionel Strongfort, Strongfort Institute, Dept. 326, 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.

- |                   |                     |                         |
|-------------------|---------------------|-------------------------|
| .. Colds          | .. Weak Back        | .. Short Breath         |
| .. Catarrh        | .. Increased Height | .. Weak Heart           |
| .. Asthma         | .. Weak Eyes        | .. Great Strength       |
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| .. Thinness       | .. Emaciation       | .. Round Shoulders      |
| .. Pimples        | .. Rheumatism       | .. Skin Troubles        |
| .. Insomnia       | .. Nervousness      | .. Stomach Disorders    |
| .. Overweight     | .. Constipation     | .. Muscular Development |
| .. Other Ailments |                     |                         |

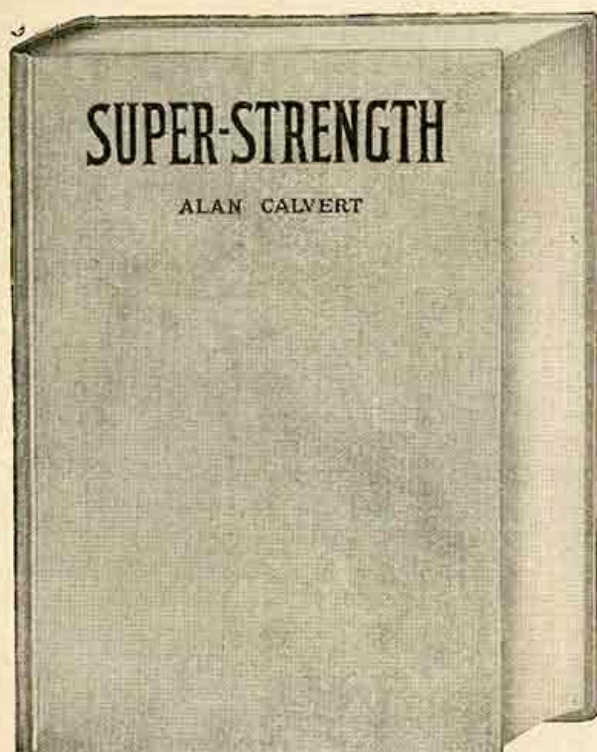
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CITY..... STATE.....

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# What Sort of a Book Is This Super-Strength?

**IT DEALS** with our favorite subject.

**IT TELLS** of the feats of remarkable men. Super-strength means strength in a superior degree, possessed by few men. The world is looking for, and admires, super-men. The superior man in his line is the Lion of the Hour.

**IT IS INTERESTING** to read of the feats of these physically super-men, of whom the author treats in this remarkable book.

**IT IS FASCINATING** to read of the wonderful things of which they are capable. After relating their most famous accomplishments as men of super-strength, the private training stunts of these super-athletes are described in a thorough manner.

**IT HAS 95** illustrated pages, containing 183 separate pictures, 180 of which are Photographs!! There are 220 pages of closely printed text, about 80,000 words in all.

## WANT A BOOK LIKE THIS?

**WRITTEN BY** a man who knows how to put over the

subject in a manner that will make you read every word and then re-read it.

**IT CONTAINS** a full course in physical training and weight-lifting, completely illustrated by high-grade photographs. All the most effective exercises for every part of the anatomy and the best known training stunts are included in the pages of this book.

**FOR INSTANCE**, one chapter deals with "Individual Training;" another, "Making Yourself Over;" another, "Professional Exhibition Work;" and still another, "Effects of Exercises;" while several others deal with the development of various parts of the body, and numerous pages are devoted to little anecdotes that make you more familiar with the inside of the "physical culture business" and "strong man game."

This book is simply crowded with knowledge; the addition of timely stories tending to make it absorbingly interesting.

Though the title of this book is "Super-Strength," the author deals more in detail with the development of a perfectly moulded body and strives to encourage the cultivation of a perfect build, rather than making strength the only consideration.

## Your Physical Culture Library Isn't Complete If You Haven't This Book

**YOU HAVE A LOT TO LEARN AND YOUR KNOWLEDGE OF THIS AND ALLIED SUBJECTS  
WON'T BE COMPLETE TILL YOU GET YOUR COPY OF**

**SUPER-STRENGTH, at \$1.75 a copy**

in combination with

**STRENGTH MAGAZINE, at \$2.50 a year**

**Both for \$3.25**

You are familiar with the principles advocated in Strength Magazine, and undoubtedly realize the value of consistent exercise and the hygienic methods of living for which Strength stands. Then, why don't you buy a book that will make you better informed on the subject in which you are interested?

We want every reader of Strength and fellow enthusiast to become acquainted with this book, "Super-Strength." Therefore, we are making this unusual offer of both the book and magazine for the bargain price of \$3.25.

The demand for this book shows the high estimation in which the readers of this magazine hold the author's writing and teaching ability.

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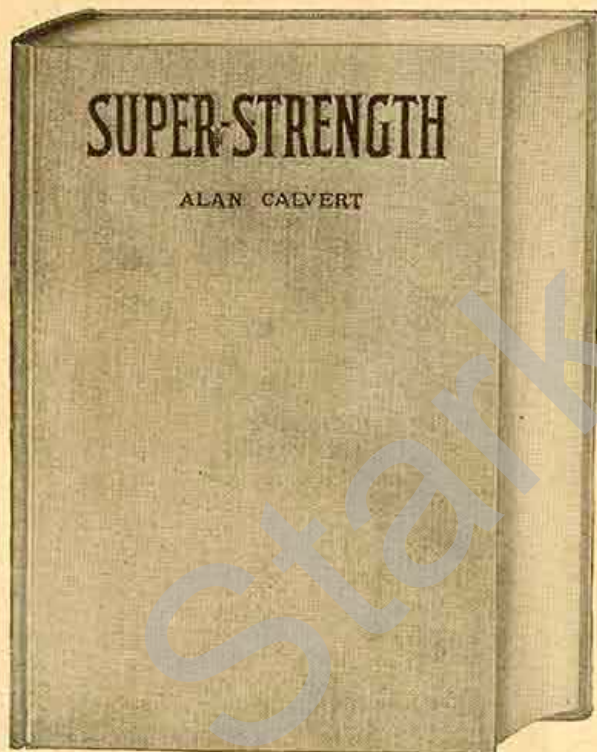
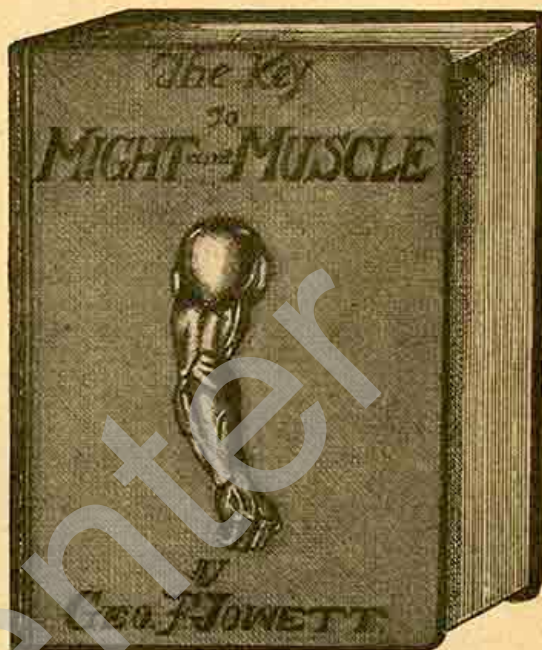
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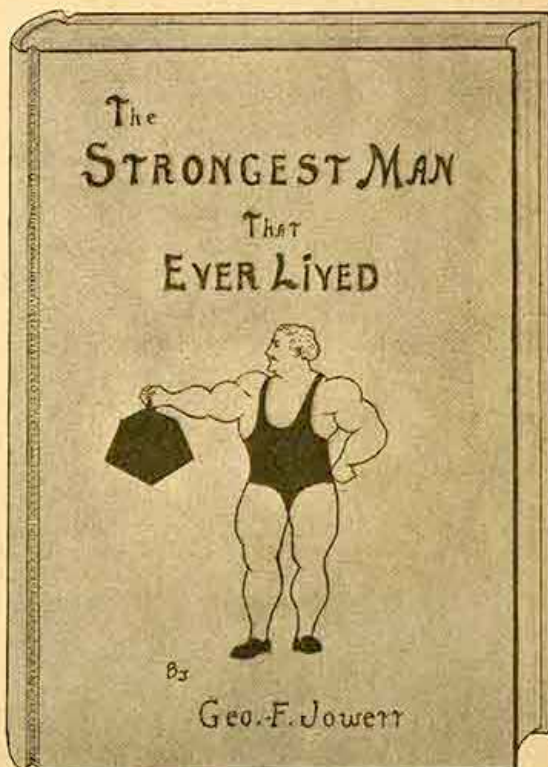
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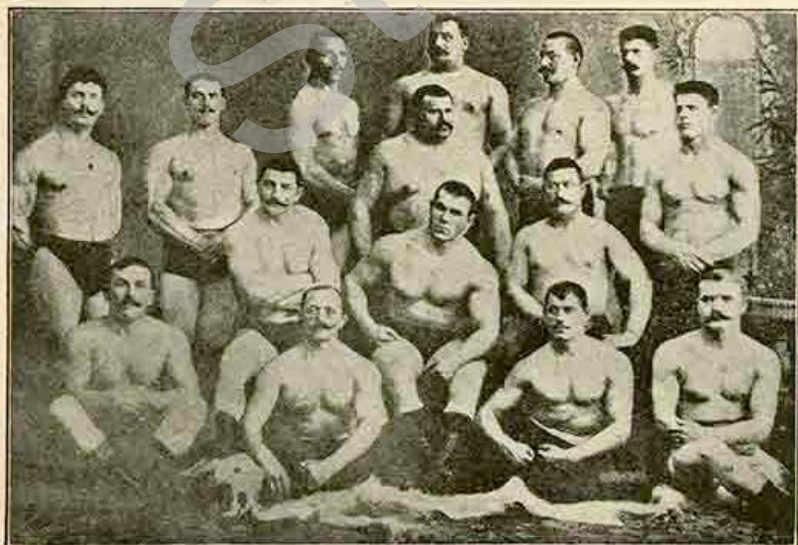
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"I was born on July 20, 1878 (Old Style), or August 2, according to English methods of reckoning, at Dorpat in Russia, my father being the proprietor of some dye-works there. I have a brother and a sister younger than myself. Both my father and my mother were of average stature, neither of them displaying any unusual physical characteristics, but both my brother and sister possess more than average strength. My grandfather, the father of my mother—who, by the way, I never knew, as he died when I was only three years old—was always described to me as a big and powerful man. He had migrated to Russia from Sweden some sixty years before. My mother always told me that I was very much like my grandfather, except that he was taller, being six feet in height.

"So far as I can remember, I was, from my earliest years, devoted to all bodily exercises, and by the time I was eight or nine years old I used to order about a small army of boys of my own age—being admittedly the strongest of them all. I was sent to the Dorpat Grammar School (Realschule), and soon showed a preference for the hours spent in the gymnasium. At a gymnastic competition . . ."

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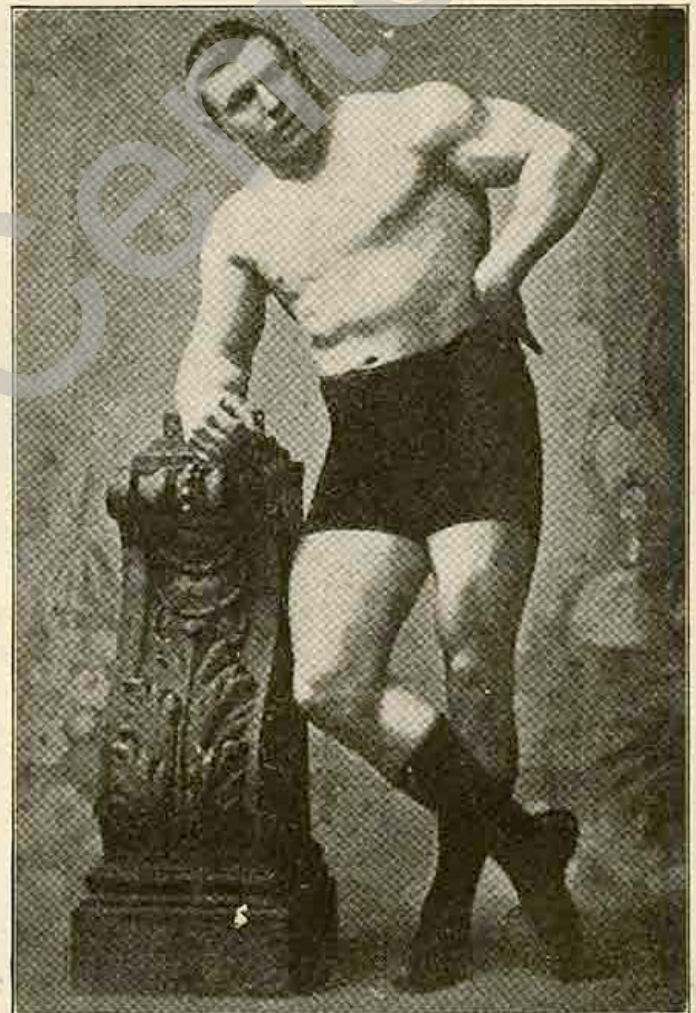
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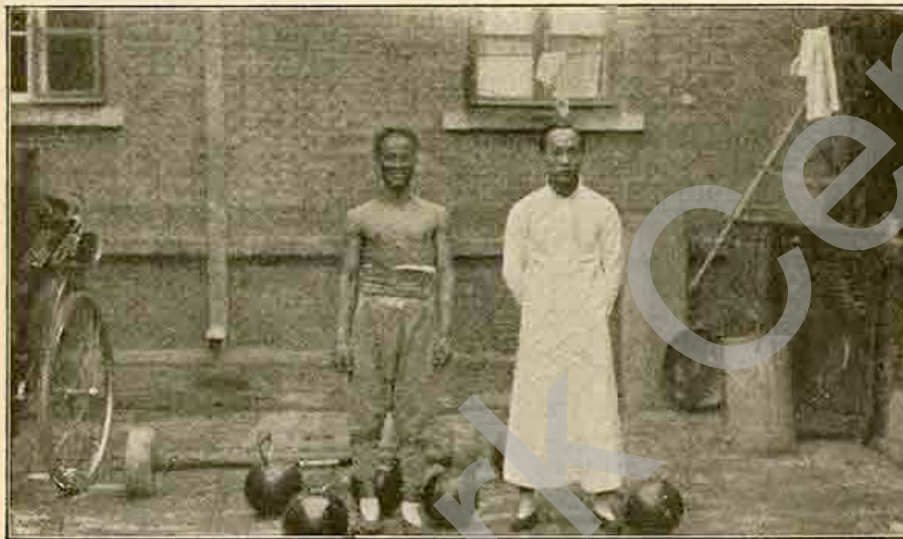
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# DUE TO IGNORANCE



**DR. BERNARD BERNARD**

D. Sc. (Phys.), M. S. P., M. P. C.  
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do not understand these cases.

The following report is a typical case of an unhappy condition brought about through ignorance. His reports show his increasing joy as we guide him through to health, strength, and a regaining of true manhood. Let us hope, dear reader, that his message will spell hope for you.

**Case No. 590—Age 27**

**First Letter, before treatment.** "When I was about 14 years of age, due to ignorance and bad company, I developed the habit which caused my sex weakness. I have not as yet been able to overcome the continual drain on my system caused by losses while at stool and at night.

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**First Report.** "I think that I have improved slightly. I feel all right, and my strength seems to be holding up. My bowels move about two or three times daily—always in the morning and evening. I find it somewhat easier to control my thoughts. I have not noticed any losses during the last five days.

**Second Report.** "I have had one loss, but I am glad to say that it did not affect me as they used to do. I have not noticed any at stool for about three weeks. My mind is clearer, and I am able to control my thoughts better. In general I believe that I am improving."

**Third Report.** "I am getting along pretty good. My bowels move two or three times a day. I am very limber. I am controlling my thoughts better right along. I have had no nocturnal emissions during

the past two weeks, and have not detected any other losses. Thanking you for your kind interest."

**Fourth Report.** "I have gained about three pounds since my last report. My bowel movements have been O. K. Am controlling my thoughts better as time goes on. I am gaining in strength, and have had no nocturnal losses for about four weeks."

**Fifth Report.** "My improvement continues. I am feeling fine and am gaining in strength. I have had no losses, and my bowel movement continues to be O. K. The exercises seem to be strengthening me, and I enjoy them very much."

**Sixth Report.** "My improvement continues. . . . My face and body are filling out with firm flesh. I have had no losses. My bowel action is regular, and my stomach seems to be in good shape."

**Seventh Report.** "I now feel that I have progressed enough to be confident of full recovery. I have gained five pounds since my last report. I have had no night losses. My bowels have moved two or three times each day, and in general I am feeling good. I wish to express my sincere gratitude for what you have done for me. It certainly has made life worth while for me."

**Final Report.** "In general I am feeling better than ever. It is very seldom that I have any morbid thoughts, and I find it possible to switch to other subjects. The central region is more comfortable than ever before, and the organs are much stronger. I now weigh 151 pounds—four pounds more than when I gave my last report. Bowel movements average about three each day. I intend to continue your exercises. . . . Again thanking you for all your kind and helpful information."

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## "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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Sex Problems.

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500-lb. Plate Loading Bell, plain bars.....	60.00
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3 complete, illustrated courses are given with every one of the above bells except the 100-lb. Bell, with which 2 courses are given.

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

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My mail address:

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

#### MEASUREMENTS

Neck ..... Weight .....

Normal Chest ..... Age .....

Expanded Chest ..... Occupation .....

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

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

Waist ..... Check off your aims below:

Hips ..... Improved Health—

Thigh ..... Great Strength—

Calf ..... Perfect Physique—

Wrist ..... To Reduce Weight—

Ankle ..... To Increase Weight—

Height .....

WE DO NOT PREPAY SHIPPING CHARGES

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

#### See Our Entire List of Styles



200-Pound Bar Bell

The bell you won't outgrow for a while. It's cheaper on the first cost and cheaper still in the long run, because you won't outgrow it so quickly.

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

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

## We Have Built Countless Hercules *and* Are Building Others Daily

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

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

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2739 N. Palethorp St. Dept. 162 Philadelphia, Pa.



# Rupture Sufferers

Thousands of Former Victims Made Well and Sound by Wonderful New Discovery That Heals Rupture Without Operation, Danger, Pain or Delay

Try this New Way-FREE!

Painful Rupture Will Sap Your Vitality and Shorten Your Life—Don't Neglect It. Ill-Fitting Trusses Only Prevent Healing—Cast Them Aside. No Need For You To Suffer Longer.

Thousands Tell of Their Complete Recovery

Now you can end your rupture troubles—FOREVER. For at last science has perfected a safe, comfortable, inexpensive method that really HEALS rupture. Dancers, athletes, sportsmen, and people who do hard, tiring work, have been entirely healed in this new way. Thousands of men, women and children have been healed of rupture by this marvelous new discovery, after everything else had failed.

No matter how severe, or long standing your case may be, you can now look forward to a happy, healthy life—free of rupture troubles—free of cruel, gouging old-fashioned trusses which force their way into the rupture opening in order to help retain it; and by so doing actually prevent its healing.

## New Method Heals Rupture

The scientific Brooks Appliance—rebuilt, 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.

## 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

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:

ACROBATS  
ARTISTS  
ATHLETES  
BANKERS  
BARBERS  
BLACKSMITHS  
BOOKKEEPERS  
BOYS  
BRICKLAYERS  
CARPENTERS

CHAUFFEURS  
CLERGYMEN  
CLERKS  
DANCERS  
ENGINEERS  
EXECUTIVES  
FARMERS  
GIRLS  
IRON WORKERS  
LABORERS

LUMBERJACKS  
MACHINISTS  
MAIDS  
MASONS  
MECHANICS  
PAINTERS  
PLUMBERS  
SALESMEN  
STENOGRAPHERS

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 .....

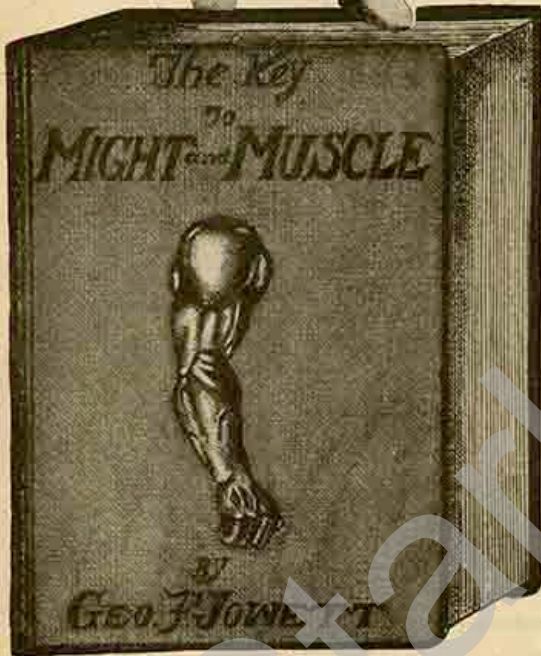
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# A Sound Foundation Upon Which to Build Your Body "The Key To Might and Muscle" Is the Book of All Books For This Purpose



**115,000  
Words**



NEARLY 300 PAGES

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

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

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

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

## Handsomely Bound

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

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

### MR. JOWETT WILL AUTOGRAPH YOUR COPY

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

## Never Before Published Pictures

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

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

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

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

## You Are Missing Too Much Without This Book

**SEND FOR YOUR COPY NOW**

**The Milo Publishing Co.**

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

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

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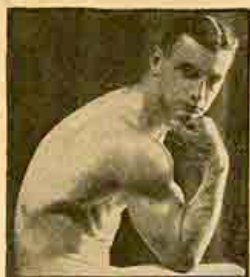
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# Useful Muscles--

## What Are They?



Great big, bulging muscles that lack skill and coordination may appeal to a few young men, but muscles of this big, sluggish type do not make an ideal physique or an expert athlete.

Whether you realize it or not, the type of physique you should desire is the well-balanced, symmetrical type that is not over-developed, either as a whole or in part.

### You Want Muscles That Will Enable You to Do Worthwhile, Profitable Things Better Than Most Fellows Can Do Them

When you have more strength, endurance, development, and better skill, speed and muscular coordination than your teammates, fellow athletes, or fellow workers, then you are going to climb up the ladder to an expert position in whatever sport or profession you pick as a hobby or a livelihood.

Such a muscular development is what you might call a "useful development," as well as the ideal type.

### This Is What I Am Doing

Every one of my pupils gets a useful development from following my methods and instructions. That has always been my aim. I devised my course in such a way that it gives you a great, all-round development, and at the same time perfects your muscular coordination, which really accounts for speed, endurance, and skill.

### How Do I Accomplish This?

By giving you a course of instructions that does not consist of useless movements. My course is different for this reason: it is made up of interesting feats and stunts that are given you in the form of exercises. There are no irksome exercises that must be repeated a tiresome number of times.

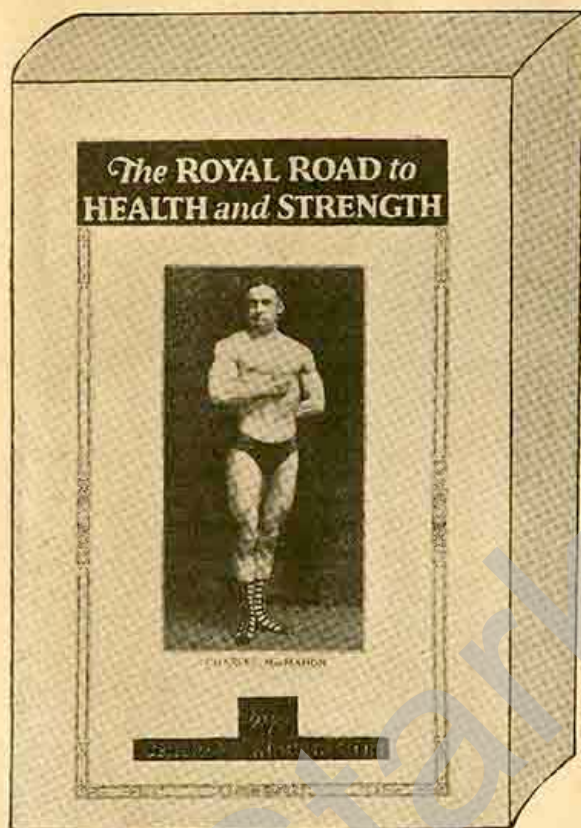
### Each of My Nine Lessons Is Entirely Different and More Advanced Than the Lesson Before It

You will 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.

That's what I do for you—make of you a superb physical specimen and an expert in your pet physical endeavor, whether it be baseball, golf, tennis, field events, strength feats, muscular display, or any other of the athletic endeavors.

### Useful Muscles—That's the Only Kind I Believe In

And I feel sure you are with me in that. Why not be with me in the matter of building your body to this pattern?



THE BIG BOOK YOU GET FREE

**"The Royal Road to Health and Strength"**  
IS BY FAR

**The Largest and Best Book**  
Of Its Kind Ever GIVEN AWAY FREE

128 Large Size Pages—Pictures By the Score—Chock Full of  
Useful Information on How to Acquire Useful Muscles  
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# How 63,400 People Found The Real Road to Health Happiness and Success!

*An Amazing Story That Reveals to You  
the Secret of Long Life, Vigor and Abounding Vitality*

WHAT was the matter with George Buttner of Bayonne, N. J.? Why was Edward Johnson of Fort Worth compelled to quit his job? Why was Mrs. Donald Long of Joplin, Mo., blue and despondent? What did Harold Packard of Lincoln, Neb., do when he lacked what he wished most in life? When Mrs. C. T. Bundy of Alberta, Canada, was told she would be an invalid for the rest of her life, did she submit? When Mrs. Violet Kennedy of New York was at her wits' end to know what to do for her kiddies and herself, how did she solve her perplexing problem?

*Mr. Buttner* was underweight—had no endurance—could not sleep—was constipated. That was twelve years ago. Since then he has been a marvelous athlete—champion cross-country runner of New Jersey—also record holder at one mile. From the time he got his set of the Encyclopedia of Physical Culture he says "I began to live as a human being should live."

*Mr. Johnson*, ten years ago, was discouraged when he had to quit work because of ill health—a friend told him about the Encyclopedia. "In 30 days I was back on the job—a new man, indeed. I am today a better man at 53 than I was at 25."

*Mrs. Long*. "My nerves which were worn to a thread have improved—I am full of ambition. The miracle has been wrought in me by the Encyclopedia."

*Mr. Packard*. "I bought the Encyclopedia some eight years ago—its pages have added years of enthusiasm, pep, vitality and happiness to my life."

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.

## How to—

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

*Mrs. Bundy*. "Two severe sicknesses were pronounced chronic and no remedy offered. The Encyclopedia was sent for and the thought of being an invalid is now a joke. Was it worth while sending for these books? With all my heart, YES."

*Mrs. Kennedy*. "I can truthfully say I have never enjoyed the good health that I do now. My one regret is that I did not know of the Encyclopedia years ago."

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. Why is it that 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. Nature knows no excuse—she accepts no apologies.

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

## 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.

FREE EXAMINATION ENTIRE SET

MACFADDEN PUBLICATIONS, Inc.

# DO YOU KNOW--

## How to be Well and Strong?

## How to Achieve Health?

*Men and Women Right in Your Own Home Town are Today Benefiting Tremendously By an Extremely Simple and Sensible Method*

**B**ERNARR 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

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

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

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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.

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If you purchase the set we will include with it membership in our Special Advice Department, maintained and equipped to serve you. This service alone may well be worth the price of the Encyclopedia.

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

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.

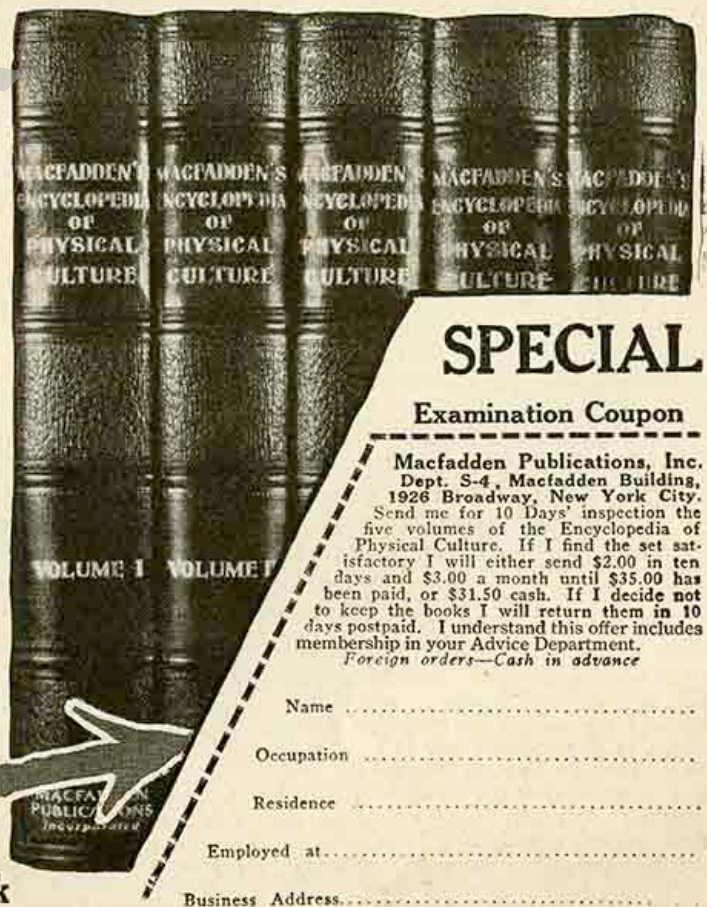
In this new up-to-the-minute edition Mr. Macfadden has achieved his greatest ambition by giving you the utmost in health knowledge obtainable anywhere. Between the covers of these five great volumes is to be found, exhaustively treated, information, data and instruction on every conceivable subject dealing with health—how to get it—how to keep it.

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You will be amazed at the stupendous task performed. You will be delighted, for here, at last, is that complete work on health that you so long have wanted. To own these books means that you will constantly have in your possession the key to health—a set of books to study—from which you may learn about your body—how to develop it—how to keep it free from disease—how to make it rugged and strong—how to prevent disease.

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Send me for 10 Days' inspection the five volumes of the Encyclopedia of Physical Culture. If I find the set satisfactory I will either send \$2.00 in ten days and \$3.00 a month until \$35.00 has been paid, or \$31.50 cash. If I decide not to keep the books I will return them in 10 days postpaid. I understand this offer includes membership in your Advice Department.

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# What Spell Does This Strange Book cast over its readers?

Examine it free for 5 days. If it does not give color, charm and magnetism to your personality, return it within the 5-day period—and the examination will have cost you nothing.

YOU have had books that entertained you—books that interested you—books, even, that amazed you. But never a book like this.

Here is a book that seems to cast a spell over every person who turns its pages!

Almost every page radiates brilliant ideas. Every paragraph guides you unerringly in developing a new, dominant, powerful, magnetic personality.

A copy of this singular 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.

You can sway and control others! You can command success. You can influence people to do things you want them to do. *This strange magnetic book shows how!*

**Once for the Wealthy Only  
—Now Within the Reach of All!**

"Instantaneous Personal Magnetism," just completed after fifty years of research and study, is now off the press and ready for you. Edmund Shaftesbury, founder of this interesting system, devoted a lifetime to it. Such men and women as Queen Victoria, Cardinal Gibbons, Lord Beaconsfield, Gladstone, Henry Ward Beecher were among his friends and pupils.

"Instantaneous Personal Magnetism" tells how to draw people to you at once, irresistibly—how to be popular everywhere, in any society—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 how to accomplish many of them without delay—*instantly!* How to develop your mental, passionate and personal magnetism!



Shaftesbury's amazing science of magnetic control was at first confined to the use of those wealthy few who could pay from \$200.00 to \$500.00 for the scientist's private instruction.

With the publication of "Instantaneous Personal Magnetism," Shaftesbury's complete method of magnetic development is within the reach of everyone. Everything that he taught on the cultivation of personal magnetism is in this one authentic book. It will show you how to awaken your creative energies and set free your great thought-force and magnetic self!

## What Personal Magnetism Is

Personal Magnetism is not necessarily inborn. It can be cultivated, fostered, until it becomes a natural part of you. Your eyes, hands, lips, voice, bearing—all radiate personality of an individual kind. All lend themselves to the one great fundamental quality known as *Personal Magnetism*.

## 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 rarely 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.

Release this dormant magnetism within you—and watch yourself become more and more successful, popular.

Give verve, color, magnetism to your personality—and see what a difference it makes in your life! The drab, colorless personality is a handicap; the irresistible, dynamic, compelling personality cannot fail to be recognized and respected in every society and under all circumstances—in your business, your profession.

## Instantaneous Personal Magnetism—Now Yours!

The principles that Edmund Shaftesbury taught to those famous men and women—and for which many paid as high as \$500—have been brought up to date and the new, revised edition can now be yours—for little more than the cost of an ordinary volume! Imagine it! Edmund Shaftesbury's whole astounding principle of magnetic control to apply to your own personality and use in your daily contacts with people!

## Mail Coupon Today For 5 Days' FREE PROOF

If you want a compelling personality—if you want magnetism, new power, new strength, send for "Instantaneous Personal Magnetism" at once. Mail the coupon today; this remarkable volume, bound in handsome dark cloth and gold embossed, will be sent to you at once for a 5-Days' FREE examination.

If you are not thrilled and inspired by this amazing book just return it within the 5-day period, and the examination will have cost you nothing. Otherwise keep it as your own and send only \$3 in full payment. Clip and mail this coupon. NOW before you forget, for the most magnetic book you ever saw! Ralston University Press, Dept. 66-H, Meriden, Conn.

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Dept. 66-H, Meriden, Conn.

You may send me "Instantaneous Personal Magnetism" for a 5-days' free examination in my own home. I will be the judge. Within the 5-day period I will either remit the special low price of \$3 in full payment or return it without cost or obligation.

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### What Grateful Readers Say

"I am indebted to Shaftesbury for all that I am in this world."

"Made me a success financially, socially and morally."

"I would not give up what Shaftesbury has taught me for \$100,000."

## Editorial

## Diet

ONE of the hardest things for anyone to do is to consider themselves one of the cases that go to make up the general average. We all know, in the abstract, that no man, no profession, no business, no machine, is absolutely perfect.

We all believe that there is a possibility of error in any given set of circumstances, and yet, when we happen to be the recipient of that possible percentage of error, we do not take it so gracefully as we take it when we are conversing about such a thing happening to us.

You continually hear the statement that the best manufacturer of automobiles makes a bad car occasionally, and yet you never hear anyone say that his particular car was the exception that proved the rule, although we have heard lots of them state that any given manufacturer made rotten cars.

In no field is there more temptation to ignore the successes and point to the failures than in the work of the medical profession. Everyone knows that the human body is a complicated piece of machinery and everyone knows that a large percentage of the owners of these intricate machines neglect them shamefully, and every one knows that among doctors, as well as among machinists, some men know their trade thoroughly, some are average, and some are below average.

Nevertheless, an unfortunate experience too often leads to the general sweeping statement that no doctor knows his business, whereas the great majority of them are thoroughly competent.

Furthermore, very few people stop to realize that nine times out of ten the doctor is combatting the result of some thoroughly unhygienic method of living which they may have been practicing for years.

Like a lot of other machines, the body will stand a good deal of abuse and then all of a sudden something gives. In the field of diet alone more people have wrecked their health by absolutely ignoring the rules which they knew existed and knew would inevitably take their toll in ill-health and death, than have ever been poorly or wrongly advised by doctors in all the fields upon which they touch.

This is so obviously true that no one needs to more than stop for a moment to realize its truth.

We are not advocating any particular diet fad, nor are we condemning any particular system of diet. The largest single dietetic mistake made is over-eating combined with under-exercising and we do not believe that one in a hundred who suffers from this complaint is under any illusions about what is wrong with him.

We believe that one man's meat is another man's poison and we believe that a diet of milk alone or nuts alone, or a diet without meat, may or may not be particularly well adapted to the human race; but, at least, we believe that in the case of anyone living rationally and eating reasonably no one of these dietetic theories is necessary to the development of health and strength.

We never heard of a training diet which excluded carbohydrates, fats, protein, mineral salts or water, and so long as the ordinary diet includes these constituents and the ordinary life includes a reasonable amount of exercise, we believe the type of food used is a matter of relatively small importance.

Possibly the largest single factor making for the success of the various diet fads is that, on the whole, although they are usually balanced, they are so impalatable that a large part of the temptation to overeat is removed by adhering to one of them.

As our American manufacturing genius has gradually changed the environment in which we live and the way we work, in order to make a living, we have been putting a new strain on our health-building because, where in the past our work took us out into the open air and was strenuous enough to make formal exercise a cross between a joke and totally unnecessary, a larger and larger percentage of our population is making a living by working in offices or by running machines. It is true that in all industry general hygienic conditions are receiving more and more attention all the time, but it is also true that very little provision is made to insure the body getting the exercise that it used to get just in the course of a day's work.

Just as there is an army of Americans who know their dietetic habits are bad, there is another army who (Continued on Page 89)

# Cultivating Beauty

Building Beauty Through the  
Strength and General

By Margaret



**T**HAT beauty is the foremost thought in the modern young lady's mind cannot be denied. Neither should that fact be frowned upon, as it too often is. It is but natural that every woman should want to cultivate and make the most of her natural endowment; but, alas, most of our modern young ladies think that real, honest-to-goodness beauty can be found in the beauty shoppe. It is not *she* who finds beauty, health, and happiness in the end; it is the girl who by *purely natural methods* endeavors to enhance

her beauty. This latter girl is to be admired—for you can be sure that she has examined herself carefully and admitted to herself that she has some defects which she must remedy if she is to wear her clothes well or if she is to get in a beauty contest; and there are a very few who dare to admit, even to themselves, that there is something wrong with their physical make-up.

The girl who goes in for all sorts of sports, indoors and outdoors, who pays some attention to her diet and to daily exercise, has adopted the only method by which she can develop her body to its full contour, avoid surplus fat, and acquire and maintain a ruddy glow of vigorous health.

Let me relate to you a conversation which I overheard among a group of girls at a certain swimming pool which I have been frequenting lately, to relieve my poor, tired nerves and muscles in its cool, sparkling depths. They were all gathered under a single shower, each trying her best to get the most of the fine spray of water that fell over their glistening young bodies.

I surveyed the group and thought to myself what beautiful forms one can find in swimming pools. There were some that would rival not a few Follies girls. True, also, there were some that could have stood for a lot of improvement, and, yes, that one in particular with the scrawny arms and shoulders and pipe-stem neck—she must be taking up swimming to develop those faulty parts.

As if in answer to my thoughts, a clear, young voice rang out from their midst, "Glad to see you here, Ellen. Swimming will do you a lot of good, you know. You will not have to be ashamed to wear an evening dress in a short time."

Instantly I saw Ellen's skinny little figure (the one I had been studying) stiffen, and she asked in a thin, cold, lifeless tone, "Who said I was ashamed to wear an evening dress? Why should I be?"

"My goodness, Ellen, everyone can see you are a little-er-undeveloped around the neck, and your arms are thin. Thought I heard you say so yourself."

"Well, you always did take a lot for granted, Florence. I never said such a thing. I don't think I have to be ashamed to wear an evening dress. I would not want rolls of fat hanging all over me." And with that she drew herself up to her full five feet two and proudly walked away. (I suspected that was the first time she had held herself so erect.)

The girls had, one by one, drifted away from the group,



# and Shapliness

Cultivation of Health and  
Self Improvement.

*A. Sargent*

fearing the worst, and then I got my first full view of that indiscreet individual. I was surprised, for here was a model for any artist or sculptor. I am sure that Coles Phillips, the famous girl cover artist, would have described her as having an ideal figure. Her face was radiant with health, her eyes held the sparkle of health and care-free youth.

Perhaps she caught a look of sympathy in my eyes, for she slowly made her way towards me. I smiled at her.

"I put my foot in it that time," she remarked.

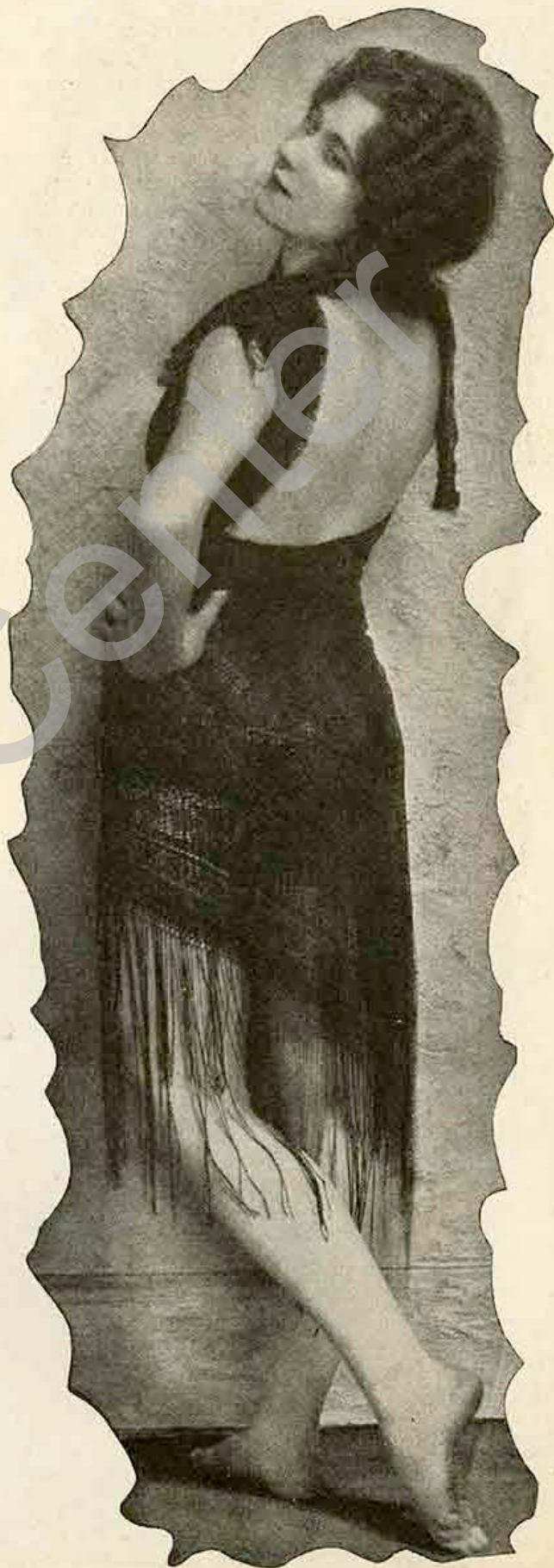
"Why worry," I resented that other girl's attitude, "you spoke the truth."

Instantly we became acquainted. I remarked about her beautiful form. "Oh, thank you," she said. "I worked so hard for it. Do you know I was just like Ellen not so long ago; yes, I think I was worse. I was aware of the fact all the time, but my mother insisted that exercise was too strenuous for me and she fed me on pills, until I got so desperate I said I would die before I took another bit of medicine. My mother thought she would gratify my last whim and let me take up a course of exercises at the local gym, and besides regulating my diet and working out at home, I got outdoors as much as I could and I have never missed my two nights at this swimming pool. I used to be called "skinny" and "beanstalk," but I did not get angry, because I knew I must seem as such to others and that it was entirely my fault that I was not different."

Now, there are a great many girls like Florence, but to every one of them there are twenty-five like Ellen. They have an exaggerated idea of what real beauty is. They think that clothes make the woman. They do, to a certain extent, providing that what is underneath the clothes is developed to pleasing proportions first.

Why are all Follies girls admired and secretly envied by the greater percentage of women? Because they possess shapely bodies and charming gracefulness. They are Follies girls only for these reasons.

The average person cannot realize the tremendous amount of work required and the amount of character expressed by the Follies beauties in keeping themselves fit and trim. Another very important thing that we do not realize is that the discipline backstage is the very strictest to be found anywhere in the world. If these Follies beauties once left themselves become self-indulgent or lazy they would soon lose their fine, shapely figures and their girlish slenderness and, consequently, their jobs. Their habit of living can be compared to the regimen of a prize fighter in training. They are always working, striving to better themselves in every way. One cannot help but admire them. They work



hours and hours each day, apart from their regular work at the theatre.

Let us review the Follies girl's daily program. She gets up early in the morning, throws up her window, and does a few setting-up exercises. Then she steps into a cool, invigorating bath and then breakfasts lightly. She then may have to receive callers or attend to some personal duties. More often she walks to the theatre and goes through another strenuous routine of exercise—rehearsal. Then luncheon, composed of good, wholesome food follows. Afterwards she spends her afternoons at some private dancing school or physical training institute taking up acrobatics and acrobatic dancing. Or you may find her at some swimming pool learning fancy diving. Some of them take vocal lessons, some of them take up art, but all of them, always, are bettering themselves physically and mentally.

So you should, my dear reader, take a hint from the above and adapt yourself to some routine of exercise that will build you a strong, healthy body. Rise early in the morning, drink one or two glasses of cool water, throw up the window wide and go through the following movements:



The Follies girls are admired by nearly all women for their beauty.

Placing hands on hips rise high up on toes and inhale deeply. Lower the body and exhale. Repeat this about ten or fifteen times.

Raise the arms above the head and bend the body forward until the tips of the fingers touch the floor. Keep the knees stiff and repeat this also from ten to fifteen times.

Again place your hands on your hips and lower the body by bending at the knees, until you are in a squatting position. Make about ten repetitions of this movement.

Last, place the hands on the window sill and keeping the body rigidly straight, bend the elbows and lower chest until it touches the window sill. Repeat this as many times as you are able to, comfortably.

Now you have exercised every muscle in the body and you can feel the blood tingling in your veins, and everything looks bright to you outside. You feel as though you could tackle anything that day. If you have the time you will be wise to take a quick shower or bath and then breakfast lightly, just as the Follies girl does.

You will find that if you follow this routine for a limited time, together with an evening work-out that you will improve 100% or more. You will not need to worry any longer as to whether you are too thin or too fat. You will have that feeling, when you go out, that your clothes fit you well and you will not look so bad in your bathing suit this summer. There will be many, many girls who will regret that they did not exercise when the summer rolls around and every one will be displaying their shapeliness on the beach.

I have talked exercise all along, but I do not want you girls to overlook the importance of food. There have been too many cases of obesity for this reason. You can be just as happy, if no more, by eating wisely.

By wisely I mean the right kind of food and the right amount of food. Regulate your meals and do not eat in between. This is the greatest mistake you can make. Take as little candy and rich pastries as you possibly can.

Now that spring is here you might regulate your diet to the best advantage, selecting the kind of foods that will do you most good. I will give you a few daily menus which you might try. I am sure that you will find them beneficial.

#### Breakfast

Orange juice  
Stewed huckleberries  
Oatmeal and bran with whole milk  
Whole wheat muffins

Orange juice  
Stewed apricots  
Whole grain wheat  
Bran  
Whole milk  
Whole wheat toast  
Butter

Orange juice  
Stewed figs  
Cracked wheat  
Bran  
Whole milk  
Whole corn bread with butter

**Luncheon**

Salad or lettuce, carrots, onions and celery  
 Bunch of grapes or figs  
 Bran flakes  
 Whole milk  
 Whole wheat bread and butter

Baked potatoes  
 Fruit and nut salad  
 Buttermilk  
 Bran flakes and cream  
 Whole wheat bread and butter

**Dinner**

Creamed asparagus on toast  
 Baked potato  
 Spinach  
 Celery  
 Apple, cabbage and nut salad  
 Cup custard  
 Whole wheat bread and butter  
 Bran

Lima beans with toasted whole wheat biscuit and cream sauce

Buttered parsnips  
 Baked sweet potato  
 Lettuce and green pepper salad  
 Dates and fruit juice  
 Whole wheat bread and butter  
 Bran

Brown rice with grated cheese  
 String beans  
 Beets  
 Endive and celery salad  
 Fresh sliced fruit in cup  
 Whole wheat bread and butter  
 Honey  
 Bran

If you will follow a diet like the above this spring and summer and combine it with a routine of exercises, practiced daily, you will be on the right path to health and beauty. You will not be troubled with indigestion, a poor complexion and undeveloped body.

Last but not least, go out and get the full benefits of outdoor exercises and pastimes. Now that spring is really here and summer is fast approaching you can avail yourself of any number of pleasant sports and games—activities that will help you get that coveted bathing beauty figure.

First of all you have horseback riding, a valuable and pleasant recreation. The advantages claimed for horseback riding are that it acts on nearly every muscle in the body, while the mind is interested and refreshed.

Then there will be rowing—a sport which is fast gaining recognition among women. It is a pity that more girls do not see the great advantage of that pastime. It is one of the most beneficial of exercises, and has the advantage of scenery, freedom from dust, and pleasant companionship; it exercises both sides of the body equally and is an excellent exercise for strength, rapidity and endurance. It is also one of the best for developing the lungs and chest as well as strengthening the heart.

Then there is tennis, golf and swimming, all of which are now within the reach of the average girl. There are public tennis courts and golf links and Nature has pre-



You could possess a shapely body, too, if you would adopt some method of exercise.

sented us with numerous swimming pools, which we can frequent daily if we wish.

Really, any girl who desires to be beautiful and who does not attain her desire should hide her face in shame. With all the inducements of the outdoors, and all the information given her in magazines and papers and lectures, there is no excuse for her remaining undeveloped, unhealthy and unhappy. It is only because she lacks the initiative to go ahead and do something for herself to exert a little effort. She expects some fairy godmother to touch her with a magic wand and, lo and behold, she will become a Venus. I have no sympathy for such a girl, and the time is fast approaching when everyone will regard her with impatience and mild contempt.

Please, girls, for your own sakes, follow the advice I have tried to give you above. You will not regret it.

In the end you will be rewarded with a firm, shapely body, a beautiful complexion, abundant health and everlasting youth. Try it and see for yourself.



Safe—after a great slide.

# Boosting Your Batting Average

Hitting Ability Plays the Most Important Part in Winning Games and Pennants

*By Charles MacMahon*

“**H**IT 'em where they ain't.” That is often the limit of help and advice a rookie or novice ball player gets from most “regulars” he comes in contact with.

“Hitting 'em where they ain't” is the secret of a fat batting average, all right, but try to do it more or less consistently without practice and knowledge.

To those who have aspirations of becoming star ball players, but who have not made much headway, the following advice will be of great help.

Hitting ability plays the most important part in winning games and pennants, and, of course, is most important in the case of the individual player. If you can hit the old apple, you have a better chance of going ahead than if you are a sensational fielder but a poor hitter.

It is safe to say that most beginners want to be sluggers. This is a fine ambition, providing you are physically fit for long-distance hitting. The knock-'em-a-mile type of hitter must have



Eddie Collins, a good short-swing place hitter.

strength and weight, especially weight of shoulders. Besides these physical assets, you must be sure you have some natural slugging ability, which is really coordination between eyes and hands.

If you have natural ability in this type of hitting but lack weight, you can easily build up weight and shoulder power by proper exercise.

As a slugger must take a long cut at the ball, the chances are greater that he will miss it when compared with the chances of a short-swing batter.

A slugger is usually easier for a pitcher to fool than the place hitter, for he cannot guide his bat so quickly and accurately because of the long hold he takes and the terrific force used in the swing. If a pitched ball takes a sharp break, it will usually be missed by the slugger, unless he can out-guess the pitcher or read some sign the pitcher unconsciously telegraphs before he lets go a hook, a fast one, or a slow one.

So, do not try to be a slugger unless you are positive you are adapted to it. If you merely lack strength and build, they can be obtained as I said before,

by proper exercise. You must be able to swing a fairly heavy bat quickly, for the heavier the bat, the more solid the ball will be met and, consequently, more extra base hits will be made.

Having selected a bat that suits you for weight and balance, it is customary to warm up, before your turn at bat, by swinging two or three bats together. You have often seen ball players do this, and if you can't do it you ought to, because it accustoms the arm and shoulder muscles to the weight of three bats and naturally makes the one bat feel light when used. This lightness gives confidence, because it helps you swing the bat quicker and more accurately.

I would advise novice ball players to not only swing two or three bats before stepping to the plate, but also to make it a daily exercise, either on or off the ball field.

There are right and wrong ways of standing at the plate. Occasionally a player gets up in the leagues who hits for a good average, even though he stands at the plate in the wrong way. Regardless of these occasional cases which seem to disprove there is a right and wrong way to stand at the plate, you must learn to bat in what is accepted as the best way.

Luckily, the rules of correct batting are not so many that they rob a player of his individual style. The main rule for correct batting is to place the foot which is in front directly toward the pitcher, or slightly in toward the ball as it passes you. In other words, probably the worst habit a young player can get into is the foot-in-the-bucket habit. This bad habit is the pulling of the leg that is towards the pitcher away from the ball as you swing at it.

Sometimes this pulling fault is just habit. Other times it is fear of the ball as it speeds

past that makes a batter pull away as he cuts at it. The fear may be natural and without cause, or it may be caused by a crack on the head by some speedy pitcher.

Whatever the cause, you must learn to break away from this habit or fear and learn to "step into the ball," as the saying is. The batter who pulls is "easy" for a brainy pitcher. Hooks on the outside of the plate usually get him because he is pulling away from the ball and the ball is curving away from him so that a batter of this type usually misses a hook by a mile and looks foolish.

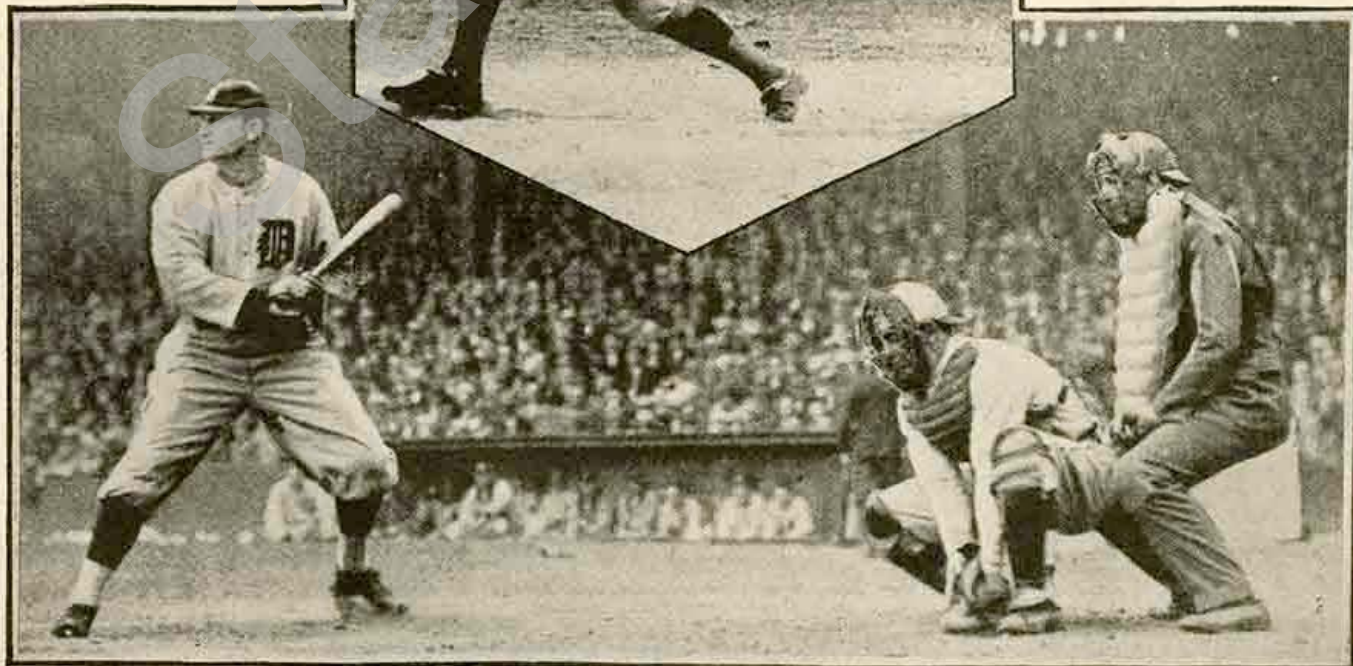
While standing flat-footed with the legs spread when striking at a pitch is not so bad a fault as pulling, it is usually considered best to take a stance in which the legs are only slightly spread and then, as you cut at the ball, step toward the pitcher or ball. This stepping toward the ball helps you put more weight behind the bat, producing a sharper hit.

The ability to place your hits more or less accurately is worth practicing for. This type of hitting, however, is not done by the slugger nearly so much as it is by the single-base hitter.

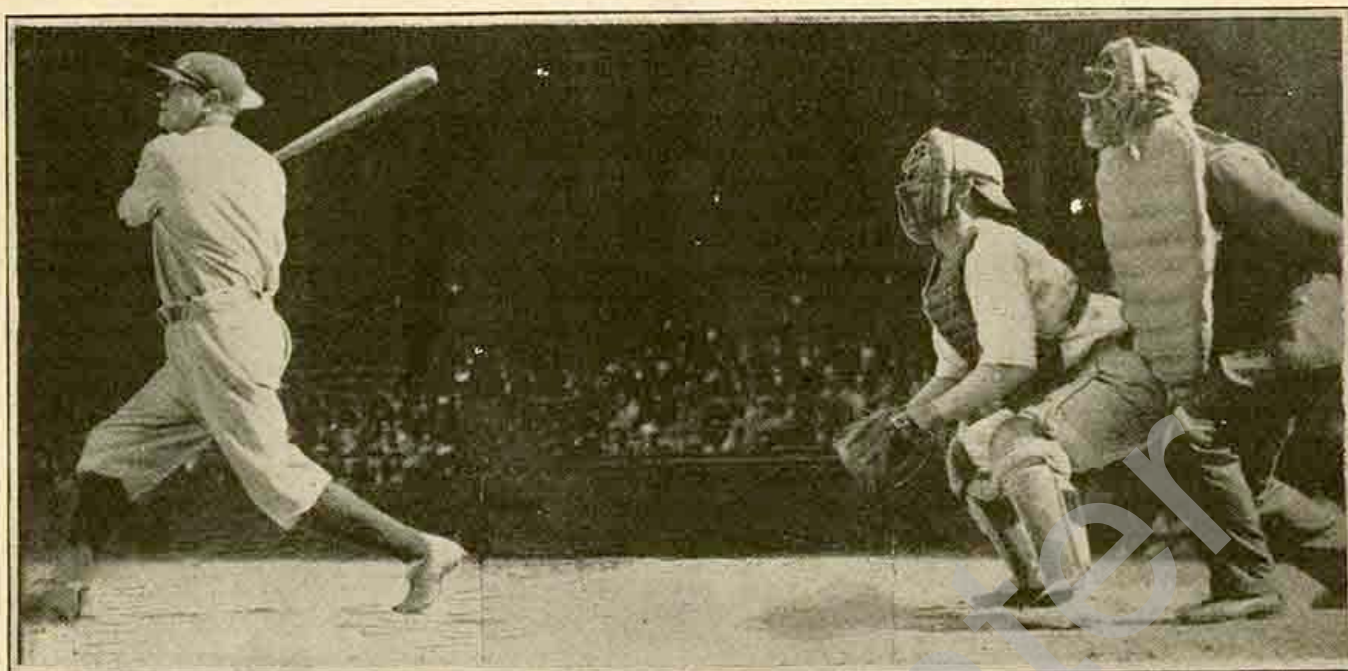
The slugger sees only the outfielders, and while he might try to keep them out of their reach, he usually thinks of nothing but hitting the old apple as hard and as far as he can.

The short hitter sees the infield players more than he does the outfielders. In this case, there are five players with less ground to cover than in the case of the outfield, in which only

Ken Williams.  
Showing the full  
swing of the  
slugger.



Ty Cobb, who seems to be an exception to the rule, being a combination of slugger and place hitter.



Babe Ruth, whom everyone knows as an extra-base hitter and home-run king.

the three outfielders are trying to take care of. Consequently, a hitter of this type looks for the biggest opening, the opening that will surprise them the most if a hit goes in that direction, or the opening that will produce the best advantage for a base runner.

In order to place a hit close to the third bag, out of the reach of the third baseman, the batter must swing quicker, so as to turn the ball in that direction. In placing a hit right over second, the ball must be met with the bat at right angles with the path of the ball. Also, the pitcher must be taken into consideration when you are trying to hit over second, for if he can get his hands upon it you will have to travel some to beat his peg at first. Therefore, it is best to hit over his head. Not too high, but just out of his reach and out of the reach of the shortstop and second baseman. If you hit it too high, you know what will happen.

For place-hitting, a light bat and a short swing are necessary. You know, of course, that it is easier to place a bunt than any other kind of hitting. This is because there is no swing at all used, which gives time to place the bat in the correct angle for a bunt along third base line or along the first base line. So, the shorter the swing, the surer the hit, and the shorter the hold on the bat, the surer the hit.

A good method of practicing batting when you cannot have a good pitcher throw them up to you (which is something a good pitcher will not do much of), is to drive a long nail through the center of a baseball until the head is driven flush up to the cover. Then bend the protruding point like a screw eye, taking care not to damage the ball more than you can help. Now, fasten a long piece of thin rope, such as window-sash cord, to the bent end of the nail, and tie the other end to a tree limb, or any high object so that the ball hangs the desired height from the ground. Take a bat and strike at it. The ball may not always be in hitting reach when it swings back from a blow, but it will soon come close enough. This will train your eyes and hands, and will help to make you a surer hitter.

Then, there is the matter of the pitcher who is forever trying to baffle you in one way or another. You must learn to study him, trying to learn when he is going to throw a hook, a straight one, a slow one, or a fast one. If you happen to miss a wide curve badly, watch out for that one coming up often. After you connect it once or twice, he is likely to lay off it.

A pitcher is always on the lookout for your weak spots as a batter, and the worst disadvantage a batter can be at is that of not knowing his own weak spots. If you cannot hit a high, close ball, lay off it entirely until you do learn by practice outside of a regular game. If you look bad on an outcurve, get someone to throw them to you in practice and step into them until you can hit them. Some amateur batters will bite on the same kind of a pitch two or three times in succession. The batters who make this mistake are usually of the slugging type. They may not actually be sluggers from the spectators' point of view, but they bat like them, trying to hit it a mile and taking a cut at everything throw at them.

A batter who is satisfied with getting a single is the batter who takes a short or medium short hold on his bat, and the batter who takes a short hold is by far the most difficult to strike out. Consequently, being the surer hitter, he is also the best hitter in a pinch.

Then, too, the novice or amateur who wishes to swell his batting should not overlook the importance of good base running. After you have reached first on a single, nothing you accomplish in clever base running can increase your batting average. But, it is not base hits that really win a ball game; it is the number of runners who cross the plate that really counts. Consequently, if you hit often but die on the bases, you are not so valuable to your team as you should be.

Of course, all ball players can't be Ty Cobbs; but you can always improve your base-running ability by a little thought and observation.

When I was playing professional ball, we had at one time a very clever shortstop. With a man on second, I, the pitcher, never looked (Continued on Page 81)



The start of the famous Boston Marathon, at Ashland, twenty-five miles distant from the finish. This annual run usually attracts the classiest field of distance running athletes in America.

# The Marathon — Classic of Athletics

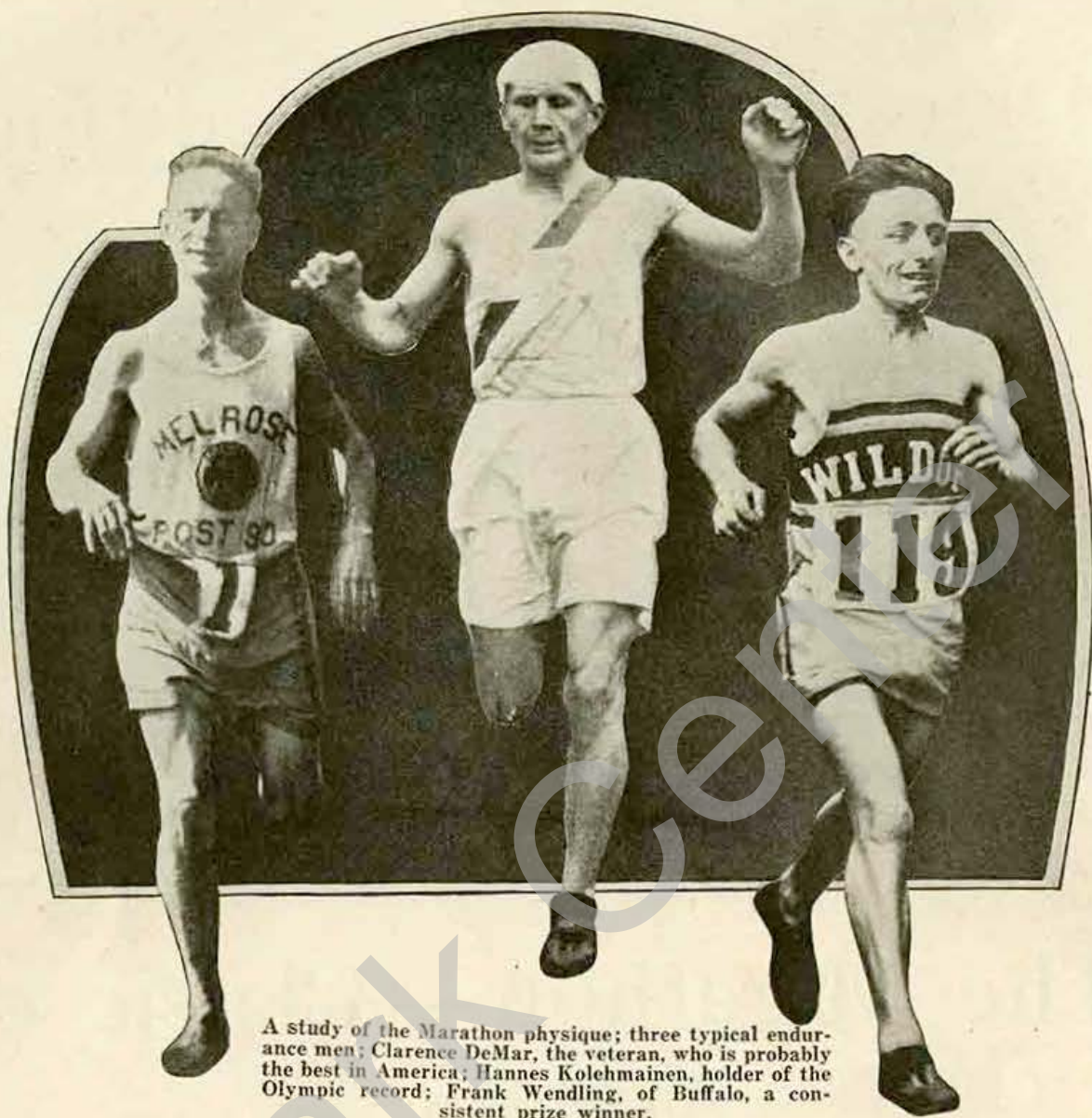
The Distance Runner Trains to Last Long in Miles and Finds  
He is Able to Last Long in Years

*By Mark Berry*

**T**HE original marathon runner, so it is chronicled, dropped dead at the end of his history making run; but we have an idea something else was responsible for his death, as thousands of human greyhounds ever since have been making a regular hobby of galloping through races of such length, and we don't recall having heard of a single death among trained athletes. To be particularly explicit, as you might say, there was somewhat of a different angle to the first marathon. My dictionary tells me that a messenger boy instead of an athlete started this branch of sport; it seems he was carrying news of a military victory, which might account for it. If any messenger boy of today was to make such an effort to carry news, we are sure he would drop dead; it takes something less

than three hours to run a marathon, also, very often it takes messenger boys of this date that long to deliver a message to you when the distance from the telegraph office to where you live is twenty-five miles less than the marathon distance.

Getting down to facts, it takes some little running to traverse the twenty-six miles and three-hundred-eighty-five yards, that make up a full marathon course, and do it in anything under three hours, as many athletes are capable of doing. All distance runs listed as marathons are not of the full length, it being the custom to call any race approximating the distance by the genuine name; noteworthy in this class is the famous Boston marathon, an annual affair they have up there, the distance of which is about twenty-five miles.



A study of the Marathon physique; three typical endurance men; Clarence DeMar, the veteran, who is probably the best in America; Hannes Kolehmainen, holder of the Olympic record; Frank Wendling, of Buffalo, a consistent prize winner.

Some of the greatest athletic revivals have been induced by interest in the well trained specimens of manhood who thrive on running long distance races. At such times the newspapers have columns devoted to news concerning either a foreign or domestic long winded athlete, the last real important event of this character being the American invasion of the "Flying Finn," Paavo Nurmi following which we have a regular epidemic of athleticism, and our ambitious young manhood begins to train by the hundreds, with the vague hope lingering in the mind of each that he may outshine the star.

Several American cities have annual fixtures that never fail to stir up widespread interest among the public at large, the non-athletic as well as the red-blooded portion of the populace. Whether or not this event may be over the full measured distance, it is called a marathon, and well known athletes journey many miles for the possible glory of winning.

This branch of athletic competition might be said to be the sport with the longest history behind it, being practically the only sport brought down from ancient times that remains unchanged in modern years. Though

it is true that men must certainly have had running races, both of the sprint and long distance variety away back in prehistoric days, and must have tried to see who could jump the farthest, and which one of their number could heave a rock the greatest distance, still we know of no standards by which they could compare the records of one locality with another, nor of a standard that we could use for comparison. Whereas, in marathon running, we have one standard to follow that was set over two thousand years ago, with somewhat identical conditions in every such race that was ever run.

Here comes the Greek! This has often been the watchword of the assembled gallery around the finish line of a marathon run, especially at the Olympics, but there is something tragic about this announcement among the gathered thousands, for the Greek doesn't win the long races anymore, and a representative of that Nation won the classic only once at the modern Olympiad, and that was at their revival at Athens in 1896, when Loues, of Greece, came in first. Regardless of how far back the first candy store or restaurant proprietor finishes, the Olympic crowd gives verbal note to the one thought, "here comes (Continued on Page 81)



# Digestion and Indigestion

The Basis of Sound Health is Perfect Digestion:  
When Indigestion Exists, the General Condition is Unsound.

*By Dr. B. M. Middleman.*

**A**S concerns physical efficiency, there can hardly be a matter of greater import than the subject of perfect digestion. A normal state of health is greatly dependent upon economy of the digestive processes; indeed, a weakened condition of other organs and processes may, for an indefinite period, be tolerated, providing the function of distributing nourishment is carried on in a normal manner.

When, for one or more reasons, a person suffers the consequences of an impairment in the digestive and assimilative functions, they can readily understand the value of knowledge that will prevent such a condition.

With the possibility of helping my readers dodge one of civilization's chief causes of misery, I will ask them to spend a little time on the discussion of digestion, and that indefinite ailment known as indigestion.

In order to properly maintain the body, it is necessary to supply it with certain elements, generally supposed to consist of water, mineral salts, and organic bodies, which latter include the proteids, carbohydrates, and fats. However, it is not altogether certain that this enumeration fully expresses the needs of the body, for in experiments upon animals there have been failures to maintain them upon a diet consisting solely of casein, sugar, fat, and salts.

The activities of the living cells are associated with chemical changes within them, and with an interchange of food and waste material continually going on. This process of replacing worn-out tissues with new material is known as metabolism, while the process of assimilating food is termed nutrition. Any discussion of nutrition and metabolism ought properly to deal with each organ individually, it being obvious that different tissues require different food materials and throw off different waste products. Indeed, the various organs are more or less inter-dependent upon one another, and one organ, for example, may use material that has been elaborated by another, or may transform waste products derived from another. In our present state of knowledge, however, it is impossible to discuss metabolism from the standpoint of the individual organs, and we are obliged to consider the metabolic processes that take place in the body as a whole. We derive our knowledge of these processes mainly from examination of ingested food and of the various waste products eliminated.

Ingested food is utilized partly to repair the tissue waste and partly to furnish muscular energy and bodily heat. For these last purposes, the essential point is that the quantity of food is sufficient, it being practically immaterial whether the energy is provided by carbohydrates, fats, or proteids. The body transforms the vari-

ous food stuffs into energy in the form of mechanical work, chemical work, and heat—particularly the last named. Combustion in the body produces the same amount of heat as that which would be produced were the foods burned outside the body, to leave the same waste products.

Certain dietitians have worked out a system of figuring the bodily heat and energy requirements, by setting a standard unit with which to make their computations; this is termed a calorie, which represents the amount of heat necessary to raise the temperature of a kilogram of water one centigrade degree (almost two degrees Fahrenheit). Equal weights of different foodstuffs produce different quantities of heat. For instance, each gram of fat produces about 9.3 calories, each gram of carbohydrates about 4.1 calories, and each gram of proteids about the same.

However, when you get right down to it, there seems to be something wrong about trying to proportion your food to suit the calorie tables, as it is found that persons living under like conditions seem to require very different quantities of proteids and energy. What one person could live on might starve others, while some others would be continually overfed. It has been the experience of some individuals, who have taken the trouble to experiment, that a dietary of just the correct amount of calories will not give sufficient food quantity to satisfy the appetite day after day. A strict regime of that sort will always tend to grow tiresome, and in time the subject of the experiment will have a continual longing for more food.

Children require more food in proportion to their weight than adults, as they must provide for the growth of new tissue, and having a relatively larger body surface there is a comparatively greater loss of heat which must be provided for; also, children are more active than adults, both internally and externally. Increased age usually means a less active life, as well as a less active metabolism; therefore, those of advanced years need less food.

For a healthy person leading a normal life, experience and appetite seem safe guides by which to control the diet. These two factors will, at least, prevent undernutrition, and the consequent lessening of the body's natural powers of resistance to disease.

An excess of either proteins or carbohydrates must be guarded against, as any such excess may lead to internal putrefaction and fermentation. Such danger may generally be overcome by including in the diet a sufficiency of fresh greens and fruits of all kinds.

As previously mentioned, experiments have proven

that a diet of only proteins, carbohydrates, and fats, will not be sufficient to properly sustain life. A certain other element is necessary, known as vitamins; some have suggested that "food hormones" would be a better name; vitamins do not serve as a source of energy, but are in some way essential to metabolism, though their exact nature has not been determined. Pellagra, Scurvy, Beri-Beri, and various forms of acidosis are caused by a deficiency of vitamins. They are found in fresh fruits, the skins and peelings of vegetables, milk, eggs, and in the bran of rice, wheat, and other cereals. Foods are robbed of this element when the bran is removed, as in white flour and polished rice, or when potatoes are peeled, or in the throwing away of vegetable juices after boiling.

For those interested in the calorie system, we might give the following figures, though these can only be given as approximate as applied to general cases, but will give an idea of the bodily requirements in this respect. A person leading a quiet, sedentary life would require something around fifteen calories for pound of bodyweight; one who is moderately active would need eighteen to twenty calories per pound of bodyweight; while a hard working man or strenuously engaged athlete would need twenty to twenty-five calories for each pound that he weighs.

These figures refer to the daily rations.

A special adaptation to food is seen in all the digestive secretions and is well shown in the salivary glands. A copious, watery secretion is evoked by the presence of dry food in the mouth, but a thick, mucoid secretion is passed out on moist particles of tasty food; an example of the purposive nature of the secretion: the watery saliva moistens dry food, the mucoid secretion welds the food into a bolus, preparatory to its being swallowed. The character and nature of the gastric secretion also depend on the nature of the food. A rapid secretion of effective juice is poured out on flesh foods, a scanty secretion on bread, and a delayed flow of gastric juice on milk. The delayed secretion in the case of milk is due to the fat contained therein. Fat inhibits gastric secretion; the secretion evoked by the ingestion of milk is found to be the weakest gastric juice of all, and, in addition, the pancreatic juice secreted is the least in amount. That is, when an equivalent quantity of nitrogenous food is given, as flesh, bread, or milk, the least secreting activity is evoked in the case of milk. The secretion poured out on milk is effective, but at the same time economic. The importance of milk as a food is apparent from this, and particularly when economy of digestive gland activity is important. Whereas, the processes above referred to take in the metabolic organs in their entirety, herein we are only to deal with the ingestion of food until it has progressed to the state of preparation to allow its passage into the intestines. That is, so far as the mouth and stomach alone are concerned.

In all cases of digestive disorders, there are a few general points to be observed. In many instances, the food may not be the cause of trouble. Digestion includes all the processes which assist in preparing the food for use in the body. Beginning in the mouth, where the food is ground up by the teeth so that it shall present a greater surface to the action of the digestive juices, and where it is mixed with the salivary juices suitable for passage into the stomach, it is mixed with certain other juices, and, after thorough stomach preparation,

passed into the intestines, where the final stages of digestion take place, and the bulk of nutritive properties assimilated from the ingested food mass. Therefore, disturbances of digestion may begin in the mouth. Serious consequences may follow improper chewing of the food, whether this be due to diseases of the teeth, weakness of the muscles in the jaws and mouth, inflammation of the tonsils, throat, or parotid glands, or ulcerations in the mouth. With any of these conditions present, malnutrition is likely to result.

The teeth must be sound and in such condition as to insure proper and complete mastication. One or more tender teeth, on which the owner dare not bite, may lead to the habit of bolting the food; that is, swallowing food whole or in large lumps, thereby leading to digestive troubles. One should cultivate the habit of eating slowly and masticating thoroughly, chewing and grinding the food particles into fluid consistency and avoiding the practice of drinking liquids while food is being eaten. Only by observing these rules of the mechanics of eating can one be sure of perfect digestion.

Dyspepsia is a condition wherein the digestive apparatus is unequal to the task of properly preparing food for assimilation, there being some impairment or imperfection in the function of digestion, which may be present either in the stomach or intestines or both at one time. Dyspepsia may take on different forms, according to the basic trouble, as there may be acid dyspepsia, which is marked by excessive acid formation. Atonic dyspepsia would imply some mechanical trouble, as an impairment of the gastric muscles, or some derangement of the gastric juices, either an insufficiency or too plentiful supply of certain juices being present. Catarrhal dyspepsia is an inflammation of the mucous membrane of the stomach. Intestinal dyspepsia is due to defects in the pancreatic, biliary, or intestinal secretions. Nervous dyspepsia is marked by pain and palpitation or fluttering in the stomach.

There are so many conditions under which the digestion of food becomes inefficient or difficult, and the causes vary so widely, that no general rules of diet can be drawn up to suit every case. We may indicate those foods which are usually found to be "digestible" or "indigestible," but it is quite imperative that the foods for each case be chosen carefully, according to the conditions.

Those with unsound digestive powers would do well to avoid freshly baked bread, pastry, candy, pickles, condiments, vinegar and mustard, veal, pork, fried or greasy meats, salted, cured, preserved, and highly seasoned meats or fish, sausages, liver, kidneys, duck, goose, and eels; tea should not be taken at the same meal with meat, and it would be wisest not to include tea in the diet unless a strong habit has been formed—then it may be taken weak, and best without either milk or sugar. Coffee, also, if used at all should be weak. Tobacco would be best used moderately and spirituous liquor should be abstained from.

The person with digestive troubles should refrain from eating full meals, stopping when the appetite is fairly well satisfied, and nothing should be eaten between meals.

To curb the appetite and restrict the diet for a limited time will not be injurious, but, on the contrary, the stomach should receive a much needed rest. Still other measures must be taken to (Continued on Page 67)

# The Best Years For Muscle Building

One of the Secrets of Muscle Culture Lies in Knowing the Period in Life When Body Development is Most Fertile.

By George F. Jowett

**A**MONG the many historical landmarks that characterize the life story of England is one that has a profound appeal to all who are interested in the culture of the body and in its preservation. It is the statue of a powerful man with a scythe in his hands and beside him, lying prone on the ground, is an emaciated figure. According to history, this cast is supposed to represent the fact that life is what you make it. Within ourselves nature has placed the weapon which can best deal with sickness and physical weakness, so that life can be spent throughout in usefulness.

The statue is a life reproduction of an English squire, upon whose tomb it stands, who, when living, held sway over all that part of the country. He was a great advocate of athletics, and every year he held immense wrestling carnivals among the dalesmen, and the best man among them always had to take him on as the final test. If the dalesman threw the squire, he was immediately engaged as an employee of this sturdy English landlord. He originated the idea which was followed out by Andrew Carnegie over a century later, "Surround yourself by better men than you are, and you are bound to succeed." The squire believed thoroughly in his maxim, and had the statue erected as an inspiration to all who looked upon it, and when he died the monument was placed upon his tomb, where it still remains.

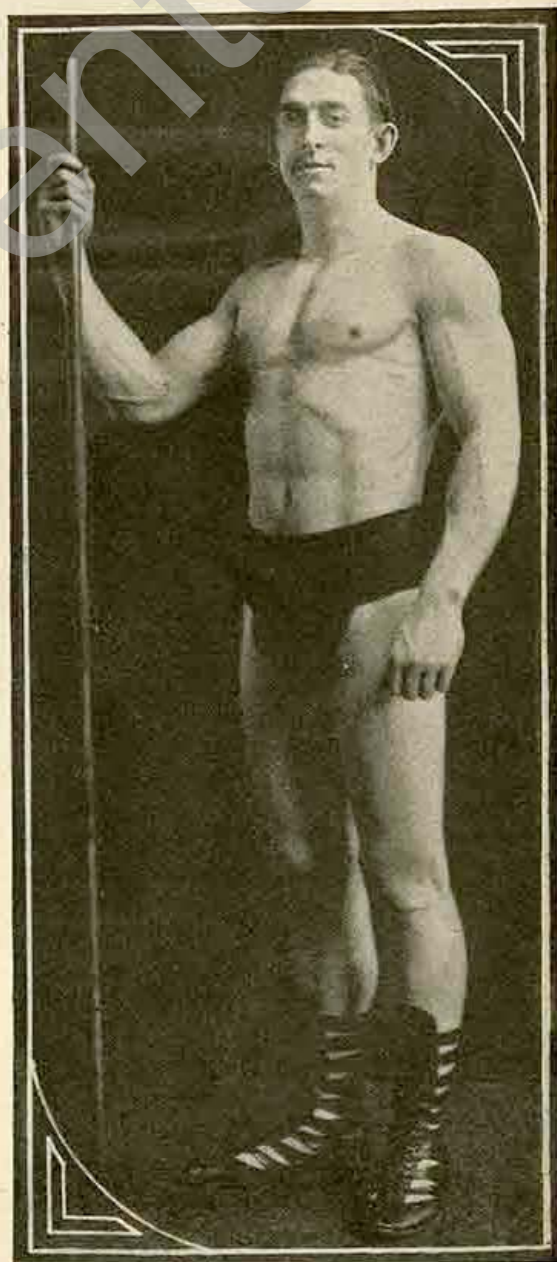
In those days people were better able to follow such pastimes with less consideration for time than what we can afford to do in this hectic period. Then they did not know a fraction about the cultivation of the body through exercise as we do, which makes it possible for us to obtain better results at a greater saving of time and energy. However, the lesson I wish to extract from this introduction is the one handed down to us by the English squire



The above picture was taken of Albert Manger 30 days after commencing training. He weighed less than 130 lbs. Eighteen months after muscular growth made him the superb athlete he is in the large picture. Stomach trouble made him a wreck, but exercise brought recuperation and replacement with an abundance of reserve.

who believed that within ourselves was the best remedy against physical deterioration.

When we think of deterioration, our focus is immediately centered upon weakness. In the human being that condition is brought about by waste. The wasting away of life tissues that cannot be preserved through life. We live



by replacement, and in order to replace these tissues which are wearing out with every movement of our body, our physical powers of recuperation must be maintained at a certain standard all the time. The length of our life is governed by the life and quality of our tissues, and, recognizing this fact, we must also consider another important truth: that there is a time in our life when we exist entirely on our reserve. That period marks the day when our ability to provide a reserve is gone. If the quality of our vitality is impoverished by the lack of constructural care during the years when our ability to replace, recuperate and store up reserve is at its best, then organic and physical deterioration will take place much earlier in life than it should, barring accidents.

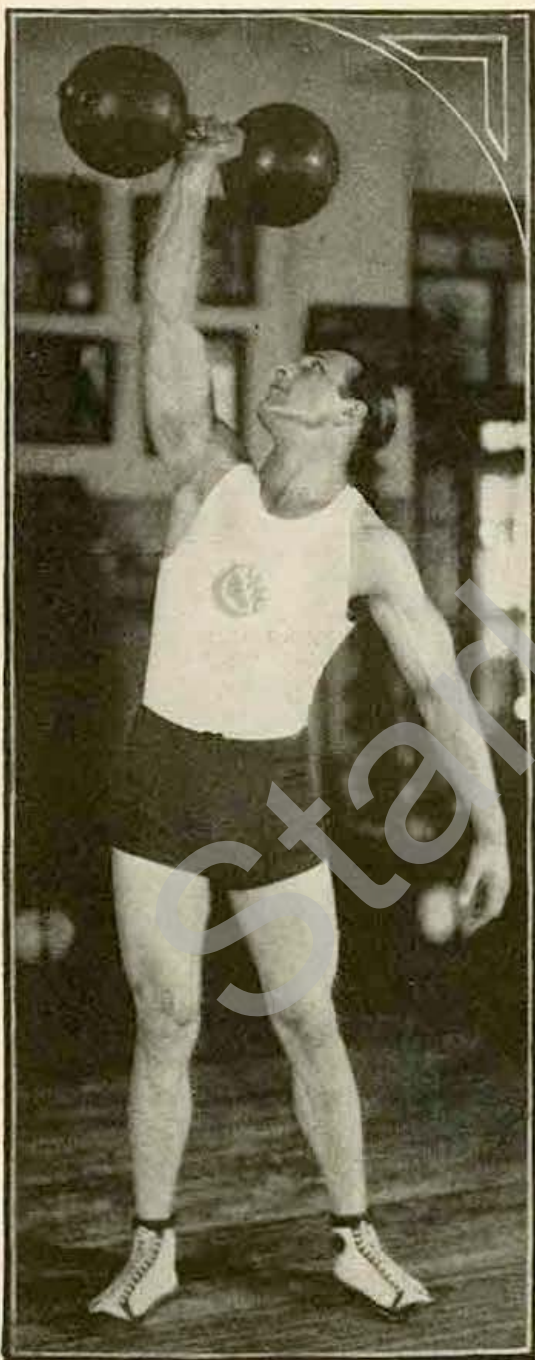
To realize these facts is to fill the mind with contemplation, out of which the uppermost thought will be, "At what age in life does a man cease to convert the nourishment provided by the body into muscular tissue?" Condensed into a plainer statement, the question would be, "For how long

can we develop our body?" It is a vital question and one that I shall answer with substantial proof not only to prove my assertion but, I hope, to convince you. For the present I am going to overlook answering that question, and come back to it after I have laid a little more information before you about your body which you should know. I believe you will then be ready for the answer, and be more satisfied about how much this muscular system of ours has to do with the prolongation of life.

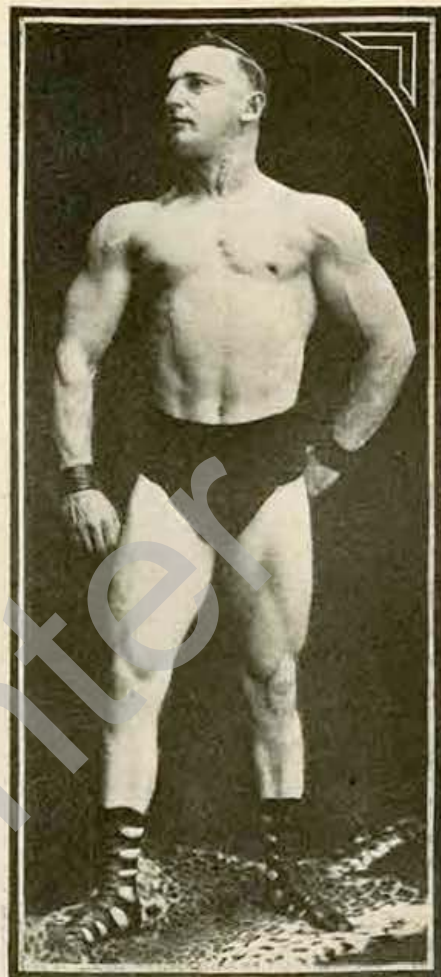
Waking and sleeping, moving and thinking, all implies waste. Everything is fraught with sacrifice.

The tissues of life cells give up their existence as energy and activity are poured out into one effort or another. Therefore, the nervous system and that of the muscles must secure consumption either of their own substance, or of something else, and as the organism can make nothing, it must possess the means of obtaining from without that which it needs, and of throwing off from itself that which it wastes. The body feeds and it excretes. The food that you eat becomes the fuel to coal the entire body, but the whole issue depends upon how you assimilate this fuel and distribute it. To simply eat and expect it to be properly placed is all wrong. Nature will not do that for you. We must have a certain amount of physical activity to stimulate the blood stream and all the co-ordinating factors. Inactivity brings about stagnation which will eventually ruin your entire organism. On the other hand, there is no kind of work, apart from athletics, that will give the entire body a thorough work-out. Habit makes physical movements mechanical, and the end of the day finds the body laden with fatigue toxin. This you have got to get rid of and its corroding influence.

As we work we tear down the old tissues; that is the price of the effort, but replacement immediately takes place to a certain extent, and with a certain degree of quality. The process of replacement is often very noticeable. Watch an athlete go through some vigorous play, and you will notice for some time afterwards that his body seems to glow. It is the transfusion of blood circulating throughout the body—particularly in the area that poured out the



Tom Tyler, the movie star athlete, owes everything to exercise. He is 200 lbs. of 6 foot manhood. The training he got in his youth is what made him.



Edward Goodman did not commence training until he was in his thirties. He was scrawny and stagnant but found that muscular growth was as easy for a man to get in his thirties as for those much younger.

most effort—carrying away the waste, and bearing with it the substance to form the new fibre. This continues for an indefinite time; all according to the general condition that the body is in.

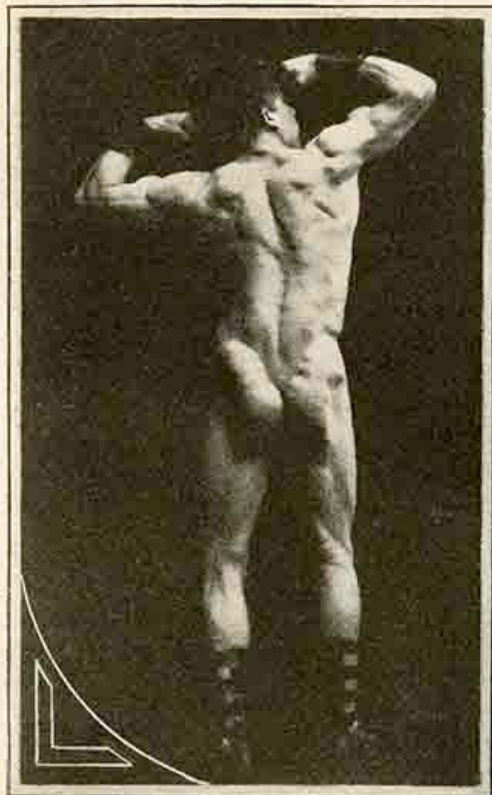
Everything depends upon the tone of your muscles. It is those hundreds of muscles that stimulate and urge the blood onward in its dual mission of purification and recuperation. They cause a natural massage to be borne

upon the organs of the body that keeps them healthy and supplied with oxygen. Then all that counts is in your

whole body with health and vigorous strength.

Why some people get it into their head that this exercise idea compels them to wear big muscles is a mystery to me. Such is not necessary, and, what is more, everybody does not get them. There is a law of balance in everything. Some men have a greater abundance of certain chemicals in their body that stimulate greater growth. This is what makes one man of 5 feet 9 inches much heavier and stronger than another of the same height. On the other hand, we know it is not right for a man of 5 feet 6 inches to have a 34-inch chest and weigh 120 pounds, any more than a 6-footer should only have a 37-inch chest and weigh 140 pounds. Science has proved that this is not right, and we have proved that exercise can remedy this condition and give to any man a man-sized chest, so that he has a fitting housing for the organs that are encased within.

In an article I recently wrote, entitled "How Much You Should Weigh and Measure," I gave some figures covering the various heights which seem to be the most possible to reach for the people who come within those standards. Many people go over the stated standard, and in such a case it is always the result of bountiful nature, or the results of determined exercise to be a superman. There is nothing harmful in the latter state, as some have implied, that large muscles are built at the expense of the nervous system. The people who base their faith on that belief evidently have not studied the body very much. If they had, they would know that the nervous system is not a limited



Ernest Trengove was only seventeen when this picture was taken. He is a marvel of muscular structure.



Kenneth Jones is a man who built himself up in his twenties into the remarkable specimen he now is.

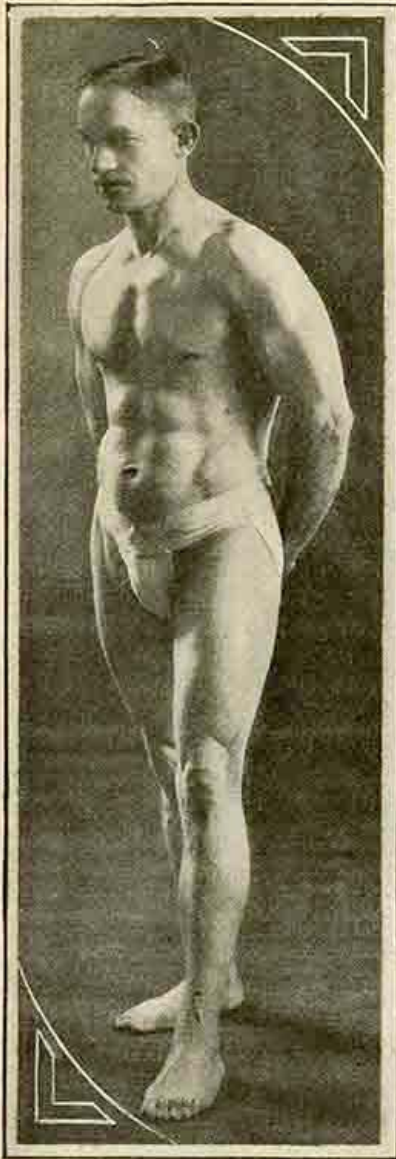


F. A. Thierauf is one who found it hard to produce growth but the results he got in his thirties made it worth while.

fibres and the quality of them.

You never find two men so equal that they are at a deadlock on every physical test. One is bound to be stronger than the other; that means the tones of his muscles are more healthy and the muscular fibres more numerous. Right here we stop and talk about exercise, because it is the only method that can give to the muscular system the correct toning of quality. By its proper application each muscle becomes dominated by the will, which concentrates upon each movement. Upon anything that the mind centers you can be sure that there will be greater waves of nerve vibration motorized throughout the muscles. All combine to building, and the result is the muscular fibres become a thousandfold more numerous, more compact and elastic, and within them is stored up that great storehouse of energy that will repel unnatural waste and deterioration.

The brain, the heart and the lungs have been termed the tripod of life; when any one of these cease to function we cease to live, but one of the world's greatest anatomical scientists said that true as this is, these three vital organs rely upon the muscular body to employ them to their full advantage, and in return they repay the



Dr. A. Bertschinger is past 50 and is one of the many proofs that muscular growth and replacement takes place at least until 50. The reserve he has acquired will keep him young for years.

feet 4 inches, weighing 120 pounds, striving for a 45-inch chest and a 17-inch bicep. That would be ridiculous, unless, as I have stated, a man is naturally equipped for that.

My idea of body building is that each man should build himself to the best of his natural construction, and be satisfied with what results are obtained. Of course, if a man is underweight, or overweight, has poor arms or legs, it is different. He knows he has to straighten these conditions out before he is considered fit, but as long as tissue will respond to cultivation that tends to growth, encourage it. For my part, I never dreamt that I would have

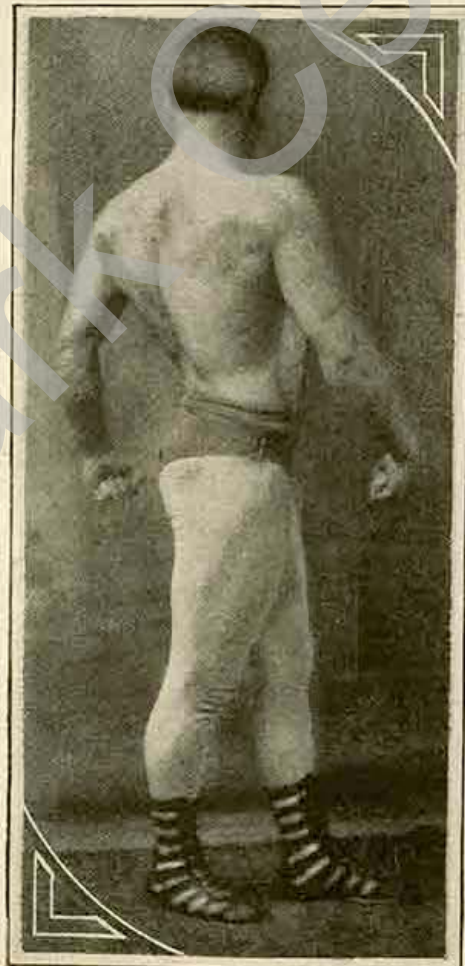
scheme in no single body. Take, for instance, a sick body, especially one where cancer has set in, and we find that the cancer area is very dense with nerves. Actually, the nerves have multiplied in their effort to repel the dread disease. When this happens in sickness, when everything is against the system, it is bound to happen more fruitively in a healthy body. The muscular body is not built at the expense of organisms. On the other hand, I do not believe in a man of 5

developed into the size I am. As a boy I was a runt, so to speak. At 18 years of age I weighed 147 pounds stripped and had a good fighting machine. Manhood found me weighing 154 pounds stripped. Finally I emerged with a 47-inch chest, 18-inch biceps, 26-inch thighs and a pair of 17-inch calves. For years now I have been doing nothing more vigorous than wielding a pencil, and never once have I found my muscles anything but useful. Never in the way, as some make-believe big muscles are, but nature had me mapped out for a big fellow, and it took exercise to bring it out.

I found out, not only in my case but in many thousands of others, that what is termed maturity does not actually take place before the age of 26. Up to that time the bones are still lengthening or thickening. Consequently, no person should consider that his muscular development is finished when he leaves young manhood behind. In fact, it has not started. Not before the scaffolding of the body has ceased to grow and spread, can we begin to determine what possibilities in development we have. After the frame and the organs have matured, the muscular system begins to grow more rapidly and becomes far more vigorous. This is proved by the fact that men are strongest in their late thirties and forties, which means that up till we are fifty we can expect to be capable of developing our muscular organism. For half

a century nature has made it possible for us to store up a reserve supply of physical energy. How long this state of efficiency will last depends upon the care we continue to exercise over ourselves in the years that follow. John Y. Smith, Professor Adrian Schmidt, Professor Paulinetti, W. L. Travis, Oscar Mathes, and a host of others whom I could mention, are all proof of what exercise will do to prolong life, and the body to remain strong.

The earlier years of our life, particularly those between the years of 16 and 25, are marked with many characteristics that exert themselves one way or another. In our youth, our enthusiasm is apt to make us prodigal of the vast pent-up resources that are within us, and impatience to succeed in procuring great results in body culture, as in other things, oftentimes leads to discouragement. Youth is often unreasonable. I do not lay it down as a fault so much as an ambition. We can always err on either side. The effect of exercise upon muscular growth during our youth is mostly one of conversion, when all the muscle-forming tissue becomes converted into substantial material, that in turn produces a healthier tone and lays a foundation for great endurance and vitality. Growth in height and bone length is (Continued on Page 64)



W. Waaranen is still producing tissue. His broad neck and back and powerful legs, give plenty of evidence of the immense reservoir of vitality his body will become over the years.

# Developing Beauty of Form

The Trend of Fashion in Exquisite Feminine Shapeliness Seems to Be Going Back to the Type of Venus de Milo

By Elizabeth Hollister

**B**EAUTIFUL faces are plentiful if we can judge from a beauty contest recently held by a well-known motion picture magazine. Many of the contestants were exceedingly beautiful of face but unfortunately some of those possessing the most beautiful faces were sadly lacking in bodily form.

This beauty contest proved that beauty of form and face are frequently not combined. Some of the faces were considered rare "finds," and photographed well, but the figures lacked the shapeliness and that harmonious poise considered essential to a movie success.

It seems rather unfortunate that anyone desiring a screen career should lack a well proportioned form. It is almost unnecessary that anyone who has a beautiful face, something depending mainly upon the bony formation of the head and face inherited at birth, should lack shapeliness of form which can be attained by nearly anyone who so desires. The ease with which a well formed body can be attained and the benefits in health and appearance that result are such that a person does not deserve bodily beauty if unwilling to work the little that is necessary to get it.

The Venus de Milo has been considered for years the criterion of female bodily beauty. True, for a while the slenderer, more angular type was in popular favor, but the trend will soon be back to the fuller, more rounded type. It is the inevitable law of nature that the most fit survive. This latter type has led in popularity on the continent and is preferable for physiological reasons. It may be safely said that nature tends to this full rounded beauty. It is the natural way for a woman to be built just as it is naturally intended that she should be healthy. The exceedingly

slender, straight-lined type may be a pleasure to those who have been taught to consider it as the type of beauty, but the full developed

vigorous type depicted by Rubens is more fitting to become the mothers of men. A woman's health bears considerable relationship to her shape. The nearer she corresponds to the perfect Venus, the more likely she is to be possessed of excellent health and extreme bodily vigor.

To develop a Venus-like figure, the preparation should, preferably, start during girlhood when the body is growing.



The Curve of Perfection



Fig. 1

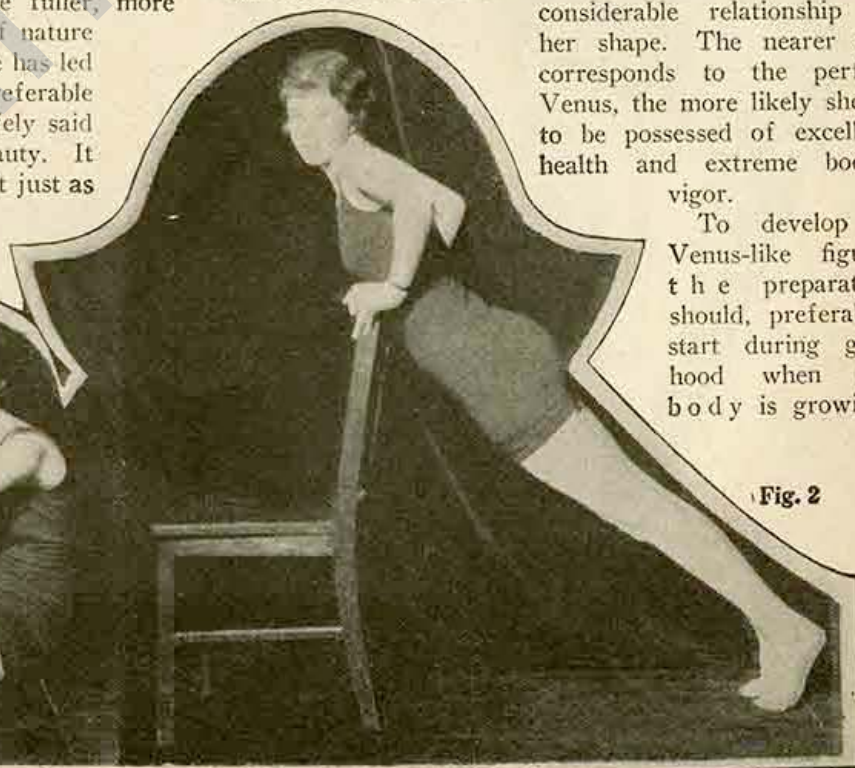


Fig. 2

That is the natural formative period and the body is more readily molded into the desired shape.

Now that physical training has become a part of nearly every school curriculum, girls of school age have a better chance for developing a beautiful body than was possible for their mothers.

During the years of growth, much faster progress can be made than later. Still, if one has passed the youthful age, a shapely figure may be attained if sufficient energy and knowledge is brought to bear upon the work.

The work should be accomplished in a business-like way to get the best results in body developing. In exercise, as in other things, the best directed efforts get the best results. It is of little use to perform a few brisk movements for arms or legs on one day and then neglect performing any for a few days. What should be done is to decide just what is needed and then to do it with systematic regularity.

The vital organs should have the first consideration in any system of bodily improvement. If these are sound we can go ahead and expect good results from the efforts at developing a beautiful form. The health of the lungs and respiratory system should be ensured, the heart strong in its action and free of organic disease, the digestive organs in vigorous working order and the skin and excretory organs in a healthy condition. When these organs are strong and active, the blood will be

The functions of the body should be made as near perfect as possible. To do this, regular habits of eating, sleeping and exercise should be the rule. The stomach should be assisted as much as possible in its work of extracting nourishment from the food. Plain nourishing foods should be used at all times and highly seasoned dishes, that entail a special effort in digestion, or that may act as an actual stomach irritant, should be excluded. One's natural tastes need not be entirely disregarded but the nourishing, easily digested foods should be the ones selected from those that are pleasing to the taste. It is not necessary to undergo any hardship in the matter of eating but common sense in the matter of selecting should be used.

The subject of general bodily habits of posture in both walking and sitting should also receive special attention by any woman or girl trying to achieve a Venus-like form. It is scarcely to be expected that anyone can attain a fine poise of the body by a few minutes of daily exercise if the rest of the waking hours are spent in a slouching attitude. It is not sufficient for a girl to perform the exercises to be given here or any of the other excellent exercises that will appear unless she tries to carry her body in an easy graceful manner at other times. Unless the daily habits of posture are given some concern, the benefit of exercise will be counterbalanced, for as the plant is bent, so the tree will grow, hence the necessity of sitting and walking correctly.

In sitting, standing or walking an erect carriage should be cultivated until it

becomes a regular habit. The body should be held erect by the muscles instead of being allowed to sag. The back should be maintained at its greatest length, as this tends to proper alignment of the vertebrae. This will promote proper nerve functioning, without which good health is impossible.



Fig. 3



Fig. 4



Fig. 5

relatively pure and active and body building will be a much easier process than when the lungs are not providing enough oxygen, the heart weak, the circulation impaired or the stomach not deriving sufficient nourishment from the blood.



Walk from the hips instead of from the knees, keep the chest well forward, chin up and in and shoulders back in line with the rest of the back. Place the toes straight in front for each step and press back with the rear foot as firmly as possible as long as it touches the ground. Women as a class walk better in some respects than men. Almost invariably, their hip action is better but a special effort should be made to put the feet straight in front and avoid that knock-kneed or pigeon-toed effect, as the case may be, which is so prevalent among the fair sex.

Bear in mind that a protruding abdomen gives an aged effect to the body and it is entirely opposed to the attainment of a

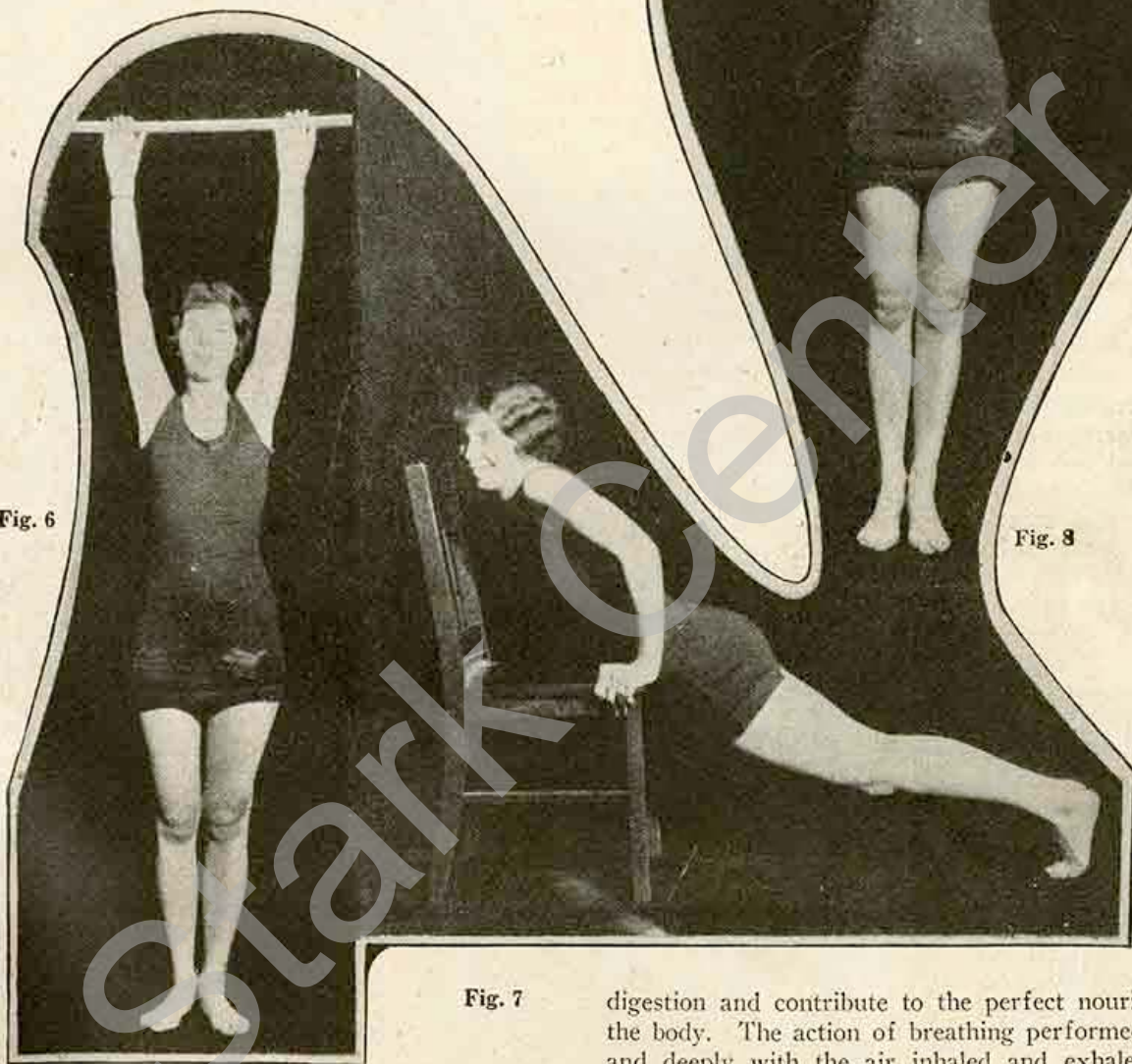


Fig. 6

Fig. 8

Fig. 7

Venus-like form. Keep the stomach well drawn in; that is, abdomen slightly contracted and chest forward and the muscles of the waist will gradually become stronger. They will attain a natural elasticity that will form a natural corset, more shapely than any ever sold in a store.

Breathing is another important thing in connection with developing a beautiful body. In fact about the first thing to do is to note the manner of breathing and improve it as much as possible. One may consider breathing a simple every day action and wonder how it effects growth or development. Now correct breathing helps the lungs to do their work. Deep breathing increases their action and helps to dispose of waste accumulations in a faster manner. The lungs are the purifying plant for the blood. They accelerate the

digestion and contribute to the perfect nourishment of the body. The action of breathing performed correctly and deeply with the air inhaled and exhaled through the nose will help directly in developing a shapely chest. Really, breathing full and deep has considerable effect on the general nutrition of the body. In fact it is of such importance that systems of physical culture have been founded on this one subject alone. An earnest effort should be made to develop the habit of constant deep breathing.

Now the next thing to consider in connection with developing a Venus-like form is exercise. It seems that many women believe that the exercise afforded by their daily tasks about the house is all that is necessary to keep them youthful and give them a beautiful rounded development. Unquestionably house work offers some exercise of a beneficial nature. There is some real work in washing and sweeping but few do much of this now. It is the electric sweeper (Continued on Page 85)

# The Mat

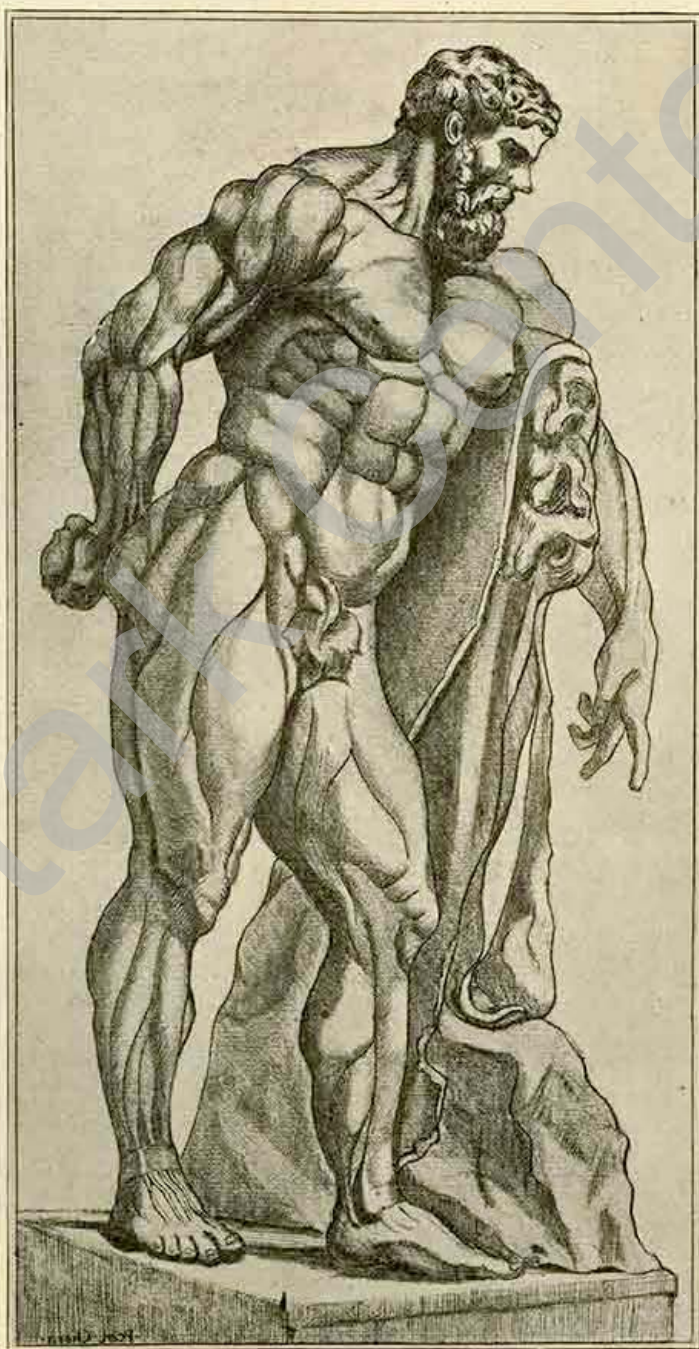
Analytical Comment on Subjects Connected with Body Building,  
Muscular Development, etc.

*Conducted by George F. Jowett*

## Man's Strength vs. Animal Strength

**T**HE study of strength is a most remarkable subject when we consider the various uses it is put to by the many species of living objects. We find it fraught with so much keen interest that we are apt to get lost in the maze of puzzling angles that each separate object presents, and we learn better to appreciate the Great Mind that caused each animal specie to be equipped with a different mode of protection, which is the only means of creating a law of physical averages among all living things. From these physical surveys there are many valuable lessons to be learned, for when we study strength we study muscles. These surveys leave you comparing their advantages against the natural equipment that man has. If you are not swamped in the enormity of the subject, you finally become impressed more than ever with the super-physical construction of man.

Comparative deductions of this nature provide many peculiarities and similarities, and I have always been inclined to pay more than a passing interest to them. I have not delved into the animal study as deeply as I have always intended, yet my conclu-



The Farnese Hercules is more or less of an exaggerated affair, but that very fact made this anatomical version of muscular geography appeal to me on sight. It gives a great idea of muscle location.

sion over what I have studied is that man is the most physically efficient of all living specie. As a fighting machine his brain is the great leveler, for he is not physically built to meet on equal terms the ripping teeth and claws of the tiger or lion, the kick of an ostrich, or the terrific embrace of the polar bear and its crunching jaws. Putting these to one side and figuring everything from an angle of physical strength, man is a greater fighting machine. Animals are more or less limited in their mode of fighting, whereas a man can adapt himself to any system, and his body is infinitely more capable of powerful contortion. For instance, put a horse on its back and it is helpless and will die if not turned over, or if a gorilla could be strapped down and the legs left free, its kicks would be of little protection despite all the great bodily strength it has. Man and animal can be placed in two classes as far as their natural protective agencies are concerned. Animals are grouped into rippers and strikers, and are even restricted here, but a man, though truly a striker, can adapt himself to any form of competition except ripping. He lacks the carnivorous jaws of the lion and other such animals for that purpose.

If you study animals you will quickly notice just how limited they are in most forms of



Here are two wonderful versions of the body beautiful. "The Pole Vaulter," by Anthony Sansone is one of the finest I have ever seen. Harold Ames, of the Portia Mansfield Dancers, is a realization of how the male figure can acquire beauty through dancing.

Take, for example, a gorilla the height of a man, and you will find many reasons why it is much more powerful than a man. In the first place, the body is more huge, and the length of arm and bone thickness are almost twice as long and as thick as the man's, which is where their greater body weight is gotten. The size of the clavicle, or collarbones, are also twice as long and as thick, and where the neck looks to be much shorter than that of a man, it is actually not so in bone construction. It is the great mass of muscle that forms the trapezius which makes the neck appear so. The vertebrae in the cervical region—from the skull to the shoulders—are heavier, and the elongated flange that branches out from the vertebral base is greatly prolonged, especially towards the line of the shoulders. For this reason I do not believe it would be humanly possible to break the neck of a gorilla by forcing the head backwards. Incidentally, the size of the cervical spines and the huge depth of the neck and shoulder muscle do not interfere with the gorilla turning its neck around even farther than a man, who has less muscular interference, can. A wrestler who has a large neck finds it more difficult to look over his shoulder than the average person, and you would wonder why this was not so with the anthropoid. One great advantage the gorilla has is that its head is so shaped as better to allow it to see what is going on behind.

The chest space of our jungle cousin is terrific. The sternum bone has one more section than we have, and the ribs branch out more like a half circle than like the barrel construction of man. This gives tremendous width to the thoracic arch—or the pit of the stomach—which is necessary to the animal as a vegetarian. It is the latter condition in the gorilla and the general similarity between it and man that has led dietitians

to state that man is purely a vegetarian. Whether this is entirely true, I doubt, for anthropologists claim that the gorilla is prone to the same diseases as man, which should not be if dietitians were right. I believe the anthropologist should know best, and while I am

attack. A horse kicks with its hind legs, and a moose strikes and tramples to death with the front feet next to using its antlers. A bear strikes, hugs and bites like an enraged gorilla, but I believe the gorilla would beat any sized bear in a conflict, and we do know he has mauled to death a lion in many cases when they have come to grips.

It is in the gorilla that is found the greatest similarity with man and that is leaving out all Darwinism. At the same time, his physical efforts are more restricted than that of a powerful, well-balanced man. On the other hand, he has some physical advantages which are lacking in our constructural make-up.



not set on any one diet for the normally healthy man, I believe his diet should be balanced. The carnivorous animals have short intestines, as evidenced by the narrow thoracic arch and slender waist lines.

Another physical singularity that goes to make the anthropoid body powerful is found in the lumbar region of the spine. The condition is the result of the enormous pelvis formation, the bone formation of which is three times the size of a man of the same height. The lumbar vertebrae appear to continue as part of the sacrospinalis section, which leaves only about two vertebrae for the actual axial part of the lumbar spine, where man requires five segments. For this reason there is never seen the inverted curve on the anthropoid spine as in man, and their back is not as prone to danger as is ours. Yet it prevents them from performing movements of contortion that are easy to a man. Naturally this great space required for the body leaves but little for the legs. The legs are their weakest part and are not much used in transporting their body from place to place upon the ground.

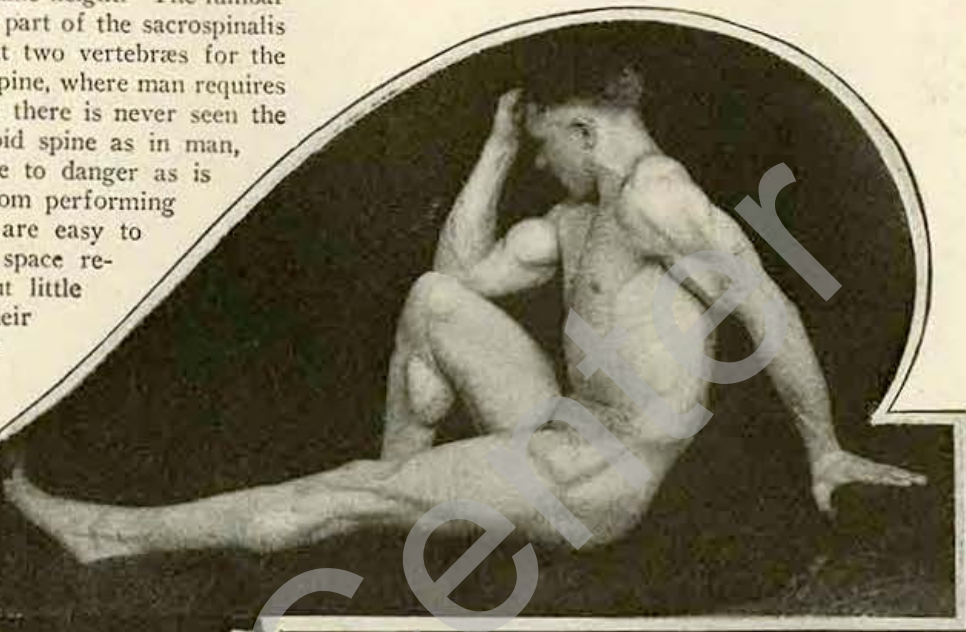
When they walk  
they sway  
like a

drunken man and do not stand erect like a man, but incline forward. Dr. Akely, the noted anthropologist, says that when they stand erect they balance themselves by raising the arms, which proves that their equilibrium is not very stabilized. However, their legs are not exactly weak. The size of the pelvis would offset that, and the legs being short and bowed lends strength to them, but the legs are weak in comparison.



John Naughter, Albany, N. Y., in "The Apollo Belvedere."

John Bye, England, in "The Awakening Gladiator."

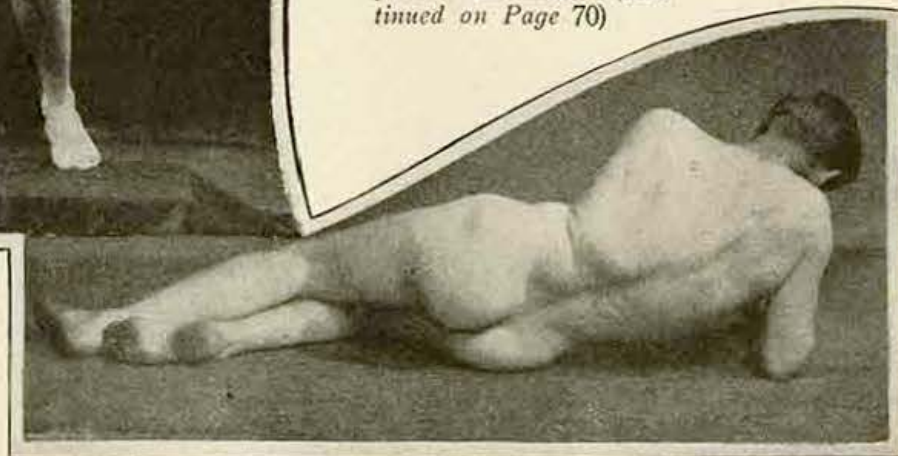


Peter Bowden, of Winnipeg, Canada, in "The Athlete Resting."

The gorilla is built for crushing and tearing, and when those long arms get wrapped around a foe, and those terrible teeth sink into the flesh, the ponderous neck muscles aid in tearing the flesh from the body, but they never eat it.

To form a comparison between a man and a gorilla from a fighting standpoint is very hard. Man is virtually a striking animal, built more for that than hugging, as is the anthropoid. His short and weaker arms are also against his chances, and despite the fact that the man is more active on his feet, I do not think he would have an earthly chance in a fight.

I read of an attempt to catch a baby gorilla that only weighed 50 pounds by the most powerful man in a particular expedition, and he said he had the fight of his life with that baby, which, in the first place, was almost (Continued on Page 70)



# Ask the Doctor

Department for Solving Your Health Problems

By Dr. B. M. Middleman

**QUESTION:** Please give me some advice and suggestions concerning a strange case of stomach trouble.

I was wintering in Southern Florida a year ago, when I developed this condition, and, being from the North, I was told it was the climate. I returned to Illinois in March and for a month or so I found almost perfect relief and did nothing.

During the past summer I was bothered again. In my work, climbing ropes and trees, I use my stomach muscles strenuously at times. For a month I was almost free from any pain. Now I am being bothered very much occasionally. Some days I go without pain, then maybe the next day or two suffer, although eating the same kind of food. The pain is more intense when I am hungry and my stomach feels as if it were being burned with acid, or that it were full of hot pepper sauce. At times it is more severe than others and when it is at its worst my whole abdominal region has that feeling of misery. Outside of this trouble, I am all right and am not losing weight. At times I have heart burn for several minutes. My food seems to digest well and bowels move regularly. Raw apples are the only food I have found that made the pain more severe.

Twice a doctor used a stomach pump on me. He pumped about half a pint of a pinkish colored liquid into my stomach, saying it was the same acid as my stomach produced, and each time he pumped out more than he put in. When I am in the pain I have an excess flow of saliva. I can get almost immediate relief after a meal, very seldom am I bothered in my sleep, and never feel the pain before breakfast, but about nine o'clock the pain begins and lasts till I eat my lunch, which, through week days, is cold. The pain returns in the middle of the afternoon and is always more severe in the evening and at night. The pain comes on hurriedly, but is never cramping, just that miserable, burning sensation. At times the stomach feels full of gas and if I can belch this off I get relief.

I am taking no medicine for my trouble, as I do not believe in drugs. I do think the proper diet will cure me, unless there is a possible chance of a fallen stomach. I eat no beef, but do use a lot of sweets.

Doctor, this has been a long, monotonous letter to you, but I hope I have told enough to give you a general idea as to my trouble. I will await with interest your answer.

F. M., Charlotte, N.C.

**ANSWER:** You are very probably suffering from hyper-acidity of the stomach, due to a number of things, possibly gall bladder disease, ulcer, chronic appendicitis, or chronic inflammation of the colon. Then, you may have hemorrhoids, or piles, which will very frequently cause a spasm of the intestines. If so, this condition should be removed at the earliest convenience.

If extremely anxious about the diagnosis, you had best consult a stomach specialist as to X-Ray and complete stomach analysis.

In the interval, I would advise the use of the following diet:

You may partake of: Meats—boiled or broiled brains, raw, scraped beef, boiled or broiled beef, broiled steak, roast mutton, broiled chops, roasted lamb, boiled, broiled, or roasted chicken; broiled or roasted squab, roast turkey, broiled or roasted birds. Farinaceous Food—Rice, cornstarch, sago, tapioca, arrowroot, hominy, grits, vermicelli, cream of wheat, stale wheat bread, toast, corn bread, pulled bread, sweiback. Fruits—Baked or stewed apples, stewed apricots, stewed peaches, stewed pears, stewed prunes. Fatty Foods—Butter, cream, pure olive oil. Drinks (taken mainly between meals)—Milk, buttermilk, malted milk, Peptonized milk, milk with lime-water, milk with Vichy, milk flavored with tea, milk flavored with coffee, kefir, kumiss, junket, whey, cocoa, albumen-water, water (not with meals), hot water.

Mineral Waters—Vichy, Apollinaris, Poland, Lithia water, Congress, Hathorne, Carlsbad.

You Must Not Take: Soups, fried foods, pork, veal, stews, hashes, corned meat, potted meat, liver, kidney, duck, goose, sausage, crabs, lobsters, preserved fish, smoked fish, salmon, salt mackerel, sardines, cauliflower, celery, cocoa, radishes, cucumbers, sweet potatoes, beets, tomatoes, acid fruits, salads, hot bread or cakes, nuts, candies, pies, pastry, cheese, strong tea, strong coffee, alcoholic stimulants, ice-water, ice-cream.

**QUESTION:** As I am a constant reader of *Strength* and derive many benefits

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

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

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

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

from its pages, I am coming to you for advice.

I have had both tonsils and appendix removed, and am bothered with phlegm and mucus in the throat and nose most all the time. My bowels are sore, and I have lots of pain and gas in the right side. A doctor pronounced my case as mucus colitis, but I have been under his care for over a year, and I am in as much pain as before. I have been on a soft diet, without fruit, vegetables, and very little meat. I do not sleep well and am constipated most of the time. I take injections of olive oil at times as physic of any kind is very painful, as my bowels are so inflamed. The doctor I mentioned said I had a weak, irritated bowel.

Any advice you can give me to correct this condition will be greatly appreciated. Does milk produce more mucus? More than a teaspoon of mucus comes with each bowel movement.

Thanking you in advance, I remain

J. B. C., Portland, Ore.

ANSWER: The condition of mucus colitis is fairly frequent, sometimes caused by pure inflammation, then again by some organic inflammation or extension from the nose and throat. In this case, try washing out the stomach every morning with hot or cold solution of ordinary table salt, a teaspoon to a quart of water, preferably cold if constipated, and drink the whole quart in four glasses during the period of dressing before breakfast. After breakfast the bowels may be frequently moved from this simple procedure. Use only bland articles of diet, such as eggs, poached or boiled; cereal, milk, bread or toast and butter, coffee (if allowed), broiled steak, roast beef, lamb, mutton or chicken (broiled, boiled, or roasted), fish (baked, broiled, or boiled). Vegetables—potatoes, peas, squash, cauliflower, asparagus tips (well cooked or mashed); later, carrots, beets, beans, spinach, macaroni. Desserts—gelatin, jelly (Jello), tapioca, rice, stale bread or cornstarch pudding, custard, ice cream, stewed prunes, canned peaches, pears, plums, baked apple, apple sauce, sponge cake. Drinks—milk, buttermilk, cocoa, water, tea (if allowed). Avoid anything fried or fat, everything highly spiced or seasoned, all mustard, vinegar, ketchup, horse radish, relishes, sauces, and gravies; all tinned, smoked, and preserved meat and fish; all pork, veal, and game; all raw fruits; all stimulants, tea and coffee (unless allowed), and carbonated waters; all pastries, preserves, and candies.

If you have a tendency to constipation, use bland non-irritating oils, such as Mineral Oil or Petrolagar, a wine glass at night, if necessary.

Consult a nose and throat specialist if nasal catarrh is troublesome.

QUESTION: I am writing you again in regards to my condition, hoping that you will be able to give me a régime to follow that will produce results.

You asked me to have an examination of my intestines made, and I may say that I have had a thorough examination of them, including X-ray, etc., and cannot find out what is the trouble. I can give you my worst symptoms, which will give you an idea as to what I should do. Indigestion after every meal, no matter how much or how little I eat; palpitation, gas in bowels, and constipation.

Now, I think this condition is caused from lack of nerve force to drive my machinery, not enough digestive juice, and insufficient peristalsis. You will ask how I know this. One day I had indigestion very bad, having suffered for over a week, and, no matter what I did, it would not stop. A fellow came along and gave me two bottles of ale. I drank them, and in an hour I got a huge appetite, ate a big pork chop, etc., without the slightest indigestion. My haggard face turned to a well-nourished face; I felt like as if I were born anew. Now, that lasted about a day, and

then when I quit my old symptoms came back, but not quite as bad.

I have taken a nerve treatment from a specialist, but I never got very good results, only mentally, although I have improved some, but after following the doctor's treatment for nervous indigestion, especially rest, I find that I get worse. My indigestion is a sort of a dry, and the only symptoms where there is gas is in the intestines. I seem to have a good appetite.

I was wondering if a tonic or something like that would be all right, as I want to get away from the liquor part, because I rarely ever touch it, and if I can get my health without it I prefer to.

M. H. C., Sask., Canada.

ANSWER: It seems, then, as if you need some stimulation of the digestive forces, such as wine with your meals, or, if you object to the same, try Elixir, Iron, Quinine, and Strychnine, after meals or before if no appetite.

If the nervous condition is paramount and you are constipated, try the following:

Sodium Bicarbonate	2 drams
Sodium Bromide	4 drams
Fluid Extract of Cascara	4 drams
Elixir Digestive Comp. qs.	4 oz.

One teaspoonful after meals.

QUESTION: I am a woman 40 years old and am 5 feet, 2 inches tall and weigh 190 pounds, which is about 50 pounds too much. Now, I have never taken any medicine. I have cured my constipation with correct diet and bran and mineral oil, along with some exercise, but cannot lose any fat. I think I have a slightly enlarged thyroid gland. Could you advise something that I can take that will help reduce fat that will be harmless and helpful? I am a reader of *Strength Magazine* and would appreciate any advice you could give me.

R. H., Tomales, Calif.

ANSWER: I would advise the following diet in Obesity:

Breakfast: One orange or apple. Coffee, with 4 tablespoons of milk, one teaspoon sugar. Two eggs or piece of lean meat, 5 x 3 x 1/2 inches.

Lunch: One cup beef tea or clear soup. Tea, with 2 tablespoons of milk, one level teaspoon sugar. Two slices bread, 4 x 4 x 1/2 inches. One piece butter, 1 x 1 x 1/2 inch. Spinach, celery, or other green vegetables (one saucerful). Lean meat, 5 x 3 x 1/2 inches.

Dinner: One cup beef tea or clear soup. Tea, with 2 tablespoons milk, one level teaspoon sugar. One slice bread. Butter, 1/2 pat, 1/2 x 1/2 x 1/4 inch. Meat, 5 x 3 x 1/2 inch. One potato, or 2 tablespoons of any starchy vegetable without grease.

General Directions:

1. Chew your food extremely carefully.
2. Take hot baths, 10 minutes, Monday, Wednesday, and Friday evenings, before retiring.
3. Take Epsom salts, 1 tablespoonful, in cold water, before breakfast, Tuesday morning.
4. Walk at least 20 blocks (1 mile) daily.
5. Take sitting up exercises 10 minutes each morning before breakfast.

QUESTION: Can you tell me the symptoms of pin worms or other worms? Also advise a treatment for pin worms. I was troubled with pin worms when I was a child and want to find out if I still have (Continued on Page 87)

# Training the Fighter

The fighter who wins over the grind of training,  
wears the title.

By *Wm. Boone.*

**C**LANG! the bell sounded and, in response, two lithe figures leapt from their respective corners to face each other in the last round of a ten-round title tilt. Throughout each round both fighters had fought at top speed, one trying to get an edge on the other, but the fight ended in a draw, and people went away telling each other what a great fight it was. Many a youth went home to dream of fistic fame and to wonder when *his* turn would come.

Little do most of them think of the terrific amount of work that is behind the training that places men in the condition that enabled those two title tilters to stand the strain of ten fast three-minute rounds. Only a few reach the top, because they are willing to train hard enough. The game is not exclusively for those who have the fighting instinct. It is for those who are willing to stand the long grind that will give them the perfection of form and makes them headliners. Of course, to have the natural traits of a fighter means a great deal. Still, for every one that makes good, you can find a thousand who have the same fighting spirit, but never got out of the ham-and-egg ranks.

A friend of mine, who has been a fight handler for years, summed up the situation pretty good. He says that the Jewish boxer fights for money, and the Irishman for the fun of fighting. With these facts in mind, he drills his men accordingly. To the Hebrew he says, "Now remember, every time you lead with the left it means a dollar. So every time you lead, figure you are grabbing off a dollar, and repeat to yourself, 'To the bank! To the bank!'" He explains this Jewish trait to his Irish fighter, and teaches him to tear in with ripping hooks, saying at the same time, "To h— with the bank!"

We are generally inclined to believe that the man who resorts to the science of boxing to win his bouts is the one who fights purely for business; and the rip-snorting slasher because he likes to fight better than he does the dollar. Be this as it may, it takes hard work to get either type to the top.



Mike McTigue, in  
all his fistic glory.



Leach Cross, one of  
the best.

I know of a fight stable in Newark, N. J., where a chance is given to any youngster who thinks that he has the stuff that fighters are made out of. As each candidate steps into the ring, he finds himself stacked up against a trial horse who is wise to all the wiles of the padded mitt. The aspirant is told to wade in and do his best, and often he finishes the three rounds pretty badly worsted, but throughout the period keen eyes are watching as the try-out man tries out every trick. If the lad shows certain ability, no matter how badly beaten he is, he is taken

into the stable to be built up. Then the grind begins. The first thing is to build up his body so that he will be capable of standing a pounding and deliver a punch. To the novice it seems like an age that he practices "sit-ups" and "lying down on the floor raising his legs." He has to do a lot of this, for the trainer demands that the abdomen shall be as invulnerable as possible. Thus they are compelled to double up and perform many difficult movements of abdominal volition that would make a contortionist tired. In this manner they build up their foundation of power and ability to take punishment.

Next comes endurance, because it can be acquired more readily than speed, and must be gotten as a teammate to the first conditioning process. This, done right, prevents any danger of a break-down when the novice starts out to acquire speed and science. He has the strength to take it and the endurance to stand it.



Pete Latzo. The welterweight king from Scranton, Pa.



Stanley Ketchell, the famous wild cat middleweight.

Road work plays a big part in some stables, but there is not as much of this done as there used to be. An inside running track is used, around which the athlete trots. The outdoors is the best, where there is plenty of fresh air to fill up the lungs, and hills or heavy ground to break the monotony of even traveling, which is the objection against an indoor track.

Road work is not subject to continuous running; it is broken

every once in a while to sharp walking for about a half mile, and then the trot is broken into once more.

Not every boxer likes road work. I remember one trainer who sent men out on the road by themselves. In this manner he found out many things about a boxer that he would not if he sent others along with them. He was a very shrewd handler and I often think of an incident that happened in his camp where one would-be champion tried to out-smart the trainer. This particular boy hated road work, and he could not see any use for it, for he figured that he was in pretty good shape. However, the trainer would order him to finish up his work-out with four miles of road work. For his companion the champ aspirant took along his dog. Away he would jog for a short distance, until he was out of sight. Then he reclined under a tree and read a dime novel until his time was up. Then back he would run pretty hard, enough to raise a slight sweat. One day his trainer told him it was not natural for a man to come back all in a sweat and his dog not so much disturbed even as to seek a drink of water.

After that the smarty hit on the idea of throwing a stick for the dog to chase while he read. For a while he had his trainer puzzled, and he thought he was getting away with it. Then came the day when the trainer gave the boy his walking papers.

The trainer had noticed the exhausted condition of the dog when it returned from the road work. What the smart boy had overlooked was the fact that when a dog is so fagged out, it is a cinch the man has got to do some real hard work, and will naturally perspire considerably. When this occurs, there is nothing better than a good woolen sweater to absorb the moisture, and if it does not, then something is wrong. Well, the upshot was that the trainer, from his many years of handling, was wise to this and examined the smarty's sweater a few times when he came in and found it different from what it should have been. He figured that the boy was just another who could not stand the grind, so why bother any longer with him? You can't beat a man at his own game, which should be a lesson to smart greenhorns. Plenty of road work builds up good wind and loads of endurance to easily withstand the length of time required to carry a man through the time limit of a ten or fifteen-round bout.

One of the common happenings in the fighting ring is arm weariness. It always happens first if the fighter is still on his feet. To offset this, boxers have imbibed the custom of running with the arms traveling high above the level of the shoulders. This feature is more often carried out in their indoor train- (Continued on Page 60)



# Health—Strength—Beauty

## (Our Girls' Circle)

*Conducted by Marjorie Heathcote*

**D**EAR MISS HEATHCOTE:  
I have been reading STRENGTH for many months, but have never seen the solution to my difficulty in your column.

I am rather well proportioned except that my bust is much too large and flabby for my height and weight, age and build. It is very distressing to me and a continual annoyance, and I wonder if you will be so kind as to suggest some exercise that will, in the shortest possible time, reduce this part of my body?

C. S., Phila.

I have been asked the above question so many, many times that I have decided to answer your letter through my column, for the benefit of all interested.

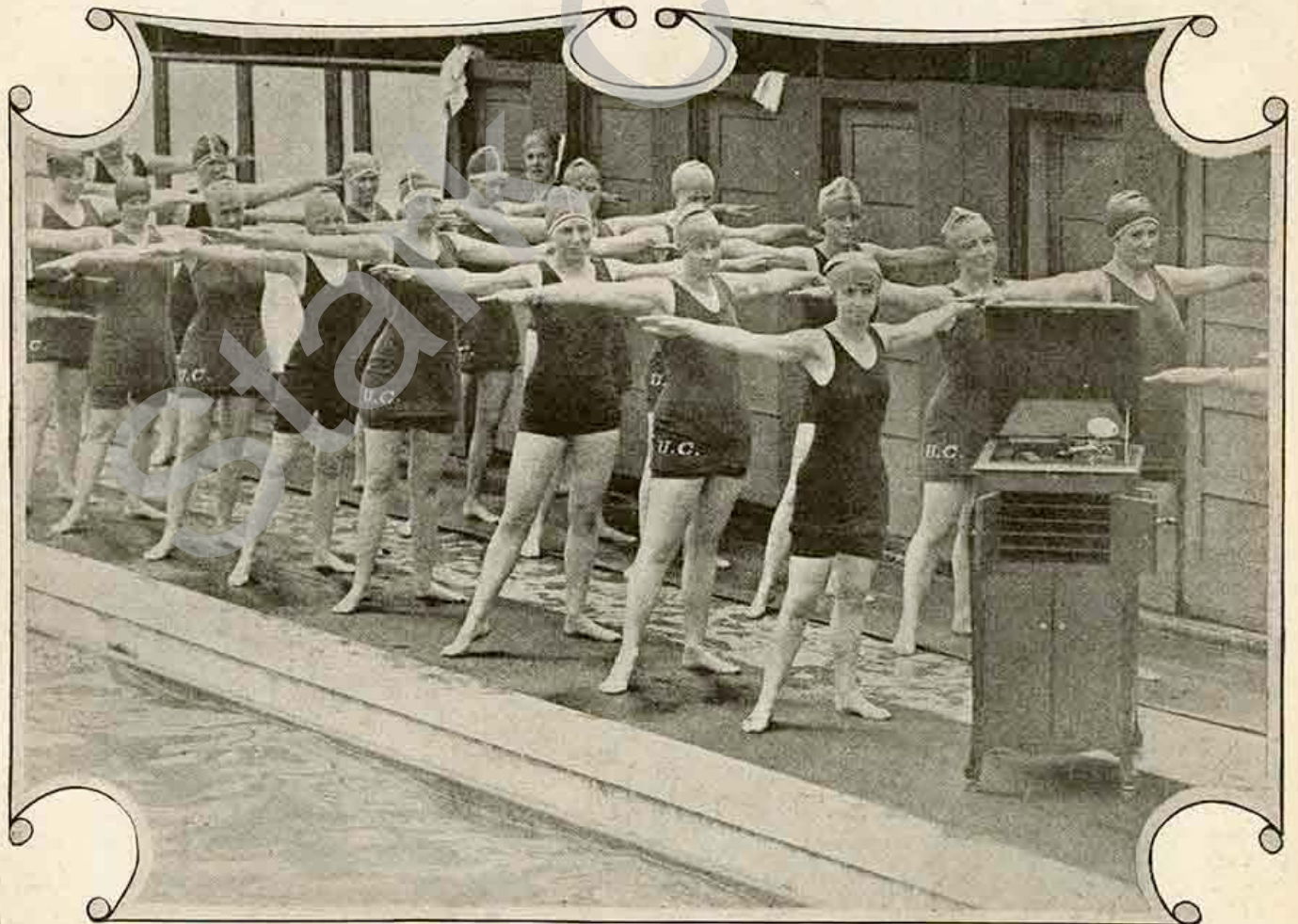
First all artificial support should be discarded unless absolutely necessary, then it should not be restricting, but only supporting. Too many times the cause of a flabby bust is due to a young girl's foolish idea to possess a flat, boyish figure. She begins to wear tight

brassieres which in time tear down the delicate but firm muscular tissue surrounding the breasts and, consequently, the result is a large, flabby bust.

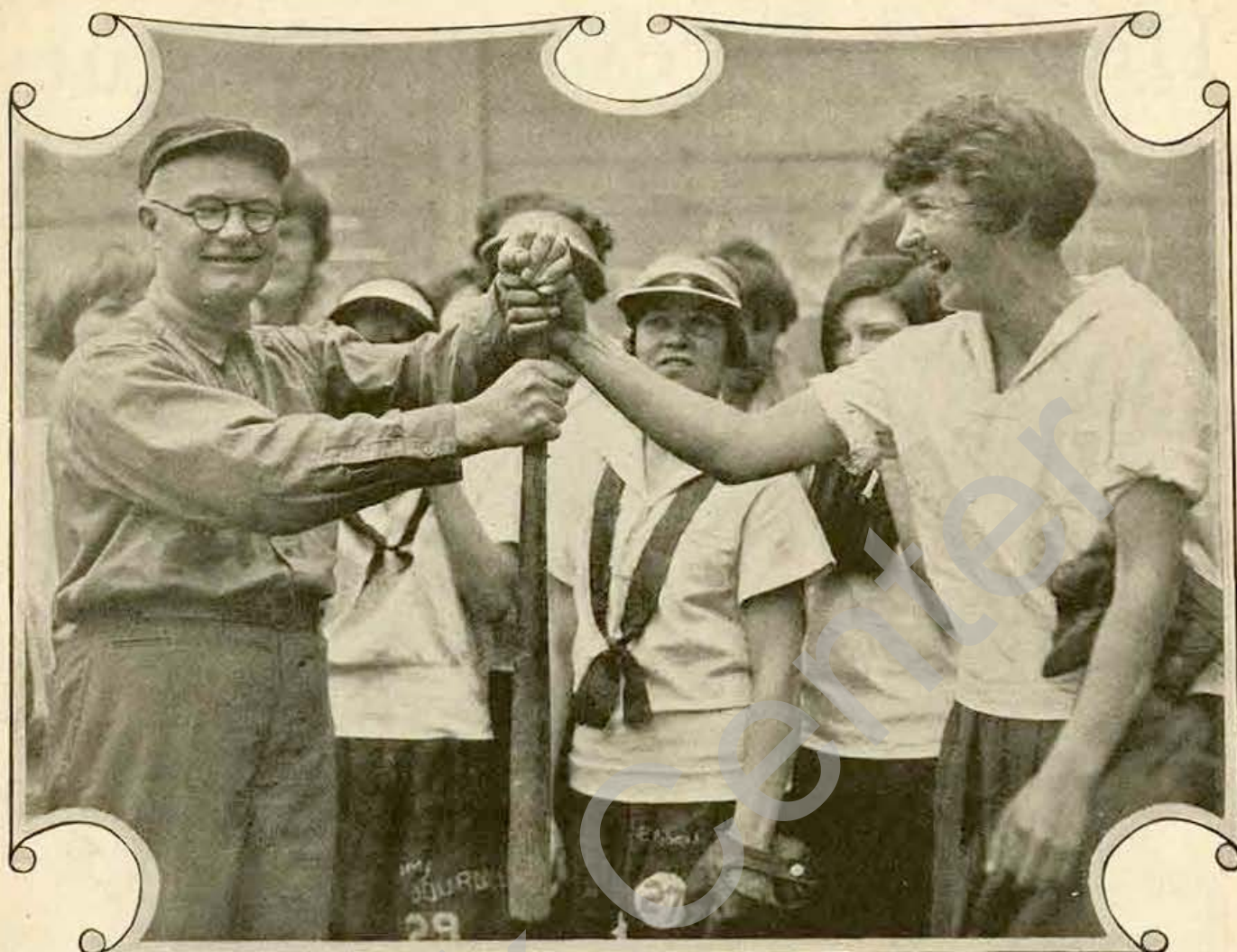
Making a nightly practice of bathing the bust in very cold salt water will tend to build up this broken down muscular tissue to some extent and make it more firm.

Rope skipping, the floor dip, in fact any exercise that uses the chest muscles, will help to reduce the bust and make it more firm. Here are a few special exercises you might try:

Lie flat on your back across a bed, the neck and shoulders extending over the edge of the bed, the arms at the sides. Now raise the arms up above you, then lower them to the sides horizontally; raise them up again then lower them down back of the head; then up again and resume the first position. This exercise is most effective when a pair of five pound dumb-bells are used for resist-



University of California coeds study swimming to the music of phonograph records before taking to the water. The rhythm of music is duplicated in swimming, the instructors say.



As ballplayers, the faculty of Oakland High School make good English and mathematics instructors. Young women students of the institution vented this opinion recently, following a student-faculty baseball game behind the school, in which the girls held their teachers to a 7-7 tie. Whenever a girl came to bat she would whisper, "There is my algebra teacher out in right field," and crack, the ball would go sailing for his head and a home run.

ance. Keep the elbows stiff and tense the muscles, and repeat until tired.

Cross the arms at elbows in front of the body with a circular movement, one in front of the other, and continue upward until high over head. Then continue the circular action out and down, repeating the entire movement.

Another one is to stand with the body held perfectly straight and arms extended out at shoulders, palms facing front. Bring the arms to meet with a quick, hearty slap in front of the chest. The bringing of the arms forward and back to starting position should be done with force. This will cause a decided strain in the cords of the bust and back muscles.

DEAR MISS HEATHCOTE:

I have read many of your articles in *STRENGTH* and have found them very interesting. I was wondering if you could possibly give me some pointers on how to reduce my shoulders. Not only have I extremely large ones, but I have a lot of fat on them. Imagine my shoulders being larger than my brother's? If you have any exercises that you could give me I would surely appreciate them.

A. K., Los Angeles.

If you have broad shoulders that is no reason why you should be ashamed of them. Personally I admire broad shoulders, whether possessed by a man or woman.

I, more or less, favor the swimmer's type of physique. You know, of course, that all swimmers have splendid arms, shoulders and chests.

However, if there is any fat accumulated around your shoulders you should take some means to eliminate it.

Swimming, chinning the bar and Indian Club swinging all tend to beautify the shoulders and are a sure cure for fatty accumulation. Combine these, if possible, with the following exercises:

The floor dip. Keep the body rigidly straight and bend the elbows. Now lower the chest to floor and push up again repeating until tired.

Clasp your hands behind your head, then bring the elbows together in front of you, then push back again. Do this exercise with a stretching action and repeat many times.

I hope you will benefit by these few suggestions.

DEAR MISS HEATHCOTE:

I am a young girl of eighteen and for some years have been bow-legged. It is only the leg bone that is crooked. My knees touch together. Can you tell me if I can have them straightened and where?

D. B., Hartford.

At your age bow-legs cannot be straightened, but the muscles on the inside of the (*Continued on Page 94*)

# Stretching and Bending for Exercise

Suppleness and Gracefulness Can Be Yours Thru the Practice of Simple Stretching Movements

By Otley R. Coulter

**M**ANY people instinctively stretch the first thing on arising in the morning. Probably they do not realize that it is a natural instinct and, probably, do not ask themselves why they do it.

Few realize that they are doing just what every healthy animal does on awaking from sleep. Watch a cat, that has been sleeping in front of a fire, when it awakens. You will see it stretch first one leg and then the other. Oftentimes the cat will stretch the front feet as far to the front as possible and lower the back, stretching it to the limit.

There is a good reason for all this. This stretching extends the muscles and tendons. It makes them supple and also strengthens them somewhat. More than one man of fine physique practices exercises of a stretching nature and attributes his figure to this practice. William Duncan, the well-known movie actor, and formerly a physical director, was a staunch advocate of stretching exercises. He toured with

Sandow and considered that his stretching exercises played an important part in the attainment of his physique. He devised and practiced an entire system of stretching exercises which he followed diligently.

Perhaps many of you remember the Rath Brothers, who were a popular feature of the Winter Garden a few years ago? Anyway, few would realize that the athletic George Rath, who did most of the lifting work in the act, at one time was anything but athletic in appearance, being fat and weighing well over two hundred pounds. Rath is a magnificent specimen now, and gives little indication that he was at one time a pudgy man with rather inferior athletic ability. In the course of the act, Rath raises his partner above his head, perhaps forty times besides handling him around in many other ways. Of course, his present ability in this line is the result of his progressive practices at this style of work, but Rath attained the excellent physical condition that induced him to take up hand-balancing from a system of stretching exercises that he practiced. He was dissatisfied with his

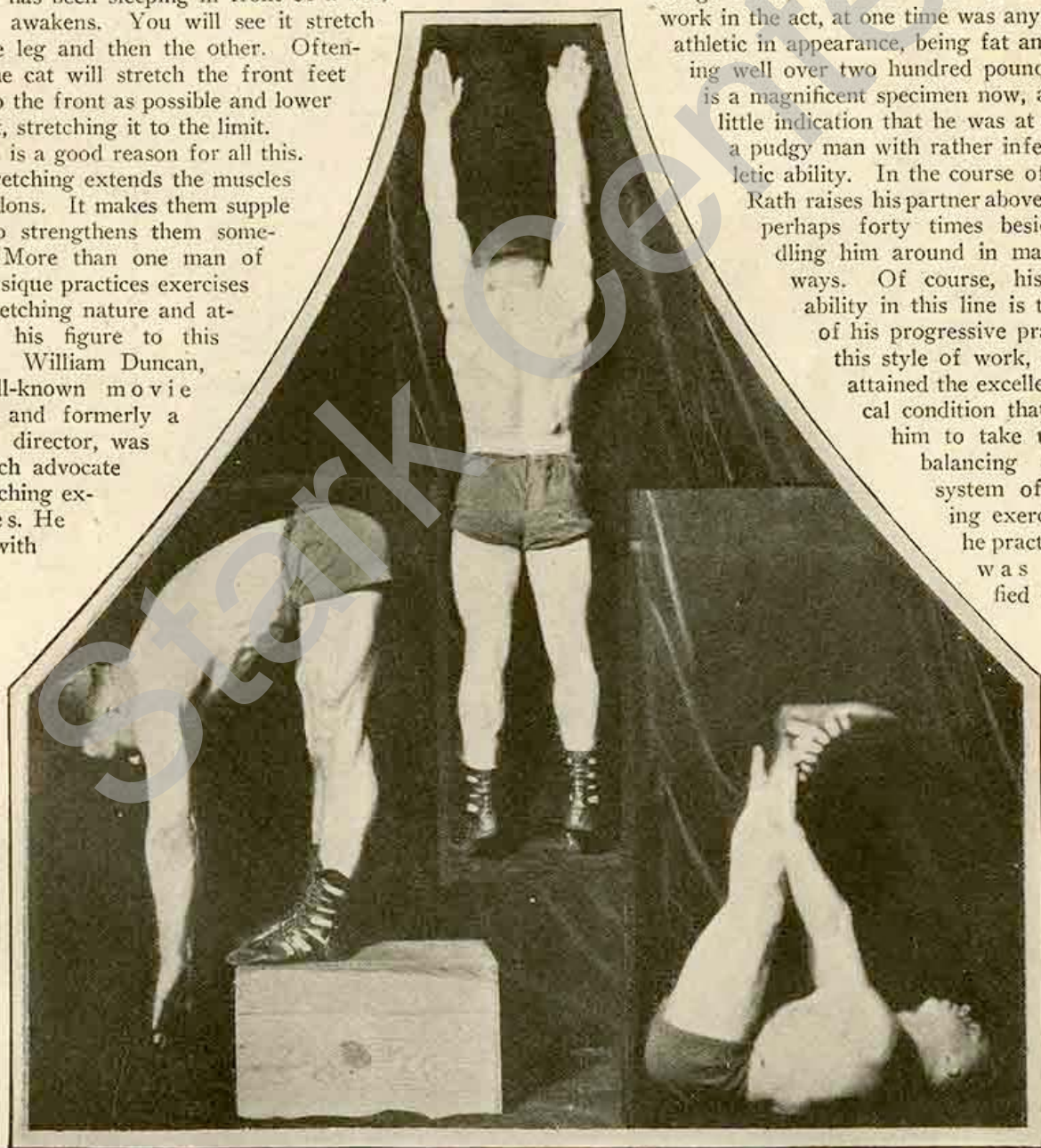


Fig. B

Fig. A

Fig. C

corpulent condition and decided that fat was fatal to success, and began to devise a means of getting rid of it. He began taking exercise and tried boxing and wrestling, and is said to have accomplished little in getting rid of the undesired weight. He also went in for dieting, but it did not help him much. He did not drop below 200 pounds. Perhaps he did not take his boxing and wrestling seriously enough. These sports often discourage a beginner who is unable to make a showing. Anyhow, he did not accomplish much of what he desired in the matter of reducing weight, but did develop quite a little muscle.

Finally, he discovered, almost by accident, that it rested him a great deal if he hung by his arms for a few moments after exercising in the regular manner. He gradually took up other stretching exercises and was somewhat surprised to find that he was actually losing weight, in addition to attaining a symmetrical physique. Rath became very enthusiastic about stretching exercises and induced some of his friends to try them, and after they had practiced them for a few weeks they also began to get results and admitted that there must be something in the stretching idea, which they had ridiculed when Rath first suggested it.

On the occasion of a street fair in his home town, Rath witnessed the performance of a pair of acrobats. This spurred him to accomplish something further and he began to practice with a young chap named Dick Cameron. They played around at hand-balancing for several months and then gave up. Cameron had a crooked arm and it interfered considerably with many of their stunts and prevented them from doing

others that they had in mind.

Finally, Rath decided to try the stretching idea on Cameron and succeeded beyond his expectations. Cameron's arm got in perfect condition and he became a first-class acrobat. In about a year Rath and Cameron were successfully exhibiting in public under the name of Rath Brothers. This all became possible as a result of the stretching exercises.

Really, the results attained by Rath were nothing more than could be expected. They were the natural result of stretching movements. To stretch to one's limit requires flexibility, and this characteristic is rather antagonistic to fat. When one attains the limit of flexibility, he acquires a lean, lithe body. The members of the circus and vaudeville fraternity who perform what are known as "contortion turns" are usually spare of flesh; especially is this true of the male members. The females sometimes carry a bit of flesh, but seldom more than women ordinarily carry in comparison with men.

Those who are desirous of developing a lithe, pliable body will do well to include contortionistic exercises along with the rest. Anyone can advisably do some movements of this kind to help preserve the flexibility and suppleness that are a necessary part of real physical fitness.

The amount of bending movements of the extreme contortion type to be practiced will depend on a person's aims and condition. Those whose sole aim is strength will have little use for stretching exercises so far as personal interest is concerned. However, some movements of this type will not interfere with strength attainment and will make a seeker of strength more efficient from an all-around



Fig. E

Fig. D

Fig. F

standpoint. A strong man is not necessarily slow and clumsy, and it is quite possible for any strength athlete to be flexible as well as strong. Some of the strongest men in existence have more than ordinary flexibility. Joe Nordquest and George Jowett have very thick wrists, but their radius of wrist action is larger than that of most athletes.

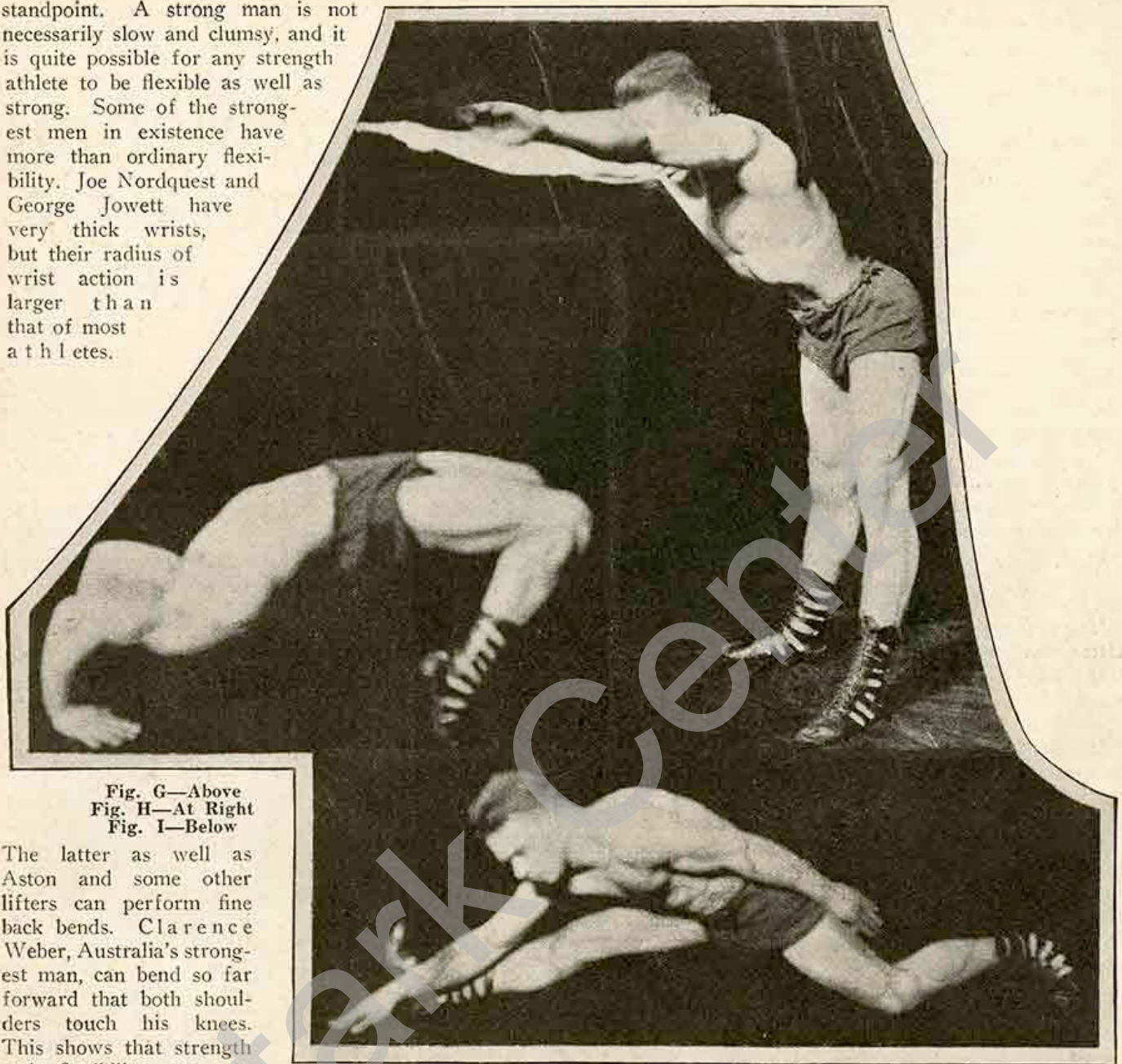


Fig. G—Above  
Fig. H—At Right  
Fig. I—Below

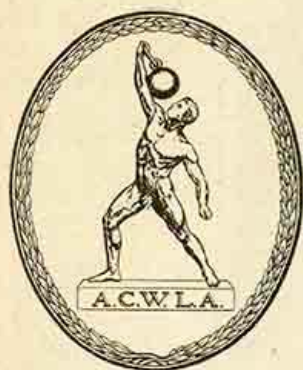
The latter as well as Aston and some other lifters can perform fine back bends. Clarence Weber, Australia's strongest man, can bend so far forward that both shoulders touch his knees. This shows that strength and flexibility are not necessarily antagonistic and that one need not refrain from some stretching exercises in order to develop the body in other uses.

Anyone of average health can advantageously practice bending and stretching exercises of an elementary nature. The extreme contortion work, however, should not be tried too strenuously at the start. The plain stretching exercises will not strain anyone if performed slowly, and all stretching movements that involve an effort to increase the body length are especially beneficial. They have a tendency to invigorate the entire spinal nervous system in a more natural way than the method of the chiropractor. Stretching the body properly in a straight line tends to give a straight alignment of the vertebrae of the spine and this in turn relieves nerve pressure sometimes caused by two or more vertebra pressing together. This stretching, if accomplished by muscular effort alone, cannot cause anything but good effects, but it is doubtful if the mechanical methods of stretching the spine should be used except on the advice of a competent orthopedic surgeon.

This forcible method as used by some to increase the height is a rather doubtful procedure. Muscles pull, but never push, and the only way to lengthen the spine is to increase the distance between the vertebrae. These are separated by cartilaginous tissues and any increase in length of the spine must be maintained by these tissues. That they are incapable of doing this is evidenced by the fact that a person is shorter after standing all day than in the morning when arising; so these tissues cannot maintain the full natural height for even a day. In fact, it is doubtful if increase in height is of any real value except that which is obtained by better carriage of the body and natural stretching movements.

The stretching and bending movements to be used should be selected so as to give all-around work to the muscles. The spine is the most important part to be affected by stretching and bending movements, but the other parts should not be neglected.

The hip joint should receive some special consideration in regard to this. It is to the body what a hinge is to a door and should be used more in (Continued on Page 79)



# American Continental Weight Lifters' Association Notes

By John Bradford

**T**HE severe weather on February 5th was, no doubt, the cause for the poor attendance which turned out to witness the Manger-Mitchell clash. We had expected a big turn-out, for seldom do two men of such calibre come together. Both men were in tip-top shape, and were eager to get started, but before their turn came, several other artists decorated the platform with their presence.

The first event was staged by Andy Skrodinsky, in an attempt to make a record in the One Finger Lift. In this he was successful by raising 400 pounds at a body weight of 140 pounds. Jack Bressner followed with some stunts of strength, using his own body weight for resistance. Then he started in to bend and break spikes, wrap iron around his neck and burst chains around his chest. It was a spectacular turn, and was thoroughly enjoyed by the attendance. Then came a three-cornered contest at catch weights between the Gauss twins, of Philadelphia, and Arthur Levan, of Reading, Pa., on three lifts. The One Hand Military Press, the One Hand Snatch, and the One Hand Clean and Jerk. Levan, who weighed 123 pounds, only made the first two lifts, doing 69 pounds and 125 pounds, respectively. Harry Gauss, at 126 pounds, did 74 pounds and 110 pounds in the same order, but failed on the One Hand Clean and Jerk. Arthur Gauss at 128 pounds performed 74 pounds on the first lift, missed on the second and did 125 pounds on the last, which gave him a higher score and the winning total.

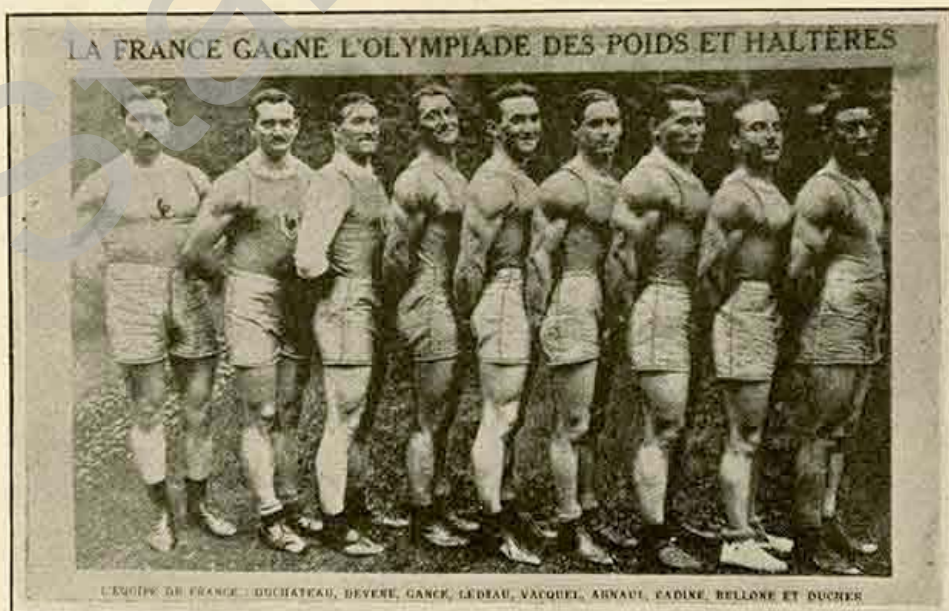
The next

act brought out Archie Allair, who weighed in at 172 pounds. Here is a newcomer that has a remarkable build. There is not a flaw in his entire make-up. The only trouble with him is that he is a little backward in appearing before the public, like most beginners. He made three lifts, all of which were perfectly executed and well within his abilities. Commencing with a One Hand Military Press, he did 107 pounds, and in practice has equaled Manger's record of 110 pounds. This lift was followed by a Two Hands Military Press of 190 pounds, and his concluding performance was a Bent Press of 200 pounds. What Allaire needs is competition; when he gets that he will become a very formidable lifter.

This turn was followed by the appearance of a very old friend, who has been absent from our performances for quite a long time, Frank Dennis. He is still as popular as ever, and looks as good as he ever did. He tried to make a new world's record in the Wrestlers' Bridge at the body weight of 156 pounds, but failed with 275 pounds. He followed this with a comedy strong act, assisted by his partner, DeWitt Eckels, and concluded the performance caricaturing the muscular poses of the

world's most famous strong men.

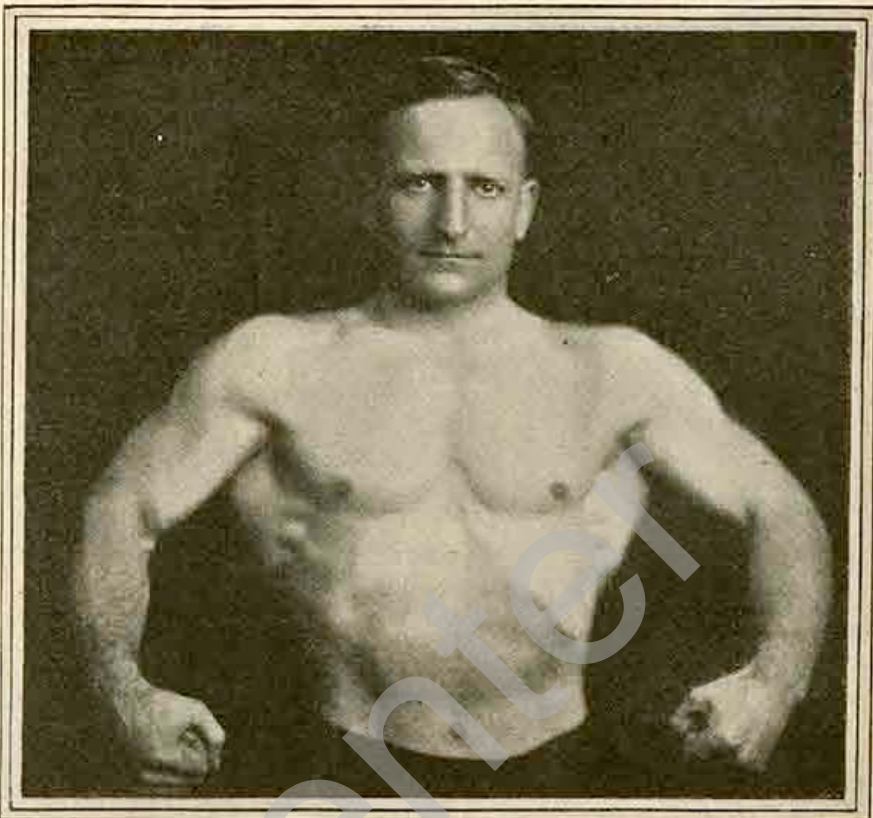
Arthur Levan returned for the following turn with some exhibition lifts, which he started with a number of deep knee bends, using 250 pounds. He lifted the weight un-a-ided to the shoulder and replaced it on the floor afterwards. This done, he made a press in the Shoul-



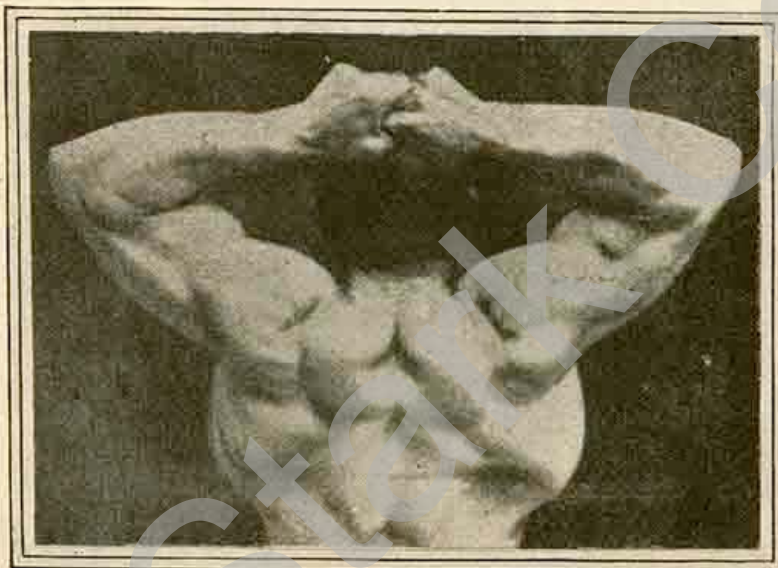
Here is the weight lifting selection of France for the Olympic Games of 1920, in which Cadine made his debut as the world's light heavyweight champion. He is the third from the right. Gance was the French heavyweight champion but he lost out to the Italian star.

der Bridge with the same weight, then transferred it to the soles of his feet and pressed up and down several times. This act supplied the semi-wind-up of the evening. The platform was next made ready for the feature act supplied by Don Mitchell, of Easthampton, Mass., the National Heavy Middleweight Champion, and Albert Manger, of Baltimore, Md., National Light Heavyweight Champion. They met at catchweights and contested on the three Olympic lifts. Manger weighed 182 pounds and Mitchell scaled 162 pounds. The coin was spun, Mitchell winning choice of selecting the lifts in whatever order he wished. He also won the toss for lifting first.

They started in with the Two Hands Clean and Jerk, Mitchell warming up on 240 pounds. It was a perfect lift. Manger called for 265 pounds and jerked the weight overhead without any effort. Mitchell reverted to 260 pounds. He cleaned it to the shoulders easily and then to straight arm, but, as he made the dip, his foot slipped on



Harry Freeman, the American star featherweight champion, is aching for a match with Angers, of Canada.



H. Broom, a famous British strength athlete with a fine record. Also the British A. C. W. L. A. representative

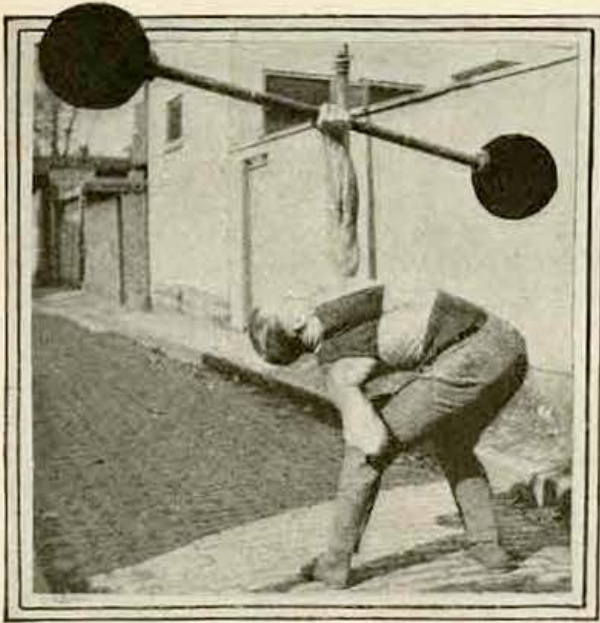
the floor, causing him to fall down with the weight. This worried him throughout the night, and he failed to make any greater success in the Two Hands Clean and Jerk. It is regrettable, for Mitchell had been performing every day with 280 pounds and figured that he would at least make 280 pounds as his final total in that lift. Manger failed on both his other attempts to lift  $282\frac{1}{4}$  pounds. They next passed on to the Snatch. In this lift the prettiest work of the contest was seen. Mitchell worked up to 210 pounds as smoothly as silk. Manger had trouble. In his first attempt he kept his head down, but habit became the master, and spoiled his chance for further success on the remaining trials. 195 pounds was his best score, which gave both men one lift each.

The Two Hands Military Press was started, and, as

expected, was won by Manger with 200 pounds against 170 pounds. Neither man did what he should have done on this last lift. Somehow they could not get going right. In fact, the contest lacked the fighting spirit as shown at the Mitchell-Gauss contest. However, it was not because they did not try; conditions were against them. The totals were: Manger, 660 pounds, which gave him a 40-pound score over Mitchell, who totaled 620 pounds. If Mitchell had had just ordinary luck on the first lift, the contest would have been a rare battle, but it is this uncertainty that makes all contests interesting.

The next big match will be between Mitchell and the French Canadian champion, A. Gratton. They will lift on the three Olympic lifts for the heavy middleweight continental title of America. Who will win the honor it is hard to say. Mr. Jowett saw Gratton lift some years ago, but since then he has been more of a dark horse. Anyhow, we expect a real battle, as both boys come within their body class weight of 168 pounds. If we are successful in promoting this bout, we shall follow it up with a series of International contests. At the present time, Mr. Jowett is negotiating with the Montreal giant, Cautte, for an early appearance in Philadelphia.

Gorner is in England now, and his manager is negotiating a match between him and Zass, the Polish strong man, who has been very successful in England for the last two or three years. His method of demonstrating his strength is along the same lines as carried out by Brietbart, when he was performing in America. How good Zass is, it is pretty hard to say, for iron bending is not a very satisfactory method to offer comparison.



Here are two poses of Emmet Farris, of Cincinnati, Ohio, in "Long Live the Bent Press." He snaps his heels together and the referee counts "One, two," then it is all over.

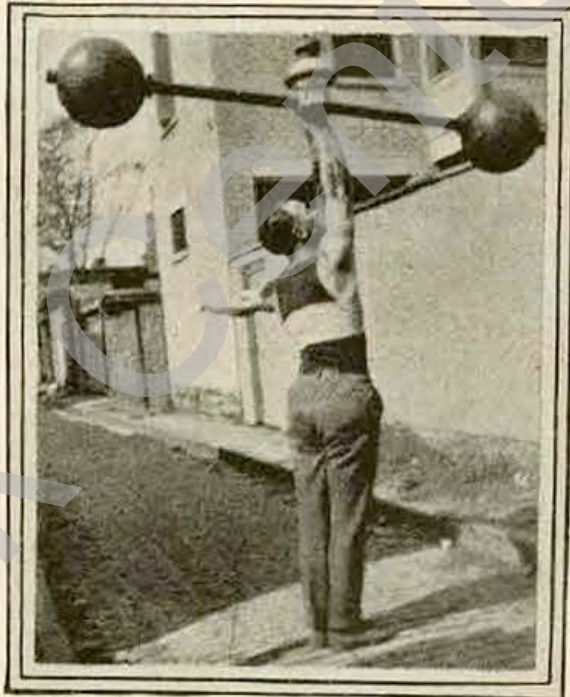
Truly, it is a test of strength, but we never hear of the thickness, the width, and the length of the material used, nor the texture of the steel. There are different grades of steel, some of which are impossible to bend. If a man lifts a 300-pound regulation bar bell, it is the same for one as for the other, and while I agree that lifting a bar bell is not so spectacular as twisting iron, yet it is a more exact test of strength, and gives the public a better estimation of the strength of the man, or men, in contest. Up to the time of writing we have not heard what the actual conditions of such a match will be, but we understand it will include iron bending and chain breaking. At lifting weights, Zass will not have an earthly chance with the big German. For one thing, he lacks the body weight. Zass is only a middleweight of 154 pounds. Personally, I fail to see where Zass has any chance at all.

Gorner is anxious to come over to America. Just this week he wrote Mr. Jowett saying he was looking forward to their meeting. Almost with the same mail came a letter from our old friend, Warren Lincoln Travis, with a challenge to meet Gorner on a set of lifts, including harness lifting, back lifting and finger lifting. The match is to take place in New York or Philadelphia, for a side stake up to \$25,000.00. Whether a match of this kind could be made a success is doubtful, but we do know that Gorner is willing to meet Travis, Cauette, Steinborn or Moerke. It is to be hoped that our South African friend secures some good booking in America, which would insure him and the others a better chance of promoting a match between any of the mentioned strong men. We also hope that Herman will be successful in England.

Cauette, who is still an amateur, is anxious to turn professional, and the Canadians are trying to induce Rigoulot to come over and meet him. The Parisian needs no persuading if he can be shown half a chance to make

a decent living. Cadine did fairly well when he was over, so Rigoulot ought to do better. Of late the Parisian has been lying low, but training hard. He has his mind fixed upon two poundages which he swears that he will do, and has come very close to them already. Namely, a two hands clean and jerk of 400 pounds and a two hands snatch of 300 pounds. Poundages like those make one dizzy to think of.

Among our own men who have been doing fairly well of late are Walter Stratton, of Leetonia, Ohio, and Edwin Rockey, of Easthampton, Mass. Stratton as a middleweight made three new amateur heavy middleweight records—a Right Hand Bent Press of 215 pounds and a Left Hand Bent Press of 192 pounds. In the Two Hands Clean and Jerk, from behind the neck, he lifted 230 pounds. Edwin Rockey, of Easthampton, Mass., created a new American amateur left hand dead lift record of 440½ pounds, at a body weight of 186 pounds. The Easthampton boys are very active, and are continually stimulating interest by their splendid activities, which extend far out from their local center. They put pep into their efforts.



Too many of us like to talk and do nothing, or else leave it for someone else to do. That is the reason so many good intentions fall by the way. Since Manger took over the Baltimore section, he and his teammate, Thierauf, have done good. They have the greatest membership of any strength club

in the Maryland state. The same can be said for Pearson, of Boston. Of course, we realize that some are up against some very difficult propositions in getting a bunch together, but some are in localities that are rich in material and yet nothing is ever done.

In Manitowoc, Wis., C. C. Schmidt has gotten a bunch together and started a club which they call "The Strength Advocates." We wish them luck.

Germany looks as though she is going to develop some trouble for our middleweights. A new arrival is Herr Rinke, a husky Teuton middleweight iron tosser, who is very anxious to step out with our boys. He comes here with a real man's reputation, and we expect to see him in action at our next show, and will likely match him up in the near future.

Some time ago, when I was writing about the splendid progress of our boys, I made the statement that we could produce a team that would beat the best in most countries, including Britain, and give the best of them a run for their money. Some- (Continued on Page 75)



# Freaks of Wrestling Physiques

All So Much Alike and Yet So Different

By Dean Carrol

IT was closing time at the club gym and a few of us had lingered to listen to some of the interesting conversation of the physical director. We had been discussing various sports and finally the subject drifted from boxing to wrestling.

"Spike," as the physical director was known, gave a very interesting description of his impression of the wrestling game. "Spike" had lived a life of varied expe-

periences and was reluctant to be mentioned in connection with anything printed concerning the matter. His association with many business and professional men at the club and knowledge gained from teaching and extensive association with wealthy and educated patrons of sport throughout this little old world, gave him a realization of his own lack of schooling and a strong dislike to breaking into print. As a matter of fact, "Spike's" associations and experiences had given him the only real practical education; the ability to do well that which one wishes to do. Aside from this, he had a clear

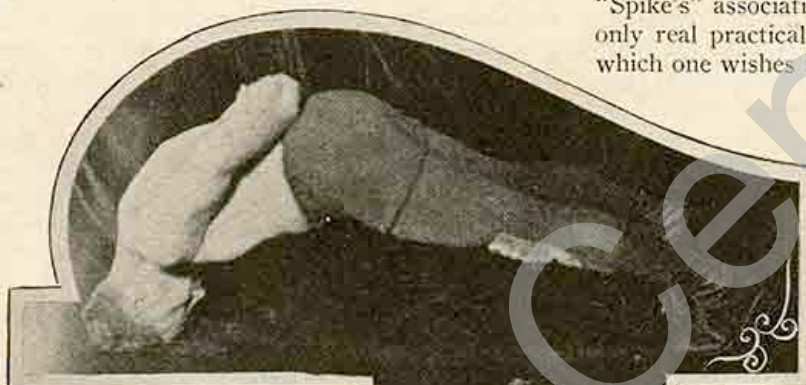
style of expression, slang enough interspersed to add spice to the subject matter. He had a way of saying what he wanted to say in a manner that was sure to be understood. "Spike" is a "live wire" and can "deliver the goods."

Now to get back to the subject and give "Spike's" ideas in his own words, so far as remembered:

"All men are created equal, but what happens to them after they grow up to be wrestlers nobody knows. Wrestlers, paradoxical as it may seem, in spite of the fact that they are all strong and robust, may be divided into innumerable classifications with regards to shape. Some are cylindrical, some square, some triangular and some like a barrel.

"If a man goes to a basketball or football game or a boxing bout, he knows just what he is going to see in the way of profiles. Just what will be seen at a wrestling contest is something of a mystery until the men enter the arena.

Likely this idea of seeing the



The beginning of the head spin exercise which all wrestlers practice.

riences in athletic work. He hailed from somewhere in the Antipodes and had made his debut to the public as an iron jaw performer. He featured the breaking of spikes with his teeth at that time and hence his sobriquet of "Spike." Later he achieved some little fame as a wrestler, but when a lull came in the public interest of wrestling he took up boxing. He did not make a success of this, as he did of wrestling, and after a few mediocre bouts, became a handler of boxers and made a specialty of training boxers in clinch work. This was right in his line, for, possessed of no mean skill as a wrestler and having a natural ability for rough-and-ready fighting, far beyond his boxing ability, he was an expert in clinch practice. From this he shifted into gymnasium work and made a marked success in athletic club work.

At this time "Spike" was telling us what an interesting thing it was to observe the wrestlers' physique, and that he received more enjoyment from this study than he did from the bouts.

He could not be induced to write his



Roy S. Smith, a Pennsylvania welter-weight.



Practicing the wrestlers' bridge has saved many wrestlers' shoulders from the mat.

unexpected helps to make the sport popular, for about the same reason that applies to a natural museum or a public curio hall.

"A universal inspection of the wrestling pachyderms shows that the straw vote rather leans to the obese in shape. Unquestionably, bulk is the predominant feature. Some are so large that they must figure their weights in displacement, the same as a ship. The heavyweights go from around two-hundred weight to beyond the capacity of the bathroom species of weighing machine. Pod-dubny, known as 'Ivan the Terrible,' is about the biggest among the very prominent of the present time. The last bout I attended his weight was stated to be 245 pounds, but the stockyard scales were a long way from the wrestling ring. They must have weighed him in installments and made a mistake in addition. This big Russian has a wrestling reputation as big as himself. His defeat by Stecher is said to have been his first in many years. He is not fast or especially skillful, but his immense bulk and great strength make him a man hard to beat.

"Stanislaus Zbyszko is built like the Rock of Gibraltar. It is almost impossible to throw him. He is so big that there is scarcely room for both of his shoulders on the mat at the same time. The measurement around his shoulders is said to be over sixty inches, and his arm must be at least twenty inches. I have seen it given as twenty-two. He always has been very massive and heavily muscled, but in his early days had a rather classical build of the heavy type. In later years his immense measurements gave the impression of enormous bulk. Stan has practically no neck except in one direction. It is so wide and thick that you cannot see any length to it. When he is down on all fours and draws in his head, he reminds me of a great turtle. He is one of the most striking examples of the heavy Continental type.

"Now take his brother Wladek. They don't look so much alike and there is quite a difference in their actual measurements and shape. Yet both have the full, rounded muscles of the heavyweight wrestlers. Wladek is taller and somewhat lighter built. He has a large neck and

great chest and is especially well

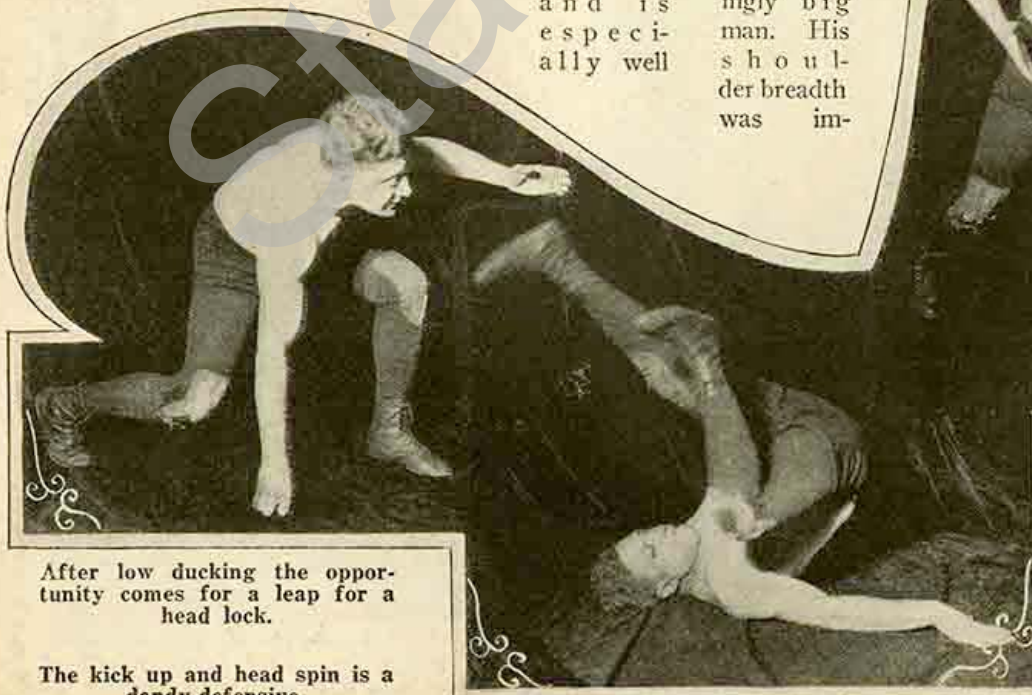
formed. He and his elder brother are much alike and yet so different.

"The Zbyszko brothers are by no means unique in the matter of bulk and massive muscle development. Europe abounds with heavy wrestlers of the same bulky build, yet varying in shape and appearance as do the well-known Zbyszko boys.

"Take Anton Zarembo, of Vienna. He weighs 250 pounds, more or less; has a nineteen-inch neck and stretches the tape to fifty-three inches without even expanding his chest. He runs about the same size and measurements as his fellow-countryman, Joseph Smejkal, who was recognized as the champion strength athlete of Austria-Hungary. He also carries a fifty-three-inch chest, but there is more impressiveness to his because of better shape.

"The Continental wrestlers have a great tendency to bulk. You, no doubt, have noticed that the foreigners wrestling in this country are even more bulky than our native-born mat men. Those that have come over here have been no exception to the general rule of bulk, and the Continent has many wrestlers weighing from 250 pounds to over 300 pounds. Yet there is the same amount of individual differences in physical appearance as there is in our native product.

"Perhaps some of you may remember seeing Paul Bahn wrestling? Well, he came over here to try and catch some of the American dollars and was successful in grabbing quite a few. He was a tremendous man, well over six feet in height and scaling a full 250 pounds. His chest measured over fifty inches and he was built in proportion. He was not a bit larger and scarcely as impressive as that other German wrestler, Paul Belling. The latter was an exceedingly big man. His shoulder breadth was im-



After low ducking the opportunity comes for a leap for a head lock.

The kick up and head spin is a dandy defensive.



The typical attitude of a wrestler sparring for holds.

mense. A German meat packer in Allegheny, who, by the way, was an amateur strength ath- (Continued on Page 62)

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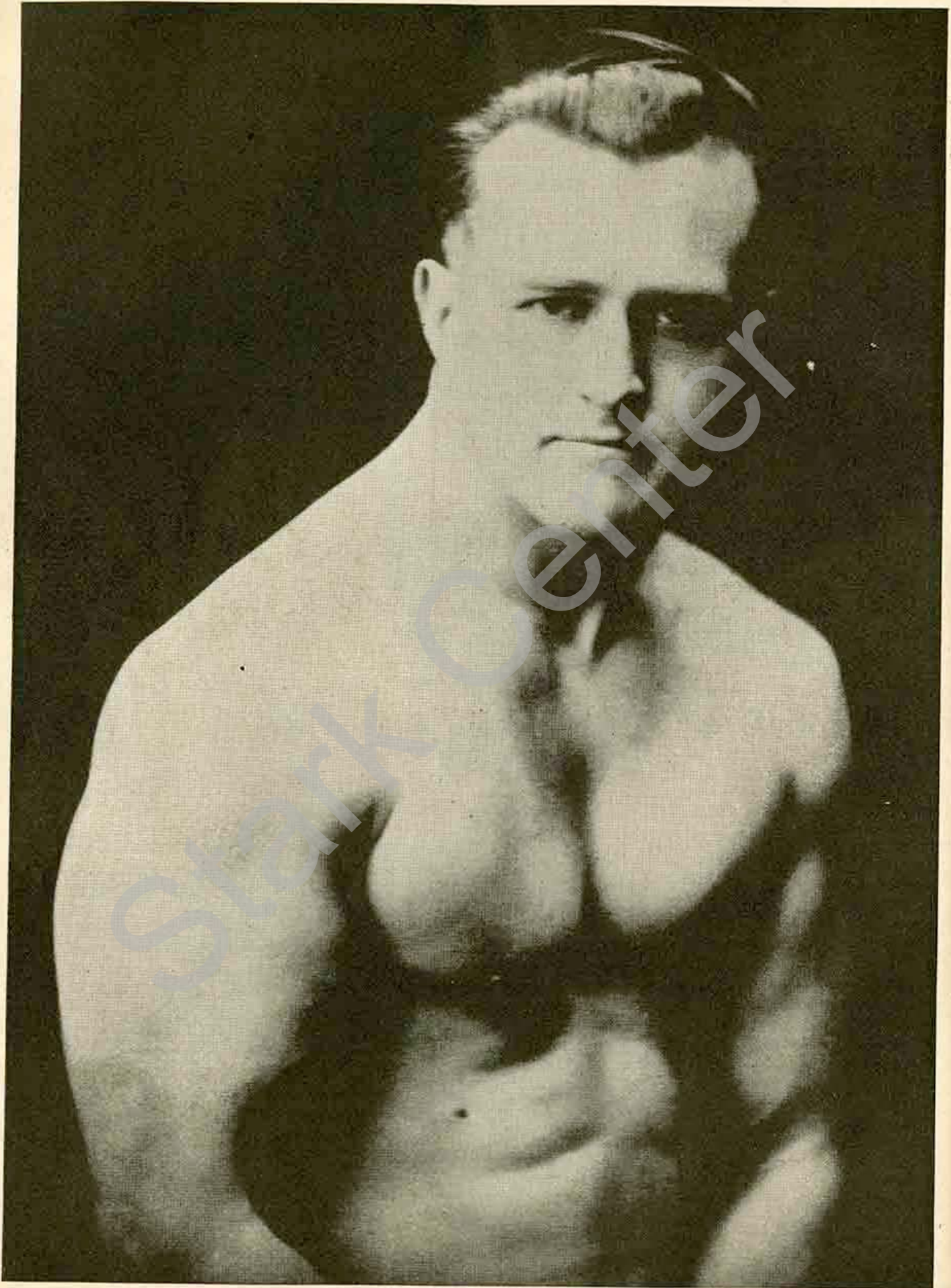
COYNE School celebrates the end of its 28th successful year. In honor of this event I am making a special offer NOW. This offer means EVERYTHING to YOU. I'll send it along with the big FREE COYNE Electrical book. All you have to do is send the COUPON. This COUPON is the most important thing in Your life right NOW. Clip it! Fill it in! Let me show you how you can be a sure success in ELECTRICITY. Mail the Coupon at once if you want to qualify for a big pay job in 12 weeks. Mail it right NOW for my Special Offer and FREE Railroad Fare to Chicago.

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**"The Muscle Builder"**

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

# Earle Liederman Says:-

- 1 "He Can Make Anyone Strong"
- 2 "He Can Put One Inch on Your Arm in 30 Days"
- 3 "He Can Put Two Inches on Your Chest in 30 Days"
- 4 "He Will Give You a Physique To Be Proud of"
- 5 "He Will Add Many Healthy Years To Your Life"
- 6 "He Will Make You The Popular Idol of Your Gang"
- 7 "He Will Take The Wrinkles Out of Your Spine"

## He Doesn't Promise-He Guarantees

He has done all these things and more for thousands of others. That's why he backs up his statements with an iron-clad guarantee. You want muscle—you want health, and you want the pep that only supermen have. You can have them all—almost as quick as a wink!

## Put Him To The Test

An ounce of action is worth a thousand words. Make him prove that he can put one inch of muscle on your arm and two inches on your chest in less than 30 days. Make him prove that he can make anyone strong. Make him prove that he can give you a physique to be proud of. Make him prove that he will add many healthy years to your life. Make him prove that he will make you the popular idol of your gang. Make him prove that he will take the wrinkles out of your spine. He likes to be challenged, because he is sure he can make good. Put him to the test. His guarantee protects you against risk.

## You Can't Lose

If Liederman doesn't make good every single promise, you are out nothing. He takes all the risk. He has been guaranteeing to make physical marvels out of all sorts of muscleless men for many years—that's why they call him the muscle builder. You'll call him that, too, before 30 days roll by. Write him today.

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There must be a reason for his success—there is. He discovered the secret of muscles and health. And he knows how to give help to others. He doesn't give you a lot of "don'ts." He tells you what to do. He gives you the "know-how" of strength getting. That's why he never fails. That's why you should write to him today.

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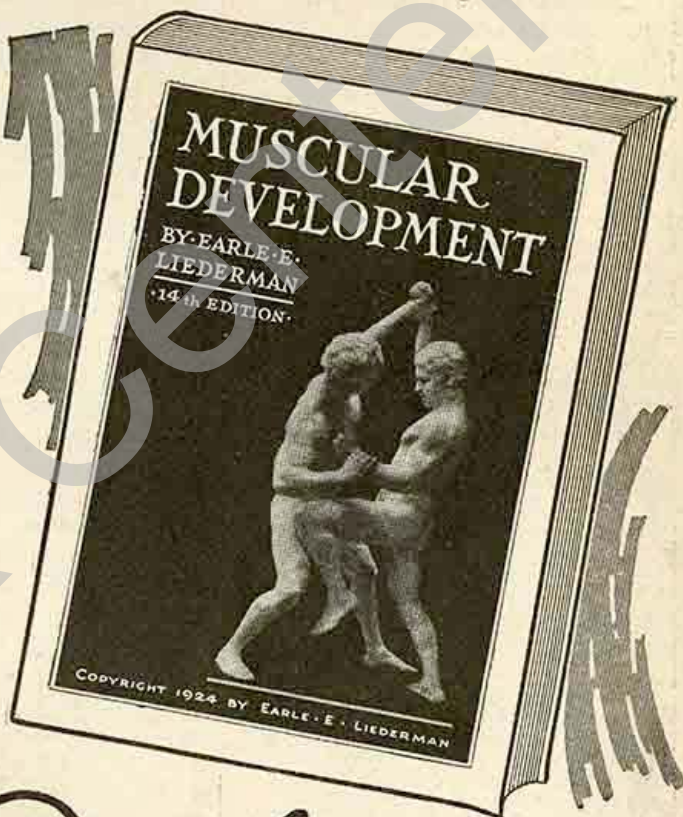
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## Training the Fighter

(Continued from page 46)



### "I'm Going to Make More Money!"

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"Why? Because they saw the value of special training, and I didn't.

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ing and is a splendid factor for endurance against arm weariness.

Speed becomes the next important consideration—to be able to hit fast without sacrificing the force of the punch. Boxing practice is one of the chief factors for this acquisition, and is the one feature of training that the novice looks forward to and enjoys. To put the gloves on with the old masters, who usually compose the bulk of a training staff, makes the pupil feel that he is getting somewhere. It is here that all the other work proves itself. Round after round he fights, covering, blocking and stopping, shooting out stabbing lefts, and putting over the right cross and other punches that go to make up the science of the game.

Then comes bag punching, which teaches timing and hitting, though for the serious hard hitting, the sand bag, or dummy, is used. The striking bag is always slung a little high, so that the arms are carried high when hitting to get the shoulder muscles well used to carrying the burden of the arms when fighting fast and hard.

Rope jumping is the big thing for foot work, although it is interesting to watch the different methods boxers add to this to build up their stepping speed. Some ideas are very odd, but they help to do the trick. Shadow sparring is a favorite practice, but it is ridiculous to see how some go through this practice. It becomes a routine to many. Habit gets them into a series of steps and hits, and they run through them in a mechanical way, and it is easy to see that their mind is wandering. The real master of shadow boxing was the original Jack Dempsey, the Nonpareil. It was a serious workout for him. In front of him he always imagined he had his next opponent whom he had previously studied, and he arranged his imaginary foe opposing him with all his master blows. These Jack would try to block as he figured was best, and so built himself up for the real fight.

There was a time when fighters were taught to watch the eyes of their opponent, which always indicated the direction they intended to hit. Dempsey was the first to get away from that. He centered his eyes upon the chest, and proved this to be a surer method of ascertaining the next movement of his opponent. The Nonpareil also taught that it was not the hands that moved first, but the point of the knee, and by watching the knee he became the downfall of many promising fistic careers.

He also showed that though a man stood with the left foot and left hand advanced, the range of the right arm reach was not shortened. Jack was clever, and never overlooked a bet that would help him to outsmart his opponent. He looked for his own weak spots as well as those in the other man's armor, and worked hard to correct them. That's what we call using your head. The fellow that don't, never gets anywhere.

The present Jack Dempsey has to be given a certain amount of credit for using his head. He stacked all on his punch, and found that the strong man's exercise of pressing his weight from bent arm to straight arm, while supported between the back of two chairs with his hands, was a great help in developing his hitting powers. He still does it. Every boxer should look out for his weak spots. There is no use of any one kidding themselves that they are so clever that it is not necessary to worry about anything else. Most fellows, who rely upon their skill at boxing to pull them through, have a poor punch. Of course, that is the result of counter punching to a certain extent, but a punch is what every fighter craves for. How many times have you heard it said, "If Tommy Loughran only had a punch." That is all he lacks. Well, I am not one who believes he cannot get one if he went after it in the right way. Loughran has proved to his own satisfaction lately what exercise can do for the wrists. Tommy was always afraid of them, but a little proper coaching strengthened them so well that he was tickled skinny over the results.

There are better methods of developing a punch other than putting a horse shoe in the glove.

It is pretty hard to find the fighters who have the dual abilities. The Nonpareil had them, and so did some others. Johnson had a real punch whenever he chose to use it. Look at the time when he fought Tommy Burns in Australia, and Jim Jeffries in his come-back. Both men were unmercifully beaten, and my contention is, if the big smoke had wanted to he could have put either man away before the fights were stopped. Somehow Johnson seemed to have a wicked liking to play with his opponent. I often think he was actuated to this by the craze that existed to find the white hope, and the general antipathy that was displayed to the black race at that time.

One thing I have noticed particularly about fighters who have had exceptional success—they were either gluttons to train, or gluttons to fight. On top of this they had the faculty for building up their powers in ways quite different to the most of fighters, who seem to be satisfied with the general routine. The others learned to think differently.

It's a hard grind at the best. No wonder so many fall by the wayside. Nevertheless, there is no other way if a fighter wants to do what Joe Gans used to say, "Bring home the bacon."

*The most Comprehensive and  
Interesting Treatise on*

**CONJURING**  
*Ever Written*



**T**HERE is in America today an amazingly widespread revival of interest in magic. This is true from the standpoint of both professional and amateur entertainers. And the reason is apparent: people really enjoy being mystified. They have since time immemorial, and the more skilfully they are fooled by the arts of the conjurer, the heartier their appreciation. For a time the motion pictures and other innovations deflected the public's attention from magical entertainments, but now the public has caught its breath and is finding the same old delight in clever tricks, sleights, and illusions.

The greatest work on this subject ever written is the 563-page book of Professor Hoffman entitled **MODERN MAGIC**. It advises you on The Magic Wand, The Magician's Table, The Magician's Dress, and all the necessary accoutrements. It teaches you the Principles of Sleight-of-Hand with Cards and Coins. It reveals tricks involving the use of specially prepared cards and special apparatus, some of which you can make yourself. It discloses the secrets of tricks with watches, rings, handkerchiefs, hats, balls, and dice. It explains many famous stage illusions and gives you the complete routine of such famous tricks as that of the Chinese Linking Rings, the Cups and Balls, etc., etc. It shows you how to perform countless tricks which require no practice whatever and which can be done immedi-

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ately upon your acquainting yourself with the secret. It clearly explains such mysteries as The Magic Sword, The Rising Cards, The Jumping Cards, The Mechanical Card Box, The Card and Bird Box, The Card Tripod, The Mechanical Changing Cards, The Heads and Tails Trick, The Animated Coin, The Rattle Box, The Brass Money Box, The Nest of Boxes, The Ball of Wool, The Miraculous Casket, The Shower of Money, The Changing Plate, The Watch Mortar, The Watch Target, The Flying Ring, The Magic Ball and Rings, The Magic Rose, The Vanishing Knots, The Burning Globe, The Transformed Handkerchief, The Cannon Balls in the Hat, The Obedient Ball, The Multiplying Balls, The Cut String Restored, The Pillars of Solomon, The Bran and Orange Trick, The Magic Whistle, The Flying Glass of Water, The Inexhaustible Bottle, The Feast of Lanterns, The Chinese Rings, The Vanishing Canary Bird and Cage, The "Passe-Passe" Trick, The Rabbit Trick, The Magic Picture Frame, The Flying Watch, The Broken Plate, The Magic Portfolio, The Indian Basket Trick, Spirit Rapping, etc., etc.

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book will you find such a complete exposition of the age-old arts of the conjurer. You'll enjoy reading every word of it and you'll get a great kick out of the actual performance of many of the tricks. And you'll agree that you've never spent two dollars to better advantage.

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Gentlemen:

I am enclosing \$2.00 for a copy of the 563-page, cloth-bound book "Modern Magic," by Professor Hoffman.

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# The Man Who is Astounding America!

What is the mysterious power wielded by this man—a power he also shows others how to use? What is this new method which has started thousands of, despairing persons on the road to health, happiness and prosperity?

THOUSANDS upon thousands have been turned away from the great theaters and auditoriums in Chicago, New York, San Francisco, Seattle, Denver, Boston, and practically every great city in America where Dr. Bush has been lecturing! These vast halls could not accommodate half of those who heard of his wonderful powers and had heard how he disclosed the secret of his powers to others!

Those who were ill had been shown how to become well and strong by a method to which other mental science movements were as the first step in a mammoth, far-reaching stairway.

The worried and the nervous had been shown how to rise above their mental and nervous troubles in a single evening and how to attack and solve their problems with a keener mind unhampered by despair.

## An Astounding New Power

But that wasn't all. As wonderful as it is to have the secret of mental and physical health in one's grasp—there is a still greater force at work in the universe. This force can be harnessed in such a way as to bring us the MATERIAL things we want—money, power, influence, no matter what it is. And Dr. Bush has harnessed this force; has proved its value in his own case; and has proved time and again that he can show others how to use this power.

Long before the lectures were over the reports began to come in showing how quickly his audiences had been taught to use this wonderful power.

"By your method of visualization I secured the funds to build my home," writes one of Dr. Bush's Chicago listeners. Mrs. Mary Roberts of Denver, writes, "My salary was increased 40% in one week by following your psychological method—and my powers of

salesmanship were DOUBLED." "TEN Thousand Dollars would not pay for the benefits I have received." James C. Smith of Somerville, Mass., writes him. Another says, "I was making no money, my health was bad and I was heavily in debt. Now I have a store of my own and am doing a good business. My family and myself enjoy the best of health." A man who learned of this power in Pittsburgh—he had never earned more than \$25 per week—stepped out the first month and made over \$1000. Dr. Bush has thousands of letters like these. They are his proudest possessions.

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Dr. Bush's sole idea in giving these lectures is the same idea that actuated him in his earlier days before he had discovered this amazing new force. Then as an earnest and brilliant young minister of the Gospel he had refused honors and financial returns in order to apply his efforts where they would do good to the greatest number. His lectures are given for the same reason—to teach this new force to everyone who will learn. And to reach still more people he has incorporated his lectures in an absorbingly interesting book, "Applied Psychology and Scientific Living," which will be sent, on FREE TRIAL, to any earnest seeker after knowledge. Luther Burbank said, "Applied Psychology appears to me the most practical and useful work which has been published on these and similar subjects."

## When You Need This Book

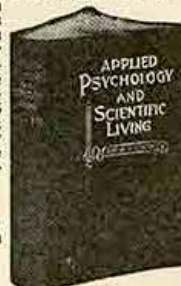
Are you nervous or depressed? Do you feel old? Have you lost your grip? Have you a worrying disposition? Have you a personality that fails to attract others? Are you timid? Are you misunderstood? Do others seem inclined to give you always the worst of everything? Do you lack the aggressiveness necessary to bring you position and power? Are you in ill health? Have you any chronic disease? Is anyone in your family or among your friends so affected? Are your children wilful and disobedient?

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But no description can begin to give you even an idea of the startling truths explained and proved in this wonderful 500-page book. The very first page will be a revelation to you just as Dr. Bush's lectures have been a revelation to keen, thinking, analytical minds in every city. One enthusiast says, "It can be understood by everyone. And if everyone would read it and then use this new force, humanity would advance 5,000 years overnight."

But you will be the sole judge of this wonderful value. Mail the coupon. This remarkable book will be sent at once. Read it for 5 days. Practice this new force yourself. At the end of that time if you find it the most inspiring, the most valuable means to obtain health, wealth and happiness send us only \$3.50 which, as you will realize, pays only for the cost of printing, advertising and distributing the 500-page book. Otherwise return the book itself within 5 days and you will not owe a penny. But begin to enjoy the benefit of this new force at once. Mail the coupon today.

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## Freaks of Wrestling Physiques

(Continued from Page 56)

lete, often spoke about Belling's imposing physique. He told me that he had never seen an athlete in America who appeared as broad in the shoulders as Belling. Unquestionably this German wrestler was an exceptionally broad and powerfully built man, but I do not think that he was any broader than the elder Zbyszko, Strangler Lewis or a few other wrestlers that are quite well known on this side of the pond. Belling had a bit more of the V shape than the most of the men of his extreme size. This gave him a decided advantage in appearance over most of the others.

"Speaking of big men with the V shape, reminds me of Gustave Fristensky, who was over to this country a few years ago in quest of the elusive dollar. When it came to shape, Fristensky had the goods. This "Bohemian Hercules," as he was known throughout the continent, had one of the cleanest cut physiques that ever fell to the lot of a two hundred and fifty pounder. Fristensky stood at the grand height of about six feet one or two inches, and weighed just over two hundred and fifty pounds. He was a sight for a sculptor or painter of nudes to see. Regardless of his great size and bulk, his muscles were very clean cut and distinctly separated. His chest was one of the most magnificent sights one ever laid eyes on. It measured over forty-eight inches normal of clean cut muscles. His waist, surrounded by clearly outlined abdominal muscles, never measured more than thirty-four inches. Fristensky is another proof that wrestlers can be so much alike and still so different. There are many heavyweight wrestlers with chests well over fifty inches, and some few have waists not much over thirty-five inches. Another wrestler could have the same measurements as Fristensky, in fact some of them did, and still not look like him because of the big difference in muscular texture.

"Joe Rogers was even larger than Fristensky, had a larger chest, his waist was about the same proportion, possibly a little larger as compared with his chest than Fristensky's. He did not have the beautiful appearance of the Bohemian as he lacked the contour. Rogers was one of the most imposing figures that ever stepped on a wrestling mat. I remember when he was helping to train Gotch for one of his bouts with Hackenschmidt. A photographer was sent to get a photo of Gotch and his training quarters for the sporting page of one of the big dailies. The photographer evidently had been instructed to be sure to get a photo of the champion as well as of the training quarters. This photographer, so the story goes, did not know Gotch; seeing Rogers, and noting how much more formidable he was than Gotch, concluded that he was being fooled, and apparently nothing satisfied him but a picture of Gotch and Rogers together. Anyhow a picture was later published with Gotch and Rogers to-



gether in the front, and Westergaard and some of the others of Gotch's training staff were very much in the background.

"Notwithstanding the great difference in size between the two, Gotch never needed much time to defeat the big fellow in actual competition. Rogers was apparently much the superior of Gotch in physique, at least to the casual observer, but on close inspection Gotch appeared to be more of the tiger type, and Rogers was more like the unwieldy ox. Gotch, in truth, was a man of magnificent physique, although quite a bit smaller than Rogers. When Gotch wrestled Hackenschmidt, he was at his best physically, and his comparison with Hackenschmidt proved it. "Hack" was one of the very best built men that ever graced the mat. He was of the massive type, yet so well proportioned and having such magnificent contour to his muscles as to make him a fitting model for Hercules. He would have enthralled an artist like Doree or Titian. In this contest 'Hack' showed larger than Gotch in the arms and shoulders. There was some difference in their necks, chests and thighs but not very much. Gotch also had a magnificent columnar like neck, that would have been credit to a male lion in all his glory. His pectorals were, if anything, more prominent than 'Hack's.' It seemed as if Gotch had his muscles right where he needed them. Unquestionably 'Hack' was much the stronger man at other tests than wrestling, but for this sport Gotch seemed especially well fitted.

"Now take the present champion Stecher, he seems about as effective as Gotch, in fact, some of the big boys who have wrestled both Gotch and Stecher, claim that Stecher is the best. However, be it as it may, Joe is certainly able to hold his own with any of them now, although many of them seem to have physical advantages over him. Stecher has a very formidable pair of legs, they are out of proportion to the rest of him, and are unquestionably one of his greatest assets as a wrestler. Joe is big and rugged but he lacks the massive neck and great chest that we usually associate with the idea of a wrestling champ. True, Joe has a well developed neck and body so far as ordinary athletes go, but they don't measure up with other top notchers in his line. Nevertheless, many wrestlers will tell you that Stecher possesses strength in his arms way beyond any outward indication and that he has a strength of hand almost uncanny. Certainly he seems to be able to hold big powerful men in position while he gets his legs into action.

"Sometime ago I attended a meeting of the big boys. It was a three match affair with Stecher in the final, and the Greek Champion, Jim Londos, was one of the men in the semi-final. I've seen so many of these contests that I don't even remember who either man was wrestling, but I do remember that I was much interested in the comparison of Stecher and Londos in physiques. Now here was Stecher, the Champion of the World, and Londos the recognized best bet among the Greeks, and certainly one of the very best in the world. Londos

# Did You Ever Take an INTERNAL Bath?

By T. A. BALLANTYNE

This may seem a strange question.

But if you want to magnify your energy—sharpen your brain to razor edge—put a glorious sparkle in your eye—pull yourself up to a health level where you can glory in vitality—you're going to read this message to the last line.

I speak from experience. It was a message just such as this that dynamited me out of the slough of dullness and wretched health into the sunlit atmosphere of happiness, vitality and vigor. To me, and no doubt to you, an Internal Bath was something that had never come within my sphere of knowledge.

So I tore off a coupon similar to the one shown below. I wanted to find out what it was all about. And back came a booklet. This booklet was named "Why We Should Bathe Internally." It was just choked with common sense and facts.

## What Is an Internal Bath?

This was my first shock. Vaguely I had an idea that an internal bath was an enema. Or by a stretch of the imagination a new-fangled laxative. In both cases I was wrong. A real, genuine, true internal bath is no more like an enema than a kite is like an airplane. The only similarity is the employment of water in each case. And so far as laxatives are concerned, I learned one thing—to abstain from them completely.

A bonafide internal bath is the administration into the intestinal tract of pure, warm water sterilized by a marvelous antiseptic tonic. The appliance that holds the liquid and injects it is the J. B. L. Cascade, the invention of that eminent physician, Dr. Charles A. Tyrrell, who perfected it to save his own life. Now here's where the genuine internal bath differs radically from the enema.

The lower intestine, called by the great Professor Foges of Vienna, "the most prolific source of disease," is five feet long and shaped like an inverted U—thus  $\Omega$ . The enema cleanses but a third of this "horseshoe"—or to the first bend. The J. B. L. Cascade treatment cleanses it the ENTIRE LENGTH—and is the only appliance that does. You have only to read that booklet "Why We Should Bathe Internally" to fully understand how the Cascade alone can do this. There is absolutely no pain or discomfort.

## Why Take an Internal Bath?

Here is why: The intestinal tract is the waste cana of the body. Due to our soft foods,

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"I'll tell you, a little observation at a few wrestling bouts like these will make you wonder how so many men in one branch of sport, and in one weight division at that, can be so strong and rugged and yet vary so much in individual characteristics. You'll wonder how they can be so much alike in rugged bulk of muscle and yet so different in looks."

## The Best Years for Muscle Building

(Continued from page 36)

stimulated, and while the limit is very often reached before the age of 26, a man can expect to continue in growth up to that time through the aid of exercise. The fact that a person matures in height before he is 21, is not an indication that he is premature, it is quite natural for this to happen and is often the case. Only when a fellow grows very tall and willowy before he is 20, is there any indication of being premature, but it is nothing to worry about for exercise will fill him out. A youth who is of a normal height before the age of 21 is reached, you would find under examination, that his bones will continue to thicken for a number of years afterwards. It all depends on the nature of his work and the form of exercise he follows. Some secure a wonderful development in their youth; the finest which I have ever seen for muscular separation is that of Eric Trengove. He is like an anatomical statue. The definition of his buttock muscles is remarkable. I do not ever remember seeing such fine separation even in an adult. Incidentally, he is very strong as well as being of all around ability. This is somewhat unusual in one so young. He was seventeen years of age when that picture was taken. Usually we find the texture of muscle in a youth not so firmly compact, and yet the tissues are not what I would term as being coarse. It is for this reason that, as a rule, you will find a man of the same weight stronger than the youth. The youth has more excess nervous vitality which makes him better at games, but the playing instinct in every healthy boy is just one of nature's tricks that helps the boy to mature his muscles by using up the surplus energy necessary to provide for maturity.

Exercise has a tremendous influence during the teens. It encourages growth, and brings the best out of a fellow, converting the loose muscular fibres into steel-like structure before he gets to the age when he strikes out to fight for a

career; when he is apt to forget all about exercise in the struggle. Generally he does not realize this until he is about thirty, then he wakes up. While the structure is growing, he does not notice anything. It is after he has spent a few years working on his nerve that the physical barometer swings into the danger zone.

Almost equal in number with the youth who seeks a super form, is the man near thirty, and in the early thirties, who seeks to retrieve himself before it is too late. These are the majority of men who come under my notice.

About the first question the man in his thirties asks me is, if it is too late. Bless my soul, they are just at the beginning of their prime, and I can register just as good results with men of this age, as I can with the youth. Look at the picture that shows Edward Goodman in repose. Here was a man that was past thirty when he commenced, and, being a lawyer, had never done any hard physical work. Look at him now. Does he not strike you as a vibrant human, pulsating with life. As a man full of physical assets, he stands out among western athletes as one of their finest examples.

From him switch over to the before and after photos of Albert Manger. For years Manger had been troubled with stomach disorders, and as a last resort he tried progressive physical training. He weighed 129 lbs. when that first picture was taken, which was one month after he had commenced to train. In the first month he gained 3 lbs. Eighteen months later he weighed 182 lbs. stripped. Proof of the wonderful vitality he possesses is indicated in those powerfully formed legs, and the depth of muscle that surrounds his abdomen and the spine. He is one of the finest examples of what right training can do for a man that I have ever seen during my experience of handling men in body building. I hope you will forgive me when I say that I am proud of him.

Mr. Thierauf is an entirely different type. One of those chaps that always found the road hard to travel. You cannot help but admire his remarkable perseverance. He proved, above all other things, that persistence will get you there. His body is fairly alive with

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## Best Years for Muscle Building

(Continued from page 64)

muscle, and he is full of enthusiasm with which buoyant health fills a man. You get the same impression of T. Tyler. He is so nicely balanced in build that you would hardly believe at first sight that he scales over 200 lbs. stripped. He is the real clean cut western type. There is something individually forceful about his form that makes one think of the great out-doors. Sparkling health and vibrant strength are written all over him. Kenneth Jones is another of the same type. He is a wonderfully moulded athlete. If you are one who finds great pleasure in gazing upon the human body, you will immediately catch the beauty of the legs and the ripple of those abdominal muscles. The deltoid looks like a cap of armor on his shoulders, that you usually see in a painting of the Roman centurion. He has all the lines of the Grecian Theseus, and is every bit as strong as that ancient athlete must have been.

Mr. W. Waaranen is a man in the making, and very far on the road as the splendid breadth of the back clearly shows. The moment I saw that pose it appealed to me. The powerful curve of the spine, and the immense upper back formation tells me more than words, or my pen can write of the hidden potentialities that repose there. The legs look full of resistance with every curve. Yes, he will make some man.

Dr. A. Bertschinger is another type—one of those men who prove the fact that muscle growth does not cease at fifty years of age. There is not one line in that magnificent body to indicate muscular atrophy, which is always seen in the legs, arms, neck or abdomen of the man of fifty, who has not cared for himself. Dr. Bertschinger is as active as an athlete of thirty, and is a proficient hand balancer. It is a joy for him to train, for he has the satisfaction of tasting the fruits of his labors. I know that there are thousands of men in their thirties who will look at his body and envy him.

Personally, I do not think I could offer you any better vindication of my statements than the living examples of the men that adorn this article. They prove that the correct form of progressive training can be practiced with success from the age of 16 up to the age of 50. As long as tissue is subject to the natural law of replacement, it is up to you to devote a little time to encourage it, so that preservation of the life tissues will be increased to a ripe age; then their resistance will be paramount against the dangers that assail man at all times during his life time.

Remember that life is as you make it. Within ourselves nature has provided us with the best means to secure physical strength and preservation. We may not all be capable of becoming a financial success, but we all can become a physical success. And when all is said and done, there is no wealth in this world that can equal the wealth of abundant health.

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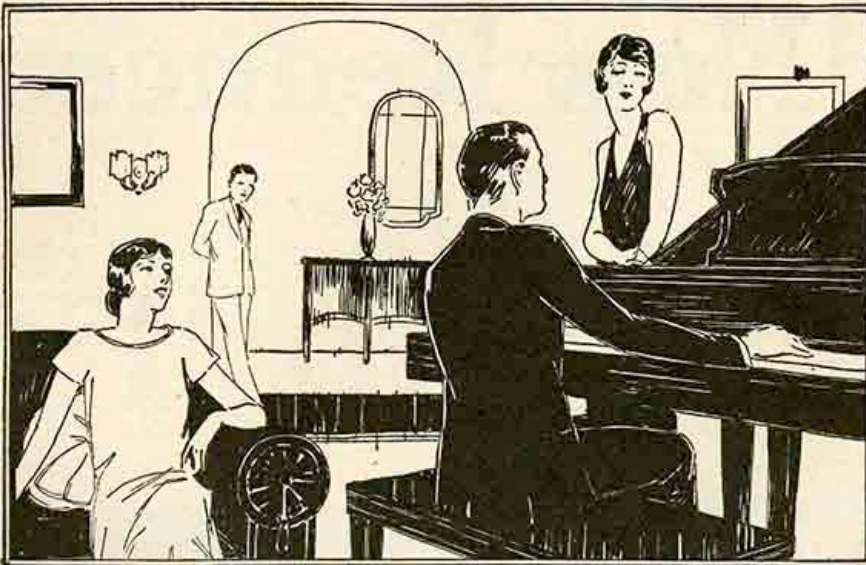


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## An Actual Letter Recently Received

Mr. D. M. Suttle, The Illinois School of Music  
Hearst Square, Chicago, Ill.  
Dear Mr. Suttle:

I received your piano books in good order a few days ago and immediately got busy and started in practicing; within a half an hour's time I had your first lesson mastered and much to my surprise, I was able to play two of the songs you have charted in the first book in about an hour. These songs I played in the key of "C." The next night I learned the chords in the Key of "G" and was able to play the above songs in either key.

As you notice by my letter head, I have an orchestra in which I play drums and naturally come in contact with a great many good pianists and being very desirous of playing a piano myself, I have often inquired as to how they composed their bass to harmonize with the melody but have never been able to grasp their difficult way of explaining, and not until I read your book, have I ever been able to fake (please excuse this rough musical term) my bass.

Your system is so simply and clearly explained that I honestly believe anybody with little or no knowledge of music, should have no trou-

ble playing all popular songs within a few weeks time.  
Wishing you lots of luck and continued success, I remain with "Kindest Regards" and with "Compliments of the Season."  
Yours truly, H. C. FROULA.

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Think of what it will mean to you—at a party or in your own home with your friends gathered around, to sit down at the piano and play without hesitation any piece that they might call for. It means that you will be the life of the party—your presence will be sought by all your friends—in short, you will be extremely popular. All of this is within your grasp, and I do not ask for a penny of your money until I have proved every word I say.

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## Digestion and Indigestion

(Continued from Page 32)

build up the constitutional powers, and thus the body will be able to assimilate more nourishment and the demand for a more substantial dietary will give greater vigor to the digestive processes.

Such measures should include a daily bath, preferably in tepid water, a regular regime of exercises, walks in the open air, early hours for retiring and sufficient sleep. The more strenuous the exercises indulged in, the greater the chances of building a strong internal organism.

The healthy individual should not know he or she possesses a stomach; it is a fact that persons with sound digestions seldom pay any attention to their stomachs. It is also just as much of a fact that those who worry about the food they eat and try to pamper the stomach, somehow or other, are certain to have cause for worry. In other words, as long as an attempt is made to eat wholesome food and a sensible combination is followed in choosing a dietary, the stomach is best left alone. One who is fairly active and regularly practices some system of physical exercise is seldom likely to know whether or not food digests; and those who follow strenuous exercises are just about able to eat everything and anything and get along on it.

We do not advocate gorging or over-eating, but one who observes cannot fail to notice that those accustomed to strenuous activity eat almost tremendous quantities of food without any apparent after effects in the way of gastric disturbances. They continue to get away with it just as long as they continue to be active. It is only when such an individual discontinues his activities that he notices trouble. Then he has cause for alarm, as the system no longer requires so much fuel, so becoming over-stoked the gastric mechanism balks.

On the other hand certain well known exponents of physical training have found it best to restrict their consumption of food, eating only one or two meals a day, as they find a tendency to an accumulation of extra weight, and not wishing to become too heavy they cut down on the fuel intake. There is a quite natural explanation of why this should be: the normal digestive organism is inclined to store up extra energy, and so long as excessive means are not taken to burn up this energy, the system stores it as fat. There will be a tendency, as the normal healthy person approaches middle age, to acquire this extra weight—although this is not true in the case of all healthy individuals. Other factors are present, such as heredity and temperament, to counteract any tendency towards an accumulation of adipose tissue.

Most thin underweight individuals are troubled with a posed condition of the stomach and intestines, which means a sagging or dropped condition of the organs preventing them from emptying food in a normal manner, thereby causing the retained food to ferment and putrify. This condition is due to a lack of internal fat, which would hold the

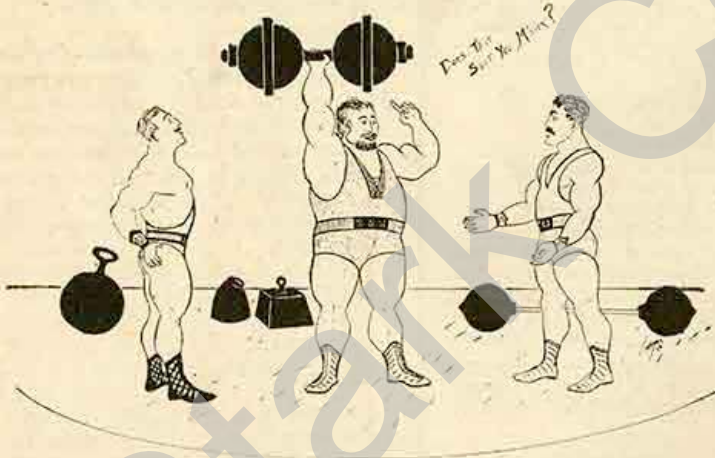
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## Digestion and Indigestion

(Continued from page 67)

organs in their normal position. The first thing to do is to endeavor to correct this condition by overcoming the congestion of the dropped organs and encouraging the accumulation of internal fat. In a great many cases stomach conditions are associated with a somewhat similar condition in other organs, particularly the intestines, in which case the treatment would have to cover those organs as well. Many patients of the asthenic or enteroptotic type require a rest in bed of at least two weeks on a forced feeding regime; the idea of this is to endeavor to form peritoneal layers of fat and so hold the viscera in proper place. To determine whether a ptosed condition exists, have a Barium Meal test made. Your local physician should be able to give you this.

Those who are not in such bad shape as to require such treatment should start in by wearing a proper fitting abdominal belt, which should be put on while in a recumbent position and taken off in the same way, and it should be worn at all times when not lying down.

The following should prove of benefit in raising a ptosed stomach: while lying down try to push the congested organ upwards with gentle but firm manipulations of the hands; then try to widen the diaphragm arch by placing the fingers under the lower ribs, and while taking short quick breaths force the ribs outward. Also practice such exercises as lying on the back and raising the legs overhead, both at one time; then kick the legs up one at a time. As a variation swing legs upwards and then down, first to one side and then to the other.

As to diet for such conditions, eat quite large meals of well cooked cereals, such as cream of wheat or wheatena, cornstarch, mashed potatoes, toasted white bread, macaroni, spaghetti, fresh greens and vegetables, cornmeal, liberal plates of vegetable soups, and eat plenty of fruits but have them stewed and strained so that they are free of all skins, seeds, and coarse particles. Drink buttermilk, milk, and eat junket. It is best to have all vegetables mashed, and to eliminate meat, fish, eggs, and cheese from the diet. Milk would best be scalded before drinking. Jellies, gelatine, and puddings may also be eaten. If meat is desired, it is best to have it broiled. Also use plenty of sugar and cream.

As aids to digestion, if some sort of medicine is wanted, take Bacillus Acidophilus as directed on bottle, or use Takadiastase, grains 5 to 10, one hour after meals. Tincture of nux-vomica is likewise of benefit in increasing the tone of the internal muscle, starting with doses of ten drops, gradually increasing up to 30 drops.

Those who are of normal weight or overweight and are troubled with gastric or stomach troubles, would, undoubtedly, need a diet the reverse of that just recommended in the ptosed condition. Then the diet should contain

plenty of roughage and coarse foods, and sufficient regular exercise would help tone up the digestive powers. Eat plenty of fruits of all kinds, raw, stewed or preserved, coarse cereals and whole grain breads; soup is usually an aid to digestion. Eat lots of fresh greens and vegetables, such as spinach, lettuce, celery, cabbage, carrots, baked potatoes (eat skins) corn, peas, tomatoes. Note special indigestion diet.

For the average individual in fair health, but who is not extra active we would recommend the following dietary: Breakfast—grapefruit; light cereal with milk or cream and sugar; toast and butter; stewed fruit, such as prunes, apricots or peaches; coffee, tea, cocoa or milk.

Lunch—soup, green vegetable salad, fruit and choice of drink.

Dinner—soup, salad, meat, eggs or fish (note comments in another part of this article on meats); vegetables, greens, fruits and choice of drink.

In each of these meals, the idea should be to limit quantity and try to get a wide variety over the week as a whole.

The individual who is accustomed to hard work, especially out of doors, is able to eat much larger quantities, in fact he needs it. His breakfast could include eggs and bacon, oatmeal, cornmeal, and in fact a much heavier sort of dietary; while at lunch he would want plenty of bread and butter, and something quite substantial.

At dinner (or supper, whatever you choose to call it), the active man would best eat about the same sort of meal as above outlined, but probably larger portions. The athlete in training should try to include digestible foods, and eat about the same as the hard working man, being sure to make his dietary wholesome and of wide variety. So long as foods are relished and cause no bad after effects, they can be eaten by one who is active.

If suddenly attacked by an acute form of dyspepsia, commonly known as acute indigestion, first give bicarbonate of soda dissolved in water; the patient should rest in bed; apply hot fomentations to the stomach and feet in the form of either hot water bottles or cloths wrung out in hot water; a mustard poultice could be placed on the stomach instead of the bag or cloths. Seidlitz powders should also be given. If the pain is very lasting, give an emetic of mustard water or salt water to induce vomiting. Later give calomel followed in a few hours by castor oil. Refrain from eating for several hours, or a day if convenient. Stubborn chronic cases of dyspepsia would best be diagnosed and treated by a competent physician, as some basic disturbance in the chemistry of the digestive functions may be present, necessitating careful study and supervision coupled with skillful treatment by one experienced in handling cases of like nature.

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Name .....

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Please write plainly.

## The Mat

(Continued from page 42)

I'll teach you in 24 hours

# Music from a SAW!

JEROME LAMA read my ad only a year ago. Today he is a Star of NINE big radio stations. Photo taken in WRNY, Radio News Studio, N. Y.



## Once a Machinist— Now a Stage Star!

A YEAR ago Jerome Lama was a machinist in New York. Tonight, in full dress suit, he will entertain thousands, to thunderous applause. Labor has changed to pleasure. Pleasure brings fame and fortune. Over Radio Stations WJZ, WOR, WNYC, WHN, WRNY, WOKO, WMCA, WEAM and WEBJ, millions have heard Mr. Lama.

Mysterious music is his secret. You could believe it is a violin, but it is a MUSICAL SAW. Anyone can do it. In 24 hours, you can play with unbelievable sweetness. Then quickly learn the latest jazz and song hits, operatic and classical music. Folks crowd around, curious and wondering, for it is a musical miracle.

## 5 DAYS' FREE TRIAL

To prove how quickly you can learn, I will send you for 5 days' trial, an exact duplicate of my Musical Saw, special tempered, that I made for Mr. Lama. No notes to read, no dreary practice, no musical knowledge needed. Just three short simple lessons reveal every secret of success.

## Startling Popularity—Big Money

Thousands have already learned—mystifying and fascinating their friends, invited everywhere, achieving startling popularity, opening the way to professional success. Let me tell you about these delighted, money-making Saw Musicians whose music rivals the violin. Let me prove that you, too, can quickly play like a professional. Write me today. Play at the next party!

MUSSEHL & WESTPHAL

600 West Water Street, Fort Atkinson, Wis.

**This Record FREE!**

Double your demonstration by playing this beautiful record on your own instrument. Or if you have no instrument, we will send you a complete set of records for the same price. Write me today for my Free Trial Offer. No charge, no obligation. No notes to read, no dreary practice, no musical knowledge needed. Just three short simple lessons reveal every secret of success.

Write your name and address here:

C. J. Mussehl, Pres., Mussehl & Westphal, 600 W. Water Street, Fort Atkinson, Wis. Without obligation to me, send me, postpaid:

( ) Free Trial Offer.  
( ) Phonograph Record (Send 10¢ to cover handling and postage if you want record.)

**The Musical Saw**

scared to death. What would he have done against the father or mother of that baby? There would have been nothing left of him but the pieces, I think. Of course, you might say, what would a man like Gorner or Lewis do against one of them. While I am willing to concede that the man who tried to handle the baby gorilla was nothing near as strong as Gorner or Lewis, yet the difference between the baby gorilla and a grown up one, as against the difference in strength between the men, would be as nothing compared to the difference on the side of the gorilla. If it were possible, however, to educate a gorilla to engage in an all round test of strength and agility with a man, I believe the man would prove more versatile and efficient. That does not mean he would be just as strong. Not at all. My argument is that man is the most perfect all-round physical machine when fully developed of any living thing, and in comparison, is more efficient.

For instance, an anthropoid cannot lift any real weight overhead or carry any real weight in its arms. It drags, while man can do any of the three things. The young cling to the back of a mother while it climbs, or swings, or ambles on the ground, but it has to have its hands free, though she nurses it on her lap, and hugs it like a human. It is his destructiveness rather than his ferocity along with his terrifying aspect that has made this jungle man most feared.

When on a rampage he will tear up good sized trees as they come in his way and fling them aside like nothing. As they gather at their tribal meeting the booming of fists upon chests can be heard for miles distant, along with blood curdling roars. Hunters have told me that on these occasions they will seize trees in their hands and shake them until the jungle appears to be in the throes of a hurricane. It really is remarkable how their chests stand up before the terrific battering of their fists. I heard of a hunter being charged by an enraged male whose mate he had shot, and before he could fire again, the gorilla grabbed his rifle in its hand and broke it like a reed. Luckily a fellow hunter fired and killed it, or not much of the first man would have been left. One hunter in Africa, who, by the way, was a strong man, told me he had watched a big gorilla roll to one side a huge boulder with one hand in order to obtain the insects underneath. After it had gone he tried to move the stone, but try as he did he could not budge it.

The measurements of one gorilla that was shot were taken, and I am giving these here as I believe they will interest my readers. Height, 5 ft. 7 in.; weight, 360 lbs.; chest, 62 inches, biceps, 18 inches; calf, 15¾ inches and the span of its arms were 97 inches, 23 inches longer than Dempsey's reach.

Louis Cyr is the biggest and strongest man we know of, and he stood around 5 feet 9 inches, two inches taller than

this specimen, and at his best he weighed 315 pounds and had a 60 inch chest. His legs were much larger than the gorilla's, and also his arms; besides, he was taller, yet here we find he was 45 pounds lighter. The difference between them laid in the length of the gorilla's body which carries greater weight than do the limbs. Although the biceps of the gorilla measured only 18 inches, there was twice as much of them in length.

The largest gorilla I ever heard of being killed stood 7 feet tall, and weighed nearly 600 pounds, with a shoulder width of 3 feet 4 inches, and measured nearly 80 inches around the chest. The hunter that shot it said the muscles on its back and abdomen were as hard as steel and of an immense thickness. What the strength of this fellow must have been in life one can almost imagine.

They are interesting to study and, if it were possible, I would love to make some experiments to find out just how strong they are, and in what manner their strength is best applied. This is one feature of the anthropoid that the anthropologist has apparently neglected, since there is no record of such a test.

DEAR EDITOR MAT.

Will you explain, what seems to us, a peculiar affair. One of our club mates, who is a short stocky fellow, can beat us all, easily, in every stunt but a "sit-up." We can all beat him on that feat, yet he is much stronger than any of us, and has good-looking stomach muscles.

Is it true that light men hold all the "sit-up" records? Why?

Cordially for the Mat,

S. WINTERGREEN, Miami, Fla.

It is a natural conclusion for almost any one to arrive at, and believe, that the heavier the man is, or the more strongly he is put together, the better able he should be to overcome all physical obstacles. It does not appear right to the average informed person, that a smaller man should win over the stronger man. It often happens though, but there is a natural reason for it. In the first place, everything that the body does is by leverage, and since the bodies of no two persons are built alike, each individual will be subjected to the natural levers that control his body. I have explained to you before why a short man is rarely as good as a tall man in taking a weight off the floor to the shoulders in one clean movement. He lacks the back leverage. There are several reasons why the "sit-up" stunt is more difficult for one person than for the other, and in the case of the athlete our friend mentions, I surmise the trouble lies in his lack of leg leverage. He states that he is short and stocky, which indicates that the stocky chap is more than ordinarily heavy for his height. In most all such cases the person is apt to have short legs and a longer body in comparison, which would place more weight on the body from the waist up than there should be to make



## The Mat

(Continued from page 70)

an equal distribution. The body is like a hinge, and it hinges at the waist, and whichever end has the heaviest portion to carry, on that end there is the most strain. In this case we find that the upper body has the most to contend with, and in the "sit-up" exercise the legs have not sufficient leverage to balance the odds. Each pound that is placed on the shoulders makes the burden more difficult. It is for this reason that men of a light bodyweight have the advantage over the heavy man, because we rarely find big men with legs the size they should have in proportion. Then the shorter the man is the more handicapped he is according to his bodyweight. A light man is more balanced, even if he has a long body, for the upper body lacks weight. On the other hand, if his legs are long and the balance of his weight lies in his lower limbs, he has a chance to do even better. He will have a longer leverage, and more power to work with.

Although the best work is done by members of the light brigade on this stunt there are some heavy men who are good. The best man I know of is Jerry Kingsbury, the Californian athlete. He has done 114 lbs. in this test, and Edward Goodman has done 110 pounds. Both these men strip over 168 pounds. I did hear of one man who claimed to have done this exercise with 143 pounds, but he refused to perform it officially, which raised considerable doubt. The men I have mentioned performed their records properly before reliable witnesses.

Some men could do this exercise better if they had a more thorough understanding of it. Generally they keep the back too straight, which does not allow the abdominals to contract properly. Often when they get to a certain point, the back inverts, or hollows, which makes the completion of the stunt difficult.

Those who find the exercise a little difficult to perform I would advise to commence the exercise from the sit-up position, in preference to the regular lying down start. From the sit-up start, you have a better chance to shorten the distance between the chin and the knees. This is the angle where greater abdominal contraction is caused and that gives you the power. Keep the elbows pointed forward, and the legs straight, with the feet firmly planted under some object. This done, begin to pull on the bar bell and shorten the distance between the head and the knees. You will then be well doubled up. From this position allow yourself to travel backwards, but do not straighten out any more than you have to. Lower yourself in more of a rolling movement. As soon as you feel the broad of the back touch the floor, begin to raise into the sit-up position by pulling hard on the bar. If you want to take a breathing spell do it when you are sitting up.

(Continued on Page 73)

# Chicago Health Institution Lauds Amazing Discovery For Constipation

*Liver, Kidney and Stomach Suffers Now  
Have Keen Appetites, Sound, Restful  
Sleep, Regular Bowel Action*

**Noted Specialist Tells Exact Formula of Flaxolyn**

**Dr. Victor Hugo Lindlahr and his associates who operate the remarkable Lindlahr Sanitarium in Elmhurst, Ill., and in addition the Lindlahr College of Natural Therapeutics and the Lindlahr Pure Food Shop in Chicago, have given to Dr. Luntz's Herbal Flaxolyn the highest possible approval by recommending and endorsing it throughout their famous health organization.**

In the Lindlahr Magazine, "Radiant Health," the following statements by doctors have appeared, showing what Flaxolyn, which is only nature's roots and herbs compounded with sun-baked flaxseed, has done in all sorts of cases.

#### High Blood Pressure

Dr. Woodruff, of Port Angeles, Wash.:  
"Flaxolyn successful in this condition."

#### Gall-Stones!

Dr. N. F. Meleen, Portland, Oregon:  
"Flaxolyn is equalled by no other preparation for the removal of gall and gravel-stones."

#### Constipation!

Dr. Benedict Lust, editor of "Nature's Path":  
"Flaxolyn is a natural food laxative, and price-less in all digestive ills."

#### Nation-Wide Endorsement

In addition, the London Health Centre, Dr. George Starr White, the famous Pacific Coast medical author, and other authorities have highly endorsed Dr. Luntz's Herbal Flaxolyn.

#### A FOOD-LAXATIVE

##### Not a Drug!

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

Dr. L. Dupre, Orange, Texas, says: "Every box that I have distributed has given the best of satisfaction."

Dr. J. M. Gardner, Idaho Falls, Idaho, states: "My patients demand Flaxolyn and are asking for more. They do not consider it as a medicine

but as an herb drink, which, of course, it is, and a good one."

Since taking Flaxolyn hundreds of people no longer suffer from weakened run-down conditions—constant headaches—stomach, liver and kidney disorders—high blood pressure and above all poor appetite, muddy blood and sluggish bowels.

Don't wait. Start taking Flaxolyn. It does not gripe because it is a natural food. You will feel the tonic change at once. You will enjoy renewed vigor, a new grip on life. Full treatment sent postpaid on receipt of \$1.

### FLAXOLYN FORMULA

**Not a Secret—Nothing to Hide  
says Eminent Physician**

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

The coupon is for your use—Send it now and become your normal self!

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

—FREE—

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

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

Name .....

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

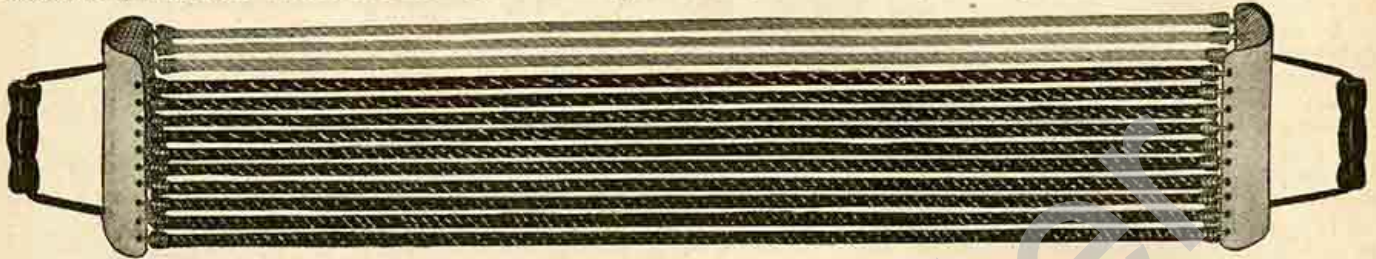
# The Greatest Improvement Ever Made In Cable Exercisers

THE VARIED-CABLE EXERCISER IS A NEW APPARATUS IN WHICH THE CABLES VARY IN STRENGTH

This is an entirely new idea in cable exercisers. It enables you to progress in strength, health and development more steadily, more rapidly and advances you farther.

The 20-varied-cable exerciser, as well as the 10 and 15-cable exercisers are made up of cables of 3 different grades of strength.

There is always a cable at hand that will take care of your increases in strength, no matter how varied these increases may be. No cable exerciser made takes care of the very weak or very strong nearly so efficiently as this new creation. You can see for yourself the many advantages of varied-cable exercisers.



THE NEW 20-VARIED-CABLE EXERCISER

Mr. Charles MacMahon, Studio 427,  
180 W. Somerset St., Philadelphia, Pa.

Dear Sir:

I am enclosing \$.....for the cable exerciser I have checked off below.

10—	Varied-Cable Exerciser and 16-Lesson Course,	Price	\$9.00
15—	" " " " " " " "	"	13.50
20—	" " " " " " " "	"	17.00

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

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

Age.....Years.....

Weight.....Pounds.....  
(in street clothes)

Normal Chest.....Inches.....

Expanded Chest.....

Forearm.....  
(arm straight, tape 2 inches below elbow joint)

Upper Arm.....

Waist.....  
(smallest part)

Wrist.....  
(right next to base of hand)

Ankle.....  
(smallest part)

Neck.....

Hips.....  
(largest part)

Knee.....  
(largest part)

Calf.....  
(largest part)

Thigh.....  
(largest part)

Height.....Feet.....

Your occupation is?.....

How is your digestion?.....

How is your general health?.....

Are you strong or weak?.....

Are you married?.....

How many hours sleep do you get?.....

Are your eyes dull or bright?.....

What is the condition of your heart?.....

Do you feel rested on arising?.....

How many meals a day do you eat?.....

Do you use alcoholics or tobacco?.....

Do you want to lose or gain weight?.....

Have you ever taken any exercise?.....

Who was your instructor?.....

## I'll Have You Exercising Very Shortly With the Whole 20 Cables

I'll make you so strong that 20 cables will be easy for you in many exercises. In feats of strength with the cables, you'll have your strongest friends stopped by a mile.

Your arms will actually bulge with muscles. Your legs will become shapely and powerful. Your back, abdomen and chest will be thick with muscles—not clumsy, awkward muscles, but the quick, supple and useful kind.

## I Hereby Guarantee You Improvements Like Those Listed Below

With my varied-cable exercisers and my 16 lesson course, on how to use the cables for the biggest and best results, I will put, not 2 inches on your chest, but at least 4 inches in a few weeks, and even more in the course of the 16 lessons.

I have pupils who have gained 10 to 12 inches on their chest measurement after a few months consistent practice with my system and apparatus.

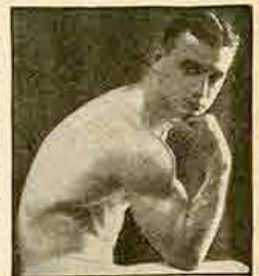
An inch on your arms sure makes a difference in the appearance and strength of them, but 2 or more inches is what you want on them. With 2, 3 or more inches of solid, useful muscle on your arms, you'll look like a real strong man and you will be even stronger than you look.

While you are quickly making these miraculous changes on your chest and arms, the rest of your physique will be keeping pace with them. I don't believe in exercising only the arms and shoulders. I believe in building a symmetrical body from crown to sole, and I've laid out this 16 lesson course accordingly.

**ORDER WHATEVER SIZE EXERCISER YOU WANT, BUT I ADVISE YOU TO GET THE 20-CABLE ONE, FOR YOU'LL NEED IT VERY SOON**

The way I increase your strength, you'll need a 20-cable exerciser in a few weeks if you don't get one at first. You'll save money by getting the large one right off the reel.

**HERE'S THE ORDER BLANK MAIL IT—I'LL DO THE REST!**



CHARLES MacMAHON

## The Mat

(Continued from page 71)

## EDITOR OF MAT:

What oils are best to use for the muscles, or is a dry rub the best?

J. WILLSON, Winnipeg, Canada.

There are many times when an athlete can use a good liniment, especially when he has taken a good work-out either at exercise, or in playing a game. Most of the patent liniments on the market do not appeal to me, as they contain either too much alcohol or ammonia. In either case, invigoration is forced, and while the liquid is absorbed into the muscle tissue, it does not carry with it the oil that is really required to keep the muscles toned. The pores of the skin are forced open, so it must be expected that the same happens to the muscle tissues. No doubt they have a certain amount of value with some conditions, but they have none for muscle toning, or to help a strain or a bruise.

What a person should bear in mind is that whenever a muscle is bruised or a ligament strained or an attachment pulled, a form of coagulation sets in, which is a form of inflammation. This causes the natural oils to become dried up, therefore, it stands to reason that any liniment that causes undue heat is more detrimental than good. What is needed most is a lubricant to soothe the affected part. These heat producing liniments are all right when a cold has settled in the muscles and the muscle tissues have contracted. A good rub will help to drive it out. On the other hand, an oil treatment is very good for it always soothes any nerve irritation and provides a food as well as a lubricant.

When I used to train hard, I always made a practice of applying some "Muscle Tone" ointment and rubbing it into the muscles that had received the hardest part of the work-out. I would take a little on my fingers and rub in the hollow of my arm where the cords of the biceps are inserted into the forearm. The back of the knees and the wrists got the same consideration. This prevented any stiffness taking place at any time. In fact I attribute the splendid condition of my muscles today to this little habit I always adhered to during the years of my active athletics. I can lay off any strenuous training at wrestling, lifting or hand ball for months at a time, and then jump into a strenuous work-out and never feel any after effects of stiffness. In fact few athletes overlook the practice of lubrication, especially those who use their muscles vigorously as do strong men, wrestlers and acrobats.

They do not use anything at all; our favorite resort was a preparation made by an old trainer who knew his business. He had no name for it then, but it became known among us as "Muscle Tone" and the name stuck. He still makes it and it is used by all the big boys in sportdom. It is made up in the form of ointment, but can be dissolved into a liquid with the same results if required. I never was without it, and

# I Was Bald!



and  
It  
Was  
No  
Joke



## Look at Me Now!

### You Can Grow New Hair Quick

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

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

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

#### Money Refunded

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

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

## Pay Me Nothing — Nothing at All If You Don't Grow Hair by Using My Treatment

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

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

## Write Now—Just Send a Postal

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

The Vreelands, 5774 Euclid Building Cleveland, Ohio

## MIZPAH JOCK No. 44



For tramping, hunting and all athletic activities. All-elastic—perfect fit—perfect pouch—patented opening in front—less material between thighs prevents chafing—ends thoroughly stayed at joints—heavier webbing for strength and durability—may be boiled to cleanse.

**TWO WEEKS' TRIAL**—If not satisfactory return and money will be refunded. Mailed on receipt of price, \$75. State waist measurement.

THE WALTER F. WARE COMPANY, Dept. J  
1036 Spring Street, Philadelphia

For sale at Haberdasheries, Sporting Goods & Drug Stores

## Scientific Methods of Self Defense

Wrestling, Boxing, Jiu-Jitsu and Defense Against Violent Attacks. Learn to Handle Big Men with Ease. Illustrated from Life Poses. Complete Course in Book Form Mailed Postpaid Only \$1.00.

FREE CIRCULAR ON REQUEST

HERB. WADDELL

World's Greatest Welterweight Wrestler and Famous Self Defense Expert

44 S. Richland Ave.

Bellevue, Pa.

# \$20 a Day is waiting for YOU

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

I will give you the same offer I made to Chris. Vaughn, Ohio, whose earnings have reached \$125 in a week. You can do like J. Tyler, Pa., who makes \$30 to \$35 a day. Or Mrs. K. R. Roof, S. C., who has two children and does her own housework, yet in her spare time has made \$50 in a week and \$15 in a single afternoon. Yes, profits like these can be yours. Do you want them?



## Big Profits For Easy Work

All you need to do is to accept my offer to handle our dealings with our customers in your community. We have customers in a million homes throughout America—hundreds of them right around you. These customers of ours know and like and use ZANOL Products—Delicious Foods, Delightful Toilet Preparations, Perfumes, Soaps and Household Necessities—more than 350 different products in all.

But ZANOL Products are never sold in stores. They are sold only through our own Representatives. You can be one of them. Our Representatives should make two million dollars as their profits this year, and you can have your share. You will be amazed at how easy it is, and how quickly the money rolls in. You will realize that \$100 a week is easy to make as my Representative.

## I Furnish Everything

If you want your share of these big profits, all you need to do is to write. We furnish all of our people with complete equipment free for doing business. We tell you in detail exactly what to do. We make it easy for you. You will be given the same proposition as Henry Albers, of Ohio, who makes as much as \$125 a week, and even \$47 in a single day. You will have the same opportunity that enabled L. C. Van Allen, of Ill., to increase his income from \$100 a month to more than \$100 a week!



We want to help you in every way to make large profits and we offer to provide a new Hudson Super-Six Coach without a ny expense to you whatever. Mail the coupon for details of the plan that will give you this handsome closed car without expense in addition to \$100 a week, or more.

**Send No Money**  
Just send me your name and I will tell you how to start. I will show you how to make \$100 a week, or \$8 to \$10 a day in spare time. It is the one opportunity you have been waiting for. It is your chance to get ahead. You are not risking a penny. You don't agree to pay anything or do anything. Don't wait until someone else gets ahead of you. Don't delay until it is too late. Mail the coupon NOW!

## Mail This NOW

Albert Mills, Pres., American Products Co.,  
7134 Monmouth Ave., Cincinnati, Ohio.  
I want to make \$100 a week. Send me full details of your proposition at once. This does not obligate me.

Name .....

Address .....

©A.P.Co. (Print or Write Plainly)

even now, when I do not earn my living on my athletic ability, I still keep some of the good old reliable "Muscle Tone" by me.

DEAR EDITOR MAT.

I love the Mat and all your talks which are brimful of help to fellows like me. I wonder if you would answer a few queries for me which I think would interest us all. Being a great strength lover, I often wonder what has become of the Saxon Trio that you have often written about and other pre-war athletes? What has become of Moerke and Steinborn? Do you think they, or Travis, could beat Gorner? Who is Pullum and Inch? An answer in the Mat would be greatly appreciated.

CHRIS ARNOLD, McKeesport, Pa.

The questions that friend Arnold asks have been asked me many, many times by different people. They seem to resent the dropping out of their old heroes, and feel that there should be some explanation for it, which I am willing to concede that they are entitled to; but sometimes it is better to leave the veil undrawn, for where there is tragedy principle, alone, forbids us to intrude. The war was the great tragedy to many. Most of the great pre-war strong men were Europeans, and when the hour came for their country they did their duty believing they were right, as we did. During the first year of the conflict I had many letters from different Ironmen, and their one regret was that their nationality had placed them on the opposite side of the men with whom they had spent many a happy hour, and whose hand they had clasped in friendship. Being sportsmen, we accepted the issue, and would not have had them do otherwise than what they did.

When the Powers of the world blew the whistle in 1914, each man stepped behind his own colors to represent his country, as each had done so often before in less serious conflict than this. All suffered, but when it was over those who were left, with the true characteristics of sportsmanship, found it easier to forget. Gladly we picked up the broken threads of old friendships in later years and met again under the colors of our respective country in athletic opposition, trusting the best man won, and each thinking he was best until proved otherwise. The great pang came on looking back. We all missed so many faces. Some had gone forever, and others remained just shells of what they had been from gas, wounds and shell shock. On none other did the tragedy of war settle more destructively with its terrible toils, than on the Saxon Trio. Arthur had an English wife. He was in Germany when the war broke out, and his wife was in England. So, boys, we will be kind enough to lower the veil which I have lifted a little, for the first time, but any one can see plainly the tragedy that laid behind. We still honor the memory of a great man. Arthur has gone, a victim of the war and a broken heart. Kurt is crippled, and Herman, who is with us here in America, also suffered, but the great ache in his heart is always the loss of his great brother to whom he was devoted.



## WHICH IS YOU, LADIES??

Which of these figures most closely resembles your own? You can't be in style if you are overweight or fat. The fashion designers, somehow or other, never figure on the type of woman who is too large around the waist or hips. She isn't considered at all. If you want to wear fashionable clothes and be attractive, you must make your figure more slender.

### DON'T STARVE ON DIETS

Drugs are harmful and can never benefit anyone. My course is pleasant to follow. Every movement is simple and easily practiced by any woman, whether too stout,

### OR UNDERWEIGHT

Let me prove to you that what I say is true. If you are too thin, there are a few things you need to know in order to regulate your system to attain ideal proportions.

This knowledge is yours for the small sum of one dollar (\$1.00). Don't be misled by the price of this course. The popular demand and large sales have enabled me to print in quantity lots. By assembling this course in portfolio style, I am able to produce it at a very low cost.

My course for women includes information pertaining to reducing or increasing weight, improving the shapeliness of your body and limbs, how to beautify the complexion, and general hints for becoming more beautiful. It includes the best exercises for women, and is a complete education for the woman, in physical culture.

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Other athletes found times too hard after the war and drifted into other lines to make a livelihood.

Moerke, Steinborn, and Gorner are post war athletes. Our friend Karl Moerke and his wife have a strong act, and Henry Steinborn is just getting things ship shape, which naturally went out of order during the time he was recovering from his accident. It is too bad that athletic acts are no longer popular in vaudeville, for I am sure Henry would have become very popular. He has the shape, the fine facial features, and the colossal power to make an act successful. I do not think any of them could beat Gorner on the title set of lifts, but you know as well as I, that no man is good on every test. I do not think Gorner has done as much harness and back lifting as he has bar bell lifting. He has done some, I know. If not, he would be up against a serious proposition in Travis on this style of lifting. Still, Gorner is so terribly strong that it is hard to say positively what would happen. Just the same the three men are willing to meet Gorner on a set of mixed lifts. Unfortunately, strong men do not receive a fraction of the money that boxers and wrestlers do for their services, which makes it difficult for men to put in the time necessary for training. We all have to live.

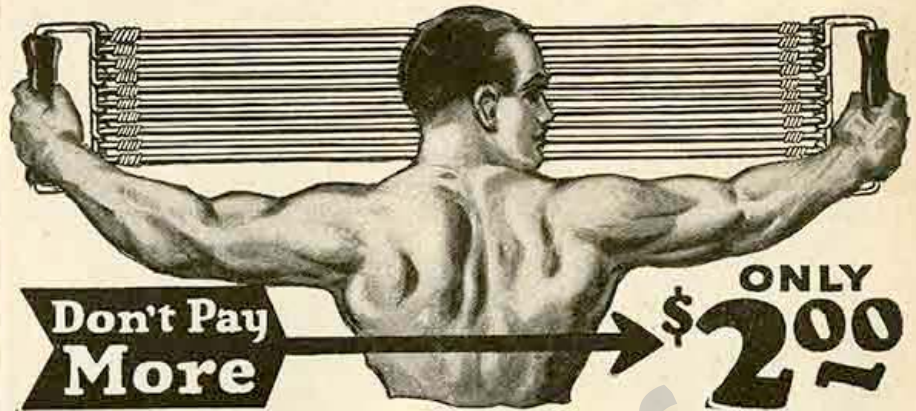
Pullum and Inch are two English strength athletes who have done much for the promotion of exercise and the sport of lifting throughout the British Isles. Inch is still active, and is a powerful athlete of splendid merit. He was a very close friend of the Saxons. Pullum made a name for himself as an amateur, and was a very brilliant performer as a featherweight. At present he is managing Gorner in his British tour.

In my last month's talk I put several propositions before you for discussion. I hope you will let me know which you like the best. It is up to you to get the most out of the MAT.

### American Continental Weight Lifters' Association Notes

(Continued on Page 54)

how the British resented the statement, but we certainly have no objection to that at all. They would be poor sports if they did not stand by their own talent and encourage them. Nevertheless, I am still firmly convinced that Britain, at the present time, has not the calibre that America has. Of course, all this is something that has to be proved, and the only thing that could do that would be an International contest between the teams of each country. There is nothing we would like better. It would be a great stimulant to the sport and would revive interest. Look what the British Fencing team did to revive that dead American sport of "parry and thrust!" It was surprising. Out of it cordiality and good fellowship grew, and a keener spirit for competition. They all understood each other the better for it. There is nothing like competition. It



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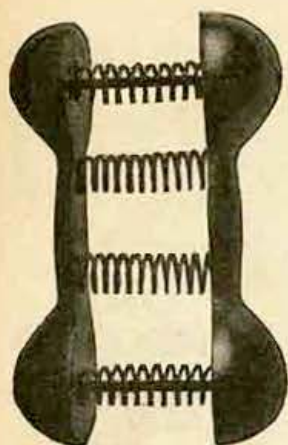
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EITHER  
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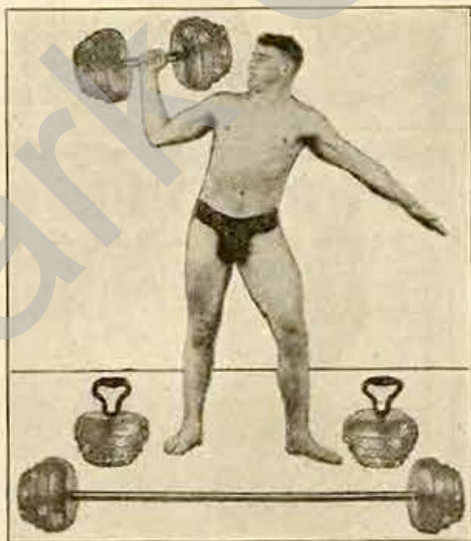
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does away with that petty jealousy which some love to display under the cloak of patriotism.

Between our method of ruling and that of the British there is little or no difference, irrespective of what some may think. In fact, according to many Britishers in this country who followed the sport on the other side, we are more strict.

During the *Boston Post* tournament a picture was taken of Mitchell doing a dead weight lift. He posed for this at the request of a news photographer after he had lifted, and he paid no attention to the ruling since he was not in contest. He just made a lift and the "snap" was taken as he was raising the weight. Some of our overseas friends seem to think that that was the finish of a lift. Because he posed so, does not mean that any lifters were allowed to lift in competition that way. No, sir! They had to do it right, and moreover, no cambered bar was allowed, nor dragging the weight upon the thighs. Because the poundages of our lifters are big, they are criticised, and one friend went as far as to say that he did not believe it was possible for a middle-weight to lift the weight claimed for him in the One and Two Hands Dead Weight Lift. All I can say is that it would not be safe for any one to make a bet that the lifters could not duplicate what they have already done. Look at Pearson, of Boston. He only weighs 181 pounds, yet he does 540 pounds in the Two Hands Dead Lift. Mitchell, a heavy middleweight, goes well over 500 pounds and John Y. Smith, a middle-weight in his sixties, thinks 500 pounds is just pie. In our last show, as already reported, the diminutive Skrodinsky did 400 pounds with one finger, and it was a pure finger lift. By that I mean the hook was not locked behind the first joint.

Britain so far has never produced a man who could Clean and Jerk 300 pounds, but we have. Steinborn, several times, has officially performed over 350 pounds, and Moerke can always do 350 pounds. Mr. Jowett has a photograph taken of Moerke as he finished a Two Hands Continental Jerk, of 375 pounds. Freeman, of Chicago, has done a Jerk of 300 pounds and he is only a light heavy, and Williams, a man of 182 pounds, a lieutenant in the New York Fire Brigade, can do a Two Hands Clean and Jerk with 300 pounds any day of the week. Arthur Giroux plays with 300 pounds, and what Caette does not do with 75 pounds more, is not worth mentioning. In the Continental Jerk, we have middleweights who can jerk 300 pounds. Of course, most of these men are professionals, but leave them out of it and talk only of our amateurs, and we still have a formidable line-up. In the press lifts and the snatches we have some remarkable men. Our president is probably one of the greatest press lifters, and Steinborn is a snatch lifter who could compare with Cadine, or any man in the world except Gorner or Rigoulot. We have them in all class weights, and as the years roll by we are going to have them better and better. However, we have only com-

parison to work on, but some day we want to meet our British cousins and European friends, and either beat them or get beaten. In either case we only seek to do it fair and square and leave good fellowship behind.

By the way that reminds me, our old friend Arthur Dandurand, of Montreal, "The Canadian Sandow," is open to compete with any one, and would like to enter a Perfect Man contest. Despite the fact that Dandurand is past the half century mark, he is still eager to pit his muscles against those of any other strong man. As for his physique, it is superb. He is beyond a doubt one of the finest built athletes in the world today. Every muscle stands out as though it had been moulded on him. When he was appearing at our shows over a year ago, it was an almost impossible task to convince some people that Dandurand was well past fifty. If lifting weights is hard on a person, then Dandurand, Travis, Smith, Paulinetti and a host of others should have been dead years ago; instead they are all enjoying the fullness of health and are each day performing with the weights the same as ever. Along with Dandurand we find Travis is willing to meet any man in the world. President Geo. F. Jowett, in his article this month, writes upon the longevity of muscular tissue; apart from the men that decorate his article, here are others who are favorable examples of all he writes about. With such physiques as these men have in middle life, we can all look forward with pleasure to the years that are ahead of us.

Where is there a young strong man that can turn wrists with George F. Jowett, Dandurand, the Nordquests or Geo. Zottman? Pull fingers with these men, or the marvelous Adrian Schmidt or Travis, maybe Gorner or Cauette, but they have to do it first despite the fact that they are much younger than any of the men here mentioned. Every one of these men have got enormous grips that are bone crushing when they wish to shut down upon a hand. These men have all lived very strenuous lives, and some of them have gone through many harrowing adventures which, according to the common belief, should have killed them. Instead, we have them with us to smile as they tell of their great battles. What a book the story of their lives would make.

In this issue you will notice the lineup of the representative French Olympic team of 1920, in all body weights, when Ernest Cadine won his first world's championship. He was then only a light heavyweight, and did some wonderful stuff. In fact, it is from that time we date the popularity of quick lifts. Ernest Cadine was the first great speed lifter since the days of Louis Vassour, who was the first man to make any notable snatch records.

The heavyweight French champion was Gance, but he was beaten by the Italian champion in the finals. Incidentally, Rigoulot made his debut as a world's amateur champion in the light heavyweight ranks, winning in 1924. His totals then were in the rudimentary

(Continued from Page 79)

For the love of Pete, what became of your Bay Window?

It's gone, and gone for good Boy! I feel years younger!



## FAT waistlines reduced quickly—by new youth-giving belt

"HOW'D you get rid of your fat?"  
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"Recently? Then it didn't take you long to reduce?"

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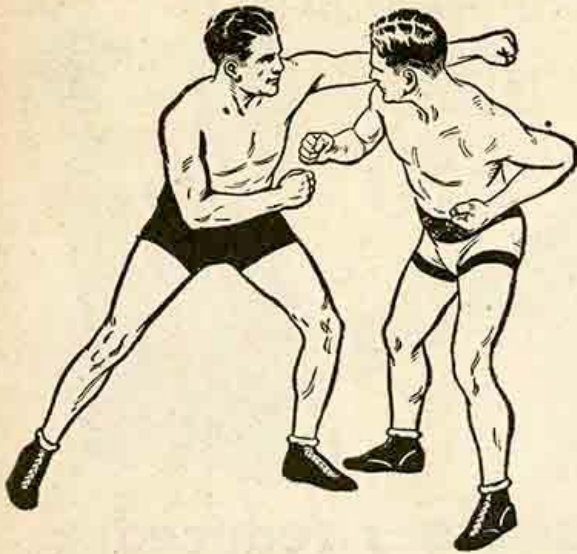
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was an old-time expression, meaning to hold up your mitts for either a friendly, bare-fisted sparring match, or as a challenge to fight it out like a man. If you wouldn't put 'em up, you were plain yellow; if you couldn't hold 'em up, you soon wished you could; in either case, the result was the same—you got knocked cold unless you could box.

**SUPPOSE SOME GUY SAID THAT TO YOU?  
OR IN PLAIN WORDS—“COME ON, FIGHT”**

What could you do? It isn't so much a matter of what you would do, if you could—the main point is, can you hold your own in a fight?

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teaches you how to deliver a blow and protect yourself from punishment. Get a set of gloves and learn how!

## What Could You Do? THERE ARE THREE PLACES TO KNOCK A MAN OUT

could you hit him there? What good is your strength if you can't hit a guy on one of the three-knockout points?

## THE POINT OF THE CHIN, THE ANGLE OF THE JAW, AND THE SOLAR-PLEXUS

Those are the places where one blow can knock a guy out. In a boxing bout you can hammer away at other places to wear a man out.

**BUT IN A FIGHT  
YOU'VE GOT TO HIT HIM QUICK**

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CAN'T FEEL A BLOW—  
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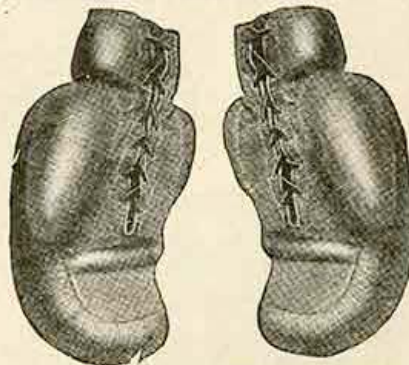
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**I Give the Biggest Boxing Glove Value on the Market. The materials and workmanship in my gloves are of the highest grade and ordinarily go into the highest priced gloves. I want to gain your confidence. Give me an order and prove it to yourself NOW**

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Fighting Gloves  
Regulation Size and Shape  
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**Reinforced and Heavily Padded So  
No Part of the Hand Can Injure  
or Be Injured**

**\$5.00 A Set With Box- \$7.00  
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WORTH TWICE WHAT I ASK

**Weight-  
Lifters,  
Athletes,  
Strong Men**

Should know something about boxing. Because you are strong doesn't mean you can deliver a blow. Maybe you think you can hit hard, but what good will that do you if you can't hit a man? You have to be able to hit a man to knock him out. Buy a set of gloves and learn the manly art of self-defense.

**Pick a Scrap With Some  
Guys and You Will Get  
Licked. My Pupils Are  
Able to Take Care of  
Themselves.**

**ARE YOU?**



(Continued from Page 77)  
 stages as proved by what he did afterwards, at the same bodyweight, and later as a heavyweight. It is interesting to note the poundages he made at that time which are as follows: 192½ pounds One Hand Snatch; 203½ pounds One Hand Clean and Jerk; 187 pounds Two Hands Military Press; 225 pounds Two Hands Snatch and 297 pounds in the Two Hands Clean and Jerk. There is nothing remarkable in any of these lifts. Not enough to lead one to believe that he would ever have developed into the phenomenon that he is today. This goes to show what perseverance will do. In this same tournament was the giant Alfred Alzin, who was representing Luxemburg, I think, but for some reason

he dropped out while the elimination tournament was in process. Even at that stage of the game Alzin was behind Tonani, of Italy. He only did 192½ pounds in the One Hand Snatch; 181½ pounds in the One Hand Clean and Jerk, and 231 pounds in the Two Hands Military Press. Tonani did 176 pounds in the One Hand Snatch; 209 pounds in the One Hand Clean and Jerk; 247½ pounds in the Two Hands Military Press; 220 pounds in the Two Hands Snatch and 286 pounds in the Two Hands Clean and Jerk. Since then we have seen lightweights and middleweights beat some of these heavy-weight marks, which I hope will be a lesson to all of our own lifters to keep on trying.

## Stretching and Bending for Exercise

(Continued from Page 51)

bending forward movements than it usually is by most people. In bending to the floor, the majority of people accomplish the movement by arching the back and causing a cramping of the vertebrae on the inner side of the spine. An excessive amount of this work, especially if not balanced by an equal amount of bending the spine backward, is likely to cause back trouble. Constant work in a bent position sometimes results in a permanent bent forward condition and its attendant condition of vertebrae cramping. Practice of lifting very heavy weights by merely arching the spine without regard to the hip action has caused some lifters considerable back trouble.

A very good exercise for the hip joint, and one that will help to do away with trouble resulting from too much arching and cramping of the spine, is to stand with the feet just far enough apart to preserve a good balance, as in Fig. H. Keeping the back and legs straight, bend forward as far as possible without any arching of the back, but doing all the bending at the hip joints. The hips should act just like hinges in this movement. It will be found difficult to bend very far forward at first, but it will become easier with regular practice.

For the use of those readers of STRENGTH who wish to try stretching and bending exercises, the following movements will be very good and can be practiced most any place.

Stand erect with the arms extended to normal arms' length, straight out from the shoulders. Now take a deep breath and extend them as far as you can and hold this position for a few seconds. A regular practice of this exercise will eventually result in some increase in shoulder breadth. Shown in Fig. D.

Now stand on tiptoes and extend the arms to normal arms' length above the head, as in Fig. A. Take a deep breath and reach as far above the head as possible. Note the distance from the finger tips to the ceiling and try to increase this from time to time as able.

Take a kneeling position on the floor and bend the head backwards and forwards as far as possible. Do this slowly

and endeavor to stretch the neck to the utmost limit, as in Fig. F.

To stretch the shoulder muscles, extend the arms straight out to the sides and describe circles with the arms, moving the shoulders in conjunction with the arms. Try to make the shoulder movement as wide as possible. Do this exercise slowly and use all the energy possible in the movement.

Another good movement for stretching the shoulders and arms is to hang by the arms for a few moments like George Rath did. Hang on to the door sill if you do not have anything more convenient. Relax completely while hanging and do not let go until thoroughly tired.

Now stand erect with hands at arms' length above the head. Keeping the legs straight, lower the hands to the floor or as close to the floor as possible. When it becomes easy to touch the floor with the finger tips, try to touch with the palms of the hands. If this becomes easy, touch the floor as far in front of the feet as possible or stand on a book. Anyone should be able to touch the fingers to the floor. Most people, with practice, will be able to reach the palms of the hands to the floor, and some will do much better. Fig. B shows this exercise. William Depew, a six-foot-two-inch wrestler, of Pittsburgh, can touch the floor while standing straight-legged on a six-inch high box. This exercise is similar to the "hip-joint" exercise, but the back is allowed to stretch in this movement. One need not fear the back lameness that sometimes results from this movement when a heavy weight is used. Without the weight, the muscles perform the movement themselves; with the weight the stretching and attending cramping of the vertebrae is carried beyond natural limits in some cases and back trouble results. On the upward movement, an effort should be made to carry the body as far to the rear as possible. This will give balanced work to the spine and remedy any bad effects that might result from exclusive movement in one direction.

Lie on the back with arms straight out on the floor behind the head. Now stretch out as far as possible. Make a

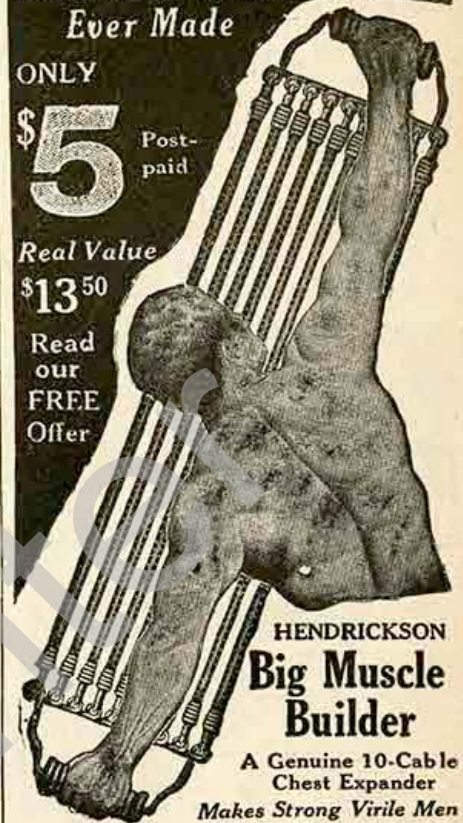
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 Interchangeable parts transforming the Big Muscle Builder  
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 and the great strong men, keep physically and mentally  
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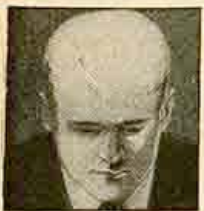
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City..... State.....

# Falling Hair Dandruff Itching Scalp are Signs of Approaching BALDNESS



The Result of Neglect  
hair—and eventual baldness.

NATURE HAS WAYS of warning us when certain parts of our body are sick or under-nourished. In the case of our hair the danger signals are itching scalp—dandruff—and falling hair. If neglected, these conditions will result in thin, lifeless

## Curable through HOME TREATMENT

PROFESSOR MAURICE SCHOLDER, the internationally renowned specialist on ailments of hair and scalp, who has heretofore treated patients only at his Clinic, now offers a course of Home Treatment to any sufferer who is unable to come to his Clinic. Professor Scholder's Home Treatment System is based on the principle of individual analysis, diagnosis and prescription. In other words, he analyzes and treats each case as an individual ailment. This diagnosis and prescription, together with his secret formulas and individual treatment, account for his uniform success in stopping loss of hair, and actually growing strong, new hair, in cases where less gifted and less experienced practitioners have failed completely.



Professor Maurice Scholder

The newspapers in this country and abroad have proclaimed Professor Scholder as the marvel of his profession. Now, in his advancing years, Professor Scholder is not content to call a halt to the accomplishments of a long and honorable career. He is retiring gradually from treating patients at his Clinic and is devoting three days a week to treating patients by his Home Treatment System. His successful cures are numbered in the thousands and among his grateful patients are men and women of highest prominence.

## Send a Sample of Your Hair for Analysis FREE



Pres. Roosevelt  
One of Prof. Scholder's many famous patients

Professor Scholder will accept no case that is incurable. To enable him to determine the condition of your hair, send a few of your hairs (ordinary combings will do) in an envelope with this coupon. Professor Scholder will subject them to his laboratory tests and send you a report as soon as the analysis is completed. There is no charge made for this analysis and report.

### Free Analysis Coupon

PROFESSOR SCHOLDER INSTITUTE S-4  
101 W. 42nd St., New York  
Professor Scholder:  
I am enclosing a few specimens of my hair for your analysis with the understanding that you will tell me what to do to save my hair and renew its growth. This places me under no obligation whatever.

Name .....

Address .....

City .....

State .....

special effort so that the small of the back is raised from the floor and then lower the small of the back to the floor and stretch out in the flat back position as far as possible. This will prove very effective, especially if the stretching is carried to the limit, so as to give intense action to the muscles of the small of the back.

Lying flat on the back, raise both legs until they are at right angles to the floor. Touch the feet with the fingers six to twelve times, as in Fig. C. As this becomes easier, endeavor to reach beyond the toes. This will prove a very effective movement to stretch the muscles of arms, back and back of legs and will develop the abdominal muscles at the same time.

Sit on the floor with the legs straight and spread apart, forming a letter V. Bend the body in the direction of one foot and then in the direction of the other. Try to bring the body closer to the leg as the exercise becomes easier. This exercise will also develop the abdominal muscles, besides stretching the opposing muscles of the back and the rear of the thigh. This exercise is illustrated by Fig. E.

As proficiency is reached in the foregoing movements, further results can be obtained by using some of the following exercises, which are more advanced and are used by acrobatic dancers and contortionists:

Try the "split," as in Fig. 1. It will stretch the muscles of the legs as very few other exercises will. Although very few people are able to do this correctly, stretching the legs as far apart as possible for a few weeks will often enable one to perform the "split" correctly.

Another exercise of about the same grade is the "back-bend." This exercise stretches practically all muscles on the front of the body. This is not as difficult as it appears and is usually mastered by standing a few feet away from a wall or set of stall bars and placing the hands on the bars or against the wall and working the hands down to the floor by going hand over hand. Fig. G shows how this stunt can be done.

Forward bending of the advanced type should be practiced in conjunction with the "back-bend" to balance the work. This stretches the muscles on the back of the body. Instead of doing the easier exercise of touching the hands to the floor, place them in back of the knees and use them to pull the body forward and down to the legs. The pulling with the arms will enable one to get the body closer to the legs than by merely bending over. This movement should be performed slowly and carefully and the distance of the body from the legs decreased by degrees. The pulling with the hands acts much in the same way as the use of weights, but the tension is easier to control. The "back-bend" should always be practiced to offset any detrimental effects that result from this strenuous pulling of the body forward.

It is surprising just what suppleness the practice of these exercises will give one. Just how much one can accomplish with stretching and bending

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SEND NO MONEY! Pay postman only \$1.79 plus postage on delivery. Satisfaction guaranteed.

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Complete instructions and a strumming pad FREE! with every Banjo Ukulele. Easy to learn—very simple to play.

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Free Lesson with Banjo "Uke"

Play all the latest song hits immediately—Become popular—Win friends. Wonderful professional instrument—Made of fine Mahogany-varnish wood. Pure tones.

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MEN'S Watch \$4.48

The Popular Cushion Shape

Imported, jeweled movement, keeps perfect time. A real favorite with professional men, sportsmen, and all who need a good looking and reliable watch. Highly polished case, non-tarnishing, with solid leather strap. The luminous dial and hands enable you to tell the time correctly in the dark.

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## Money-Making Tools

See  
**Free**  
Offer!



### I need YOU with 100 firms BEGGING ME to send them more DRAFTSMEN.

Many offer to take BEGINNERS, at \$50 a WEEK. Graduates can start at \$90 and \$100! GET BUSY!

Drafting is the BIG field, men. Every industry you can name BEGINS with the draftsman. Without mechanical drawings—by the thousands—every shop in the land would be STOPPED.

In fact, it is the SERIOUS SHORTAGE of draftsmen that brings this offer: I will furnish all instruments, supplies, even to the table, to those who start now!

**PAY AS YOU GO** Don't give me the excuse that you have no ready money for this golden opportunity. I am not so interested in cash; I want your application. I want at least 200 men to start right now. I want them ready to recommend by Spring! We will get a flood of letters saying "send us draftsmen," from every sort of industrial and engineering concern, and we must make good.

The first week's pay envelope of many a Dobe-trained draftsman has held enough to cover the entire cost of the course! Most students learn evenings, keeping on with their old work until ready to step into somebody's drafting room. The first month equips you to take on simple drafting jobs on the side. It helps you learn; I gladly permit this.

### Well-Paid Positions Every Way You Turn

A draftsman soon forgets the days when he used to wonder where to get a job. Instead, he asks "What line of work interests me most?" And "What part of the country suits me best?" Twenty of my graduates went to Florida this year; three are in Japan; last month one wrote me from Ceylon. And I wish we had the count of how many Dobe draftsmen have become chiefs!

Positions loom up almost as soon as you are enrolled in a Dobe class! We receive requests daily for junior men—for men only partly through our course. "We'll take a beginner," some concerns write us, "so long as he is a Dobe-trained man and has begun right!"

**IT'S EASY** and interesting to learn drafting. For drafting isn't "drawing!" You don't need any "talent." A draftsman uses tools for every line and every curve. You couldn't make them crooked if you tried! That's why drafting is so easily learned—and so interesting. For you do everything by rule. So, I guarantee to make anyone a finished draftsman; if you can read and write, you can learn this line. One of my students is 51 years old; another is just seventeen. But they'll all be making a grown-up salary by Spring!

**WARNING!** The special offer of tools is for immediate action. Don't expect me to hold it open indefinitely. Clip the coupon now for free book:

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## Boosting Your Batting Average

(Continued from Page 28)

back at the runner, second baseman, or shortstop. This always makes a runner a little more daring, so that he will start to edge farther away from the bag. Our shortstop would be playing his position in back of the runner. Then, without warning, start for the second bag, and, of course, getting the jump on the runner by a yard or two.

The instant the short-stop started for the bag, I got the signal I was watching for from the catcher and wheeled, throwing. I did not throw for the bag because the play was not always at that spot. I threw to a point enough ahead of the shortstop so he could grab it on the run and tag the runner as he came up or tried to run past him.

You cannot work this with all shortstops, because, for some reason or other, they don't seem to time the play right or they are annoyed by the runner's nearness when catching the ball, or they are not fast enough to get the jump on the runner and hold it. It is a neat play when done correctly. One the spectators enjoy, and a great help to a pitcher in a hole.

So, while on second base, you must keep an eye on the shortstop, second baseman, and pitcher, for in a case like that just mentioned the coacher is not of much help.

The most important part of a runner's success is, no doubt, the slide. But one must learn to start promptly, as well as slide in a deceptive manner. Seconds lost on the start are not usually made up on the slide when the play goes through all right for the opposing catcher and second baseman.

Here, again, you must study the pitcher's movements so as to know or sense just when he means to pitch to the batter or try to throw you out instead.

## The Marathon—Classic of Athletics

(Continued from Page 30)

the Greek." Though the tradition of the ancients is not upheld by their descendants, there are many Greeks who are pretty good at distance running. Now the cry is changing to: "Here come the Finns," as this variation has a real meaning of late years, representatives of Finland having won the last two Olympic Marathons, besides almost dominating distance running during the last fifteen years or so.

Real long distance affairs are not so popular as formerly; there is too much to see nowadays, and races that last for hours prove monotonous to the sport loving populace, who want to see a whole lot happen in a short time. Some years back, great interest was shown in all sorts of long races; they had six-day walking races, six-day go-as-you-please races (where the contestants ran and walked as they saw fit, and rested when forced to, by weariness); such things

(Continued on page 83)



## Eyes That Influence

...that command attention...eyes that dominate the situation...MUST BE SEEN...must be free and unfettered...must radiate personality as the sun radiates light.

To influence men you must give them an unobstructed view of yourself. Just as you look out through your eyes to see me, just so must I look in through your eyes to see you.

Who are you? Whatever it is that peers from behind the curtain of consciousness through your eyes to influence people...that thing is You.

Don't pocket your personality by masking your eyes. Never!!!

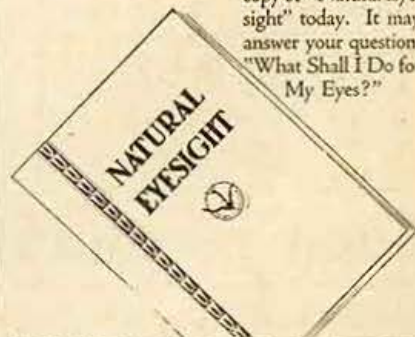
### Make Your Eyes Mean More!

Capitalize your natural eyes. Project your personality powerfully and pleasantly into the consciousness of the person you wish to persuade. Let those Twin Servants of your Soul do it.

Learn the new scientific secret of conserving natural eyesight...how to regain and maintain the persuasive power of the natural eye undimmed by time.

"Natural Eyesight," a new book, tells in word and picture of this New Knowledge of the Eye that marks the dawn of the New Age of Vision. It is FREE. The coupon, below, is for your convenience in sending for it.

Send for your FREE copy of "Natural Eyesight" today. It may answer your question, "What Shall I Do for My Eyes?"



Natural Eyesight Institute, Inc.,  
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Please send me your free book "Natural Eyesight."

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© 1927

# A Hard Stunt

for the untrained or wrongly instructed individual is dog-goned easy for the fellow who knows how. Tumbling and hand-balancing stunts look difficult and make a big hit with those who witness them. You must use certain methods to learn the proper movements.

## THERE IS AN EASY WAY TO DO EVERYTHING

and by the use of the safety tumbling belt, the most advanced hand-stands and somersaults are mastered with ease and safety. You can try all feats without the danger of a fall, until you have acquired the knack and confidence to perform them without the aid of the safety tumbling belt.

## HOW MUCH IS IT WORTH

to you to learn either of these feats shown here, or any other stunt requiring perfect control of your body? Wouldn't it be worth the price of the course to learn one feat? But the MacMahon course teaches you every stunt worth knowing.



A PERFECT ONE-HAND STAND

# A Cinch Easy As Pie

Such feats or stunts as the two shown here are as easy as walking upstairs for the fellow who is properly instructed and coached. There is an immense amount of satisfaction in performing stunts like these two. If you are instructed by the Charles MacMahon method, you will learn quickly.

## ANYTHING IS DIFFICULT WHEN YOU DON'T UNDERSTAND IT

If you try to master these stunts without proper instruction, you get into a lot of bad habits that you will have a hard time unlearning.

## THE ONLY WAY IS THE MacMAHON METHOD

and the beauty of this course is that you can practice alone without partners or danger of any injury from falls. Just fasten on the safety tumbling belt and get in trim for thrills.

NEXT SUMMER, ON THE BEACH, BE THE LIFE OF THE PARTY by performing stunts the other fellows can't do.

SIGN UP NOW.



Charles MacMahon Performing a Somersault With Two 30-Pound Dumb-Bells

## Acrobatic Dancers

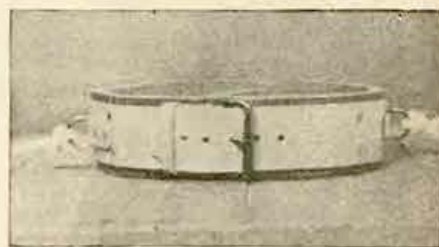
Use the MacMahon Safety Tumbling Belt to learn the hand-springs and cart-wheels necessary to become a finished performer.



## You Can Learn This

You should have a safety tumbling belt to properly master the stunt shown above, and any other advanced movements in hand-balancing and tumbling. The belt is fitted with ropes on each side. Two friends can hold the ropes or you can fasten them to the wall or posts.

## GET THIS BELT



The Safety Tumbling Belt

# Tumbling and Hand Balancing Are Second Nature

CHARLES MacMAHON, Studio A-55  
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.....

with my pupils, who have followed my methods and trained with my belt. The safety belt is fully adjustable to waist measurement, and is made of the strongest materials.

ARE YOU NEXT?

YOU'LL LIKE IT

## Charles MacMahon

180 W. Somerset St., Studio A-55, Philadelphia, Pa.

(Continued from page 81)

would not draw much of an attendance today, nevertheless they showed what feats man was capable of, in the way of endurance and the ability to fight off fatigue; the only survival of such things with us today is the six-day bike race, but that is another story. The public wants something sensational nowadays, and about the only way to pep up those old affairs and make them exciting would be to guarantee one of the racers to drop dead. If you could promise a thrill like that, then the public might be willing to pack the show.

Several years before the war some great distance performances were to be seen among the money chasing marathoners. At that time such affairs were quite popular in San Francisco, Pittsburgh, Seattle, Toronto, Buffalo, Newark, New York and Brooklyn, and brought out some very wonderful endurance runners, among whom were Alfred Shrubbs, of England; Dorando Pietri, of Italy; Henry StYves, of France; Hans Holmer, of South Africa; Canada was well represented by Billy Queal, Percy Smallwood, John March, Fred Meadows, and Tom Longboat, the Indian; Sweden had a couple of wonders over here in Thure Johansen and G. Ljungstrom; the home bred boys who were given the brunt of racing the world, as it were, numbered among many lesser lights, Johnny Hayes, Jim Connolly, and Jim Crowley; while Finland sent over the man who was probably the best of the professional marathoners, Willie Kolehmainen, older brother of the great Hannes. Willie really started out with intentions of being an amateur like his famous brother, but through a little tough luck was declared "pro." I have just about forgotten the story connected with his "downfall," but the gist of it was to the effect that he accepted some small monetary prize over in Europe, after walking a long distance to compete and having to return home the same way; the prize money being used for "eats" for himself and two brothers. Having lost his simon-pure standing, and still wanting to compete at running he got in with the boys who ran for their bread and butter, and soon was trimming the world's best.

Along in the latter part of the first decade of this century, a Frenchman was recognized as the premier of professional marathoners, and as such competed in a considerable number of long races with the host of crack athletes whose names are listed above. Following the year 1909 as titleholder, Henry StYves met stiff opposition and no little adverse luck, so far as winning was concerned. An example of one of his matches was that in which he defeated John March, of Canada, in a fifteen mile race, with only a yard separating the men at the finish. Sometime later he lost a marathon to Johnny Hayes, and then finished third in a fifteen mile match to Ljungstrom and Johansen, the Swedish stars who were running away with the purses quite consistently. These two steppers seemed for awhile to be the class of the field, with Ljungstrom setting the marathon

record at 2 hours, 34 minutes, 8 and 2/5 seconds, till the advent of Hans Holmer and Willie Kolehmainen. Johnny Hayes, who in 1908 won the Olympic marathon, was very successful as a professional, but lost a marathon match to Dorando Pietri, just previous to his win over StYves. The galaxy of foreign stars and the army of Canadians, all of whom had class, made the going just about impossible for the home talent, who had to be content with "an also ran" position.

Hans Holmer was gaining quite a world-wide reputation for himself, romping away with all kinds of long runs in England, France and Germany, as well as in Canada and the United States. One of his noteworthy wins was the defeat of Johnny Hayes in a marathon match in Berlin, Germany; but even his star was destined to set, as in the same sort of a match in Edinburgh, Scotland, he lost to Willie Kolehmainen; then, a short time later, in a triangular match at fifteen miles, Tom Longboat conquered both Kolehmainen and Holmer. This was around the close of the Indians' remarkable career of athletic triumphs. Back in Toronto we see him lose to Al. Shrubbs in a twelve mile match in one hour and four minutes. Great as these two were at that immediate distance, they were not invincible, as in a fifteen mile team race in Toronto, paired together as a team, they finished third to A. Wood and Hefferon, Billy Queal and Crook.

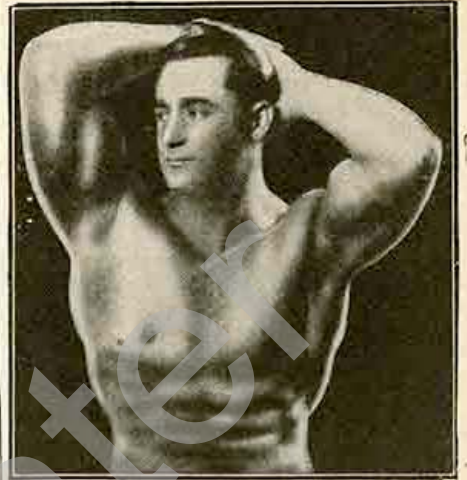
The year of 1912 had now rolled along, and in Newark, N. J. we witnessed the culmination of a wonderful string of victories, when Willie Kolehmainen set the professional marathon record at 2 hours, 29 minutes, 35 1/5 seconds; this race carried with it the National Championship, Holmer, Neiminen, and Johansen following Willie over the line respectively. A short time later in a twelve mile contest, with the world's best competing, Willie finished first in one hour, two minutes and six seconds, with Queal, Holmer, Neiminen, and Johansen strung out behind him at the finish.

Right along we have mentioned Alfred Shrubbs; here we find him running in 1912 as a professional, after a decade as a topnotch athlete; back in 1904, as an amateur in England, he set a bunch of records for distances up to ten miles that have not since been equalled, even by those wonderful amateurs, Hannes Kolehmainen and Paavo Nurmi.

At the present date the marathon is purely amateur and this country and Canada have a number of them each year, keeping the boys busy traveling from one to the other; probably the most famous of these is the annual Ashland to Boston run, which usually brings out the best field of any. Last year this was won by a young unknown Canadian, named Miles, with Stenroos, of Finland, second; and Clarence DeMar, third. This last named individual is now close to forty and is, no doubt, our best bet as a long distance runner, having won three marathons in 1926, besides many other triumphs in other years, including three victories in the

## Here is the World's Most Perfect Man

For the Second Time in Two Years Charles Atlas Wins the First Prize for Being the World's Most Perfect Man



CHARLES ATLAS

Never before has there lived a man with such a beautiful body as Charles Atlas. Even those ancient Greeks, long considered the ultimate in manly proportions and strength, fade into mediocrity beside his superb physique. Was it any wonder that five famous judges, men who really know, should decide unanimously that he was more perfect physically than any of the thousands entered in the Physical Culture Exhibition held in Madison Square Garden, New York? With tumultuous applause the thousands of spectators showed their appreciation of the judges' selection and the modest Charles Atlas was almost overwhelmed with the congratulations of his many admirers.

### Yet Ten Years Ago Charles Atlas Was a Puny Boy

who longed to be strong, who worshiped at the shrine of a beautiful body, who valued good health more than anything else in the world. But he possessed none of these and there was no one to help him attain them. One day he entered the Brooklyn Museum of Art and gazed with awe at the wonderful pieces of ancient statuary and wondered if it were possible for a man in this generation to attain such marvelous strength and perfect physical proportions. They proved an inspiration to him. The longer he thought of them, the more he became obsessed with the idea of becoming like these wonderful specimens which the master sculptors of Rome and Greece have portrayed. He investigated how they lived, so that he, too, might strive to become as perfect as they were. How well he succeeded everyone knows. Thousands of men admiring his gracefulness, marveling at his strength, and envying his beautiful proportions, have entreated him to help them attain his unequalled perfection. And now, at last, Charles Atlas has consented.

Charles Atlas can promise to make any man physically perfect, abnormally strong and beautifully proportioned

through the following instructions, which he lays out for you personally, any man will radiate glowing health, intense energy and supreme vitality in three or four months. The fact that Charles Atlas, through following his unique system, made himself into a perfect Human Masterpiece proves that his methods are as infinitely superior as they are totally different from any other living man's. What can you, who have a better body than Charles Atlas started with, attain through following his instructions?

There are three things that mean more to you than anything else in the world—Perfect Health, Muscular Strength and Physical Beauty. "SECRETS OF MUSCULAR POWER AND BEAUTY," a new book containing rare and artistic photographs of Charles Atlas reveals how these may be attained by any one easily, quickly, scientifically. It is too expensive to send out indiscriminately—it is only for those who really desire to attain those three requisites of earthly happiness, Health, Power and Beauty.

If you are interested send the coupon today. The edition is limited. It will prove the most beautiful, the most vital, the most wonderful, the most inspiring and, above all, the most valuable book you ever read. Fill in the coupon now while this is before you and send it to Charles Atlas, 1674 Broadway, Dept. 665, New York, N. Y.

Charles Atlas, Suite 665,  
1674 Broadway, New York City

I desire to follow your example and become radiantly healthy and physically perfect. Enclosed is 10 cents for which send me at once "Secrets of Muscular Power and Beauty," your lavishly illustrated book.

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STR—Apr. 27

# For The Gymnasium — MATS — For The Home

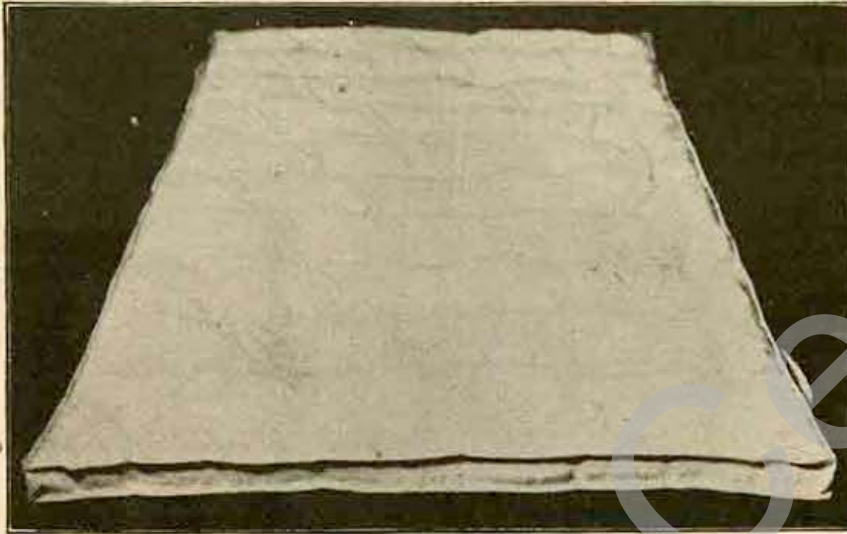
## You Save 50 Per Cent. On One Mat

My 3' x 6' mat, which sells for \$9.00, would cost you from \$16.00 to \$18.00. The larger the mat you purchase from me, the greater the saving. In the case of a larger mat, the saving goes well over 50%.

### You Will Enjoy Tumbling, Wrestling and Exercising More Than Ever On My Mats

They are made just right—not too soft and pillowy, yet great in fall and bump absorbing qualities. They are well made and durable, and are closely and strongly tufted. (The tuftings are usually the "weak links" in mats.)

My smaller mats are great for the bar bell user in all the reclining exercises and lifts, such as the wrestler's bridge exercise or lift, the push-up with bar bell on feet, the shoulder press and stomach toss, etc.



### Many Athletic Clubs are Already Finding These Mats Just Right

My mats are giving unusual service in many athletic clubs and gyms, as well as in the homes of individuals. The prices are low and the quality is high.

Charles MacMahon, Studio A-55-M,  
180 W. Somerset St., Philadelphia, Pa.

Dear Sir: Please send me the size mat I have checked off below, for which find enclosed

\$.....		
3 x 6 ft., \$9.00	6 x 6 ft., \$20.00	
3 x 9 ft., 14.00	6 x 9 ft., 30.00	
3 x 12 ft., 20.00	6 x 12 ft., 35.00	
3 x 15 ft., 25.00	6 x 15 ft., 40.00	
10 x 10 ft., 45.00	16 x 16 ft., 70.00	
	10 x 10 ft., \$110.00	

(I can supply you with any other size mat you desire.)

NAME .....

ADDRESS .....

CITY..... STATE.....

Boston frolic. Frank Zuna, of Newark, N. J., is one of the very best of recent years, being especially good as a mud runner; that is, when the weather is bad and the going rough Frank has a better chance. Chuck Mellor, of Chicago, has been collecting prizes for some years as a tip-top performer; Albert T. Michelson, of Stamford, Conn., is always in the running, as are Frank Wendling, of Buffalo and "Bricklayer Bill" Kennedy, the forty-year-old youth of Stamford; others of like calibre are Matt Dwyer, Harvey Frick, P. Wyer and F. Wachsmuth.

Well do I remember the impression made upon boyish athletic ambitions when Hannes Kolehmainen was over here running all the other boys ragged. At that time many fellows became ambitious to beat the wonderful Hannes, and after reading of him and the great marathoners of that day, including his champion brother, many small boys started out to emulate them and kids not yet in their teens would run a few miles quite regularly, which, undoubtedly, is not a very good thing for such young boys. I am inclined to believe it possible that Hannes has inspired more fellows to take up running than Nurmi, or any other runner of modern times, considering his performances covering a stretch of years. Perhaps his most outstanding feat was performed in Buffalo; truly it was about as spectacular a running stunt as any athlete could carry through and became history on the first day of February, 1913, when he won a

ten mile race against a team of five men, each running two miles. You might say that any good runner could beat a bunch of hams, but this relay was composed of five of the best two-milers procurable and the time was 51 minutes, 6 3/5 seconds, the present record for ten miles indoors; at the same time he set records for the intermediate distances, some of which still stand. Throughout the year of 1913 Hannes ran the contestants flat-footed in one race after another and covered the record books with his name. After a time he went home to his native Finland, retiring from athletic activities till the Olympic Games of 1920, when he once more took upon himself the task of preparing for a strenuous marathon grind. Romping over the finish line on that hot day in Antwerp, Hannes made the best time ever recorded in an Olympic marathon, when he was clocked in 2 hours, 32 minutes, 35 4/5 seconds. In 1924 at Paris, he again tried a comeback, but was unsuccessful; one of his compatriots jogging over the roads broke the tape in 2 hours, 42 minutes, 22 3/5 seconds. This was Albin Stenroos, himself around forty. He later came to this country and won a few events, but he failed to make an impression like some of his fellow countrymen who preceded him.

This is one sport where the protagonists of physical training and active athletic competition have the laugh on the knockers who try to spread the bug-a-boo that athletes die young. It would be somewhat of a mathematical problem

to figure up how many men there are in middle age who are as good, or better, than they were when younger, after years of continuous competition in a sport that requires the utmost in grit, determination and absolute endurance. It is by no means an uncommon sight to see grey haired veterans doggedly jogging the entire distance in long road grinds. As a general rule the longer the race the higher the average age of the contestants. There may be several important reasons for this, among which we might mention a few; it is pretty generally known among athletes and trainers that endurance or "wind" may be cultivated by consistent training and careful attention to regular hours and the mode of living. If you start out to run a mile or two daily, and gradually increase the distance, you will, in the course of a few months, progress to such an extent that five miles will be easy for you to cover at a fair clip. Keep up the same system, without overdoing it, giving careful attention to sleep and training rules for a couple of years and distance running will become a pleasure and you will be able to jaunt several miles with no apparent tax upon your powers of endurance. Those athletes who possess the quality of perseverance to a marked degree, who train faithfully, bring their powers of recuperation and endurance to a high state of cultivation, just the same as one becomes more skillful in mechanical trades, playing cards or operating a typewriter. Experience counts in al-

most any line of work, and in the same way the experienced marathon runner accustoms his physical mechanism to working almost automatically. The untrained person has no wind, for the reason that his physical system is unaccustomed to continuous effort, therefore the poisons accumulate faster than they are burnt up. Like strength, endurance is retained much longer than speed, the last named quality being mostly possessed by the youth. As a rule only young men are winners in the short sprints, it being very seldom that anyone out of his twenties wins the short fast races. Of course, it is not at all improbable that a lot of young men could make good in the marathons, but don't for the reason that they will not tie themselves down to the rigorous training necessary to win at such a sport as distance running. The youth is more liable to think he has too much ahead of him in life to waste his time sleeping regular hours and jogging mile after mile every week. The fickle bauble of pleasure often proves too strong a lure to him. Then, as he advances a few years in experience, it dawns upon him that the life of amusement and night attractions really mean nothing, so he goes out to train sincerely and finds out what faithful attention to physical training will accomplish. Then at an age when his non-athletic friends are beginning to think of calling themselves old, he is to be seen romping through these classic old races they call marathons. So we are inclined to believe that the long years some of these wonderful athletes have spent in keeping fit enough to win races were really spent in a most worthy cause.

### Developing Beauty of Form

(Continued from Page 39)

and washing machine instead. Besides the tasks performed about the house do not give a thorough, all-around set of exercises that afford all the muscles good, vigorous exercise. Certainly, the average girl or woman does not do house work in such a way as to give her ideal development. Some other exercise is necessary.

True, some sports afford excellent means of attaining bodily development. Swimming is especially good for developing full-rounded figures for women and girls, but this is not convenient to all, especially in rural districts in cold weather. Some other games, such as tennis and basketball, give considerable general exercise and oftentimes accomplish a great deal in developing a vigorous body. They are not always convenient as regards time and place and do not take the place of a regular, systematic set of exercises that can be conveniently performed daily in any home.

What most women and girls need, mainly, for developing themselves physically, is a set of exercises requiring not over thirty minutes a day and that can be performed, if necessary, in the privacy of their own room. With this thought in mind, a few practical exercises have been selected. They will be

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no matter what they do. And the truth is, you can't unless you eat the right sort of foods and combine them properly at your meals. You become what you eat. So if you fill your stomach with a mess of soft, lifeless foods, you will be the same way: soft, lifeless, and fit for the scrap heap of humanity.

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found very efficient for developing a beautiful form. It is advisable to sponge the body with warm water after completing these exercises, so as to wash away the impurities resulting from perspiration. If the warm sponging is followed by a sponging with cool water, it will be conducive to a healthy skin action.

For the first exercise, it is advisable to use a general movement that will mildly enliven the body in general. With this idea in view, stand with the hands at the sides and the feet fairly close together. Now raise the hands straight above the head. Rise on the toes as high as possible at the same time and take in a deep, slow breath as the arms are being raised. Reach the ends of the fingers as high above the head as possible and rise to the limit of the toes; Fig. 5.

Now, interlace the fingers while the hands are still above the head and lower the heels to the floor and you are ready for the second exercise. Keeping the arms stretched above the head, bend the body from one side to the other as far as possible. This gives activity to the muscles of the waist and helps to develop the natural corset mentioned previously.

Bring the hands back down to the sides and place them on the hips. Now, spread the feet about a foot apart and draw the abdomen gently in. Keeping the abdomen in and the legs straight, bend slowly forward as far as possible; Fig. 3. This gives the natural hinge-like action to the hip joint and some vigorous work for the small of the back and the back of the thighs.

At the finish of the preceding exercise, keep the same position and hold the body still. Now, describe a figure eight by moving the head only. Describe as big a figure as possible, so as to get a complete movement. This will bring all the neck muscles into action and develop a full, shapely throat, that is so essential to real health and beauty.

Now, with the hands remaining on the hips and the feet a short distance apart, just far enough to preserve a good balance, bend the knees and try the deep knee bend; Fig. 4. This exercise is an old favorite for developing the legs. If you squat flat-footed, you give more work to the thighs and shin muscles, and if you keep up on the toes, you afford more exercise to the muscles at the back of the lower leg. Best results are to be obtained by performing first flat-footed, and then on the toes.

To exercise the arms, place a chair with the seat against the wall, so as to prevent slipping. Place the hands on the top of the chair back and stand about three feet from the back chair legs. Slowly lower the body until the chest touches the top of the chair back; Fig. 2. If this seems too easy, increase the distance of the feet from the chair. When this becomes fairly easy, turn the chair around with the back to the wall and place the hands on the seat and perform the movements as before; Fig. 7. Later, if the work becomes easy enough, the movement can be performed on something lower until finally the dip on the floor is mastered. This will



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round the back of the upper arm, give fullness to the upper chest, and tend to make the breasts firmer.

The forearms and biceps can be developed quickly by means of a modified form of "chinning." No doubt, you have seen boys hang by the hands and pull their weight up until their chins were as high as their hands. Try the same movement, with this exception: Keep both feet on the floor and hang to something about shoulder high; Fig. 8. Lower the shoulders, keeping the back and legs straight until the arms are stretched to full length; Fig. 6. Then pull up until the chin is level with the hands. As this becomes easier, try to place more of the weight on the hands and eventually it will be possible to raise the entire weight of the body by the strength of the arms. This will give the fullness to the arms that is essential to the well-rounded Venus-like type. Do not be afraid of developing excessive muscles. Female aerial artists perform much of this kind of work and are noted for their beautiful, full-developed torso and arms.

The abdominal muscles are the last, but by no means the least of importance, in our consideration. To develop these, lie at full length on the floor, with the hands stretched beyond the head. Now, bring the hands forward and reach towards the toes, raising the body to a sitting position at the same time; Fig. 1. This will keep the waist line down and accomplish more than all the abdominal belts and other contrivances ever used.

In addition to these exercises, it will be advantageous to do some walking or participate in some outdoor sport to get the benefits of open-air exercise.

These exercises, while not necessarily complete or possibly the best in every case, are real exercises and will develop the rounded fullness that is a necessary part to a Venus-like form.

## Ask the Doctor

(Continued from page 44)

them. I am twenty-one years old.

Can you tell me how to treat tonsils that are not chronically sore, but are sometimes enlarged and quite often hard yellow balls of pus or something fall down in my throat. These pus balls are very small and have a very bad odor. I would certainly like to know the cause of this condition.

I am five feet six inches and weigh 100 lbs. and would like some pointers on gaining weight.

Any advice that you give would be appreciated.

D. W., Los Angeles, Calif.

ANSWER: Common symptoms of pin worms are irritability, sleeplessness, itching about the bowel, grinding of teeth, fidgets and a ravenous hunger. This is more apt to be found in a child as he is feeding himself and the worm too. In spite of the excessive quantities of food taken a loss of flesh is seen.

Whenever worms are passed they should be burned up and not left around so that they will do no harm in spreading disease. All clothing or anything handled by a person suffering with pin worms should be boiled so as



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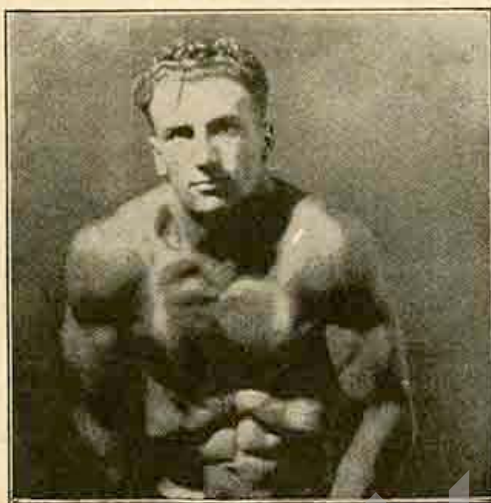
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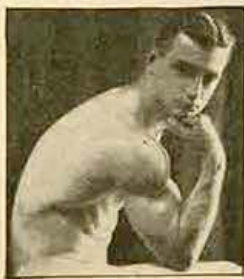
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(Continued from page 87)

to prevent further infection from the eggs of the parasites.

I would advise you to go on a very light and soft diet for twelve hours and then take a tablespoonful of castor oil before breakfast which will help to pass the worms. Rectal injections of salt or quassia seeds taken after the oil acts will also prove helpful. Use two teaspoonfuls of salt or one ounce of the seeds to a pint of warm water.

The condition of your tonsils proves that they are diseased and I would advise you to have them removed.

The following is a very good diet for gaining weight. You should make your menu from the foods you like best:

Fruits—Dates, figs, raisins, bananas.

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

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QUESTION: I am a reader of the *Strength Magazine* and very much interested in your department. I wish to ask you about asthma.

Every winter my wife is troubled with asthma and any smoke from cooking or tobacco bothers her very much and at times almost chokes her. She is now under the treatment of a doctor and he has been giving her injections in the arm which relieves her almost instantly. Would like to know if this treatment is harmful.

I wish also to ask about a pain in her back just above the hips which is very painful at times. When I rub her back pretty hard it goes away but comes back in an hour or two. It disappears during the period of menstruation and comes back afterwards. Would like to know of a treatment for this.

Thanking you very much,

A. J. B., San Antonio, Texas.

ANSWER: There are many different causes for Asthma. Certain odors, violent emotions and certain foods will bring on attacks. Then again it may be caused by some nasal trouble or obstruction. Colds aggravate the nasal passages and frequently cause attacks of asthma. Asthma is somewhat like hay fever, that is, certain odors, and pollen of flowers carry the irritating substance.

If smoke from cooking or tobacco bothers your wife and the doctor is treating her with injections, that is the best thing for her and, no doubt, in a short time she will be relieved. Medical science has demonstrated that the use of vaccines made from the pollen of flowers and from certain foodstuffs which have been found to be the underlying cause of the attacks to be helpful, and great relief can be obtained from inoculations with that particular preparation.

With reference to the other trouble you mention would say that she is most likely suffering from some lumbar trouble which may be in the muscles or the spines. I would advise her to consult a chiropractor.

## Diet

(Continued from page 21)

know that they need more exercise than they are getting. More exercise in this case, often means some exercise, as many of them get none at all.

Yet these two groups, those who over-eat and those who under-exercise, and, of course, those who do both, make up the great army of the patients of physicians who are hard to handle, hard to cure, and hard to please, largely because they do not want to subject themselves to the living conditions which would

enable them to almost cure themselves.

This editorial is really a plea for rational living as a way of preventing a great percentage of the ailments to which we all are heirs. Certainly rational living will go a long way to eliminate not only ill-health, but also that particular brand of ill-health which hangs on for no particular reason, in spite of the efforts of the doctors and in spite of the complaints of the sufferers.

## Your Nerves and Your Spine

How Curvature of the Spine Affects the Nerve Sources

By Everett Gray

IF IT were possible for every person to look over the statistics as tabulated by the various health boards, insurance companies, and the army and naval physical boards, they would be surprised to note the many defects found in the average man's physical make-up. Some of the defects are minor, but many others should be regarded as advance warnings for ailments

which inevitably follow certain conditions sooner or later in life. Pretty near all the symptoms and indications registered point to faulty spine construction, which has brought about, in most cases, a nervous disorder of some kind. The general indication is one that would come under the heading of curvature of the spine. This does not mean that the curvature is as pro-

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nounced as is generally understood in spine deformity. It is mostly subluxations which cause the spine to be out of its original alignment. Each subluxation is a danger sign, and many later physical troubles and ailments can be traced to that source.

Spinal curvature is a disease of civilization. It is a condition that is rarely found among the aborigines, because they always get plenty of physical exercise to keep them physically fit. It is this fact that caused a prominent chiropractor to make the statement that, "No civilized person has a straight spine." This may be a little far fetched, nevertheless, all those little twinges of pain across the back, or in the shoulder, are proof that there is something wrong with your spine. Perhaps you may go to a doctor and he will diagnose your case as one of low nerve vitality. Perhaps you are irritable, high strung, easily upset over trifles. Maybe your nights are beset by sleeplessness, or your days are made miserable with throbbing headaches. Quite often some of these conditions are laid to the effects of constipation, but even this condition has been relieved by a spinal adjustment and the right kind of exercise, when a diet has failed.

As you know, the spine is a series of hinged bones, termed vertebrae, which fit one on top of the other. Right through the center of the spine is a long cord that travels all the way down from the beginning to the end. This is the spinal cord, which is the main trunk line in our electrical system. Down this cord are transmitted all the desires of the brain, that throw certain muscles of our body into motion to fulfil a duty. When anything happens to cause displacement of the spine, a pressure is brought upon some part of your nerve system, and this prevents the muscles, or the organs in that locality, from obtaining the proper care and nourishment upon which the muscles rely to make them healthily motive.

The system of the nerves is divided into two groups, under the heading of Cerebral Nerves and the Spinal Nerves. The first named are connected with the brain, and are the actual transmitters of our will. They are grouped in twelve numbers of pairs, and connected with the Spinal Nerves, which are thirty-one in number of pairs. These last are the motors of action that compel the various muscles to do what the cerebral system orders. Associated with these two is the sympathetic nerve system.

The spinal nerves are designated in the order known according to the section of the spine in which they are located, such as the cervical, which is the area from the head to the shoulders; the thoracic, covering the rib section; the lumbar region, which is located in the small of the back; the sacrum that covers the area of the hips; and lastly the coccygeal, which is the lowest extremity of the spine. Quite often the thirty-first spinal nerve pair are absent.

It is an interesting fact to know that some muscles receive a double nerve

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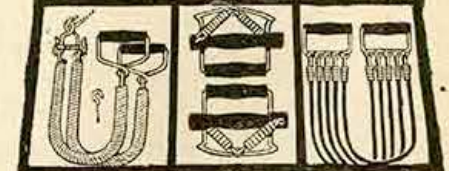
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supply, which explains why some muscles are capable of greater endurance and power than others are.

Some people are of a low nerve force, but the way this is shown is twofold. It is generally believed that a person so naturally equipped is slow of action, sometimes explained as being dumb, but this is not true. I have known many people to be of a low nerve force but who were very successful in business. This is more a condition of a slower nerve vibration, and group in people who are more apt to think first, and act afterwards. The other side is that people who have a low nerve tension are less susceptible to physical injury. For instance, it is recorded that the best prize fighters are those who have a low nerve force; thus they are better able to withstand punishment. Just the same, a spinal displacement will interfere as much with their duties as of any other person. The spine is held in place by many tendons and muscles which give an added protection to the nerve system.

Did you ever consider that poor blood circulation is generally the cause of a disturbed nerve section. I remember one of my friends, who had been taking treatment for months from a local medico. He was always complaining of being cold. For a change I advised him to consult a chiropractor, which he did, with the result that several displacements were located, and three treatments put him right.

Some years ago you may recall the celebrated baseball player, Bush, as falling down on his play. Many believed he was through as a baseball star, and his retirement was talked about. It was later found that he had a slight curvature, and when this was adjusted he became just as good as he ever had been. These are just two of the numerous examples that I could tell you of. Some cures have been almost miraculous. One case comes to my mind, as I write this, of a man in his forties. Never in his life had he been able to touch his head with his right hand. I examined him purely out of curiosity, and found that he had a pretty bad curvature in the thorax region. I began to work on him with two treatments a week, and showed him some good exercises that I knew would help him. He worked at them conscientiously, and four weeks later he was able to do what he had never done in his life before—put his hat on his head with his right hand. He was so happy that he almost feared it was a dream, and was forever raising his arm above his head to show his friends, and probably to reassure himself that it was not a dream.

It is nearly always proved that a nervous breakdown is the result of a curvature—often this is the result of lack of physical care for oneself. Somehow, people think considerably less of themselves than they do of their business, which always helps to bring on this condition. I believe that we all accept the truth that lays behind this statement, but somehow the average person does not feel inclined to devote



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a few minutes a day to help themselves. True, many business men frequent gymnasiums, but it is only to take part in a mild game of hand ball, a steam bath, or a rub down. It is a fine practice I admit, but most of it is time spent in the wrong direction. Men who are occupied behind a desk quickly fall into faulty postures and it is remarkable to see the numerous warped spines that are caused by the lazy positions that they adopt. If they would divide part of their gymnastic training to exercise, and finish up with a game of hand ball, a shower and a rub down afterward, they would be much better off, spinally. Office people should make a practice of consulting a chiropractor once in every three months, in order to check up on their spine. I feel quite sure that they would find that many of those little nervous worries would be eliminated in consequence. Of course, if a person is afflicted with a decided curvature, then they are obliged to find more definite means to correct their trouble, which amounts to a deformity. In this group we find the C and S curvatures the most prominent, and the latter is by far the most difficult to correct.

If you look through the advertising columns of various magazines and newspapers, you will come across numerous methods guaranteed to cure these spinal conditions. Most of the advertisers rely upon braces of one kind and another to do the trick, but common sense tells anyone that a brace, or a jacket, will not build up the impaired muscles and the destroyed nerve branches. Natural methods are the best, under the guiding hand of a good chiropractor. A good chiropractor does not begin and finish with spinal adjustments, he should know something about corrective exercise as well. It takes both to bring about a permanent cure. If the chiropractor is not sufficiently versed on corrective exercise methods, the patient should seek out a physical instructor who is thoroughly familiar with the muscular construction of the back. Just ordinary back movements are not enough. They can even hold up the progress if not just right.

Curvature distorts the muscular back system. Perhaps I might better say the muscles of the back warp the spine. Bad walking and sitting positions, and in children, bad sleeping positions, cause certain muscles to become unduly contracted. The result is that the balancing muscles are weakened, and the spine is curved in towards the side that has the strongest pull. Time and habit makes the condition more set, and a pull, or twist to the opposite side becomes painful. At the same time the duties of the spinal cord, and its accessory nerves are interfered with, and the already weakened muscles become undernourished. The curvature causes a pinch upon the nerve, or the nerve feeder, curtailing its source of distribution.

The best method of correction, in my experience, is a gradual process that involves several factors of co-operation. First I locate the region of the spine that is curved, and have the patient lie

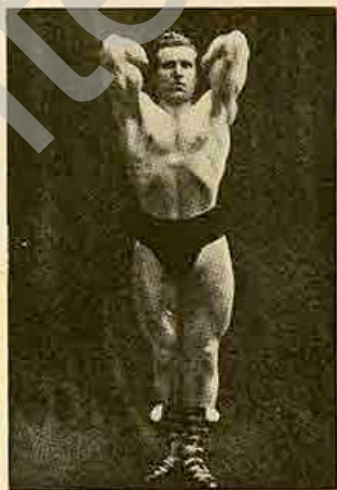
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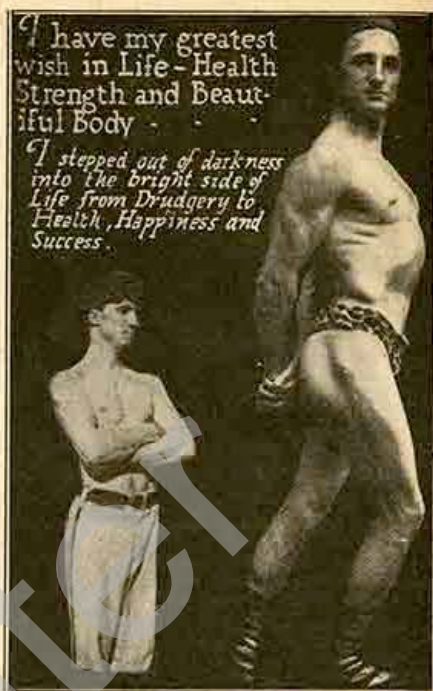
upon a couch face down, in a relaxed position. Under the body I place one, two or three cushions, so that the back is relieved of any inverted pressure. The muscles of the spine are thus inclined to relax more readily under this influence. I next set about reducing the contracted muscles to their normal pliancy. As an aid, I use a good oil that is free of alcohol, which I knead into the muscles with a gentle massage so that the nerves do not become irritated. As the oil penetrates to the contracted muscles and their tenders they become responsive, and associated with this the oil supplies a soothing nerve food. This form of massage becomes a feature of every treatment, paying the way for an easier spinal adjustment. As the muscles lose their contractability, they cease to pull upon the spine, so that my work has a better opportunity to be successful. If it is a C curvature, then I proceed to instruct the patient into corrective exercise methods. To simply tell them is not sufficient. They have to be instructed. In the first place, I have a bar that is adjustable to any height. Under the bar I place my patient and have him, or her, reach overhead and grasp the bar with the right hand if the curvature is inclined to the left side. When the patient has grasped the bar, I ask them to rise upon the toes and reach up as high as possible. At this height I adjust the bar, and cause the patient to hang there in an effort to place the heels upon the floor. This causes a pull in the right direction, which meets with less opposition from the contracted muscles by reason of the massage and lubricating treatment. The weakened muscles begin to learn to contract, and become stronger from this practice and a few more exercises which I have them do at home.

The S curvature is more difficult, simply because there is more to correct and there is more devitalized nerve organism. In many cases the one shoulder is apt to be higher, and the one leg is apt to be shortened by reason of the warping of the hip. In conjunction a person is likely to have many other disorders, some of which may be chronic. Time and patience become one of the main considerations. Unfortunately, anything that causes a nerve interference makes a person irritable, and quite often reduces their mental resistance.

The inverted curvature is sometimes difficult to remedy. Backache is a common trouble with this condition, often made worse by kidney disorders. This is the result of too much strain upon the spine in the small of the back and even lower. An inverted curvature ceases to make the backbone a natural pillar of depression.

Back bending as an exercise is often tabooed in some spine disorders, and so is touching the toes, but inverted curvature is aided by touching the toes as an exercise.

Paralysis is the cause of spinal displacement, but in this case the nerve system has become seriously impaired. If the paralysis is of a long standing order, very little help can be given. It



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Does a petting party stop with a kiss or does it go further? Is spooning dangerous? At last the question is answered. See "Safe Counsel" Page 159.

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all depends upon the condition of the damaged nerve or nerves. If the nerve cells are not seriously impaired, then the patient can be helped. It is always worth while trying anyway.

When I was a young boy a young school teacher in my home town, fell backwards off a wagon and landed forcibly upon her shoulders. She was carried home paralyzed with no use of any part of her body except her head. Her case was the despair of the medical profession and the girl actually died from the feet up by wasting away. At that time there was a young local doctor who was acknowledged as being brilliant. He begged for a chance to help the girl. He pointed out that she had badly bruised a vertebra, but that it

could be taken out and the spine lifted. They all thought he was out of his mind, nevertheless, it remained for the great war to prove that the young doctor was right. Such an operation has been successful.

Nerve stretching was another successful experiment of the great war. It is a very delicate operation, and while there is considerably more to be learned about it, enough has been learned now to bring about a satisfactory cure in what was previously considered incurable nerve conditions.

Keep your spine straight, and protect your nervous organism, and you will add greatly to the happiness of your life. Get plenty of sunlight and plenty of fresh air. Establish a healthy diet for yourself and do not overlook the practice of a few back exercises of the right order.

## Health—Strength—Beauty

(Continued from Page 48)

legs can be developed so that they will more or less hide the bow-legged appearance.

I would suggest that you practice the following exercises, for I am sure you will find them beneficial.

Stand about three feet behind a chair with the back toward you. Have the arms outstretched. Kick moderately high over the back of the chair, in a circular fashion, first with one leg and then with the other. Be sure to keep the body erect and the leg remaining upon the floor, straight. First try six counts with each leg, then try six alternating. It is a bit difficult and a good deal of practice will be required to perfect it and the following exercise.

Stand with arms outstretched and legs close together; raise the left leg out straight in front of the body, then bend the right knee until the body rests upon the need of the right foot. This is known as the one leg squat.

Practice raising on the toes as much as you can.

DEAR MISS HEATHCOTE:

Will you kindly give me an exercise that will make the flesh in back of my neck firm? I have not been very well for several years due to indigestion, which for a time left my stomach in a very bad condition. The flesh all over my body is soft and I do not believe this is a very healthy condition.

I am a stenographer and sit a great deal of the time, and whenever I gain weight it seems to settle around my back, hips and thighs. My waist is very small, however. I do not seem to gain around my legs below the knee. What would you recommend for making the bust firm. My bust is like the rest of my body, but would be the right size if I could just get my flesh solid.

I will be ever so grateful to you if you will answer these questions for me.

H. M., Fla.

The reason that your weight seems to be unevenly distributed is because your flesh is soft. It is not really muscular, a condition you want to acquire. The difference between fat and muscle is that muscle carries you around, while you have to carry fat around.

The only way to make your flesh hard is also the only way to remove the surplus flesh on your hips. Probably you can overcome your indigestion, your nervous trouble and your soft flesh by the same effort—vigorous systematic exercise.

No program is complete without twisting and bending movements which take in all the muscles at the waist, and which must be done vigorously if you are to gain by them. By this we do not mean that you must strain, but rather that you must work up to this vigorousness and gradually increase the repetitions as you go along. Squatting exercises and kicking movements can be added to the waist work in order to remove that flesh from your hips and thighs. Kick vigorously in short, snappy movements, trying to go higher every time, and repeat this several times a day, working at each period until tired. Squatting movements will also help.

Speaking of your leg development being lacking, there is one form of exercise you can take which will strengthen your arch and your ankle, develop the calf, strengthen the knee and at the same time help to reduce your bust. This is rope skipping, done high on the toes, and varied by knocking your ankles together now and then as you come down. Jump first on one foot, then on both feet, and then on the other foot to make it more interesting.

Shrugging the shoulders, if done vigorously will reduce fat behind the neck. The floor dip is also effective for this condition.



# BUY THIS ONE

You can get all the exercise you need on an investment of from \$3 to \$8.

One of the Greatest Muscle Building Courses the World Ever Produced

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

Let me take you in hand and it won't be long before you will have muscles all over you that will be a source of wonder to all your friends, and a man to be respected by the street-corner bullies and neighborhood toughs. There won't be a guy who will think of picking a fight with you. Even after the first workout, you'll notice a difference in your condition, and after a few weeks you'll be completely made over, inside and outside. The only way to start on a man, or boy, is to make him strong inside, where his vital organs are, as well as on the surface. Honestly, you will be astonished inside of the first month, but, boy, how you will improve inside of 12 weeks.

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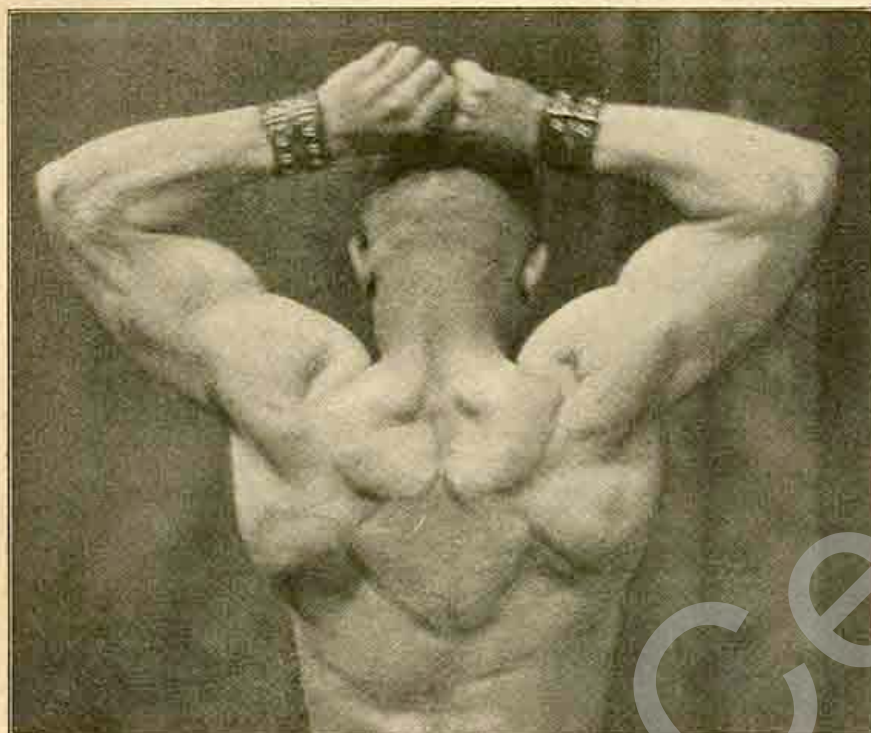
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Mr. Stratton, whose powerful back is pictured below, will tell the world that you or any one else can get a back like his, as well as an entire physique in the same proportions, if you will use a Milo bar bell.

Mr. Stratton has built a 44-inch chest, 16-inch biceps, 16-inch neck, 16-inch calf, 13 $\frac{1}{4}$ -inch forearm and 23-inch thigh. He can bent-press 215 lbs. with either hand, which is exceptionally good for a 170-lb. man.



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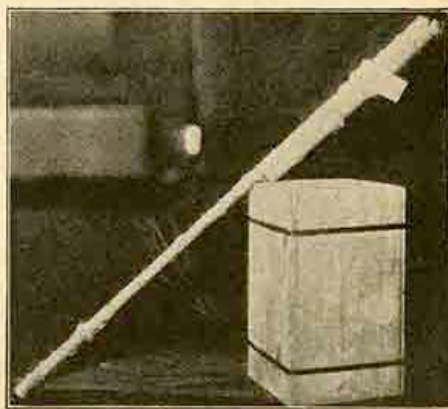
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DEPARTMENT 164

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# They Thought I Was Trying to be Funny —



## Until I Started to Play — Then I Gave Them the Surprise of Their Lives

THE crowd sat spellbound—fascinated with the rich full notes of Harry's violin. Yes, it was beautiful—for Harry was a brilliant performer. Yet I could not help chuckling to myself when I thought of the surprise I had in store for them. I waited until the last ripple of applause had stopped. Then with mock dignity I arose.

"With your kind permission," I announced, "I shall now charm you with a piano recital."

Everyone snickered. "Does he really play?" one girl asked. "Yes," Phil laughed, "he plays the Virola—*beautifully!*" Someone behind me whispered: "Jim must have his little joke." "How about playing Rachmaninoff's 'Prelude in C Minor,' Jim!" another suggested. The room was in an uproar. They were sure I couldn't play a note.

With studied clumsiness, I fell over the piano stool and dropped the lid on my hand.

Then with all the gravity of a master pianist, I proceeded to pick out "Chop Sticks" with one finger! The crowd roared with laughter. This was the dramatic moment for my surprise. Dropping the mask of the clown, I struck the first sweet chords of Wagner's lovely "The Evening Star" from "Tannhauser."

The laughter died on their lips. The magic of my music cast a spell over everyone. As I played on with complete confidence I forgot the room—the people—everything. I was alone—lost in the

sheer beauty of the immortal master's tender melodies.

### The Thrill of My Life

When the last haunting strain of the mellow notes had faded away, there was a dead silence. Had I failed? A roar of applause answered my question. Then I felt the thrill that comes with real success!

A perfect bedlam of questions and congratulations followed from my amazed and dumfounded friends—"How long have you been playing?" "Who was your teacher?"—"Where did you learn?"

"I know it is hard to believe," I replied happily, "but I learned at home—and without a teacher!"

### How I Learned

They were too completely surprised to say anything, so I told them the whole story.

"I have always wanted to play the piano. But I never had a chance to take lessons when I was a youngster, and as time went on I reluctantly said goodbye to my ambition to play. Then I saw an interesting ad one day. It told about a new, easy way of learning music—right at home—without a teacher. It seemed too good to be true. But I

did want to play, and it certainly was worth investigating as long as it didn't cost me a cent. So I sent for the Free Demonstration Lesson and Booklet.

"When they arrived, I was amazed to see how easy playing the piano really was—easier than I dared hope. I knew right away that I could master it. So I decided that I would send for the course and practice secretly. Then I could surprise you all."

### Just a Few Minutes a Day

"The course was as fascinating as a new game. I enjoyed every minute of it. I was playing real tunes from the start by note. Reading music was as easy

as A-B-C! No weary scales, no monotonous exercises, no tiresome hours of practicing. And each lesson was easier than the last. Although I never had any 'special talent' for music, I was playing my favorites almost before I knew it. Soon I could play jazz, ballads, classical music—all with equal ease. Well, did I surprise you?"

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You, too, can learn to play your favorite instrument by this remarkable easy "at home" method that has helped almost half a million people all over the world to increased pleasure and financial gain. And there's nothing marvelous about it. It's just a common sense practical method—so simple you don't have to know the slightest thing about music. You find your progress amazingly rapid because every step is clear and easy to understand. Just pick out the instrument you want to play. The U. S. School of Music does the rest. And its cost averages just a few cents a day!

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| Mandolin  | Steel Guitar                         |
| Harp      | Clarinet                             |
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